

Winter 2025 Recreation Programs

How to Register for a Program?

Online at whitby.ca/active

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

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

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

Register In Person

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

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

Iroquois Park Sports Centre, 500 Victoria St W, 905.668.7765

Whitby Civic Recreation Complex, 555 Rossland Rd E, 905.666.1991

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

Refunds, Transfers and Registration Policies

Refund Policy/Early Course Withdraw Policy

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

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

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

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

Missed Classes

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

Refunds, Withdrawals and Transfers

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

Station Gallery

Refund Policy/Early Course Withdraw Policy

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

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

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

Subsidized Program Guide

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

(#) Does not qualify for the Access Program

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

(%) Does not qualify for Canadian Tire Jumpstart grants

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

55+ Programs

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

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Preschool

General Interest

ABC Come learn with me (%)

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

58434	3-5yrs	Whitby Civic Rec	10 weeks
Tue	Jan 14-Mar 18	9:15am-10:00am	\$88.09
59170	3-5yrs	Brooklin CC&L	10 weeks
Tue	Jan 14-Mar 25	11:30am-12:15pm	\$88.09

Craft and Play (%)

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

59148	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Jan 13-Jan 13	5:20pm-6:20pm	\$8.81
59149	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Jan 20-Jan 20	5:20pm-6:20pm	\$8.81
59150	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Jan 27-Jan 27	5:20pm-6:20pm	\$8.81
59151	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Feb 3-Feb 3	5:20pm-6:20pm	\$8.81
59152	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Feb 10-Feb 10	5:20pm-6:20pm	\$8.81
59153	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Feb 24-Feb 24	5:20pm-6:20pm	\$8.81
59154	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Mar 3-Mar 3	5:20pm-6:20pm	\$8.81
59155	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Mar 10-Mar 10	5:20pm-6:20pm	\$8.81
59156	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Mar 17-Mar 17	5:20pm-6:20pm	\$8.81

59157	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Mar 24-Mar 24	5:20pm-6:20pm	\$8.81

Messy Family Fun (%)

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

58018	18mos-5yrs	Brooklin CC&L	10 weeks
Fri	Jan 17-Mar 28	9:15am-10:00am	\$88.09

Paint and Play (%)

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

59158	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Jan 13-Jan 13	6:25pm-7:30pm	\$9.54
59159	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Jan 20-Jan 20	6:25pm-7:30pm	\$9.54
59160	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Jan 27-Jan 27	6:25pm-7:30pm	\$9.54
59161	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Feb 3-Feb 3	6:25pm-7:30pm	\$9.54
59162	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Feb 10-Feb 10	6:25pm-7:30pm	\$9.54
59163	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Feb 17-Feb 17	6:25pm-7:30pm	\$9.54
59164	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Feb 24-Feb 24	6:25pm-7:30pm	\$9.54
59165	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Mar 3-Mar 3	6:25pm-7:30pm	\$9.54
59166	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Mar 10-Mar 10	6:25pm-7:30pm	\$9.54
59167	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Mar 17-Mar 17	6:25pm-7:30pm	\$9.54

59168	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Mar 24-Mar 24	6:25pm-7:30pm	\$9.54

Parent and Tot Music (%)

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

58019	18mos-3yrs	Brooklin CC&L	10 weeks
Mon	Jan 13-Mar 31	11:30am-12:15pm	\$88.09

Parent and Tot Theme Days- Dr Seuss (%)

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

58971	18mos-4yrs	Brooklin CC&L	1 class
Fri	Mar 28-Mar 28	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Groundhog Day (%)

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

58960	18mos-4yrs	Brooklin CC&L	1 class
Fri	Jan 31-Jan 31	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Happy New Year (%)

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

58958	18mos-4yrs	Brooklin CC&L	1 class
Fri	Jan 17-Jan 17	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Happy Valentine's Day (%)

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

58965	18mos-4yrs	Brooklin CC&L	1 class
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Fri	Feb 14-Feb 14	11:30am-12:15pm	\$8.81
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Parent and Tot Theme Days- Hot Cocoa (%)

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

58968	18mos-4yrs	Brooklin CC&L	1 class
Fri	Feb 28-Feb 28	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Polar Bears (%)

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

58970	18mos-4yrs	Brooklin CC&L	1 class
Fri	Mar 21-Mar 21	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Snowflakes (%)

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

58967	18mos-4yrs	Brooklin CC&L	1 class
Fri	Feb 21-Feb 21	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Snowmen (%)

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

58961	18mos-4yrs	Brooklin CC&L	1 class
Fri	Feb 7-Feb 7	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Winter Animals (%)

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

58959	18mos-4yrs	Brooklin CC&L	1 class
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Fri	Jan 24-Jan 24	11:30am-12:15pm	\$8.81
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Parent and Tot Theme Days- Winter Sports (%)

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

58969	18mos-4yrs	Brooklin CC&L	1 class
Fri	Mar 7-Mar 7	11:30am-12:15pm	\$8.81

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!

58031	30mos-5yrs	Whitby Civic Rec	10 weeks
Thu	Jan 16-Mar 20	9:15am-11:15am	\$176.18

Ready for School (%)

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

58030	4-5yrs	Whitby Civic Rec	20 classes
Mon,Wed	Jan 13-Mar 24	9:15am-11:15am	\$352.36
58022	4-5yrs	Brooklin CC&L	20 classes
Mon,Wed	Jan 13-Mar 31	9:15am-11:15am	\$352.36
58021	4-5yrs	Brooklin CC&L	20 classes
Tue,Thu	Jan 14-Mar 27	9:15am-11:15am	\$352.36
58023	4-5yrs	Brooklin CC&L	11 weeks
Fri	Jan 17-Mar 28	9:15am-11:15am	\$176.18

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.

58955	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Mar 19-Mar 19	11:30am-12:15pm	\$8.81

Themed Activity Days - Groundhog day (%)

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.

58534	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Jan 29-Jan 29	11:30am-12:15pm	\$8.81

Themed Activity Days - Happy New Year (%)

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.

58532	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Jan 15-Jan 15	11:30am-12:15pm	\$8.81

Themed Activity Days - Happy Valentine's Day(%)

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.

58536	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Feb 12-Feb 12	11:30am-12:15pm	\$8.81

Themed Activity Days - Hot Cocoa (%)

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.

58538v	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Feb 26-Feb 26	11:30am-12:15pm	\$8.81

Themed Activity Days - Polar Bears (%)

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.

58540	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Mar 12-Mar 12	11:30am-12:15pm	\$8.81

Themed Activity Days - Snowflakes (%)

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.

58537	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Feb 19-Feb 19	11:30am-12:15pm	\$8.81

Themed Activity Days - Snowmen (%)

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.

58535	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Feb 5-Feb 5	11:30am-12:15pm	\$8.81

Themed Activity Days - Winter 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.

58533	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Jan 22-Jan 22	11:30am-12:15pm	\$8.81

Themed Activity Days - Winter Sports (%)

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.

58539	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Mar 5-Mar 5	11:30am-12:15pm	\$8.81

Tot Music (%)

Participants will make a music themed craft, sing songs and participate in active songs and finger plays. Free play may be included.

59169	30mos-4yrs	Whitby Civic Rec	10 weeks
Tue	Jan 14-Mar 18	10:15am-11:00am	\$88.09

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.

58032	30mos-5yrs	Whitby Civic Rec	10 weeks
Mon	Jan 13-Mar 24	11:30am-12:15pm	\$88.09
58024	30mos-5yrs	Brooklin CC&L	10 weeks
Wed	Jan 15-Mar 26	11:30am-12:15pm	\$88.09

Leagues and Sporting Groups

Parent and Tot Basketball

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

59219	3-5yrs	Brooklin CC&L	10 weeks
Sat	Jan 18-Mar 22	10:15am-10:55am	\$88.10

Parent and Tot Indoor Soccer

Parents and children can enjoy a fun, non-competitive introduction to the game of soccer in this program. Take part in free-play, basic skills and fun games and activities.

59220	3-5yrs	Brooklin CC&L	10 weeks
Sat	Jan 18-Mar 22	11:45am-12:25pm	\$88.10

Parent and Tot Indoor Soccer (%)

Parents and children can enjoy a fun, non-competitive introduction to the game of soccer in this program. Take part in free-play, basic skills and fun games and activities.

59222	2-3yrs	Brooklin CC&L	10 weeks
Sat	Jan 18-Mar 22	11:00am-11:40am	\$88.10

Parent and Tot Kinder Sports

This parent and child program is suited for the little athlete in your family. Each week, children enjoy learning new sports and basic skills. Free-play and fun games and activities are also included.

59225	2-4yrs	Brooklin CC&L	10 weeks
Sat	Jan 18-Mar 22	9:30am-10:10am	\$88.10

Children's Programs

Fitness

Taekwondo 4-6 YRS

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

59343	4-6yrs	Whitby Civic Rec	10 weeks
Sun	Jan 12-Mar 16	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.

59332	7-11yrs	Whitby Civic Rec	10 weeks
Sun	Jan 12-Mar 16	11:00am-11:55am	\$78.92

Computer & Technology

Engineering For Kids - Engineering Electrified (#@%)

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

58906	4-7yrs	Brooklin CC&L	8 weeks
Thu	Jan 16-Mar 6	5:30pm-6:30pm	\$280.00

Engineering For Kids - Master Machines (#@%)

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

58907	8-12yrs Jan 16-Mar 6	Brooklin CC&L 7:00pm-8:00pm	8 weeks Thu \$304.00
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http://ca.apm.activecommunities.com/whitby/Activity_Search/53909

Kids Great Minds - Animation Adventures (#@%)

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

59242	6-12yrs Jan 15-Mar 5	Brooklin CC&L 5:00pm-6:00pm	8 weeks \$182.00
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Kids Great Minds - Game Development Adventures (#@%)

In this action-packed program, your child will learn how to create their very own thrilling games, including classic favorites like crossing roads, maze challenges, dart-throwing masterpieces, and addictive snake adventures. They'll gain hands-on experience in programming logic, conditional statements, loops, and event handling through engaging hands-on exercises and interactive lessons. With step-by-step guidance, your child will design captivating games with unique characters featuring special abilities while adding exciting twists to their creations.

59245	8-12yrs Jan 15-Mar 5	Brooklin CC&L 6:05pm-7:35pm	8 weeks \$282.00
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Kids Great Minds - Kodu Quest: Game Coding (#@%)

Join the Kodu Quest and dive into the thrilling world of game creation! This fun-filled course is perfect for kids who are eager to explore coding through a playful and visual programming language designed just for young learners. Team up with new friends to build amazing projects and earn the fundamentals of game development, including characters, worlds, and gameplay mechanics. No prior experience is needed—just bring your creativity and a sense of adventure!

59251	8-11yrs	Brooklin CC&L	8 weeks
Wed	Jan 15-Mar 5	7:40pm-8:55pm	\$228.00

Leagues and Sporting Groups

Badminton - Basics for Kids

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

59180	7-9yrs	Brooklin CC&L	10 weeks
Wed	Jan 15-Mar 19	6:00pm-6:25pm	\$36.70

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.

59181	10-12yrs	Brooklin CC&L	10 weeks
Wed	Jan 15-Mar 19	6:30pm-7:25pm	\$88.10

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.

59191	6-8yrs	Brooklin CC&L	10 weeks
Tue	Jan 14-Mar 18	5:00pm-5:55pm	\$88.10
59192	6-8yrs	Brooklin CC&L	10 weeks
Sat	Jan 18-Mar 22	3:00pm-3:55pm	\$88.10

Basketball – Kids

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

59193	9-11yrs	Brooklin CC&L	10 weeks
Thu	Jan 16-Mar 20	5:00pm-5:55pm	\$88.10
59194	9-11yrs	Brooklin CC&L	10 weeks
Sat	Jan 18-Mar 22	4:00pm-4:55pm	\$88.10

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.

59216	6-8yrs	Brooklin CC&L	9 weeks
Mon	Jan 13-Mar 17	7:45pm-8:40pm	\$79.29
59214	6-8yrs	Brooklin CC&L	10 weeks
Sat	Jan 18-Mar 22	2:00pm-2:55pm	\$88.10

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

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

59271	3-5yrs	Brooklin CC&L	10 weeks
Sun	Jan 12-Mar 30	9:45am-10:45am	\$212.50
59272	5-8yrs	Brooklin CC&L	10 weeks
Sun	Jan 12-Mar 30	10:45am-11:45am	\$212.50
59273	3-5yrs	Brooklin CC&L	10 weeks
Sun	Jan 12-Mar 30	11:45am-12:45pm	\$212.50
59275	3-5yrs	Brooklin CC&L	9 weeks
Mon	Jan 13-Mar 24	5:30pm-6:30pm	\$191.25
59276	5-8yrs	Brooklin CC&L	9 weeks
Mon	Jan 13-Mar 24	6:30pm-7:30pm	\$191.25
59279	3-5yrs	Heydenshore Pavilion	10 weeks
Wed	Jan 15-Mar 26	5:30pm-6:30pm	\$212.50
59281	5-8yrs	Heydenshore Pavilion	10 weeks
Wed	Jan 15-Mar 26	6:30pm-7:30pm	\$212.50

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

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

59270	2-3yrs	Brooklin CC&L	10 weeks
Sun	Jan 12-Mar 30	9:00am-9:45am	\$212.50

59274	2-3yrs	Brooklin CC&L	9 weeks
Mon	Jan 13-Mar 24	4:45pm-5:30pm	\$191.25
59277	2-3yrs	Heydenshore Pavilion	10 weeks
Wed	Jan 15-Mar 26	4:45pm-5:30pm	\$212.50

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.

59333	9-13yrs	McKinney Centre	1 class
Fri	Jan 24-Jan 24	9:00am-3:00pm	\$71.00
59335	9-13yrs	Whitby Civic Rec	1 class
Wed	Mar 12-Mar 12	9:00am-3:00pm	\$71.00
59338	9-13yrs	Brooklin CC&L	1 class
Mon	Mar 31-Mar 31	9:00am-3:00pm	\$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.

59341	11-15yrs	Whitby Civic Rec	10 weeks
Sat	Jan 11-Mar 15	4:30pm-5:45pm	\$78.92

Youth Sculpt & Stretch

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

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

59295	11-15yrs	Brooklin CC&L	10 weeks
Tue	Jan 7-Mar 25	4:30pm-5:15pm	\$78.92

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.

59339	11-15yrs	Whitby Civic Rec	10 weeks
Sat	Jan 11-Mar 15	12:30pm-1:25pm	\$78.92

General Interest

Youth Paint & Sip

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

59315	12-18yrs	Henry Street H.S.	6 weeks
Thu	Jan 23-Feb 27	4:30pm-5:30pm	Free
59313	12-18yrs	McKinney Centre	8 weeks
Thu	Jan 23-Mar 13	4:30pm-5:30pm	Free
59314	12-18yrs	Brooklin CC&L	8 weeks
Thu	Jan 23-Mar 13	4:30pm-5:30pm	Free

Game On!

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

59310	12-18yrs	Brooklin CC&L	8 weeks
Thu	Jan 16-Mar 6	4:30pm-5:30pm	Free
59311	12-18yrs	Henry Street H.S.	8 weeks

Thu	Jan 16-Mar 6	4:30pm-5:30pm	Free
59312	12-18yrs	McKinney Centre	8 weeks
Thu	Jan 16-Mar 6	4:30pm-5:30pm	Free

Leadership and Training

Babysitting Course (#@%)

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

59334	11-16yrs	Brooklin CC&L	1 class
Sat	Feb 8-Feb 8	9:00am-5:00pm	\$76.00
59336	11-16yrs	Whitby Civic Rec	1 class
Thu	Mar 13-Mar 13	9:00am-5:00pm	\$76.00
59337	11-16yrs	McKinney Centre	1 class
Mon	Mar 31-Mar 31	9:00am-5:00pm	\$76.00

Leagues and Sporting Groups

Badminton – Youth

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

59183	11-15yrs	Brooklin CC&L	10 weeks
Wed	Jan 15-Mar 19	7:30pm-8:25pm	\$88.10

Basketball – Youth

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

59195	11-14yrs	Brooklin CC&L	10 weeks
Thu	Jan 16-Mar 20	6:00pm-6:55pm	\$88.10

59196	11-14yrs	Brooklin CC&L	10 weeks
Sat	Jan 18-Mar 22	5:00pm-5:55pm	\$88.10

March Camps

March Break Kidz Camp

Come spend your March Break holiday at the Brooklin Community Centre & Library. Under the care of trained camp counsellors, kids ages 6 to 13 learn and have fun with specialized camp activities, crafts, songs and games.

58016	6-13yrs	Brooklin CC&L	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-4:30pm	\$223.57

March Break Kinder Camp

Come spend your March Break holiday at the Brooklin Community Centre & Library. Under the care of trained camp counsellors, kids ages 4 to 5 learn and have fun with specialized camp activities, crafts, songs and games. Children must be toilet trained

58017	4-5yrs	Brooklin CC&L	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-4:30pm	\$236.21

Sportball - March Break Camp (#@%)

March Break Camp provides a great change of pace for children during school holidays. Sportball camps focus on the eight core Sportball sports including hockey, soccer, tennis, baseball, basketball, volleyball, golf and football as well as arts and crafts, snack time, stories, music and co-operative games.

59288	4-8yrs	McKinney Centre	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-12:00pm	\$200.00
59289	4-8yrs	McKinney Centre	5 days
Mon-Fri	Mar 10-Mar 14	1:00pm-4:00pm	\$200.00

Community Connection Programs

Adult

Leagues and Sporting Groups

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

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

58466	18yrs+	John Dryden P.S.	14 weeks
Tue	Jan 14-Apr 22	8:00pm-9:15pm	\$112.00

Basketball-Pick-up (#@%)

Enjoy a friendly pick-up game of basketball.

58465	30yrs+	Sinclair S.S.	20 weeks
Wed	Jan 8-May 28	7:45pm-9:45pm	\$120.00

Pickleball-Pick-up (#@%)

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

58521	18yrs+	Donald A. Wilson S.S.	14 weeks
Wed	Jan 15-Apr 23	6:00pm-7:00pm	\$92.00
58522	18yrs+	Donald A. Wilson S.S.	14 weeks
Wed	Jan 15-Apr 23	7:00pm-8:00pm	\$92.00
58523	18yrs+	Donald A. Wilson S.S.	14 week
Wed	Jan 15-Apr 23	8:00pm-9:00pm	\$92.00

Volleyball Adult Co-Ed Recreational (#@%)

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

58529	18yrs+	Ormiston P.S.	14 weeks
Wed	Jan 15-Apr 23	7:45pm-9:00pm	\$112.00

Children

Dance

Ballet /Jazz (@#)

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

58469	5-6yrs	John Dryden P.S.	14 weeks
Tue	Jan 14-Apr 22	7:00pm-7:30pm	\$70.00

Ballet 1 (#@)

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

58472	3-4yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 13-Apr 14	6:00pm-6:30pm	\$60.00
58548	4-5yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 13-Apr 14	6:30pm-7:00pm	\$60.00
58470	3-4yrs	Ormiston P.S.	14 weeks
Wed	Jan 15-Apr 23	6:00pm-6:30pm	\$70.00
58471	3-4yrs	Ormiston P.S.	14 weeks
Wed	Jan 15-Apr 23	6:30pm-7:00pm	\$70.00
58473	3-4yrs	John Dryden P.S.	14 weeks
Mon	Jan 13-May 5	6:00pm-6:30pm	\$70.00
58475	3-4yrs	John Dryden P.S.	14 weeks
Tue	Jan 14-Apr 22	6:00pm-6:30pm	\$70.00

Dance Medley (#@)

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

58504	5-6yrs	Ormiston P.S.	14 weeks
Wed	Jan 15-Apr 23	7:00pm-7:30pm	\$70.00
58506	6-8yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 13-Apr 14	7:00pm-7:45pm	\$90.00
58661	6-7yrs	John Dryden P.S.	14 weeks

Mon	Jan 13-May 5	7:00pm-7:30pm	\$70.00
58507	7-10yrs	John Dryden P.S.	14 weeks
Tue	Jan 14-Apr 22	7:30pm-8:15pm	\$105.00
58508	4-5yrs	John Dryden P.S.	14 weeks
Tue	Jan 14-Apr 22	6:30pm-7:00pm	\$70.00
58509	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 15-Apr 23	6:00pm-6:45pm	\$105.00
58510	7-10yrs	John Dryden P.S.	14 weeks
Wed	Jan 15-Apr 23	7:30pm-8:15pm	\$105.00

Hip Hop with Community Connection (#@)

Participants learn basic hip-hop styles.

58513	7-10yrs	Ormiston P.S.	14 weeks
Wed	Jan 15-Apr 23	7:30pm-8:15pm	\$105.00
58514	7-10yrs	John Dryden P.S.	14 weeks
Mon	Jan 13-May 5	7:30pm-8:15pm	\$105.00
58515	4-5yrs	John Dryden P.S.	14 weeks
Mon	Jan 13-May 5	6:30pm-7:00pm	\$70.00
58516	6-7yrs	John Dryden P.S.	14 weeks
Wed	Jan 15-Apr 23	6:45pm-7:30pm	\$105.00

General Interest

Lego Club (#@%)

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

58519	6-11yrs	John Dryden P.S.	14 weeks
Mon	Jan 13-May 5	6:00pm-6:45pm	\$84.00
58520	6-11yrs	John Dryden P.S.	14 weeks
Mon	Jan 13-May 5	6:45pm-7:30pm	\$84.00
58517	6-11yrs	Ormiston P.S.	14 weeks
Tue	Jan 14-Apr 22	6:00pm-6:45pm	\$84.00
58518	6-11yrs	Ormiston P.S.	14 weeks

Tue	Jan 14-Apr 22	6:45pm-7:30pm	\$84.00
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Leagues and Sporting Groups

Badminton for Kids (#@)

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

58467	7-9yrs	John Dryden P.S.	14 weeks
Tue	Jan 14-Apr 22	6:15pm-7:00pm	\$105.00
58468	9-13yrs	John Dryden P.S.	14 weeks
Tue	Jan 14-Apr 22	7:00pm-8:00pm	\$140.00

Basketball with Community Connection (@#)

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

58476	5-6yrs	John Dryden P.S.	14 week
Mon	Jan 13-May 5	6:00pm-6:45pm	\$105.00
58477	7-8yrs	John Dryden P.S.	14 weeks
Mon	Jan 13-May 5	6:45pm-7:30pm	\$105.00
58478	9-12yrs	John Dryden P.S.	14 weeks
Mon	Jan 13-May 5	7:30pm-8:15pm	\$105.00
58479	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 15-Apr 23	6:00pm-6:45pm	\$105.00
58480	7-8yrs	John Dryden P.S.	14 weeks
Wed	Jan 15-Apr 23	6:45pm-7:30pm	\$105.00

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

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

58483	10yrs+	Brooklin Village P.S.	12 weeks
Mon	Jan 13-Apr 14	7:45pm-8:45pm	\$120.00
58481	10yrs+	Ormiston P.S.	14 weeks
Tue	Jan 14-Apr 22	7:45pm-8:45pm	\$140.00
58482	10yrs+	Meadowcrest P.S.	14 weeks
Wed	Jan 15-Apr 23	7:45pm-8:45pm	\$140.00
58554	10yrs+	Pringle Creek P.S.	14 weeks
Thu	Jan 16-Apr 24	7:45pm-8:45pm	\$140.00

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

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

58485	8yrs+	Meadowcrest P.S.	14 weeks
Wed	Jan 15-Apr 23	7:00pm-7:45pm	\$105.00
58487	8yrs+	Brooklin Village P.S.	12 weeks
Mon	Jan 13-Apr 14	7:00pm-7:45pm	\$90.00
58486	8yrs+	Ormiston P.S.	14 weeks
Tue	Jan 14-Apr 22	7:00pm-7:45pm	\$105.00
58484	8yrs+	Pringle Creek P.S.	14 weeks
Thu	Jan 16-Apr 24	7:00pm-7:45pm	\$105.00

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

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

provides the opportunity for Black Belt students to progress to further ranks, degrees or dan of Black Belt.

58489	12yrs+	Brooklin Village P.S.	12 weeks
Mon	Jan 13-Apr 14	7:45pm-9:00pm	\$150.00
58490	12yrs+	Ormiston P.S.	14 weeks
Tue	Jan 14-Apr 22	7:45pm-9:00pm	\$175.00
58491	12yrs+	Meadowcrest P.S.	14 weeks
Wed	Jan 15-Apr 23	7:45pm-9:00pm	\$175.00
58488	12yrs+	Pringle Creek P.S.	14 weeks
Thu	Jan 16-Apr 24	7:45pm-9:00pm	\$175.00

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

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

58495	9yrs+	Brooklin Village P.S.	12 weeks
Mon	Jan 13-Apr 14	7:45pm-8:30pm	\$90.00
58494	9yrs+	Ormiston P.S.	14 weeks
Tue	Jan 14-Apr 22	7:45pm-8:30pm	\$105.00
58493	9yrs+	Meadowcrest P.S.	14 weeks
Wed	Jan 15-Apr 23	7:45pm-8:30pm	\$105.00
58492	9yrs+	Pringle Creek P.S.	14 weeks
Thu	Jan 16-Apr 24	7:45pm-8:30pm	\$105.00

Brooklin Martial Arts-Jr. Brooklin Buddies Beginner (@#)

The Brooklin Buddies Junior Beginner class is our entry level class for any child between the ages of 5 and 7. At this age, they are in their prime development of listening and functioning. While Brooklin Buddies will be learning foundational martial arts techniques, our main focus is in helping your child in developing key skills such as listening, focusing, cooperation, control, discipline, memory, and balance. The

curriculum includes a variety of drills used to teach each skill. The Brooklin Buddies classes will help them use their body and mind to its fullest potential.

58496	5-7yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 13-Apr 14	6:00pm-6:30pm	\$60.00
58497	5-7yrs	Ormiston P.S.	14 weeks
Tue	Jan 14-Apr 22	6:00pm-6:30pm	\$70.00
58498	5-7yrs	Meadowcrest P.S.	14 weeks
Wed	Jan 15-Apr 23	6:00pm-6:30pm	\$70.00
58499	5-7yrs	Pringle Creek P.S.	14 weeks
Thu	Jan 16-Apr 24	6:00pm-6:30pm	\$70.00

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

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

58503	5-7yrs	Meadowcrest P.S.	14 weeks
Wed	Jan 15-Apr 23	6:30pm-7:00pm	\$70.00
58501	5-7yrs	Ormiston P.S.	14 weeks
Tue	Jan 14-Apr 22	6:30pm-7:00pm	\$70.00
58500	5-7yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 13-Apr 14	6:30pm-7:00pm	\$60.00
58502	5-7yrs	Pringle Creek P.S.	14 weeks
Thu	Jan 16-Apr 24	6:30pm-7:00pm	\$70.00

Soccer for Kids with Community Connection (@#)

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

58524	5-6yrs	John Dryden P.S.	14 weeks
Mon	Jan 13-May 5	6:00pm-6:45pm	\$105.00
58525	7-8yrs	John Dryden P.S.	14 weeks
Mon	Jan 13-May 5	6:45pm-7:30pm	\$105.00
58526	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 15-Apr 23	6:00pm-6:45pm	\$105.00
58527	7-8yrs	John Dryden P.S.	14 weeks
Wed	Jan 15-Apr 23	6:45pm-7:30pm	\$105.00
58528	9-12yrs	John Dryden P.S.	14 weeks
Wed	Jan 15-Apr 23	7:30pm-8:15pm	\$105.00

Volleyball Co-ed (#@)

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

58530	12-14yrs	Ormiston P.S.	14 weeks
Wed	Jan 15-Apr 23	6:45pm-7:45pm	\$140.00
58531	11-13yrs	Ormiston P.S.	14 weeks
Wed	Jan 15-Apr 23	6:00pm-6:45pm	\$105.00

Music and Drama

Guitar For Kids- Level 1 (#@%)

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

58511	7-10yrs	Ormiston P.S.	14 weeks
Wed	Jan 15-Apr 23	6:00pm-7:00pm	\$140.00
58512	10-15yrs	Ormiston P.S.	14 weeks
Wed	Jan 15-Apr 23	7:00pm-8:00pm	\$140.00

Swimming Programs

Adult

Aquafit

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

59145	13yrs+	Whitby Civic Rec	10 weeks
Sat	Jan 4-Mar 22	1:15pm-2:00pm	\$89.63
59171	13yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 6-Mar 24	9:00am-9:45am	\$89.63
59172	13yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 6-Mar 24	9:45am-10:30am	\$89.63
59173	13yrs+	Whitby Civic Rec	10 weeks
Tue	Jan 7-Mar 18	8:45am-9:30am	\$89.63
59174	13yrs+	Whitby Civic Rec	10 weeks
Tue	Jan 7-Mar 18	7:15pm-8:00pm	\$89.63
59175	13yrs+	Whitby Civic Rec	10 weeks
Thu	Jan 9-Mar 20	9:00am-9:45am	\$89.63
59176	13yrs+	Whitby Civic Rec	10 weeks
Thu	Jan 9-Mar 20	9:45am-10:30am	\$89.63
59177	13yrs+	Whitby Civic Rec	10 weeks
Thu	Jan 9-Mar 20	7:15pm-8:00pm	\$89.63
59178	13yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 21	8:45am-9:30am	\$89.63

Aquafit - Deep Water

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

58984	13yrs+	Anne Ottenbrite Pool	10 weeks
Tue	Jan 7-Mar 18	9:00am-9:45am	\$89.63
58985	13yrs+	Anne Ottenbrite Pool	10 weeks

Tue	Jan 7-Mar 18	9:45am-10:30am	\$89.63
58986	13yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Jan 8-Mar 19	9:00am-9:45am	\$89.63
58987	13yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Jan 8-Mar 19	9:45am-10:30am	\$89.63
58988	13yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Jan 8-Mar 19	8:00pm-8:45pm	\$89.63
58989	13yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	9:00am-9:45am	\$89.63
58990	13yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	9:45am-10:30am	\$89.63

Aquafit- Low Impact

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

59413	13yrs+	Whitby Civic Rec	10 weeks
Wed	Jan 8-Mar 19	8:45am-9:30am	\$89.63

Group Swimming Lessons

Adult Swimmer 1 - Beginner – AOP

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

58201	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	7:30pm-8:15pm	\$119.01
58202	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	8:30pm-9:15pm	\$119.01
58203	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	8:30pm-9:15pm	\$119.01
58199	14yrs+	Anne Ottenbrite Pool	10 weeks

Fri	Jan 10-Mar 21	7:15pm-8:00pm	\$119.01
58200	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	8:00pm-8:45pm	\$119.01

Adult Swimmer 1 - Beginner – CRC

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

58574	14yrs+	Whitby Civic Rec	10 weeks
Sat	Jan 4-Mar 22	12:00pm-12:45pm	\$119.01
58621	14yrs+	Whitby Civic Rec	10 weeks
Sat	Jan 4-Mar 22	12:00pm-12:45pm	\$119.01
58773	14yrs+	Whitby Civic Rec	10 weeks
Tue	Jan 7-Mar 18	2:00pm-2:45pm	\$119.01
58977	14yrs+	Whitby Civic Rec	10 weeks
Wed	Jan 8-Mar 19	1:30pm-2:15pm	\$119.01
58978	14yrs+	Whitby Civic Rec	10 weeks
Wed	Jan 8-Mar 19	2:15pm-3:00pm	\$119.01
59096	14yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 21	1:30pm-2:15pm	\$119.01
59097	14yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 21	2:15pm-3:00pm	\$119.01

Adult Swimmer 2 - Intermediate – AOP

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

58206	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	7:30pm-8:15pm	\$119.01
58207	14yrs+	Anne Ottenbrite Pool	10 weeks

Sat	Jan 4-Mar 22	8:15pm-9:00pm	\$119.01
58208	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	8:15pm-9:00pm	\$119.01
58204	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	8:00pm-8:45pm	\$119.01
58205	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	8:45pm-9:30pm	\$119.01

Adult Swimmer 2 - Intermediate – CRC

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

58575	14yrs+	Whitby Civic Rec	10 weeks
Sat	Jan 4-Mar 22	12:00pm-12:45pm	\$119.01
58622	14yrs+	Whitby Civic Rec	10 weeks
Sat	Jan 4-Mar 22	12:00pm-12:45pm	\$119.01
58774	14yrs+	Whitby Civic Rec	10 weeks
Tue	Jan 7-Mar 18	2:00pm-2:45pm	\$119.01
58979	14yrs+	Whitby Civic Rec	10 weeks
Wed	Jan 8-Mar 19	1:30pm-2:15pm	\$119.01
59098	14yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 21	2:15pm-3:00pm	\$119.01
59099	14yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 21	3:00pm-3:45pm	\$119.01

Adult Swimmer 3 - Advanced – AOP

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

58210	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	7:30pm-8:15pm	\$119.01

58211	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	8:15pm-9:00pm	\$119.01
58209	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	8:45pm-9:30pm	\$119.01

Adult Swimmer 3 - Advanced – CRC

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

58576	14yrs+	Whitby Civic Rec	10 weeks
Sat	Jan 4-Mar 22	12:00pm-12:45pm	\$119.01
58775	14yrs+	Whitby Civic Rec	10 weeks
Tue	Jan 7-Mar 18	2:00pm-2:45pm	\$119.01
58980	14yrs+	Whitby Civic Rec	10 weeks
Wed	Jan 8-Mar 19	2:15pm-3:00pm	\$119.01
59100	14yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 21	1:30pm-2:15pm	\$119.01
59101	14yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 21	3:00pm-3:45pm	\$119.01

Fitness Swimmer – AOP

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

59414	15yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Jan 8-Mar 19	8:00am-9:00am	\$119.01

Fitness Swimmer – CRC

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

59415	15yrs+	Whitby Civic Rec	10 weeks
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Sun	Jan 5-Mar 23	4:30pm-5:30pm	\$119.01
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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.

58445	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	8:00pm-8:30pm	\$367.78
58446	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	8:30pm-9:00pm	\$367.78
58447	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	9:00pm-9:30pm	\$367.78

Private Adult Swimmer- CRC (#@)

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

58577	14yrs+	Whitby Civic Rec	10 weeks
Tue	Jan 7-Mar 18	9:30am-10:00am	\$367.78
58770	14yrs+	Whitby Civic Rec	10 weeks
Tue	Jan 7-Mar 18	10:00am-10:30am	\$367.78
58771	14yrs+	Whitby Civic Rec	10 weeks
Tue	Jan 7-Mar 18	10:30am-11:00am	\$367.78
58772	14yrs+	Whitby Civic Rec	10 weeks
Tue	Jan 7-Mar 18	11:00am-11:30am	\$367.78
58974	14yrs+	Whitby Civic Rec	10 weeks
Wed	Jan 8-Mar 19	1:30pm-2:00pm	\$367.78
58975	14yrs+	Whitby Civic Rec	10 weeks
Wed	Jan 8-Mar 19	2:00pm-2:30pm	\$367.78
58976	14yrs+	Whitby Civic Rec	10 weeks
Wed	Jan 8-Mar 19	2:30pm-3:00pm	\$367.78
59102	14yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 21	3:00pm-3:30pm	\$367.78

59103	14yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 21	3:00pm-3:30pm	\$367.78

Children

Group Swimming Lessons March Break

March Break - Swimmer 1 – AOP

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

59221	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-9:30am	\$55.09
59223	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:30am-10:00am	\$55.09
59224	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:30am-10:00am	\$55.09
59226	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:00am-10:30am	\$55.09
59227	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:30am-11:00am	\$55.09
59228	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:30am-12:00pm	\$55.09
59261	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:00am-11:30am	\$55.09

March Break - Swimmer 2 – AOP

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

59229	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-9:30am	\$55.09

59230	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:30am-10:00am	\$55.09
59231	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:00am-10:30am	\$55.09
59232	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:30am-11:00am	\$55.09
59233	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:00am-11:30am	\$55.09
59234	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:30am-12:00pm	\$55.09
59235	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:30am-12:00pm	\$55.09

March Break - Swimmer 3 – AOP

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

59241	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-9:45am	\$56.70
59243	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:45am-10:30am	\$56.70
59244	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:30am-11:15am	\$56.70
59247	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:15am-12:00pm	\$56.70

March Break - Swimmer 4 – AOP

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

59248	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-9:45am	\$56.70

59252	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:45am-10:30am	\$56.70
59253	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:30am-11:15am	\$56.70
59254	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:15am-12:00pm	\$56.70

March Break - Swimmer 5 – AOP

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

59256	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-9:45am	\$56.70
59257	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:30am-11:15am	\$56.70

March Break - Swimmer 6 – AOP

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

59258	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:45am-10:30am	\$56.70
59259	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:15am-12:00pm	\$56.70

Group Swimming Lessons

Swimmer 1 – AOP

6-13yrs

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

10 classes**Anne Ottenbrite Pool****\$110.18**

58225	Sat	Jan 4-Mar 22	10:00am-10:30am
58226	Sat	Jan 4-Mar 22	11:00am-11:30am
58227	Sat	Jan 4-Mar 22	12:00pm-12:30pm
58228	Sun	Jan 5-Mar 23	9:00am-9:30am
58229	Sun	Jan 5-Mar 23	10:00am-10:30am
58230	Sun	Jan 5-Mar 23	11:00am-11:30am
58231	Sun	Jan 5-Mar 23	12:00pm-12:30pm
58232	Sun	Jan 5-Mar 23	12:30pm-1:00pm
58212	Mon	Jan 6-Mar 24	5:30pm-6:00pm
58213	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58214	Mon	Jan 6-Mar 24	7:30pm-8:00pm
58215	Mon	Jan 6-Mar 24	8:00pm-8:30pm
58216	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58217	Tue	Jan 7-Mar 18	7:00pm-7:30pm
58218	Tue	Jan 7-Mar 18	8:00pm-8:30pm
58219	Wed	Jan 8-Mar 19	7:00pm-7:30pm
58220	Wed	Jan 8-Mar 19	7:30pm-8:00pm
58344	Wed	Jan 8-Mar 19	6:00pm-6:30pm
58345	Wed	Jan 8-Mar 19	6:30pm-7:00pm
58221	Thu	Jan 9-Mar 20	6:00pm-6:30pm
58222	Thu	Jan 9-Mar 20	7:00pm-7:30pm
58223	Thu	Jan 9-Mar 20	8:00pm-8:30pm
58224	Thu	Jan 9-Mar 20	8:00pm-8:30pm

Swimmer 1 – CRC**6-13yrs**

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

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

58564	Sat	Jan 4-Mar 22	9:00am-9:30am
58608	Sat	Jan 4-Mar 22	9:00am-9:30am
58609	Sat	Jan 4-Mar 22	9:30am-10:00am

58610	Sat	Jan 4-Mar 22	10:00am-10:30am
58611	Sat	Jan 4-Mar 22	10:30am-11:00am
58612	Sat	Jan 4-Mar 22	11:00am-11:30am
58613	Sat	Jan 4-Mar 22	11:30am-12:00pm
58614	Sat	Jan 4-Mar 22	11:30am-12:00pm
58662	Sun	Jan 5-Mar 23	9:00am-9:30am
58663	Sun	Jan 5-Mar 23	9:30am-10:00am
58664	Sun	Jan 5-Mar 23	10:00am-10:30am
58665	Sun	Jan 5-Mar 23	10:30am-11:00am
58666	Sun	Jan 5-Mar 23	11:00am-11:30am
58667	Sun	Jan 5-Mar 23	11:30am-12:00pm
58668	Sun	Jan 5-Mar 23	11:30am-12:00pm
58722	Mon	Jan 6-Mar 24	4:30pm-5:00pm
58723	Mon	Jan 6-Mar 24	5:00pm-5:30pm
58724	Mon	Jan 6-Mar 24	5:30pm-6:00pm
58725	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58726	Mon	Jan 6-Mar 24	6:30pm-7:00pm
58727	Mon	Jan 6-Mar 24	6:30pm-7:00pm
58728	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58930	Tue	Jan 7-Mar 18	4:30pm-5:00pm
58931	Tue	Jan 7-Mar 18	4:30pm-5:00pm
58932	Tue	Jan 7-Mar 18	5:00pm-5:30pm
58933	Tue	Jan 7-Mar 18	5:30pm-6:00pm
58934	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58935	Tue	Jan 7-Mar 18	6:30pm-7:00pm
58936	Tue	Jan 7-Mar 18	6:30pm-7:00pm
59017	Wed	Jan 8-Mar 19	4:30pm-5:00pm
59018	Wed	Jan 8-Mar 19	4:30pm-5:00pm
59019	Wed	Jan 8-Mar 19	5:00pm-5:30pm
59020	Wed	Jan 8-Mar 19	5:30pm-6:00pm
59021	Wed	Jan 8-Mar 19	5:30pm-6:00pm
59022	Wed	Jan 8-Mar 19	6:00pm-6:30pm
59023	Wed	Jan 8-Mar 19	6:30pm-7:00pm

59024	Wed	Jan 8-Mar 19	6:30pm-7:00pm
59025	Wed	Jan 8-Mar 19	7:00pm-7:30pm
59026	Wed	Jan 8-Mar 19	7:00pm-7:30pm
59060	Thu	Jan 9-Mar 20	4:30pm-5:00pm
59061	Thu	Jan 9-Mar 20	4:30pm-5:00pm
59062	Thu	Jan 9-Mar 20	5:00pm-5:30pm
59063	Thu	Jan 9-Mar 20	5:30pm-6:00pm
59064	Thu	Jan 9-Mar 20	6:00pm-6:30pm
59065	Thu	Jan 9-Mar 20	6:30pm-7:00pm
59066	Thu	Jan 9-Mar 20	6:30pm-7:00pm
59127	Fri	Jan 10-Mar 21	4:30pm-5:00pm
59128	Fri	Jan 10-Mar 21	4:30pm-5:00pm
59129	Fri	Jan 10-Mar 21	5:00pm-5:30pm
59130	Fri	Jan 10-Mar 21	5:30pm-6:00pm
59131	Fri	Jan 10-Mar 21	6:00pm-6:30pm
59132	Fri	Jan 10-Mar 21	6:00pm-6:30pm
59133	Fri	Jan 10-Mar 21	6:30pm-7:00pm
59134	Fri	Jan 10-Mar 21	6:30pm-7:00pm

Swimmer 2 – AOP

6-13yrs

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

10 classes

Anne Ottenbrite Pool

\$110.18

58249	Sat	Jan 4-Mar 22	9:00am-9:30am
58250	Sat	Jan 4-Mar 22	10:30am-11:00am
58251	Sat	Jan 4-Mar 22	11:30am-12:00pm
58252	Sun	Jan 5-Mar 23	10:30am-11:00am
58253	Sun	Jan 5-Mar 23	11:00am-11:30am
58254	Sun	Jan 5-Mar 23	11:30am-12:00pm
58255	Sun	Jan 5-Mar 23	12:30pm-1:00pm
58233	Mon	Jan 6-Mar 24	6:30pm-7:00pm

58234	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58235	Mon	Jan 6-Mar 24	7:30pm-8:00pm
58236	Mon	Jan 6-Mar 24	8:00pm-8:30pm
58237	Mon	Jan 6-Mar 24	8:00pm-8:30pm
58238	Tue	Jan 7-Mar 18	6:30pm-7:00pm
58239	Tue	Jan 7-Mar 18	7:00pm-7:30pm
58240	Tue	Jan 7-Mar 18	7:30pm-8:00pm
58241	Tue	Jan 7-Mar 18	8:00pm-8:30pm
58242	Wed	Jan 8-Mar 19	5:30pm-6:00pm
58243	Wed	Jan 8-Mar 19	6:00pm-6:30pm
58244	Wed	Jan 8-Mar 19	7:00pm-7:30pm
58245	Wed	Jan 8-Mar 19	7:00pm-7:30pm
58246	Wed	Jan 8-Mar 19	7:30pm-8:00pm
58247	Thu	Jan 9-Mar 20	6:30pm-7:00pm
58248	Thu	Jan 9-Mar 20	8:00pm-8:30pm
59266	Thu	Jan 9-Mar 20	7:30pm-8:00pm
59267	Thu	Jan 9-Mar 20	7:00pm-7:30pm

Swimmer 2 – CRC

6-13yrs

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

10 classes

Whitby Civic Rec

\$110.18

58565	Sat	Jan 4-Mar 22	9:00am-9:30am
58615	Sat	Jan 4-Mar 22	9:30am-10:00am
58616	Sat	Jan 4-Mar 22	10:00am-10:30am
58617	Sat	Jan 4-Mar 22	10:30am-11:00am
58618	Sat	Jan 4-Mar 22	10:30am-11:00am
58619	Sat	Jan 4-Mar 22	11:00am-11:30am
58620	Sat	Jan 4-Mar 22	11:30am-12:00pm
58669	Sun	Jan 5-Mar 23	9:00am-9:30am
58670	Sun	Jan 5-Mar 23	9:30am-10:00am

58671	Sun	Jan 5-Mar 23	10:00am-10:30am
58672	Sun	Jan 5-Mar 23	10:30am-11:00am
58673	Sun	Jan 5-Mar 23	11:00am-11:30am
58674	Sun	Jan 5-Mar 23	11:30am-12:00pm
58731	Mon	Jan 6-Mar 24	4:30pm-5:00pm
58732	Mon	Jan 6-Mar 24	5:00pm-5:30pm
58733	Mon	Jan 6-Mar 24	5:30pm-6:00pm
58734	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58735	Mon	Jan 6-Mar 24	6:30pm-7:00pm
58736	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58937	Tue	Jan 7-Mar 18	4:30pm-5:00pm
58938	Tue	Jan 7-Mar 18	5:00pm-5:30pm
58939	Tue	Jan 7-Mar 18	5:30pm-6:00pm
58940	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58941	Tue	Jan 7-Mar 18	6:30pm-7:00pm
59029	Wed	Jan 8-Mar 19	4:30pm-5:00pm
59030	Wed	Jan 8-Mar 19	5:00pm-5:30pm
59031	Wed	Jan 8-Mar 19	5:30pm-6:00pm
59032	Wed	Jan 8-Mar 19	6:00pm-6:30pm
59033	Wed	Jan 8-Mar 19	6:30pm-7:00pm
59034	Wed	Jan 8-Mar 19	6:30pm-7:00pm
59035	Wed	Jan 8-Mar 19	7:00pm-7:30pm
59036	Wed	Jan 8-Mar 19	7:00pm-7:30pm
59067	Thu	Jan 9-Mar 20	4:30pm-5:00pm
59068	Thu	Jan 9-Mar 20	5:00pm-5:30pm
59069	Thu	Jan 9-Mar 20	5:30pm-6:00pm
59070	Thu	Jan 9-Mar 20	6:00pm-6:30pm
59071	Thu	Jan 9-Mar 20	6:30pm-7:00pm
59072	Thu	Jan 9-Mar 20	6:30pm-7:00pm
59135	Fri	Jan 10-Mar 21	4:30pm-5:00pm
59136	Fri	Jan 10-Mar 21	5:00pm-5:30pm
59137	Fri	Jan 10-Mar 21	5:30pm-6:00pm
59138	Fri	Jan 10-Mar 21	6:00pm-6:30pm

59139	Fri	Jan 10-Mar 21	6:00pm-6:30pm
59140	Fri	Jan 10-Mar 21	6:30pm-7:00pm

Swimmer 3 – AOP **6-13yrs**

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

10 classes		Anne Ottenbrite Pool	\$113.39
58269	Sat	Jan 4-Mar 22	9:00am-9:45am
58270	Sat	Jan 4-Mar 22	9:45am-10:30am
58271	Sat	Jan 4-Mar 22	10:30am-11:15am
58272	Sat	Jan 4-Mar 22	11:15am-12:00pm
58273	Sun	Jan 5-Mar 23	9:00am-9:45am
58275	Sun	Jan 5-Mar 23	10:30am-11:15am
58276	Sun	Jan 5-Mar 23	11:15am-12:00pm
58277	Sun	Jan 5-Mar 23	12:00pm-12:45pm
58256	Mon	Jan 6-Mar 24	5:30pm-6:15pm
58257	Mon	Jan 6-Mar 24	6:15pm-7:00pm
58258	Mon	Jan 6-Mar 24	7:00pm-7:45pm
58260	Tue	Jan 7-Mar 18	6:00pm-6:45pm
58261	Tue	Jan 7-Mar 18	6:45pm-7:30pm
58262	Tue	Jan 7-Mar 18	7:30pm-8:15pm
58263	Wed	Jan 8-Mar 19	5:30pm-6:15pm
58264	Wed	Jan 8-Mar 19	6:15pm-7:00pm
58265	Wed	Jan 8-Mar 19	7:00pm-7:45pm
58266	Thu	Jan 9-Mar 20	6:00pm-6:45pm
58267	Thu	Jan 9-Mar 20	6:45pm-7:30pm
58268	Thu	Jan 9-Mar 20	7:30pm-8:15pm

Swimmer 4 – AOP **6-13yrs**

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

10 classes**Anne Ottenbrite Pool****\$113.39**

58290	Sat	Jan 4-Mar 22	9:00am-9:45am
58291	Sat	Jan 4-Mar 22	10:30am-11:15am
58292	Sat	Jan 4-Mar 22	11:15am-12:00pm
58293	Sat	Jan 4-Mar 22	12:00pm-12:45pm
58294	Sun	Jan 5-Mar 23	9:00am-9:45am
58295	Sun	Jan 5-Mar 23	9:45am-10:30am
58296	Sun	Jan 5-Mar 23	10:30am-11:15am
58297	Sun	Jan 5-Mar 23	11:15am-12:00pm
58278	Mon	Jan 6-Mar 24	5:30pm-6:15pm
58279	Mon	Jan 6-Mar 24	6:15pm-7:00pm
58280	Mon	Jan 6-Mar 24	7:00pm-7:45pm
58281	Mon	Jan 6-Mar 24	7:45pm-8:30pm
58282	Tue	Jan 7-Mar 18	6:00pm-6:45pm
58283	Tue	Jan 7-Mar 18	6:45pm-7:30pm
58284	Tue	Jan 7-Mar 18	7:30pm-8:15pm
58285	Wed	Jan 8-Mar 19	5:30pm-6:15pm
58286	Wed	Jan 8-Mar 19	6:15pm-7:00pm
58287	Wed	Jan 8-Mar 19	7:00pm-7:45pm
58288	Thu	Jan 9-Mar 20	6:45pm-7:30pm
58289	Thu	Jan 9-Mar 20	7:30pm-8:15pm
58346	Thu	Jan 9-Mar 20	6:00pm-6:45pm
59269	Thu	Jan 9-Mar 20	7:30pm-8:15pm

Swimmer 5 – AOP**6-13yrs**

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

10 classes**Anne Ottenbrite Pool****\$113.39**

58310	Sat	Jan 4-Mar 22	9:45am-10:30am
58311	Sat	Jan 4-Mar 22	10:30am-11:15am
58312	Sat	Jan 4-Mar 22	12:00pm-12:45pm

59268	Sat	Jan 4-Mar 22	9:00am-9:45am
58313	Sun	Jan 5-Mar 23	9:00am-9:45am
58314	Sun	Jan 5-Mar 23	9:45am-10:30am
58315	Sun	Jan 5-Mar 23	11:15am-12:00pm
58316	Sun	Jan 5-Mar 23	12:00pm-12:45pm
58298	Mon	Jan 6-Mar 24	5:30pm-6:15pm
58299	Mon	Jan 6-Mar 24	7:00pm-7:45pm
58300	Mon	Jan 6-Mar 24	7:45pm-8:30pm
58301	Tue	Jan 7-Mar 18	6:00pm-6:45pm
58302	Tue	Jan 7-Mar 18	6:45pm-7:30pm
58303	Tue	Jan 7-Mar 18	7:30pm-8:15pm
58304	Wed	Jan 8-Mar 19	5:30pm-6:15pm
58305	Wed	Jan 8-Mar 19	6:15pm-7:00pm
58306	Wed	Jan 8-Mar 19	7:00pm-7:45pm
58307	Thu	Jan 9-Mar 20	6:00pm-6:45pm
58308	Thu	Jan 9-Mar 20	6:45pm-7:30pm
58309	Thu	Jan 9-Mar 20	7:30pm-8:15pm

Swimmer 6 – AOP

6-13yrs

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

10 classes

Anne Ottenbrite Pool

\$113.39

58338	Sat	Jan 4-Mar 22	9:45am-10:30am
58339	Sat	Jan 4-Mar 22	11:15am-12:00pm
58340	Sat	Jan 4-Mar 22	12:00pm-12:45pm
58341	Sun	Jan 5-Mar 23	9:45am-10:30am
58342	Sun	Jan 5-Mar 23	10:30am-11:15am
58343	Sun	Jan 5-Mar 23	12:00pm-12:45pm
58327	Mon	Jan 6-Mar 24	6:15pm-7:00pm
58328	Mon	Jan 6-Mar 24	7:45pm-8:30pm

58329	Tue	Jan 7-Mar 18	6:00pm-6:45pm
58330	Tue	Jan 7-Mar 18	6:45pm-7:30pm
58331	Tue	Jan 7-Mar 18	7:30pm-8:15pm
58332	Wed	Jan 8-Mar 19	5:30pm-6:15pm
58333	Wed	Jan 8-Mar 19	6:15pm-7:00pm
58334	Wed	Jan 8-Mar 19	7:00pm-7:45pm
58335	Thu	Jan 9-Mar 20	6:00pm-6:45pm
58336	Thu	Jan 9-Mar 20	6:45pm-7:30pm
58337	Thu	Jan 9-Mar 20	7:30pm-8:15pm

Children Private Swimming Lessons

Private Swimming Lessons- AOP (#@)

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

10 classes		Anne Ottenbrite Pool	\$367.78
58385	Sat	Jan 4-Mar 22	9:30am-10:00am
58386	Sat	Jan 4-Mar 22	10:00am-10:30am
58387	Sat	Jan 4-Mar 22	10:30am-11:00am
58388	Sat	Jan 4-Mar 22	11:00am-11:30am
58389	Sat	Jan 4-Mar 22	11:30am-12:00pm
58390	Sat	Jan 4-Mar 22	12:00pm-12:30pm
58391	Sat	Jan 4-Mar 22	4:30pm-5:00pm
58392	Sat	Jan 4-Mar 22	4:30pm-5:00pm
58393	Sat	Jan 4-Mar 22	4:30pm-5:00pm
58394	Sat	Jan 4-Mar 22	4:30pm-5:00pm
58395	Sat	Jan 4-Mar 22	5:00pm-5:30pm
58396	Sat	Jan 4-Mar 22	5:00pm-5:30pm
58397	Sat	Jan 4-Mar 22	5:00pm-5:30pm
58398	Sat	Jan 4-Mar 22	5:00pm-5:30pm
58399	Sat	Jan 4-Mar 22	5:30pm-6:00pm
58400	Sat	Jan 4-Mar 22	5:30pm-6:00pm

58401	Sat	Jan 4-Mar 22	5:30pm-6:00pm
58402	Sat	Jan 4-Mar 22	5:30pm-6:00pm
58403	Sat	Jan 4-Mar 22	6:00pm-6:30pm
58404	Sat	Jan 4-Mar 22	6:00pm-6:30pm
58405	Sat	Jan 4-Mar 22	6:00pm-6:30pm
58406	Sat	Jan 4-Mar 22	6:30pm-7:00pm
58407	Sat	Jan 4-Mar 22	6:30pm-7:00pm
58408	Sat	Jan 4-Mar 22	6:30pm-7:00pm
58409	Sat	Jan 4-Mar 22	6:30pm-7:00pm
58410	Sat	Jan 4-Mar 22	6:30pm-7:00pm
58411	Sat	Jan 4-Mar 22	7:00pm-7:30pm
58412	Sat	Jan 4-Mar 22	7:00pm-7:30pm
58413	Sat	Jan 4-Mar 22	7:00pm-7:30pm
58414	Sat	Jan 4-Mar 22	7:00pm-7:30pm
58415	Sat	Jan 4-Mar 22	7:00pm-7:30pm
58416	Sat	Jan 4-Mar 22	7:00pm-7:30pm
58417	Sun	Jan 5-Mar 23	11:00am-11:30am
58421	Sun	Jan 5-Mar 23	11:30am-12:00pm
58422	Sun	Jan 5-Mar 23	12:00pm-12:30pm
58423	Sun	Jan 5-Mar 23	12:30pm-1:00pm
58424	Sun	Jan 5-Mar 23	9:00am-9:30am
58379	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58380	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58381	Thu	Jan 9-Mar 20	6:00pm-6:30pm
58382	Thu	Jan 9-Mar 20	6:30pm-7:00pm
58383	Thu	Jan 9-Mar 20	7:00pm-7:30pm
58384	Thu	Jan 9-Mar 20	7:30pm-8:00pm

Private Swimming Lessons- CRC (#@)

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

10 classes

Whitby Civic Rec

\$367.78

58566	Sun	Jan 5-Mar 23	12:00pm-12:30pm
58675	Sun	Jan 5-Mar 23	12:00pm-12:30pm
58676	Sun	Jan 5-Mar 23	12:30pm-1:00pm
58677	Sun	Jan 5-Mar 23	12:30pm-1:00pm
58678	Sun	Jan 5-Mar 23	1:00pm-1:30pm
58679	Sun	Jan 5-Mar 23	1:00pm-1:30pm
58680	Sun	Jan 5-Mar 23	1:30pm-2:00pm
58681	Sun	Jan 5-Mar 23	1:30pm-2:00pm
58738	Mon	Jan 6-Mar 24	4:00pm-4:30pm
58739	Mon	Jan 6-Mar 24	4:00pm-4:30pm
58740	Mon	Jan 6-Mar 24	4:00pm-4:30pm
58741	Mon	Jan 6-Mar 24	4:00pm-4:30pm
58742	Mon	Jan 6-Mar 24	4:00pm-4:30pm
58743	Mon	Jan 6-Mar 24	4:00pm-4:30pm
58744	Mon	Jan 6-Mar 24	4:00pm-4:30pm
58745	Mon	Jan 6-Mar 24	4:00pm-4:30pm
58746	Mon	Jan 6-Mar 24	4:30pm-5:00pm
58747	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58748	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58749	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58768	Tue	Jan 7-Mar 18	11:00am-11:30am
58769	Tue	Jan 7-Mar 18	1:30pm-2:00pm
58942	Tue	Jan 7-Mar 18	4:30pm-5:00pm
58943	Tue	Jan 7-Mar 18	5:00pm-5:30pm
58944	Tue	Jan 7-Mar 18	5:30pm-6:00pm
58945	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58946	Tue	Jan 7-Mar 18	6:30pm-7:00pm
58972	Wed	Jan 8-Mar 19	9:30am-10:00am
58973	Wed	Jan 8-Mar 19	10:00am-10:30am
59073	Thu	Jan 9-Mar 20	4:30pm-5:00pm
59074	Thu	Jan 9-Mar 20	5:00pm-5:30pm
59075	Thu	Jan 9-Mar 20	5:30pm-6:00pm
59076	Thu	Jan 9-Mar 20	6:00pm-6:30pm

59077	Thu	Jan 9-Mar 20	6:30pm-7:00pm
59091	Fri	Jan 10-Mar 21	10:00am-10:30am
59092	Fri	Jan 10-Mar 21	10:30am-11:00am
59093	Fri	Jan 10-Mar 21	11:00am-11:30am
59094	Fri	Jan 10-Mar 21	11:00am-11:30am
59095	Fri	Jan 10-Mar 21	2:30pm-3:00pm
59142	Fri	Jan 10-Mar 21	4:30pm-5:00pm
59143	Fri	Jan 10-Mar 21	5:30pm-6:00pm
59144	Fri	Jan 10-Mar 21	6:30pm-7:00pm

Children Semi-Private Swimming Lessons

Semi-Private Swimmer 1 - AOP (#@)

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

10 classes		Anne Ottenbrite Pool	\$224.64
58348	Sat	Jan 4-Mar 22	9:00am-9:30am
58349	Sat	Jan 4-Mar 22	4:30pm-5:00pm
58350	Sat	Jan 4-Mar 22	5:00pm-5:30pm
58351	Sat	Jan 4-Mar 22	6:00pm-6:30pm
58352	Sun	Jan 5-Mar 23	9:00am-9:30am
58347	Mon	Jan 6-Mar 24	5:30pm-6:00pm

Semi-Private Swimmer 1 - CRC (#@)

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

10 classes		Whitby Civic Rec	\$224.64
58572	Sun	Jan 5-Mar 23	12:00pm-12:30pm
58684	Sun	Jan 5-Mar 23	1:00pm-1:30pm
58729	Mon	Jan 6-Mar 24	6:00pm-6:30pm

58730	Mon	Jan 6-Mar 24	7:00pm-7:30pm
59027	Wed	Jan 8-Mar 19	6:00pm-6:30pm
59028	Wed	Jan 8-Mar 19	7:00pm-7:30pm

Semi-Private Swimmer 2 - AOP (#@)

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

10 classes		Anne Ottenbrite Pool	\$224.64
58354	Sat	Jan 4-Mar 22	9:30am-10:00am
58355	Sat	Jan 4-Mar 22	4:30pm-5:00pm
58356	Sat	Jan 4-Mar 22	5:00pm-5:30pm
58357	Sat	Jan 4-Mar 22	6:00pm-6:30pm
58358	Sun	Jan 5-Mar 23	9:30am-10:00am
58353	Mon	Jan 6-Mar 24	6:00pm-6:30pm

Semi-Private Swimmer 2 - CRC (#@)

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

10 classes		Whitby Civic Rec	\$224.64
58573	Sun	Jan 5-Mar 23	12:30pm-1:00pm
58685	Sun	Jan 5-Mar 23	1:30pm-2:00pm
58737	Mon	Jan 6-Mar 24	6:30pm-7:00pm
59037	Wed	Jan 8-Mar 19	6:30pm-7:00pm
59141	Fri	Jan 10-Mar 21	6:00pm-6:30pm

Semi-Private Swimmer 3 - AOP (#@)

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

10 classes		Anne Ottenbrite Pool	\$224.64
58360	Sat	Jan 4-Mar 22	10:00am-10:30am
58361	Sat	Jan 4-Mar 22	5:00pm-5:30pm
58362	Sat	Jan 4-Mar 22	5:30pm-6:00pm
58363	Sat	Jan 4-Mar 22	7:00pm-7:30pm
58364	Sun	Jan 5-Mar 23	10:00am-10:30am
58359	Mon	Jan 6-Mar 24	6:30pm-7:00pm

Semi-Private Swimmer 4 - AOP (#@)

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

10 classes		Anne Ottenbrite Pool	\$224.64
58366	Sat	Jan 4-Mar 22	10:30am-11:00am
58367	Sat	Jan 4-Mar 22	5:30pm-6:00pm
58368	Sat	Jan 4-Mar 22	6:00pm-6:30pm
58369	Sun	Jan 5-Mar 23	10:30am-11:00am
58365	Mon	Jan 6-Mar 24	7:00pm-7:30pm

Semi-Private Swimmer 5- AOP (#@)

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

10 classes		Anne Ottenbrite Pool	\$224.64
58371	Sat	Jan 4-Mar 22	11:00am-11:30am
58372	Sat	Jan 4-Mar 22	6:30pm-7:00pm
58373	Sat	Jan 4-Mar 22	7:00pm-7:30pm
58374	Sun	Jan 5-Mar 23	11:00am-11:30am
58370	Mon	Jan 6-Mar 24	7:30pm-8:00pm

Semi-Private Swimmer 6 - AOP (#@)

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

10 classes		Anne Ottenbrite Pool	\$224.64
58376	Sat	Jan 4-Mar 22	11:30am-12:00pm
58377	Sat	Jan 4-Mar 22	6:30pm-7:00pm
58378	Sun	Jan 5-Mar 23	11:30am-12:00pm
58375	Mon	Jan 6-Mar 24	8:00pm-8:30pm

Preschool

Group Swimming Lessons March Break

March Break - Parent and Tot 1 - AOP (%)

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

59199	4mos-12mos	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-9:30am	\$55.09

March Break - Parent and Tot 2 - AOP (%)

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

59201	12mos-24mos	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:00am-10:30am	\$55.09

March Break - Parent and Tot 3- AOP (%)

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

59202	2-3yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:00am-11:30am	\$55.09

March Break - Preschool 1 – AOP

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

59203	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-9:30am	\$55.09
59204	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:00am-10:30am	\$55.09
59205	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:30am-11:00am	\$55.09
59206	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:30am-12:00pm	\$55.09

March Break - Preschool 2 – AOP

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

59208	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:00am-9:30am	\$55.09
59416	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:30am-10:00am	\$55.09
59209	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:30am-11:00am	\$55.09
59210	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:00am-11:30am	\$55.09
59212	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:30am-12:00pm	\$55.09

March Break - Preschool 3 – AOP

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

59213	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	9:30am-10:00am	\$55.09
59215	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	11:00am-11:30am	\$55.09

March Break - Preschool 4 – AOP

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

59217	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:00am-10:30am	\$55.09

March Break - Preschool 5 – AOP

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

59218	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 10-Mar 14	10:30am-11:00am	\$55.09

Group Swimming Lessons

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

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

10 classes		Anne Ottenbrite Pool	\$110.18
58152	Sat	Jan 4-Mar 22	9:00am-9:30am
58153	Sun	Jan 5-Mar 23	9:00am-9:30am
58149	Mon	Jan 6-Mar 24	5:30pm-6:00pm
58150	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58151	Wed	Jan 8-Mar 19	5:30pm-6:00pm

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

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

10 classes		Whitby Civic Rec	\$110.18
58561	Sat	Jan 4-Mar 22	9:00am-9:30am
58582	Sat	Jan 4-Mar 22	10:30am-11:00am
58623	Sun	Jan 5-Mar 23	9:30am-10:00am
58624	Sun	Jan 5-Mar 23	10:30am-11:00am
58694	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58750	Tue	Jan 7-Mar 18	9:30am-10:00am
58757	Tue	Jan 7-Mar 18	1:30pm-2:00pm
58776	Tue	Jan 7-Mar 18	5:00pm-5:30pm
58947	Wed	Jan 8-Mar 19	10:30am-11:00am
58948	Wed	Jan 8-Mar 19	2:00pm-2:30pm
58981	Wed	Jan 8-Mar 19	4:30pm-5:00pm
59038	Thu	Jan 9-Mar 20	5:00pm-5:30pm
59078	Fri	Jan 10-Mar 21	9:30am-10:00am
59079	Fri	Jan 10-Mar 21	1:30pm-2:00pm
59104	Fri	Jan 10-Mar 21	5:30pm-6:00pm

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

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

58157	Sat	Jan 4-Mar 22	9:30am-10:00am
58158	Sun	Jan 5-Mar 23	9:30am-10:00am
58154	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58155	Tue	Jan 7-Mar 18	6:30pm-7:00pm
58156	Wed	Jan 8-Mar 19	6:00pm-6:30pm

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

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

10 classes		Whitby Civic Rec	\$110.18
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58562	Sat	Jan 4-Mar 22	9:30am-10:00am
58583	Sat	Jan 4-Mar 22	11:00am-11:30am
58625	Sun	Jan 5-Mar 23	10:00am-10:30am
58626	Sun	Jan 5-Mar 23	11:00am-11:30am
58695	Mon	Jan 6-Mar 24	5:00pm-5:30pm
58696	Mon	Jan 6-Mar 24	6:30pm-7:00pm
58751	Tue	Jan 7-Mar 18	10:00am-10:30am
58752	Tue	Jan 7-Mar 18	11:00am-11:30am
58753	Tue	Jan 7-Mar 18	2:00pm-2:30pm
58777	Tue	Jan 7-Mar 18	4:30pm-5:00pm
58778	Tue	Jan 7-Mar 18	6:30pm-7:00pm
58949	Wed	Jan 8-Mar 19	9:30am-10:00am
58950	Wed	Jan 8-Mar 19	1:30pm-2:00pm
58951	Wed	Jan 8-Mar 19	2:00pm-2:30pm
58982	Wed	Jan 8-Mar 19	5:00pm-5:30pm
59039	Thu	Jan 9-Mar 20	6:00pm-6:30pm
59080	Fri	Jan 10-Mar 21	10:00am-10:30am
59081	Fri	Jan 10-Mar 21	2:00pm-2:30pm
59105	Fri	Jan 10-Mar 21	5:30pm-6:00pm

Parent and Tot 3- AOP (%) 2-3yrs

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

10 classes		Anne Ottenbrite Pool	\$110.18
58162	Sat	Jan 4-Mar 22	10:00am-10:30am
58163	Sun	Jan 5-Mar 23	10:00am-10:30am
58159	Mon	Jan 6-Mar 24	6:30pm-7:00pm
58160	Tue	Jan 7-Mar 18	7:00pm-7:30pm
58161	Wed	Jan 8-Mar 19	6:30pm-7:00pm

Parent and Tot 3- CRC (%) 2-3yrs

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

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

58563	Sat	Jan 4-Mar 22	10:00am-10:30am
58584	Sat	Jan 4-Mar 22	11:30am-12:00pm
58627	Sun	Jan 5-Mar 23	9:00am-9:30am
58628	Sun	Jan 5-Mar 23	11:30am-12:00pm
58697	Mon	Jan 6-Mar 24	5:30pm-6:00pm
58754	Tue	Jan 7-Mar 18	10:30am-11:00am
58755	Tue	Jan 7-Mar 18	11:00am-11:30am
58756	Tue	Jan 7-Mar 18	2:00pm-2:30pm
58779	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58952	Wed	Jan 8-Mar 19	10:00am-10:30am
58953	Wed	Jan 8-Mar 19	1:30pm-2:00pm
58983	Wed	Jan 8-Mar 19	5:30pm-6:00pm
59040	Thu	Jan 9-Mar 20	5:30pm-6:00pm
59082	Fri	Jan 10-Mar 21	10:30am-11:00am
59083	Fri	Jan 10-Mar 21	2:00pm-2:30pm
59106	Fri	Jan 10-Mar 21	4:30pm-5:00pm
59107	Fri	Jan 10-Mar 21	6:30pm-7:00pm

Preschool 1 – AOP**3-5yrs**

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

10 classes**Anne Ottenbrite Pool****\$110.18**

58140	Sat	Jan 4-Mar 22	9:00am-9:30am
58141	Sat	Jan 4-Mar 22	10:00am-10:30am
58142	Sat	Jan 4-Mar 22	12:00pm-12:30pm
58143	Sun	Jan 5-Mar 23	9:00am-9:30am
58144	Sun	Jan 5-Mar 23	10:00am-10:30am
58145	Sun	Jan 5-Mar 23	10:30am-11:00am
58146	Sun	Jan 5-Mar 23	11:00am-11:30am
58147	Sun	Jan 5-Mar 23	12:00pm-12:30pm

58148	Sun	Jan 5-Mar 23	12:30pm-1:00pm
58129	Mon	Jan 6-Mar 24	5:30pm-6:00pm
58130	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58035	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58131	Tue	Jan 7-Mar 18	6:30pm-7:00pm
58132	Tue	Jan 7-Mar 18	7:30pm-8:00pm
58133	Wed	Jan 8-Mar 19	5:30pm-6:00pm
58134	Wed	Jan 8-Mar 19	6:30pm-7:00pm
58138	Thu	Jan 9-Mar 20	6:00pm-6:30pm
58139	Thu	Jan 9-Mar 20	6:30pm-7:00pm

Preschool 1 - CRC

3-5yrs

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

10 classes

Whitby Civic Rec

\$110.18

58556	Sat	Jan 4-Mar 22	9:00am-9:30am
58585	Sat	Jan 4-Mar 22	9:00am-9:30am
58586	Sat	Jan 4-Mar 22	9:30am-10:00am
58588	Sat	Jan 4-Mar 22	10:00am-10:30am
58589	Sat	Jan 4-Mar 22	10:00am-10:30am
58590	Sat	Jan 4-Mar 22	10:30am-11:00am
58591	Sat	Jan 4-Mar 22	11:00am-11:30am
58592	Sat	Jan 4-Mar 22	11:00am-11:30am
58593	Sat	Jan 4-Mar 22	11:30am-12:00pm
58629	Sun	Jan 5-Mar 23	9:00am-9:30am
58630	Sun	Jan 5-Mar 23	9:00am-9:30am
58631	Sun	Jan 5-Mar 23	9:30am-10:00am
58632	Sun	Jan 5-Mar 23	9:30am-10:00am
58633	Sun	Jan 5-Mar 23	10:00am-10:30am
58634	Sun	Jan 5-Mar 23	10:00am-10:30am
58635	Sun	Jan 5-Mar 23	10:30am-11:00am

58636	Sun	Jan 5-Mar 23	11:00am-11:30am
58637	Sun	Jan 5-Mar 23	11:00am-11:30am
58638	Sun	Jan 5-Mar 23	11:30am-12:00pm
58639	Sun	Jan 5-Mar 23	11:30am-12:00pm
58698	Mon	Jan 6-Mar 24	4:30pm-5:00pm
58699	Mon	Jan 6-Mar 24	4:30pm-5:00pm
58700	Mon	Jan 6-Mar 24	5:00pm-5:30pm
58701	Mon	Jan 6-Mar 24	5:30pm-6:00pm
58702	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58703	Mon	Jan 6-Mar 24	6:30pm-7:00pm
58704	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58758	Tue	Jan 7-Mar 18	9:30am-10:00am
58759	Tue	Jan 7-Mar 18	10:00am-10:30am
58760	Tue	Jan 7-Mar 18	10:30am-11:00am
58761	Tue	Jan 7-Mar 18	1:30pm-2:00pm
58762	Tue	Jan 7-Mar 18	2:30pm-3:00pm
58780	Tue	Jan 7-Mar 18	4:30pm-5:00pm
58781	Tue	Jan 7-Mar 18	4:30pm-5:00pm
58782	Tue	Jan 7-Mar 18	5:00pm-5:30pm
58783	Tue	Jan 7-Mar 18	5:30pm-6:00pm
58784	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58785	Tue	Jan 7-Mar 18	6:30pm-7:00pm
58954	Wed	Jan 8-Mar 19	9:30am-10:00am
58956	Wed	Jan 8-Mar 19	11:00am-11:30am
58957	Wed	Jan 8-Mar 19	2:30pm-3:00pm
58991	Wed	Jan 8-Mar 19	4:30pm-5:00pm
58992	Wed	Jan 8-Mar 19	5:00pm-5:30pm
58993	Wed	Jan 8-Mar 19	5:30pm-6:00pm
58994	Wed	Jan 8-Mar 19	5:30pm-6:00pm
58995	Wed	Jan 8-Mar 19	6:00pm-6:30pm
58996	Wed	Jan 8-Mar 19	6:00pm-6:30pm
58997	Wed	Jan 8-Mar 19	6:30pm-7:00pm
58998	Wed	Jan 8-Mar 19	7:00pm-7:30pm

59041	Thu	Jan 9-Mar 20	4:30pm-5:00pm
59042	Thu	Jan 9-Mar 20	4:30pm-5:00pm
59043	Thu	Jan 9-Mar 20	5:00pm-5:30pm
59044	Thu	Jan 9-Mar 20	5:30pm-6:00pm
59045	Thu	Jan 9-Mar 20	6:00pm-6:30pm
59046	Thu	Jan 9-Mar 20	6:00pm-6:30pm
59047	Thu	Jan 9-Mar 20	6:30pm-7:00pm
59084	Fri	Jan 10-Mar 21	9:30am-10:00am
59085	Fri	Jan 10-Mar 21	10:00am-10:30am
59086	Fri	Jan 10-Mar 21	1:30pm-2:00pm
59108	Fri	Jan 10-Mar 21	4:30pm-5:00pm
59109	Fri	Jan 10-Mar 21	5:00pm-5:30pm
59110	Fri	Jan 10-Mar 21	5:00pm-5:30pm
59111	Fri	Jan 10-Mar 21	5:30pm-6:00pm
59112	Fri	Jan 10-Mar 21	6:00pm-6:30pm
59113	Fri	Jan 10-Mar 21	6:00pm-6:30pm
59114	Fri	Jan 10-Mar 21	6:30pm-7:00pm

Preschool 2 – AOP

3-5yrs

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

10 classes

Anne Ottenbrite Pool

\$110.18

58172	Sat	Jan 4-Mar 22	9:00am-9:30am
58173	Sat	Jan 4-Mar 22	9:30am-10:00am
58174	Sat	Jan 4-Mar 22	10:30am-11:00am
58175	Sun	Jan 5-Mar 23	9:30am-10:00am
58176	Sun	Jan 5-Mar 23	10:30am-11:00am
58164	Mon	Jan 6-Mar 24	5:30pm-6:00pm
58165	Mon	Jan 6-Mar 24	6:30pm-7:00pm
58166	Mon	Jan 6-Mar 24	7:30pm-8:00pm
58167	Tue	Jan 7-Mar 18	6:30pm-7:00pm

58168	Tue	Jan 7-Mar 18	7:00pm-7:30pm
58169	Wed	Jan 8-Mar 19	5:30pm-6:00pm
58170	Wed	Jan 8-Mar 19	6:30pm-7:00pm
58171	Thu	Jan 9-Mar 20	6:30pm-7:00pm

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.

10 classes

Whitby Civic Rec

\$110.18

58557	Sat	Jan 4-Mar 22	9:00am-9:30am
58594	Sat	Jan 4-Mar 22	9:30am-10:00am
58595	Sat	Jan 4-Mar 22	9:30am-10:00am
58596	Sat	Jan 4-Mar 22	10:00am-10:30am
58597	Sat	Jan 4-Mar 22	10:30am-11:00am
58598	Sat	Jan 4-Mar 22	10:30am-11:00am
58599	Sat	Jan 4-Mar 22	11:00am-11:30am
58600	Sat	Jan 4-Mar 22	11:30am-12:00pm
58601	Sat	Jan 4-Mar 22	11:30am-12:00pm
58640	Sun	Jan 5-Mar 23	9:00am-9:30am
58641	Sun	Jan 5-Mar 23	9:30am-10:00am
58642	Sun	Jan 5-Mar 23	9:30am-10:00am
58643	Sun	Jan 5-Mar 23	10:00am-10:30am
58644	Sun	Jan 5-Mar 23	10:30am-11:00am
58645	Sun	Jan 5-Mar 23	10:30am-11:00am
58646	Sun	Jan 5-Mar 23	11:00am-11:30am
58647	Sun	Jan 5-Mar 23	11:00am-11:30am
58648	Sun	Jan 5-Mar 23	11:30am-12:00pm
58706	Mon	Jan 6-Mar 24	4:30pm-5:00pm
58707	Mon	Jan 6-Mar 24	5:00pm-5:30pm
58708	Mon	Jan 6-Mar 24	5:30pm-6:00pm

58709	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58710	Mon	Jan 6-Mar 24	6:30pm-7:00pm
58711	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58763	Tue	Jan 7-Mar 18	9:30am-10:00am
58764	Tue	Jan 7-Mar 18	10:00am-10:30am
58765	Tue	Jan 7-Mar 18	10:30am-11:00am
58766	Tue	Jan 7-Mar 18	1:30pm-2:00pm
58767	Tue	Jan 7-Mar 18	2:30pm-3:00pm
58786	Tue	Jan 7-Mar 18	4:30pm-5:00pm
58787	Tue	Jan 7-Mar 18	5:00pm-5:30pm
58788	Tue	Jan 7-Mar 18	5:30pm-6:00pm
58789	Tue	Jan 7-Mar 18	5:30pm-6:00pm
58790	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58791	Tue	Jan 7-Mar 18	6:30pm-7:00pm
58962	Wed	Jan 8-Mar 19	9:30am-10:00am
58963	Wed	Jan 8-Mar 19	10:00am-10:30am
58964	Wed	Jan 8-Mar 19	2:30pm-3:00pm
59000	Wed	Jan 8-Mar 19	4:30pm-5:00pm
59001	Wed	Jan 8-Mar 19	5:00pm-5:30pm
59002	Wed	Jan 8-Mar 19	5:30pm-6:00pm
59003	Wed	Jan 8-Mar 19	6:00pm-6:30pm
59004	Wed	Jan 8-Mar 19	6:30pm-7:00pm
59048	Thu	Jan 9-Mar 20	4:30pm-5:00pm
59049	Thu	Jan 9-Mar 20	5:00pm-5:30pm
59050	Thu	Jan 9-Mar 20	5:30pm-6:00pm
59051	Thu	Jan 9-Mar 20	5:30pm-6:00pm
59052	Thu	Jan 9-Mar 20	6:00pm-6:30pm
59053	Thu	Jan 9-Mar 20	6:30pm-7:00pm
59087	Fri	Jan 10-Mar 21	9:30am-10:00am
59088	Fri	Jan 10-Mar 21	10:00am-10:30am
59089	Fri	Jan 10-Mar 21	2:00pm-2:30pm
59115	Fri	Jan 10-Mar 21	4:30pm-5:00pm
59116	Fri	Jan 10-Mar 21	5:00pm-5:30pm

59117	Fri	Jan 10-Mar 21	5:30pm-6:00pm
59118	Fri	Jan 10-Mar 21	6:00pm-6:30pm
59119	Fri	Jan 10-Mar 21	6:30pm-7:00pm

Preschool 3 – AOP **3-5yrs**

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

10 classes		Anne Ottenbrite Pool	\$110.18
58184	Sat	Jan 4-Mar 22	9:30am-10:00am
58185	Sat	Jan 4-Mar 22	10:30am-11:00am
58186	Sat	Jan 4-Mar 22	11:30am-12:00pm
58187	Sun	Jan 5-Mar 23	9:30am-10:00am
58177	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58178	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58179	Tue	Jan 7-Mar 18	7:30pm-8:00pm
58180	Wed	Jan 8-Mar 19	6:00pm-6:30pm
58181	Wed	Jan 8-Mar 19	7:00pm-7:30pm
58182	Thu	Jan 9-Mar 20	6:00pm-6:30pm
58183	Thu	Jan 9-Mar 20	7:30pm-8:00pm

Preschool 3 – CRC **3-5yrs**

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

10 classes		Whitby Civic Rec	\$110.18
58558	Sat	Jan 4-Mar 22	9:00am-9:30am
58602	Sat	Jan 4-Mar 22	9:30am-10:00am
58603	Sat	Jan 4-Mar 22	10:00am-10:30am
58604	Sat	Jan 4-Mar 22	10:30am-11:00am
58605	Sat	Jan 4-Mar 22	11:30am-12:00pm
58649	Sun	Jan 5-Mar 23	9:00am-9:30am

58650	Sun	Jan 5-Mar 23	9:30am-10:00am
58651	Sun	Jan 5-Mar 23	10:00am-10:30am
58652	Sun	Jan 5-Mar 23	10:30am-11:00am
58653	Sun	Jan 5-Mar 23	11:00am-11:30am
58654	Sun	Jan 5-Mar 23	11:30am-12:00pm
58713	Mon	Jan 6-Mar 24	5:00pm-5:30pm
58714	Mon	Jan 6-Mar 24	5:30pm-6:00pm
58715	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58716	Mon	Jan 6-Mar 24	6:30pm-7:00pm
58923	Tue	Jan 7-Mar 18	5:00pm-5:30pm
58924	Tue	Jan 7-Mar 18	5:30pm-6:00pm
58925	Tue	Jan 7-Mar 18	6:00pm-6:30pm
58926	Tue	Jan 7-Mar 18	6:30pm-7:00pm
58966	Wed	Jan 8-Mar 19	10:00am-10:30am
59005	Wed	Jan 8-Mar 19	5:00pm-5:30pm
59006	Wed	Jan 8-Mar 19	6:00pm-6:30pm
59007	Wed	Jan 8-Mar 19	6:30pm-7:00pm
59054	Thu	Jan 9-Mar 20	4:30pm-5:00pm
59055	Thu	Jan 9-Mar 20	5:00pm-5:30pm
59056	Thu	Jan 9-Mar 20	6:00pm-6:30pm
59090	Fri	Jan 10-Mar 21	2:30pm-3:00pm
59121	Fri	Jan 10-Mar 21	4:30pm-5:00pm
59122	Fri	Jan 10-Mar 21	5:00pm-5:30pm
59123	Fri	Jan 10-Mar 21	5:30pm-6:00pm
59124	Fri	Jan 10-Mar 21	6:30pm-7:00pm

Preschool 4 – AOP

3-5yrs

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

10 classes

Anne Ottenbrite Pool

\$110.18

58191	Sat	Jan 4-Mar 22	11:00am-11:30am
58192	Sun	Jan 5-Mar 23	10:00am-10:30am

58193	Sun	Jan 5-Mar 23	11:30am-12:00pm
58188	Mon	Jan 6-Mar 24	6:30pm-7:00pm
58189	Wed	Jan 8-Mar 19	7:30pm-8:00pm
58190	Thu	Jan 9-Mar 20	7:00pm-7:30pm

Preschool 4 – CRC

3-5yrs

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

10 classes

Whitby Civic Rec

\$110.18

58559	Sat	Jan 4-Mar 22	10:00am-10:30am
58606	Sat	Jan 4-Mar 22	11:00am-11:30am
58655	Sun	Jan 5-Mar 23	9:00am-9:30am
58656	Sun	Jan 5-Mar 23	10:00am-10:30am
58718	Mon	Jan 6-Mar 24	4:30pm-5:00pm
58719	Mon	Jan 6-Mar 24	5:00pm-5:30pm
58720	Mon	Jan 6-Mar 24	6:00pm-6:30pm
58927	Tue	Jan 7-Mar 18	5:00pm-5:30pm
58928	Tue	Jan 7-Mar 18	6:00pm-6:30pm
59008	Wed	Jan 8-Mar 19	4:30pm-5:00pm
59009	Wed	Jan 8-Mar 19	5:00pm-5:30pm
59010	Wed	Jan 8-Mar 19	6:00pm-6:30pm
59013	Wed	Jan 8-Mar 19	7:00pm-7:30pm
59057	Thu	Jan 9-Mar 20	5:00pm-5:30pm
59058	Thu	Jan 9-Mar 20	6:30pm-7:00pm
59125	Fri	Jan 10-Mar 21	5:00pm-5:30pm

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.

10 classes

Anne Ottenbrite Pool

\$110.18

58196	Sat	Jan 4-Mar 22	12:00pm-12:30pm
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58197	Sun	Jan 5-Mar 23	11:30am-12:00pm
58194	Mon	Jan 6-Mar 24	7:00pm-7:30pm
58195	Tue	Jan 7-Mar 18	8:00pm-8:30pm
58198	Wed	Jan 8-Mar 19	7:30pm-8:00pm

Preschool 5 – CRC

3-5yrs

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

10 classes

Whitby Civic Rec

\$110.18

58560	Sat	Jan 4-Mar 22	9:30am-10:00am
58607	Sat	Jan 4-Mar 22	11:00am-11:30am
58657	Sun	Jan 5-Mar 23	10:30am-11:00am
58721	Mon	Jan 6-Mar 24	5:30pm-6:00pm
58929	Tue	Jan 7-Mar 18	5:30pm-6:00pm
59014	Wed	Jan 8-Mar 19	5:30pm-6:00pm
59015	Wed	Jan 8-Mar 19	7:00pm-7:30pm
59059	Thu	Jan 9-Mar 20	5:30pm-6:00pm
59126	Fri	Jan 10-Mar 21	5:30pm-6:00pm

Semi-Private Swimming Lessons

Semi-Private Preschool 1 - AOP (#@) 3-5yrs

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

10 classes

Anne Ottenbrite Pool

\$224.64

58448	Sat	Jan 4-Mar 22	11:00am-11:30am
58449	Sat	Jan 4-Mar 22	4:30pm-5:00pm
58450	Sat	Jan 4-Mar 22	5:30pm-6:00pm
58451	Sat	Jan 4-Mar 22	6:00pm-6:30pm
58452	Sat	Jan 4-Mar 22	6:30pm-7:00pm

[58453](#) Sun Jan 5-Mar 23 9:30am-10:00am

Semi-Private Preschool 1 - CRC (#@) 3-5yrs

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

10 classes		Whitby Civic Rec	\$224.64
58567	Sun	Jan 5-Mar 23	12:00pm-12:30pm
58682	Sun	Jan 5-Mar 23	1:30pm-2:00pm
58705	Mon	Jan 6-Mar 24	4:30pm-5:00pm
58999	Wed	Jan 8-Mar 19	4:30pm-5:00pm

Semi-Private Preschool 2 - AOP (#@) 3-5yrs

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

10 classes		Anne Ottenbrite Pool	\$224.64
58454	Sat	Jan 4-Mar 22	11:30am-12:00pm
58455	Sat	Jan 4-Mar 22	4:30pm-5:00pm
58456	Sat	Jan 4-Mar 22	5:00pm-5:30pm
58457	Sat	Jan 4-Mar 22	6:00pm-6:30pm
58458	Sun	Jan 5-Mar 23	10:30am-11:00am

Semi-Private Preschool 2 - CRC (#@) 3-5yrs

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

10 classes		Whitby Civic Rec	\$224.64
58568	Sun	Jan 5-Mar 23	1:00pm-1:30pm
58712	Mon	Jan 6-Mar 24	5:00pm-5:30pm

59016	Wed	Jan 8-Mar 19	5:00pm-5:30pm
59120	Fri	Jan 10-Mar 21	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 are a focus. Deep water entries and exits are introduced. For more information visit our website.

10 classes		Anne Ottenbrite Pool	\$224.64
58459	Sat	Jan 4-Mar 22	12:00pm-12:30pm
58460	Sat	Jan 4-Mar 22	5:30pm-6:00pm

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

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

10 classes		Whitby Civic Rec	\$224.64
58569	Sun	Jan 5-Mar 23	12:30pm-1:00pm
58683	Sun	Jan 5-Mar 23	1:00pm-1:30pm
58717	Mon	Jan 6-Mar 24	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.

10 classes		Anne Ottenbrite Pool	\$224.64
58461	Sun	Jan 5-Mar 23	12:00pm-12:30pm

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

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

10 classes		Whitby Civic Rec	\$224.64
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58570	Sun	Jan 5-Mar 23	12:00pm-12:30pm
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Semi-Private Preschool 5 - CRC (#@) 3-5yrs

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

10 classes		Whitby Civic Rec	\$224.64
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58571	Sun	Jan 5-Mar 23	1:30pm-2:00pm
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Youth

Group Swimming Lessons

Teen Swimmer 1- Beginner – CRC

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

58579	14-18yrs	Whitby Civic Rec	10 weeks
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Sat	Jan 4-Mar 22	12:00pm-1:00pm	\$119.01
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58690	14-18yrs	Whitby Civic Rec	10 weeks
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Sun	Jan 5-Mar 23	12:00pm-1:00pm	\$119.01
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Teen Swimmer 1- Beginner- AOP

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

58433	14-18yrs	Anne Ottenbrite Pool	10 weeks
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Sat	Jan 4-Mar 22	7:30pm-8:30pm	\$119.01
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58430	14-18yrs	Anne Ottenbrite Pool	10 weeks
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Mon	Jan 6-Mar 24	8:30pm-9:30pm	\$119.01
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Teen Swimmer 2- Intermediate – CRC

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

58580	14-18yrs	Whitby Civic Rec	10 weeks
Sat	Jan 4-Mar 22	12:00pm-1:00pm	\$119.01
58691	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Jan 5-Mar 23	12:00pm-1:00pm	\$119.01
58692	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Jan 5-Mar 23	1:00pm-2:00pm	\$119.01

Teen Swimmer 2- Intermediate- AOP

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

58435	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	7:30pm-8:30pm	\$119.01
58438	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	8:30pm-9:30pm	\$119.01
58431	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Jan 6-Mar 24	8:30pm-9:30pm	\$119.01

Teen Swimmer 3- Advanced – CRC

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

58581	14-18yrs	Whitby Civic Rec	10 weeks
Sat	Jan 4-Mar 22	12:00pm-1:00pm	\$119.01

58693	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Jan 5-Mar 23	1:00pm-2:00pm	\$119.01

Teen Swimmer 3- Advanced- AOP

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

58436	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	7:30pm-8:30pm	\$119.01
58437	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 4-Mar 22	8:30pm-9:30pm	\$119.01
58432	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Jan 6-Mar 24	8:30pm-9:30pm	\$119.01

Leadership

Bronze Cross and Emergency First Aid

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

58443	14yrs+	Anne Ottenbrite Pool	11 weeks
Sun	Jan 5-Mar 30	11:30am-2:30pm	\$220.30
58441	14yrs+	Anne Ottenbrite Pool	11 weeks
Thu	Jan 9-Mar 27	7:00pm-10:00pm	\$220.30

Bronze Medallion

Candidates develop the judgement, skills, and fitness required for water rescues including tows, carries, defenses, and releases as well as resuscitation skills. Candidates develop stroke efficiency and endurance in a timed swim. As a prerequisite

for this program, candidates must be thirteen years of age or have a current Bronze Star certification. Please bring prerequisite information to the first class. 100 per cent attendance is required.

58444	13yrs+	Anne Ottenbrite Pool	10 weeks
Sun	Jan 5-Mar 23	1:30pm-3:30pm	\$211.60
58442	13yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	7:00pm-9:00pm	\$211.60

Bronze Star

Bronze Star is an excellent preparation for success in Bronze Medallion. Participants develop problem solving and decision making skills as individuals and partners. They learn CPR and develop water smart confidence and the lifesaving skills needed to be their own personal lifeguard. Students who achieve this award can register in Bronze Medallion/Emergency First Aid and CPR 'B'. The minimum prerequisite for this program is Swimmer 6 and 10 years of age. Canadian Swim Patrol is recommended.

58428	10-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 5-Mar 23	2:30pm-3:30pm	\$118.63
58427	10-13yrs	Anne Ottenbrite Pool	10 weeks
Fri	Jan 10-Mar 21	7:00pm-8:00pm	\$118.63

Canadian Swim Patrol 1- Rookie

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

58425	8-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Jan 6-Mar 24	7:30pm-8:30pm	\$118.63

Canadian Swim Patrol 2- Ranger

In Ranger, the second level in the Canadian Swim Patrol Program, swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. The minimum

prerequisite for this program is Swimmer 6, 8 years of age and completed Rookie Patrol.

58426	8-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 7-Mar 18	7:30pm-8:30pm	\$118.63

Canadian Swim Patrol 3- Star

In Star, the third and final level of the Canadian Swim Patrol Program, swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone, joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water. The minimum prerequisite for this program is Swimmer 6, 8 years of age and completed Rookie and Ranger Patrol.

58429	8-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 5-Mar 23	12:00pm-1:00pm	\$118.63

NLS & Standard First Aid & CPR 'C'

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

58440	15 and up	Anne Ottenbrite Pool	11 weeks
Tue	Jan 7-Mar 25	6:00pm-10:30pm	\$362.76

Swim for Life & Lifesaving & Emergency First Aid Instructor

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

58439	15 and up	Anne Ottenbrite Pool	10 weeks
Mon	Jan 6-Mar 24	6:00pm-10:00pm	\$435.01

Private Swimming Lessons

Private Teen Swimmer - CRC (#@)

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

58578	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Jan 5-Mar 23	12:00pm-12:30pm	\$367.78
58686	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Jan 5-Mar 23	12:30pm-1:00pm	\$367.78
58687	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Jan 5-Mar 23	12:30pm-1:00pm	\$367.78
58688	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Jan 5-Mar 23	1:00pm-1:30pm	\$367.78
58689	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Jan 5-Mar 23	1:30pm-2:00pm	\$367.78

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!

58849	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	10:15am-11:10am	\$96.31
58850	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 10-Mar 21	1:30pm-2:25pm	\$96.31

Ball Fit

This total body workout challenges the body through dynamic movements for stabilization and balance. Using a combination of Stability balls, Pilates balls, BOSU

and medicine balls you will develop control and strength of your core body muscles, increasing abdominal and back function.

58888	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 8-Mar 19	1:30pm-2:25pm	\$96.31

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!

59300	14yrs+	Brooklin CC&L	10 weeks
Wed	Jan 8-Mar 19	7:30pm-8:25pm	\$87.55

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.

58901	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 10-Mar 21	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!

59284	14yrs+	Brooklin CC&L	10 weeks
Mon	Jan 6-Mar 24	6:00pm-6:55pm	\$87.55
59283	14yrs+	Brooklin CC&L	10 weeks
Thu	Jan 9-Mar 20	6:00pm-6:55pm	\$87.55

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.

58895	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 8-Mar 19	6:30pm-7:25pm	\$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.

59298	14yrs+	Brooklin CC&L	10 weeks
Wed	Jan 8-Mar 19	5:30pm-6:25pm	\$87.55
58883	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	5:30pm-6:25pm	\$96.31
58885	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 8-Mar 19	7:30pm-8:25pm	\$96.31
58884	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	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.

58900	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 10-Mar 21	9:00am-9:55am	\$96.31
59302	14yrs+	Brooklin CC&L	10 weeks
Sat	Jan 11-Mar 15	10:45am-11:40am	\$87.55

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.

58852	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	11:15am-12:10pm	\$96.31
58855	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 10-Mar 21	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.

58818	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	6:15am-7:10am	\$96.31

Spin and Strength

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

58819	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	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.

58802	14yrs+	Whitby Civic Rec	11 weeks
Mon	Jan 6-Mar 24	6:30pm-7:25pm	\$96.31
58803	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	9:00am-9:55am	\$96.31
58804	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	9:00am-9:55am	\$96.31
58809	14yrs+	Whitby Civic Rec	11 weeks

Thu	Jan 9-Mar 20	6:30pm-7:25pm	\$96.31
58810	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 10-Mar 21	6:30pm-7:25pm	\$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.

58894	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 8-Mar 19	5:30pm-6:25pm	\$96.31

Latin Dance Fit

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

58815	14yrs+	Whitby Civic Rec	11 weeks
Mon	Jan 6-Mar 24	7:30pm-8:25pm	\$96.31
59299	14yrs+	Brooklin CC&L	10 weeks
Wed	Jan 8-Mar 19	6:30pm-7:25pm	\$87.55
58817	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 11-Mar 22	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.

58794	14yrs+	Whitby Civic Rec	11 weeks
Mon	Jan 6-Mar 24	10:15am-11:10am	\$96.31

Mom and Baby Fitness

This small group training fitness and mobility workout is specifically designed for post natal women and their fitness needs. Babies (non crawling) are welcome to attend this class with mom as she works on strength, sculpt, core, posture and mobility. Taught by

a Pre and Post Natal Personal Trainer Specialist, this class caters to all fitness levels and abilities.

58886	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 8-Mar 19	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.

58795	14yrs+	Whitby Civic Rec	11 weeks
Mon	Jan 6-Mar 24	11:15am-12:10pm	\$96.31

Power Yoga

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

58797	14yrs+	Whitby Civic Rec	11 weeks
Mon	Jan 6-Mar 24	12:30pm-1:25pm	\$96.31
58796	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	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.

59294	14yrs+	Brooklin CC&L	10 weeks
Mon	Jan 6-Mar 24	8:00pm-8:55pm	\$87.55

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.

59296	14yrs+	Brooklin CC&L	10 weeks
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Tue	Jan 7-Mar 18	6:00pm-6:55pm	\$87.55
58899	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	5:30pm-6:25pm	\$96.31
59297	14yrs+	Brooklin CC&L	10 weeks
Thu	Jan 9-Mar 20	1:45pm-2:40pm	\$87.55

Sculpt & Stretch

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

58897	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	1:30pm-2:25pm	\$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.

59372	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 8-Mar 19	6:15am-7:10am	\$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.

58811	14yrs+	Whitby Civic Rec	11 weeks
Mon	Jan 6-Mar 24	5:30pm-6:15pm	\$96.31
58813	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 10-Mar 21	5:30pm-6:15pm	\$96.31
58814	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 11-Mar 22	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.

58863	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	6:30pm-7:25pm	\$96.31
58867	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 8-Mar 19	9:00am-9:55am	\$96.31
58870	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	6:30pm-7:25pm	\$96.31
58868	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 10-Mar 21	10:15am-11:10am	\$96.31
58869	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 11-Mar 22	9:00am-9:55am	\$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.

58889	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	7:30pm-8:25pm	\$96.31
58890	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 11-Mar 22	11:30am-12:25pm	\$96.31

Strength & Stretch

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

58792	14yrs+	Whitby Civic Rec	11 weeks
Mon	Jan 6-Mar 24	9:00am-9:55am	\$96.31

Stretch and Myofascial Release (SMR)

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

58856	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	12:15pm-1:10pm	\$96.31
58857	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 8-Mar 19	10:15am-11:10am	\$96.31
58859	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	12:15pm-1:10pm	\$96.31
59301	14yrs+	Brooklin CC&L	10 weeks
Thu	Jan 9-Mar 20	2:45pm-3:40pm	\$87.55

Tap Dance- Beginner

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

59401	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	1:30pm-2:25pm	\$96.31

Women on Weights

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

59325	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	7:30pm-8:30pm	\$96.31

59324	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 11-Mar 22	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!

58891	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 8-Mar 19	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.

58871	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	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.

58898	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	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!

58921	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 7-Mar 18	5:00pm-5:55pm	\$96.31
58887	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 8-Mar 19	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.

59280	14yrs+	Brooklin CC&L	10 weeks
Tue	Jan 7-Mar 18	7:00pm-7:55pm	\$87.55
58896	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 9-Mar 20	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.

59179	15 and up	Brooklin CC&L	10 weeks
Wed	Jan 15-Mar 19	8:30pm-9:55pm	\$87.60

Ball Hockey - Adult (%)

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

59190	18 and up	Brooklin CC&L	9 weeks
Mon	Jan 13-Mar 17	8:45pm-10:10pm	\$78.84

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.

59236	16yrs+	Brooklin CC&L	9 weeks
Sun	Jan 19-Mar 23	5:30pm-6:25pm	\$78.84
59237	16yrs+	Brooklin CC&L	10 weeks
Sun	Jan 19-Mar 23	7:30pm-8:25pm	\$78.84

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.

59238	16yrs+	Brooklin CC&L	9 weeks
Sun	Jan 19-Mar 23	6:30pm-7:25pm	\$78.84

All Ages Fitness

Taekwondo 12+ YRS

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

59345	12yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 14	5:30pm-6:25pm	\$78.92
59347	12yrs+	Whitby Civic Rec	10 weeks
Sun	Jan 12-Mar 16	12:00pm-12:55pm	\$78.92

Taekwondo for Women

Taekwondo is a popular and global Martial art and Olympic sport for all ages and abilities. Our recreational program is delivered in a fun and safe learning environment with Provincial & National Team Coach. Introduction to the sport, fundamental skills and

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

59349	16yrs+	Whitby Civic Rec	10 weeks
Fri	Jan 10-Mar 14	6:30pm-7:25pm	\$87.55

55+ Programs

55+ Memberships

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

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

New Members Orientation

Join the New Members Committee for information about 55+ Recreation Services. Learn about 55+ programs, enjoy a coffee/tea at Mingles and meet new people.

57934	55 yrs+	Whitby 55+ Rec	1 class
Wed	Jan 29	10:00am-11:00am	Free
57936	55 yrs+	Whitby 55+ Rec	1 class
Wed	Mar 26	10:00am-11:00am	Free

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. To participate in this class a video capable device is required. Equipment needed: Sturdy chair, hand weights and resistance bands.

58033	55 yrs+	Online-Virtual Program	13 weeks
Wed	Jan 8-Apr 2	10:00am-11:00am	\$52.78

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. To participate in this class a video capable device is required. Equipment needed: Hand weights, resistance bands and exercise mat.

58135	55 yrs+	Online-Virtual Program	13 weeks
Thu	Jan 9-Apr 3	9:00am-10:00am	\$52.78

Creative Arts

Acrylic Painting - Advanced Open Studio with Marni (%)

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

58317	55 yrs+	Whitby 55+ Rec	8 weeks
Wed	Feb 5-Mar 26	10:00am-12:00pm	\$43.60

Acrylic Painting - Introduction with Marni (%)

This course is best suited for students who participated in the previous fall session. Students will receive step by step demonstration in painting techniques, colour theory, composition, and the amazing diversity that acrylic has to offer. Several subjects will be explored through assigned projects on canvas and mix media paper. The viewing of art works by master artists for analysis and application will be explored in relation to studio work. Supplies required: See list on online notes and on your receipt. List also available at Brooklin CC&L and Whitby 55+ Recreation Centre.

58318	55 yrs+	Whitby 55+ Rec	4 weeks
Wed	Jan 8-Jan 29	10:00am-12:00pm	\$21.80

Drawing From Observation Workshop with Marni (%)

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

58319	55 yrs+	Whitby 55+ Rec	1 class
Tue	Feb 18	1:00pm-3:00pm	\$35.00

Instructed Acrylic Painting with David (%)

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

58873	55 yrs+	Whitby 55+ Rec	1 class
Tue	Jan 14	9:30am-11:30am	\$30.90
58874	55 yrs+	Whitby 55+ Rec	1 class
Tue	Feb 11	9:30am-11:30am	\$30.90
58875	55 yrs+	Whitby 55+ Rec	1 class
Tue	Mar 11	9:30am-11:30am	\$30.90

Knitted Beginner Socks with Tara (%)

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

58074	55 yrs+	Brooklin CC&L	4 weeks
Thu	Jan 9-Jan 30	10:00am-12:00pm	\$41.20

Knitting for Beginners with Tara (%)

This class will cover casting on and off, knit, purl and yarn over stitches. You will be working on a set of coasters and a trivet. Please see list of materials required on online notes and on your receipt. List also available at the Brooklin CC&L or the 55+ Recreation Centre.

58075	55 yrs+	Brooklin CC&L	4 weeks
Thu	Feb 6-Feb 27	10:00am-12:00pm	\$41.20

Knitting Patterns with Tara (%)

This class will cover a variety of patterns used in knitting. We will explore cables, seed stitch, boxes, blocks and honeycomb patterns. Bring your own knitting needles and Yarn. Please see list of materials required on online notes and on your receipt. List also available at the Brooklin CC&L or the 55+ Recreation Centre.

59322	55 yrs+	Brooklin CC&L	6 weeks
Thu	Mar 6-Apr 10	10:00am-12:00pm	\$61.80

Watercolour Workshop: Part One with Marni (%)

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

58321	55 yrs+	Whitby 55+ Rec	1 class
Tue	Jan 21	1:00pm-3:00pm	\$35.00

Watercolour Workshop: Part Two with Marni (%)

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

58322	55 yrs+	Whitby 55+ Rec	1 class
Tue	Mar 25	1:00pm-3:00pm	\$35.00

Woodcarving - Open Studio (%)

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

58114	55 yrs+	Brooklin CC&L	11 weeks
Fri	Jan 10-Mar 21	3:30pm-5:30pm	\$26.00

Dance

Ballet Basics with Tracy (%)

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

58911	55 yrs+	Whitby 55+ Rec	9 weeks
Mon	Jan 13-Mar 24	12:15pm-1:15pm	\$36.54

Ballet with Tracy (%)

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

58912	55 yrs+	Whitby 55+ Rec	10 weeks
Fri	Jan 10-Mar 21	12:00pm-1:00pm	\$40.60

Cardio Dance with Shari (%)

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

57998	55 yrs+	Whitby 55+ Rec	11 weeks
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Wed	Jan 8-Mar 19	2:15pm-3:15pm	\$44.66
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Clogging - Beginner Plus with Sandy (%)

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

58071	55 yrs+	Brooklin CC&L	10 weeks
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Thu	Jan 9-Mar 13	10:00am-11:00am	\$40.60
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Dance Fitness with Shari (%)

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

57999	55 yrs+	Whitby 55+ Rec	11 weeks
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Tue	Jan 7-Mar 18	1:45pm-2:45pm	\$44.66
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58042	55 yrs+	Centennial Building	11 weeks
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Tue	Jan 7-Mar 18	3:15pm-4:15pm	\$44.66
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Dance Flow with Alison (%)

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

58864	55 yrs+	Whitby 55+ Rec	11 weeks
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Thu	Jan 9-Mar 20	9:00am-10:00am	\$44.66
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Get Your Groove On with Tracy (%) *NEW*

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

59186	55 yrs+	Whitby 55+ Rec	10 weeks
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Thu	Jan 9-Mar 20	11:30am-12:30pm	\$40.60
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Tap Dance - Level 1 with Alison (%)

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

58865	55 yrs+	Whitby 55+ Rec	11 weeks
Thu	Jan 9-Mar 20	11:30am-12:30pm	\$44.66

Tap Dance - Level 2 with Alison (%)

This class introduces advanced steps and dances. You must have some previous experience. Tap shoes or hard soled shoes are required.

58866	55 yrs+	Whitby 55+ Rec	11 weeks
Thu	Jan 9-Mar 20	10:15am-11:15am	\$44.66

Traditional Line Dance - Level 2 with Nicole (%)

This class is for the line dancer who has some experience and is ready to try some dance routines that are a little more challenging. A little faster, a little more complex and a few more turns but still a lot of repetition.

58105	55 yrs+	Brooklin CC&L	10 weeks
Tue	Jan 7-Mar 18	1:30pm-2:30pm	\$40.60

Traditional Line Dance-Beginner with Nicole (%)

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

58463	55 yrs+	Whitby 55+ Rec	11 weeks
Wed	Jan 8-Mar 19	10:30am-11:30am	\$44.66

Fitness

Active Cardio and Weights with Kathy (%)

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

58037	55 yrs+	Centennial Building	11 weeks
Tue	Jan 7-Mar 18	2:00pm-3:00pm	\$44.66

Arthritis Exercise with Karel (%)

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

58659	55 yrs+	Whitby 55+ Rec	9 weeks
Mon	Jan 13-Mar 17	1:45pm-2:45pm	\$36.54
59319	55 yrs+	Brooklin CC&L	9 weeks
Mon	Jan 13-Mar 17	9:15am-10:15am	\$36.54
58660	55 yrs+	Whitby 55+ Rec	10 weeks
Tue	Jan 14-Mar 18	1:15pm-2:15pm	\$40.60

Arthritis Exercise with Kim (%)

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

58038	55 yrs+	Centennial Building	10 weeks
Tue	Jan 14-Mar 18	9:00am-10:00am	\$40.60
58902	55 yrs+	Whitby 55+ Rec	10 weeks
Thu	Jan 16-Mar 20	9:00am-10:00am	\$40.60

Arthritis Exercise with Mary (%)

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

59321	55 yrs+	Brooklin CC&L	8 weeks
Fri	Jan 10-Feb 28	12:15pm-1:15pm	\$32.48

Arthritis Exercise with Tracy (%)

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

58908	55 yrs+	Whitby 55+ Rec	10 weeks
Wed	Jan 8-Mar 19	10:30am-11:30am	\$40.60
59182	55 yrs+	Whitby 55+ Rec	10 weeks
Thu *NEW*	Jan 9-Mar 20	1:00pm-2:00pm	\$40.60
58909	55 yrs+	Whitby 55+ Rec	10 weeks
Fri	Jan 10-Mar 21	9:30am-10:30am	\$40.60

Barre Fitness with Tracy (%)

An invigorating workout that will change your body! Ballet barre-based workout using a chair as support. This class will help tone and tighten those trouble areas.

58065	55 yrs+	Brooklin CC&L	10 weeks
Wed	Jan 8-Mar 19	12:15pm-1:15pm	\$40.60

Body Sculpt with Kim (%)

This full body muscular conditioning class combines cardiovascular, strength and core exercises to help burn calories, increase flexibility, and tone muscles all at once. You can expect to move through a variety of low-impact exercises targeting all major muscle groups. Using dumbbells, resistance bands, balls, and body weight to improve your overall strength.

58039	55 yrs+	Centennial Building	9 weeks
Mon	Jan 13-Mar 17	9:00am-10:00am	\$36.54

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.

58068	55 yrs+	Brooklin CC&L	9 weeks
Mon	Jan 6-Mar 17	1:00pm-2:00pm	\$36.54
58069	55 yrs+	Brooklin CC&L	11 weeks
Tue	Jan 7-Mar 18	11:20am-12:20pm	\$44.66

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.

58070	55 yrs+	Brooklin CC&L	10 weeks
Wed	Jan 8-Mar 19	1:30pm-2:30pm	\$40.60

Cardio and Core with Kim (%)

This Cardio & Core workout puts your body through its paces testing your core and challenging your cardiovascular fitness. Whether you enjoy lower or higher intensity workouts this class is for everyone offering variations for each. These cardio exercises can provide health benefits your body will thank you for while working your core affects your balance, posture, and stability.

58040	55 yrs+	Centennial Building	9 weeks
Mon	Jan 13-Mar 17	10:15am-11:15am	\$36.54

Chair Body Conditioning with Nicole A. (%)

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

58041	55 yrs+	Centennial Building	9 weeks
Wed	Jan 8-Mar 5	9:00am-10:00am	\$36.54

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.

58542	55 yrs+	Whitby 55+ Rec	11 weeks
Wed	Jan 8-Mar 19	2:30pm-3:30pm	\$44.66
58541	55 yrs+	Whitby 55+ Rec	10 weeks
Mon	Jan 13-Mar 24	11:30am-12:30pm	\$40.60

Fitness Energizer with Kathy (%)

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

58073	55 yrs+	Brooklin CC&L	11 weeks
Wed	Jan 8-Mar 19	8:30am-9:30am	\$44.66

Full Body Fit and Stretch with Kim (%)

This low impact total body strength class is suitable for all abilities. This class will take you through a total body workout combining low intensity aerobic and strength training exercises, including core exercises that will improve your stability and balance. The class finishes with safe stretching exercises to help loosen up tight muscles.

58043	55 yrs+	Centennial Building	10 weeks
Tue	Jan 14-Mar 18	10:15am-11:15am	\$40.60
58903	55 yrs+	Whitby 55+ Rec	10 weeks
Fri	Jan 17-Mar 21	9:00am-10:00am	\$40.60

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.

58046	55 yrs+	Centennial Building	9 weeks
Wed	Jan 8-Mar 5	10:15am-11:15am	\$36.54

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.

58323	55 yrs+	Whitby 55+ Rec	11 weeks
Wed	Jan 8-Mar 19	1:15pm-2:15pm	\$44.66

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.

58324	55 yrs+	Whitby 55+ Rec	11 weeks
Wed	Jan 8-Mar 19	12:00pm-1:00pm	\$44.66

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.

58047	55 yrs+	Centennial Building	8 weeks
Thu	Jan 9-Mar 6	11:30am-12:30pm	\$32.48

Men's Fitness with Tracy (%)

Improve your strength, cardio, mobility and endurance in a class for all levels. Using a variety of equipment, we target a whole body workout to suit your lifestyle. Enjoy friendly conversation during the workout.

58913	55 yrs+	Whitby 55+ Rec	10 weeks
Tue	Jan 7-Mar 18	9:15am-10:15am	\$40.60

Morning Energizer with Kathy (%)

Start your day right with an energy boost! Incorporating full body movements, core strength, resistance training as well as balance and stability training, this class will leave you feeling fully energized! This challenging and exciting workout is recommended for all fitness levels.

58543	55 yrs+	Whitby 55+ Rec	10 weeks
Mon	Jan 13-Mar 24	9:00am-10:00am	\$40.60

Osteo Weight Training - Level 1 with Kathy (%)

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

58544	55 yrs+	Whitby 55+ Rec	11 weeks
Tue	Jan 7-Mar 18	11:30am-12:30pm	\$44.66

Pilates - Level 1 with Dennis (%)

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

58090	55 yrs+	Brooklin CC&L	11 weeks
Tue	Jan 7-Mar 18	9:00am-10:00am	\$44.66

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.

58325	55 yrs+	Whitby 55+ Rec	11 weeks
Tue	Jan 7-Mar 18	9:00am-10:00am	\$44.66

Pilates - Level 1 with Kathy (%)

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

58091	55 yrs+	Brooklin CC&L	10 weeks
Thu	Jan 9-Mar 20	9:45am-10:45am	\$44.66

Pilates - Level 2 with Karen (%)

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

58326	55 yrs+	Whitby 55+ Rec	11 weeks
Fri	Jan 10-Mar 21	2:30pm-3:30pm	\$44.66

Resistance Training with Rose (%)

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

58418	55 yrs+	Whitby 55+ Rec	10 weeks
Mon	Jan 13-Mar 24	5:00pm-6:00pm	\$40.60

Stretch and Sculpt with Kathy (%)

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

58545	55 yrs+	Whitby 55+ Rec	11 weeks
Wed	Jan 8-Mar 19	12:45pm-1:45pm	\$44.66

Total Body Circuit Training with Kim (%)

Circuit training is a workout that involves rotating through various exercises targeting different parts of the body. Focusing on different muscle groups with the use of weights, resistance and body-weight exercises. Circuit training is suitable for all levels of fitness enthusiasts as you will work at your own personal level of intensity. Participants are matched up with others at their same level for a fun workout helping to create a healthy lifestyle.

58904	55 yrs+	Whitby 55+ Rec	10 weeks
Thu	Jan 16-Mar 20	10:15am-11:15am	\$40.60

Total Body Stretch with Dennis (%)

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

58098	55 yrs+	Brooklin CC&L	11 weeks
Fri	Jan 10-Mar 21	9:45am-10:45am	\$44.66

Total Body Stretch with Josh (%)

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

58099	55 yrs+	Brooklin CC&L	9 weeks
Mon	Jan 6-Mar 17	11:45am-12:45pm	\$36.54
58100	55 yrs+	Brooklin CC&L	9 weeks
Mon	Jan 6-Mar 17	2:15pm-3:15pm	\$36.54

Total Body Stretch with Nicole (%)

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

58462	55 yrs+	Whitby 55+ Rec	11 weeks
Tue	Jan 7-Mar 18	4:30pm-5:30pm	\$44.66

Total Body Workout with Roberta (%)

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.

58103	55 yrs+	Brooklin CC&L	10 weeks
Thu	Jan 9-Mar 20	8:45am-9:45am	\$40.60

Total Body Workout with Dennis (%)

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

58101	55 yrs+	Brooklin CC&L	10 weeks
Wed	Jan 8-Mar 19	9:00am-10:00am	\$40.60

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.

58102	55 yrs+	Brooklin CC&L	11 weeks
Tue	Jan 7-Mar 18	12:30pm-1:30pm	\$44.66

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.

58419	55 yrs+	Whitby 55+ Rec	11 weeks
Wed	Jan 8-Mar 19	5:00pm-6:00pm	\$44.66

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.

58104	55 yrs+	Brooklin CC&L	9 weeks
Mon	Jan 6-Mar 17	9:15am-10:15am	\$36.54
58914	55 yrs+	Whitby 55+ Rec	10 weeks
Tue	Jan 7-Mar 18	10:30am-11:30am	\$40.60
58915	55 yrs+	Whitby 55+ Rec	10 weeks
Tue	Jan 7-Mar 18	11:45am-12:45pm	\$40.60

Twenty, Twenty, Twenty with Roberta (%)

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

58107	55 yrs+	Brooklin CC&L	10 weeks
Thu	Jan 9-Mar 20	11:15am-12:15pm	\$40.60

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.

58106	55 yrs+	Brooklin CC&L	11 weeks
Tue	Jan 7-Mar 18	10:10am-11:10am	\$44.66

Twenty, Twenty, Twenty with Kathy (%)

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

58547	55 yrs+	Whitby 55+ Rec	11 weeks
Wed	Jan 8-Mar 19	11:30am-12:30pm	\$44.66
58546	55 yrs+	Whitby 55+ Rec	10 weeks
Mon	Jan 13-Mar 24	10:15am-11:15am	\$40.60

Twenty, Twenty, Twenty with Tracy (%)

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

58108	55 yrs+	Brooklin CC&L	9 weeks
Mon	Jan 6-Mar 17	10:30am-11:30am	\$36.54
58916	55 yrs+	Whitby 55+ Rec	10 weeks
Fri	Jan 10-Mar 21	10:45am-11:45am	\$40.60
58917	55 yrs+	Whitby 55+ Rec	10 weeks
Fri	Jan 10-Mar 21	1:15pm-2:15pm	\$40.60
58910	55 yrs+	Whitby 55+ Rec	9 weeks
Mon	Jan 13-Mar 24	1:30pm-2:30pm	\$36.54

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

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

58112	55 yrs+	Brooklin CC&L	11 weeks
Thu	Jan 9-Mar 20	8:30am-9:30am	\$44.66

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.

58113	55 yrs+	Brooklin CC&L	11 weeks
Tue	Jan 7-Mar 18	1:45pm-2:45pm	\$44.66

Weight Training - Level 2 with Kathy (%)

This 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.

59346	55 yrs+	Brooklin CC&L	11 weeks
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Wed	Jan 8-Mar 19	9:45am-10:45am	\$44.66
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Weight Training - Level 2 with Tracy (%)

This program will improve strength, range of motion and endurance. This class will focus on proper body alignment and technique to ensure a safe workout. This class is suitable for those with some weight training experience.

58918	55 yrs+	Whitby 55+ Rec	10 weeks
Wed	Jan 8-Mar 19	9:15am-10:15am	\$40.60
59184 *NEW*	55 yrs+	Whitby 55+ Rec	10 weeks
Thu	Jan 9-Mar 20	2:15pm-3:15pm	\$40.60

Yin Yoga with Judy (%) *NEW*

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

58658	55 yrs+	Whitby 55+ Rec	11 weeks
Fri	Jan 10-Mar 21	11:00am-12:00pm	\$44.66

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.

58050	55 yrs+	Centennial Building	11 weeks
Thu	Jan 9-Mar 20	10:15am-11:15am	\$44.66

Yoga - Chair with Judy (%)

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

58052	55 yrs+	Centennial Building	11 weeks
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Tue	Jan 7-Mar 18	12:45pm-1:45pm	\$44.66
58051	55 yrs+	Centennial Building	11 weeks
Thu	Jan 9-Mar 20	9:00am-10:00am	\$44.66

Yoga - Chair with Pam (%) *NEW*

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.

59147	55 yrs+	Whitby 55+ Rec	10 weeks
Mon	Jan 13-Mar 24	3:30pm-4:30pm	\$40.60

Yoga - Detox Flow with Mary (%)

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

58115	55 yrs+	Brooklin CC&L	8 weeks
Fri	Jan 10-Feb 28	1:30pm-2:30pm	\$32.48

Yoga - Dynamic with Mag (%)

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

58053	55 yrs+	Centennial Building	11 weeks
Fri	Jan 10-Mar 21	10:15am-11:15am	\$44.66

Yoga - Gentle Flow with Donna (%)

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

59348	55 yrs+	Brooklin CC&L	4 weeks
Mon	Jan 6-Jan 27	10:30am-11:30am	\$16.24

Yoga - Intermediate with Mag (%)

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

58000	55 yrs+	Whitby 55+ Rec	11 weeks
Wed	Jan 8-Mar 19	10:15am-11:15am	\$44.66

Yoga - Relax and Restore with Roberta (%)

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

58119	55 yrs+	Brooklin CC&L	10 weeks
Thu	Jan 9-Mar 20	12:30pm-1:30pm	\$40.60

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.

58117	55 yrs+	Brooklin CC&L	10 weeks
Mon	Jan 6-Mar 17	7:15pm-8:15pm	\$40.60

Yoga - Relax and Restore with Dennis (%)

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

58118	55 yrs+	Brooklin CC&L	10 weeks
Tue	Jan 7-Mar 18	10:15am-11:15am	\$40.60

Yoga - Rise and Shine with Mag (%)

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

58001	55 yrs+	Whitby 55+ Rec	11 weeks
Wed	Jan 8-Mar 19	9:00am-10:00am	\$44.66

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.

58054	55 yrs+	Centennial Building	11 weeks
Thu	Jan 9-Mar 20	2:15pm-3:15pm	\$44.66

Yoga Flow with Deb (%)

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.

58055	55 yrs+	Centennial Building	9 weeks
Mon	Jan 6-Mar 10	12:45pm-1:45pm	\$36.54

Yoga Stretch with Dennis (%)

This class will focus on a gentle, stretch yoga emphasizing breathing and coordinated with movement to assist in stretching and the release of stress.

57997	55 yrs+	Whitby 55+ Rec	11 weeks
Thu	Jan 9-Mar 20	9:00am-10:00am	\$44.66
57996	55 yrs+	Whitby 55+ Rec	10 weeks
Mon	Jan 13-Mar 24	9:00am-10:00am	\$40.60

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.

58553	55 yrs+	Whitby 55+ Rec	11 weeks
Tue	Jan 7-Mar 18	11:15am-12:15pm	\$44.66

Yoga with David (%)

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

58120	55 yrs+	Brooklin CC&L	10 weeks
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Wed	Jan 8-Mar 19	11:00am-12:00pm	\$40.60
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Yoga with Mag (%)

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

58056	55 yrs+	Centennial Building	11 weeks
Fri	Jan 10-Mar 21	9:00am-10:00am	\$44.66

Yoga with Marian (%)

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

58121	55 yrs+	Brooklin CC&L	11 weeks
Fri	Jan 10-Mar 21	11:00am-12:00pm	\$44.66

Yoga- Rise and Shine with Dennis (%)

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

58122	55 yrs+	Brooklin CC&L	11 weeks
Fri	Jan 10-Mar 21	8:30am-9:30am	\$44.66

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.

58123	55 yrs+	Brooklin CC&L	10 weeks
Mon	Jan 6-Mar 17	6:00pm-7:00pm	\$40.60
58861	55 yrs+	Whitby 55+ Rec	10 weeks
Thu	Jan 9-Mar 13	11:45am-12:45pm	\$40.60

Yogalates with Mag (%)

Inspired by Yoga and Pilates this class provides the physical and mental benefits of both practices and is described as a comprehensive exercise system. Where East meets West, it combines the yogic focus on enhanced mind and body awareness,

strength, stamina, flexibility and balance, with Pilates techniques to improve posture and create a strong, stable foundation for movement. Class ends with Yoga for relaxation.

58057	55 yrs+	Centennial Building	11 weeks
Tue	Jan 7-Mar 18	11:30am-12:30pm	\$44.66

Zumba Gold (lite) with Nicole (%)

This class starts slow and speeds up as the class progresses. It features routines or interval training where fast and slow rhythm, and resistance training are combined to tone and sculpt your body while burning fat.

58464	55 yrs+	Whitby 55+ Rec	11 weeks
Tue	Jan 7-Mar 18	3:15pm-4:15pm	\$44.66

Zumba Gold with Carolina (%)

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

58058	55 yrs+	Centennial Building	10 weeks
Mon	Jan 6-Mar 17	11:30am-12:30pm	\$40.60

Zumba Toning with Carolina (%)

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

58059	55 yrs+	Centennial Building	11 weeks
Wed	Jan 8-Mar 19	11:30am-12:30pm	\$44.66

55+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.

57908	55 yrs+	Whitby 55+ Rec	5 weeks
Wed	Jan 15-Mar 19	1:00pm-3:30pm	\$10.00

Armchair Travel to Newfoundland

Experience the unique history, environment, culture, and lifestyle of the warm-hearted people of Newfoundland. Get ready for the stunning natural beauty, quaint villages, and abundant marine life. Join Cathy from CanXplore as she introduces you to the sights of Newfoundland.

58549	55 yrs+	Whitby 55+ Rec	1 class
Tue	Jan 14	10:00am-11:00am	Free

Bridge - Absolute Beginner Part 1 with Jack (%)

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

58067	55 yrs+	Brooklin CC&L	10 weeks
Tue	Jan 7-Mar 11	3:30pm-5:30pm	\$54.50

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.

58552	55 yrs+	Whitby 55+ Rec	11 weeks
Thu	Jan 9-Mar 20	3:30pm-4:30pm	\$44.66

History (%)

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

58044	55 yrs+	Centennial Building	7 weeks
Mon	Jan 13-Mar 3	2:15pm-3:45pm	\$36.82

Hollywood: An Insider's View with Tim (%)

Discover what's beyond the silver screen! Thrill to movie magic and investigate the 'language' of film. Enjoy a different feature-length movie each week while making your love for film a more exciting and rewarding experience.

57976	55 yrs+	Whitby 55+ Rec	4 weeks
Wed	Jan 8-Jan 29	1:30pm-4:00pm	\$8.00

Unfolding the Foundations of Indigenous History and Traditions (%)

Dr. Peter Menzies has over 20 years of experience in Social Work and has spent part of his career supporting his personal community, the Sagamok Anishnawbek First Nation peoples, among communities across northern Ontario. During this 2-hour workshop, Peter will encourage participants to learn about Indigenous culture, identity and healing, traditions, as well as Elder importance in the community. Peter will engage with participants through the adult learning model framework allowing for clarity and understanding in a comfortable participant learning environment. Note: This workshop will be a continuation of Dr. Peter Menzies previous foundational workshop.

59410	55 yrs+	Whitby 55+ Rec	1 class
Fri	Jan 24	10:am-12:00pm	\$12.00

Kung Fu Sword with Ron (%)

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

58820	55 yrs+	Whitby 55+ Rec	11 weeks
Thu	Jan 9-Mar 20	10:30am-11:30am	\$44.66

Lifewriting – Autobiography/Memoir (%)

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

58077	55 yrs+	Brooklin CC&L	4 weeks
Thu	Jan 9-Feb 6	10:00am-12:30pm	\$8.00

Lifewriting – Storytelling (%)

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

59396	55 yrs+	Brooklin CC&L	4 weeks
Thu	Feb13-Mar 20	10:00am-12:30pm	\$8.00

Mindfulness Meditation with David (%)

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

58078	55 yrs+	Brooklin CC&L	10 weeks
Wed	Jan 8-Mar 19	12:30pm-1:30pm	\$40.60

Qigong with Dave (%)

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

58026	55 yrs+	Whitby 55+ Rec	11 weeks
Tue	Jan 7-Mar 18	4:00pm-5:30pm	\$57.86
58025	55 yrs+	Whitby 55+ Rec	11 weeks
Fri	Jan 10-Mar 21	9:30am-11:00am	\$57.86

Rise and Shine 55+ Walking Group

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

57927	55 yrs+	Town of Whitby	22 classes
Tue,Thu	Jan 7-Mar 20	9:00am-10:00am	Free

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

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

58027	55 yrs+	Whitby 55+ Rec	10 weeks
Mon	Jan 13-Mar 24	9:00am-10:00am	\$40.60
58028	55 yrs+	Whitby 55+ Rec	10 weeks
Mon	Jan 13-Mar 24	10:15am-11:15am	\$40.60

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

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

58919	40yrs+	Whitby 55+ Rec	11 weeks
Tue	Jan 7-Mar 18	6:00pm-7:00pm	\$44.66
58095	40yrs+	Brooklin CC&L	11 weeks
Wed	Jan 8-Mar 19	6:00pm-7:00pm	\$44.66

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

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

58920	40yrs+	Whitby 55+ Rec	11 weeks
Tue	Jan 7-Mar 18	7:00pm-8:00pm	\$44.66
58096	40yrs+	Brooklin CC&L	11 weeks
Wed	Jan 8-Mar 19	7:00pm-8:00pm	\$44.66

The Ideas Café

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

58097	55 yrs+	Brooklin CC&L	10 weeks
Mon	Jan 6-Mar 24	9:30am-11:00am	Free

Language

French - Beginner Part 3 with Maurice (%)

The French Beginner Part 3 class is designed for participants who have a basic but limited knowledge of French and those who have completed the French Beginner Part 1 and Part 2 class. You will learn basic French language skills to communicate orally in simple social situations (asking for information, ordering food in a restaurant, etc.). The language taught will be standard international French with occasional references to Quebec French. Fee includes printed materials.

58011	55 yrs+	Whitby 55+ Rec	10 weeks
Thu	Jan 9-Mar 13	10:00am-11:00am	\$43.60

French - Intermediate with Maurice (%)

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

58012	55 yrs+	Whitby 55+ Rec	10 weeks
Thu	Jan 9-Mar 13	11:15am-12:15pm	\$43.60

Spanish - Advanced with Tony (%)

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

58013	55 yrs+	Whitby 55+ Rec	10 weeks
Tue	Jan 7-Mar 11	9:00am-10:30am	\$55.60

Spanish - Beginner with Tony (%)

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

58014	55 yrs+	Whitby 55+ Rec	10 weeks
Mon	Jan 13-Mar 24	9:00am-10:30am	\$52.60

Spanish - Intermediate with Tony (%)

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

58015	55 yrs+	Whitby 55+ Rec	10 weeks
Tue	Jan 7-Mar 11	10:45am-12:15pm	\$55.60

Leagues and Sporting Groups

Badminton League (%)

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

58062	55 yrs+	Brooklin CC&L	9 weeks
Mon	Jan 6-Mar 17	9:00am-11:30am	\$21.54
58063	55 yrs+	Brooklin CC&L	10 weeks
Tue	Jan 7-Mar 18	9:00am-11:30am	\$23.60
58064	55 yrs+	Brooklin CC&L	10 weeks
Wed	Jan 8-Mar 19	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. Due to the high demand for pickleball programs, registration is limited to 2 classes per session per person to accommodate as many players as possible.

59240	55 yrs+	Heydenshore Pavilion	6 weeks
Thu	Jan 9-Feb 13	9:00am-11:00am	\$15.36
58085	55 yrs+	Brooklin CC&L	10 weeks
Thu	Jan 9-Mar 20	9:00am-11:00am	\$23.60
59285	55 yrs+	Heydenshore Pavilion	6 weeks
Wed	Feb 12-Mar 19	9:00am-11:00am	\$15.36

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

59282	55 yrs+	Heydenshore Pavilion	4 weeks
Wed	Jan 8-Feb 5	9:00am-11:00am	\$21.92
59239	55 yrs+	Heydenshore Pavilion	5 weeks
Thu	Feb 20-Mar 20	9:00am-11:00am	\$27.40

Pickleball - Level 1 (%)

Pickleball is one of the fastest growing sports in North America. This program is for those at the introductory to junior level of play. You MUST know how to play pickleball and keep score as no formal instruction will be given. Price includes ball fee. Due to the high demand for pickleball programs, registration is limited to 2 classes per session per person to accommodate as many players as possible.

58876	55 yrs+	Heydenshore Pavilion	10 weeks
Mon	Jan 6-Mar 17	2:00pm-4:00pm	\$23.60

Pickleball - Level 1 and 2 (%)

Pickleball is one of the fastest growing sports in North America. This program is for those at the introductory to junior level of play. You MUST know how to play pickleball and keep score as no formal instruction will be given. Price includes ball fee. Due to the high demand for pickleball programs, registration is limited to 2 classes per session per person to accommodate as many players as possible.

59185	55 yrs+	Heydenshore Pavilion	10 weeks
Mon	Jan 6-Mar 17	11:30am-1:30pm	\$23.60
58877	55 yrs+	Heydenshore Pavilion	11 weeks
Tue	Jan 7-Mar 18	6:00pm-8:00pm	\$25.66
59187	55 yrs+	Heydenshore Pavilion	11 weeks
Tue	Jan 7-Mar 18	11:30am-1:30pm	\$25.66
59188	55 yrs+	Heydenshore Pavilion	11 weeks
Wed	Jan 8-Mar 19	11:30am-1:30pm	\$25.66
59189	55 yrs+	Heydenshore Pavilion	11 weeks

Wed	Jan 8-Mar 19	2:00pm-4:00pm	\$25.66
58879	55 yrs+	Heydenshore Pavilion	11 weeks
Thu	Jan 9-Mar 20	6:00pm-8:00pm	\$25.66

Pickleball - Level 2 (%)

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

58878	55 yrs+	Heydenshore Pavilion	10 weeks
Mon	Jan 6-Mar 17	6:00pm-8:00pm	\$23.60
59286	55 yrs+	Heydenshore Pavilion	10 weeks
Mon	Jan 6-Mar 17	9:00am-11:00am	\$23.60
58882	55 yrs+	Heydenshore Pavilion	11 weeks
Tue	Jan 7-Mar 18	2:00pm-4:00pm	\$25.66
58087	55 yrs+	Brooklin CC&L	10 weeks
Wed	Jan 8-Mar 19	3:00pm-5:15pm	\$23.60

Pickleball - Level 2 and Level 3 (%)

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

58880	55 yrs+	Heydenshore Pavilion	11 weeks
Tue	Jan 7-Mar 18	9:00am-11:00am	\$25.66
58881	55 yrs+	Heydenshore Pavilion	11 weeks
Fri	Jan 10-Mar 21	9:30am-11:30am	\$25.66
58088	55 yrs+	Brooklin CC&L	10 weeks
Tue	Jan 7-Mar 18	12:45pm-3:00pm	\$23.60

Pickleball - Level 3 (%)

This Level 3 League is for experienced advanced pickleball players. Balls will be provided. Basket rotation, timed games, and other formats will occur throughout the

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

58872	55 yrs+	Heydenshore Pavilion	11 weeks
Fri	Jan 10-Mar 21	12:00pm-2:00pm	\$25.66
58089	55 yrs+	Brooklin CC&L	10 weeks
Wed	Jan 8-Mar 19	12:30pm-2:45pm	\$23.60

Leisure Programs

Book Club

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

58066	55 yrs+	Brooklin CC&L	3 weeks
Mon	Jan 13-Mar 10	1:30pm-3:30pm	Free

Penny Bingo (%)

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

58081	55 yrs+	Brooklin CC&L	1 class
Mon	Jan 20	1:00pm-3:00pm	\$1.00
59395	55 yrs+	Brooklin CC&L	1 class
Mon	Feb 24	1:00pm-3:00pm	\$1.00
58083	55 yrs+	Brooklin CC&L	1 class
Mon	Mar 17	1:00pm-3:00pm	\$1.00

Music and Drama

Drumming for Health - Level 1 with Julie (%)

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

58550	55 yrs+	Whitby 55+ Rec	11 weeks
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Thu	Jan 9-Mar 20	1:00pm-2:00pm	\$44.66
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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.

58551	55 yrs+	Whitby 55+ Rec	11 weeks
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Thu	Jan 9-Mar 20	2:15pm-3:15pm	\$44.66
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Sciences

Biology with Amanda (%)

Join us for this 5 week class and learn about the adaptations of the human body and climate change.

58420	55 yrs+	Whitby 55+ Rec	5 weeks
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Fri	Feb 7-Mar 7	1:30pm-2:30pm	\$20.30
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Special Events

Valentine's Day Social (%)

Join us for some Valentine's Fun with Music, refreshments and of course, chocolate! Pre-registration is required.

57923	55 yrs+	Whitby 55+ Rec	1 class
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Fri	Feb 14	2:00pm-4:00pm	\$10.00
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St. Patrick's Day Social (%)

Join us for a night of dancing! Pre-registration is required.

59412	55 yrs+	Whitby 55+ Rec	1 class
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Fri	March 14	6:00pm-8:00pm	\$10.00
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Wellness and Lifestyle

Powerful Tools for Caregivers Workshop

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

59249	55yrs+	Whitby 55+ Rec	6 weeks
Tue	Feb 11-Mar 18	10:00am-11:30am	Free

Getting the Most out of your Healthcare Appointment Workshop

Healthcare appointments can be stressful. Research shows that patients forget 50% of the information shared during an appointment. Contributing factors include stress, unfamiliar medical jargon, too much information - too fast and having enough time during the appointment to ask all the questions. Communicating well with healthcare providers is one of the most critical parts of getting good care. This workshop focuses on what you can do to prepare for your appointment, how to manage the time during your appointment and what you can do after an appointment to be sure you are getting the care and information you need. Resources are provided.

59262	55 yrs+	Whitby 55+ Rec	1 class
Thu	Mar 13	10:00am-11:30am	Free

Living a Healthy Life with Chronic Pain Workshop

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

59250	55 yrs+	Whitby 55+ Rec	6 weeks
Fri	Feb 7-Mar 14	10:00am-12:30pm	Free

Managing your retirement Income

A retiree often has 5-10 income sources between pensions and investments. Learn ways to manage these sources and save tax. Review strategies for managing investments, maximize your income and minimize tax when passing money on in your estate.

59011	55 yrs+	Whitby 55+ Rec	1 class
Thu	Feb 13	10:00am-11:30am	Free

Practical Planning for your Health Workshop

There was a time when we thought of wellness as simply that our body was disease-free. Now we understand health and wellness include taking care of many aspects of our well-being, including physical, emotional, intellectual, social, and spiritual. In this workshop, we explore what it means to do well in each area of our health and actions we can take in places you wish to see improvement.

59260	55 yrs+	Whitby 55+ Rec	1 class
Thu	Feb 13	10:00am-11:30am	Free

Sound Bath Workshop with Julie (%)

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

59287	55 yrs+	Centennial Building	1 class
Wed	Mar 12	2:30pm-3:30pm	\$10.30

Understanding your Medications Workshop

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

59255	55 yrs+	Whitby 55+ Rec	1 class
Thu	Jan 16	10:00am-11:30am	Free

Wellness for Weight Loss Program with Sylvia Emmorey (%)

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

of experience, works throughout the Durham Region and is also a professor at Durham college.

59246	55 yrs+	Whitby 55+ Rec	8 weeks
Mon	Jan 13 – Mar 3	1:00pm-2:00pm	\$50.00

Winter 2025 Station Gallery Programs

Adult

Art Workshops

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

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

58862	16yrs+	Station Gallery	1 class
Tue	Jan 7-Jan 7	7:00pm-9:00pm	\$65/\$70

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

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

59366	19yrs+	Station Gallery	1 class
Fri	Feb 7-Feb 7	7:00pm-9:00pm	\$40/45

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

Calling all budding crochet enthusiasts! In this 2-part workshop designed for beginners, we'll create delicate crocheted snowflakes to bring a touch of winter magic to your home. You'll learn the fundamentals of crocheting, including how to read a pattern,

basic stitches, sewing in your ends, and much more. Join us as we unravel the art of crochet at Station Gallery! *All materials provided *Suitable for all levels of expertise

59373	12yrs+	Station Gallery	2 weeks
Sun	Jan 19-Jan 26	12:00pm-3:00pm	\$75/\$80

AAW - Fused Glass Workshop with Collin Walsh (#@%)

Discover the world of glass with this introductory class for adults! This engaging workshop will guide you through the basics of working with fused glass, including cutting techniques, layering, and safe handling practices. You'll explore your creativity as you design and create beautiful, unique scenes in glass. Instructor Collin Walsh will provide information and support regarding this captivating and enigmatic material, ensuring a rewarding experience for all skill levels. Join us for an exciting afternoon of fun, and take home your own stunning creation! *Suitable for all levels of expertise *All materials provided

59304	16yrs+	Station Gallery	1 class
Sun	Jan 12-Jan 12	12:00pm-4:00pm	\$150/\$160

AAW - Ink & Watercolour Snowdrops with Dianne Darch (#@%)

Dive into the fun of pen, ink, and watercolour. In this class, you'll focus on depicting snowdrop flowers, with demonstration and guidance from instructor Dianne Darch. Using pen and ink, you'll discover how varying lines in size, volume, and arrangement can produce intricate details, textures, and contrasting values. In this workshop, you will be given the project outline to trace (no drawing skills required) and shown how to use the pen strokes to complete the image. Then, you'll explore the use of watercolours to add colour and depth to your finished piece.*A list of required materials will be available for download at stationgallery.ca/learn *Suitable for all levels of expertise

58834	16yrs+	Station Gallery	1 class
Sun	Jan 12-Jan 12	12:00pm-4:00pm	\$120/\$130

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

You can make anything you set your mind to in this introductory printmaking workshop hosted by recent OCAD graduate, Gabe Gilbert! Participants will explore the art of linoblock prints, focusing on any subject of your choosing. Gabe will teach you all the basics of printmaking from creating a graphic and carving your block, to revealing your image in ink. Regardless of your skill level, you'll leave this workshop feeling like a printmaking pro! *Suitable for all levels of expertise *All materials provided

59320	16yrs+	Station Gallery	1 class
Sun	Jan 19-Jan 19	12:00pm-4:00pm	\$140/\$150

AAW - Marvelous Mugs Pottery Workshops with Paulette G. (#%@)

Join us for a cozy, creative experience where you'll craft a set of beautiful, custom-made mugs. In your first class, you'll review fundamental hand-building techniques to sculpt and add your personal style to each mug. Then, you'll return the following week to complete your piece using our colourful glazes. This workshop is all about slowing down, connecting with your creativity, and creating functional art pieces that will bring warmth and joy to your everyday life! *All materials provided *Suitable for all levels of expertise *Second session is 2-hours long, solely for glazing

59384	16yrs+	Station Gallery	2 weeks
Sun	Feb 9-Feb 16	1:00pm-4:00pm	\$140/\$150

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

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

59306	16yrs+	Station Gallery	1 class
Sat	Jan 18-Jan 18	12:00pm-4:00pm	\$120/\$130

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

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

59307	16yrs+	Station Gallery	1 class
Sat	Feb 1-Feb 1	12:00pm-4:00pm	\$120/\$130

AAW - Oil Pastel Workshop with Jean Jiang (#%@)

Discover the vibrant world of oil pastels in this beginner-friendly workshop! Join us for a hands-on session where you'll explore colour blending, shading techniques, and

texturing to bring your artwork to life. Using rich, pigmented pastels, you'll create your own expressive piece while learning the essentials of this versatile medium under the guidance of our experienced instructor, Jean Jiang. *A list of required materials will be available for download at stationgallery.ca/learn *Suitable for all levels of expertise

59380	16yrs+	Station Gallery	1 class
Sun	Jan 19-Jan 19	12:00pm-3:00pm	\$100/\$110

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

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

58858	16yrs+	Station Gallery	1 class
Tue	Feb 11-Feb 11	7:00pm-9:00pm	\$65/\$70

AAW - Pottery Wheel: Teapot Workshop with Corinne (#%@)

This workshop provides a comprehensive experience in wheel-throwing, empowering you to create a beautiful and functional teapot that you can proudly use or gift. In this class, you'll learn the essential techniques of working with clay on the pottery wheel, under the expert guidance of artist instructor Corinne Lawless. As you master these skills, you'll focus on creating your own unique teapot by shaping the body, crafting the spout, and designing the handle. You'll also have the opportunity to apply basic glazing techniques, giving your teapot a personal touch. Join us for a creative journey into the world of ceramics! *All materials provided *Suitable for all levels of expertise

59303	16yrs+	Station Gallery	3 weeks
Sat	Jan 11-Jan 25	11:00am-1:00pm	\$210/\$225

AAW - Sky and Water in Watercolour with Hi-Sook Barker (#@%)

Learn how to convey the mood and motion of these two important aspects of landscape painting. Emphasis will be placed on the wet-on-wet technique to help achieve the desired outcome. Hi-Sook will guide you through the process to ensure your success in

creating a captivating watercolour image.*A list of required materials will be available for download at stationgallery.ca/learn *Suitable for all levels of expertise

58835	16yrs+	Station Gallery	1 class
Sat	Jan 25-Jan 25	12:00pm-4:00pm	\$120/\$130

AAW - Still-Life Painting with Catherine Mills (#%@)

Join us for an engaging still-life painting session where you'll refine techniques in composition, colour harmony, and brushwork. Using acrylic or oil paints, you'll create a sophisticated piece as you learn advanced layering, lighting, and texturing methods under the guidance of our skilled instructor, Catherine Mills. This workshop is perfect for those looking to deepen their painting skills and expand their artistic repertoire in a relaxed, supportive environment. *A list of required materials will be available for download at stationgallery.ca/learn *Suitable for all levels of expertise

59383	16yrs+	Station Gallery	1 class
Sun	Jan 26-Jan 26	12:00pm-4:00pm	\$120/\$130

AAW - Valentine Roses in Watercolour with Hi-Sook B. (#@%)

Capture the essence of this quintessential flower of love. This workshop will cover all the bases, beginning with basic sketchwork, moving through to a finished painting. During this half-day workshop, Hi-Sook will provide a complete demonstration followed by guided work time for participants to develop and complete their artwork.*A list of required materials will be available for download at stationgallery.ca/learn *Suitable for all levels of expertise

58851	16yrs+	Station Gallery	1 class
Sat	Feb 8-Feb 8	12:00pm-4:00pm	\$120/\$130

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

In this workshop you will learn how to capture the calm and pristine feeling of snow, using a rural setting as the perfect backdrop. Both wet-on-wet and glazing techniques will be used to develop stunning scenery. Our experienced instructor, Hi-Sook Barker, will provide a complete demonstration followed by ample time for participants to complete their own artworks. . *A list of required materials will be available for download at stationgallery.ca/learn *Suitable for all levels of expertise

58833	16yrs+	Station Gallery	1 class
Sat	Jan 11-Jan 11	12:00pm-4:00pm	\$120/\$130

Art as Therapy with Bobby McBride (#@%)

The Art as Therapy program at Station Gallery introduces the principles of mindfulness, demonstrating how these can be incorporated into the visual arts. Using simple, relaxing and meditative art activities, participants will be encouraged to focus on the present moment, helping to reduce stress and increase a sense of calm. *All materials provided *Suitable for all levels of expertise *Project descriptions are available at stationgallery.ca/learn

58839	16yrs+	Station Gallery	1 class
Tue	Jan 14-Jan 14	7:00pm-9:00pm	\$30/\$35
58837	16yrs+	Station Gallery	1 class
Tue	Jan 21-Jan 21	7:00pm-9:00pm	\$30/\$35
58838	16yrs+	Station Gallery	1 class
Tue	Jan 28-Jan 28	7:00pm-9:00pm	\$30/\$35
58836	16yrs+	Station Gallery	1 class
Tue	Feb 4-Feb 4	7:00pm-9:00pm	\$30/\$35

Visual Arts

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

Join the talented Jean Jiang for an enlightening six-week beginner acrylic painting course where you can unleash your creativity! Throughout this course, you'll explore essential techniques such as colour mixing, brushwork, and layering, allowing you to create multiple unique pieces of art. Don't worry if you've never painted before, Jean will guide you through the process, helping you build confidence in your skills. By the end of the course, you'll leave with a collection of your own creations and the tools to continue your painting journey. Discover the joy of acrylic painting in our supportive studio environment! *A list of required materials will be available for download at stationgallery.ca/learn *Suitable for all levels of expertise

59323	16yrs+	Station Gallery	6 weeks
Mon	Jan 6-Feb 10	1:00pm-3:00pm	\$190/\$200

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

In this class, we focus on providing students with fundamental technical knowledge and practical skills in hand building pottery. Through hands-on experience, you'll explore various methods like pinching, coiling, and slabbing. Additionally, you'll learn diverse decorating techniques such as underglazing, appliqué, cut-out, sgraffito, and glazing. By mastering these techniques, you'll be able to complete several unique projects that will become cherished keepsakes. Join us in this enriching class to discover the art of

pottery, unleash your creativity, and create enduring pieces that hold sentimental value for a lifetime. *Last session is 3 hours long to include glazing *All materials provided *Suitable for all levels of expertise *No class February 6th

58822	16yrs+	Station Gallery	6 weeks
Thu	Jan 9-Feb 20	1:30pm-3:30pm	\$255/\$270
58823	16yrs+	Station Gallery	6 weeks
Thu	Jan 9-Feb 20	6:30pm-8:30pm	\$255/\$270

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

This class is designed for intermediate level pottery students, and will include a review of basic technical skills in hand-building pottery, plus a deep dive into methods such as pinching, coiling and slabbing. Participants will also explore decorating techniques such as underglazing, appliqué, cut-out, sgraffito, and glazing. Join us to further grow your abilities and love for the art of pottery, unleash your creativity, and create enduring pieces that hold sentimental value for a lifetime.*All materials provided *Suitable for those with intermediate knowledge in hand-building pottery *Hand Building Pottery Level 1 is not a prerequisite to join this class *Last session is 3 hours long to include glazing *No class February 4th

58824	16yrs+	Station Gallery	6 weeks
Tue	Jan 7-Feb 18	1:30pm-3:30pm	\$255/\$270
58825	16yrs+	Station Gallery	6 weeks
Tue	Jan 7-Feb 18	6:30pm-8:30pm	\$255/\$270

AAC - Oil Painting for Beginners with Randy Hryhorczuk (#@%)

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

58821	16yrs+	Station Gallery	6 weeks
Fri	Jan 10-Feb 14	7:00pm-9:00pm	\$190/\$200

AAC - Open Studio (#@%)

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

58826	16yrs+	Station Gallery	12 classes
Mon, Thurs	Jan 6-Feb 13	10:00am-3:00pm	Free

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

Come explore the beauty of pen, ink, and watercolour sketching styles with experienced artist, Patrick Hickman. As a participant, you will learn to masterfully use these materials to depict landscapes, seascapes, wildlife, and still-life imagery. As well, get a sneak peek into topics such as pricing your artwork and preparing work for sale or exhibition. *A list of required materials will be available for download at stationgallery.ca/learn *Suitable for all levels of expertise

58827	16yrs+	Station Gallery	6 weeks
Thurs	Jan 9-Feb 13	7:00pm-9:00pm	\$190/\$200

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

Discover the art of portrait painting in this 6-week class focused on capturing expressions and personalities through paint. Participants will learn techniques for mixing skin tones, capturing facial features, rendering hair, and understanding bone structure. We'll also engage in discussions on the importance of backgrounds in portraiture, exploring historical and contemporary approaches. Develop your skills, gain a deeper understanding of portrait artistry, and grow in confidence as you bring your subjects to life on canvas! *A list of required materials will be available for download at stationgallery.ca/learn *Elementary – Intermediate painting experience required

58828	16yrs+	Station Gallery	6 weeks
Tue	Jan 7-Feb 11	7:00pm-9:00pm	\$190/\$200

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

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

journey through the wheel-throwing process, empowering you to create beautiful and functional ceramic pieces.*All materials provided *Suitable for all levels of expertise
*Last session is 3 hours long to include glazing

58831	16yrs+	Station Gallery	6 weeks
Mon	Jan 6-Feb 10	1:30pm-3:30pm	\$285/\$300
58830	16yrs+	Station Gallery	6 weeks
Fri	Jan 10-Feb 14	1:30pm-3:30pm	\$285/\$300
58832	16yrs+	Station Gallery	6 weeks
Fri	Jan 10-Feb 14	6:30pm-8:30pm	\$285/\$300
58829	16yrs+	Station Gallery	6 weeks
Sat	Jan 11-Feb 15	2:00pm-4:00pm	\$285/\$300

Art Talks

Synchronicities: Art & Movies

Never has the intersection of art and film been as pronounced as today. Join SG Curator, Olex Wlasenko, for a follow-up performance in an ever-expanding series exploring visual art and cinema. In his latest edition, Wlasenko observes the influence of moving images on still imagery and vice versa.*This is a drop-in event – registration not required. *\$20 suggested donation

59377	All Ages	Station Gallery	1 class
Mon	Mar 31-Mar 31	7:00pm-8:00pm	Free

When our Souls Dream

It's Black Heritage Month and this expanding illustrated art talk explores the vibrant visual culture of Africa, the Caribbean, and their respective diasporic communities around the globe. *This is a drop-in event – registration not required *\$20 suggested donation

59375	All Ages	Station Gallery	1 class
Wed	Feb 12-Feb12	7:00pm-9:00pm	Free

“You talkin’ to me?” – The Films & Techniques of Director Martin Scorsese

Enjoy learning about innovative film techniques to fully appreciate your favourite flicks by director Martin Scorsese. Meet an enthusiastic movie buff who has loved cinema since his dad took him to see Gary Cooper in High Noon; and meet a dedicated artist and art historian who names Scorsese as one of his favourite filmmakers. Drop by for

this popular interactive session, and bring along some friends to double your film fun! And don't worry if you don't know Scorsese – Tim and Olex will introduce you! Please bring some non-perishable food donations for The Deacon's Cupboard, Whitby's food bank. *This is a drop-in event – registration not required

59376	All Ages	Station Gallery	1 class
Wed	Mar 19-Mar 19	7:00pm-8:30pm	Free

Yunting Li | Opening Reception & Artist Talk

SG celebrates Chinese Lunar New Year 農曆新年 with a rich and unique solo exhibition of Yunting Li's abstract ribbon embroidery! An emotional kaleidoscope, a vibrant dance of colours, forms and textures with infinite variation, each intricate ribbon triangle becomes a fleeting fragment of life, a single note in a larger symphony. *This is a drop-in event – registration not required. *\$20 suggested donation

59374	All Ages	Station Gallery	1 class
Wed	Jan 29-Jan29	7:00pm-9:00pm	Free

Children

Art Workshops

Family Funday (#@%)

Join us for Family Funday on the first Sunday of every month to create an art project together with your loved ones. Guided by one of our talented artist instructors, you'll create a fun project to take home at this drop-in event where families can unleash their creativity through art making together! *For SG Patrons only *Patron cards can be purchased at the gallery *This is a drop-in event – registration not required.

58840	All Ages	Station Gallery	3 weeks
Sun	Jan 5-Mar 2	1:00pm-3:00pm	Free

KAW - Mosaic Masterpieces with Collin Walsh (#@%)

Join local artist Collin Walsh for a fun and colourful introduction to mosaic art. In this hands-on workshop, young artists will have the chance to explore the world of mosaics by creating their own unique designs using safe, vibrant materials. Students will learn about patterns, materials, and colour combinations while developing their fine motor skills and creativity. Perfect for beginners, this class encourages creativity and self-expression in an engaging, fun, and supportive environment. *Suitable for all levels of expertise *Bring a nut-free snack *All materials provided

59305	8-12yrs	Station Gallery	1 class
Sun	Feb 9-Feb 9	12:00pm-4:00pm	\$100/\$110

March Break Camps

PDMC - March Break Camp: Art Masters (#@%)

Station Gallery is the place to be this March Break! At our art camp, kids will explore the current exhibitions and create projects inspired by artists from near and far, contemporary and historical. Taught by experienced artist instructors, we create experiences for campers that emphasize material exploration, cooperative learning and individuality where each creation is unique. *Do pack a nut-free lunch and snacks, as well as a water bottle/drinks. *Wear art-friendly clothing

59309	8-12yrs	Station Gallery	5 classes
Mon-Fri	Mar 10-Mar 14	9:00am-4:00pm	\$230/\$250

PDMC - March Break Camp: Artventurers (#@%)

Station Gallery is the place to be this March Break! At our art camp, kids will explore the current exhibitions and create projects inspired by artists from near and far, contemporary and historical. Taught by experienced artist instructors, we create experiences for campers that emphasize material exploration, cooperative learning and individuality where each creation is unique. *Do pack a nut-free lunch and snacks, as well as a water bottle/drinks *Wear art-friendly clothing

59308	4-7yrs	Station Gallery	5 classes
Mon-Fri	Mar 10-Mar 14	9:00am-4:00pm	\$230/\$250

59318	4-7yrs	Station Gallery	5 classes
Mon-Fri	Mar 10-Mar 14	9:00am-4:00pm	\$230/\$250

Visual Arts

KAC - Artscapes with Kat Lavery (#@%)

Explore art in all its forms! Every week we dive into new materials and styles, inspired by contemporary artists and experimental techniques. Get ready for exciting projects that expand your skills and introduce you to brand new mediums. With each stroke of the brush and every swirl of colour, you'll expand your knowledge and discover how you best communicate through art! *All materials provided *Suitable for all levels of expertise *New projects each session

58841	8-12yrs	Station Gallery	6 weeks
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Fri Jan 10-Feb 14 4:00pm-6:00pm \$165/\$175

KAC - Artscapes with Kerry Lovett (#@%)

Explore art in all its forms! Every week we dive into new materials and styles, inspired by contemporary artists and experimental techniques. Get ready for exciting projects that expand your skills and introduce you to brand new mediums. With each stroke of the brush and every swirl of colour, you'll expand your knowledge and discover how you best communicate through art! *All materials provided *Suitable for all levels of expertise *New projects each session

[58842](#) 8-12yrs Station Gallery 6 weeks
Sat Jan 11-Feb 15 1:30pm-3:30pm \$165/\$175

KAC - Artventure with Elaine Lauzon (#@%)

Join us on an Artventure where we explore the wonderful world of creativity! Each week, students create a project featuring a new art form, offering a well-rounded and fun introduction to art. This 1-hour class is the perfect place for young artists to experiment with new materials and find out what inspires them. *All materials provided *New projects each session *Suitable for all levels of expertise

[58844](#) 4-7yrs Station Gallery 6 weeks
Sat Jan 11-Feb 15 10:30am-11:30am \$120/\$130

KAC - Artventure with Kayleigh Correa (#@%)

Join us on an Artventure where we explore the wonderful world of creativity! Each week, students create a project featuring a new art form, offering a well-rounded and fun introduction to art. This 1-hour class is the perfect place for young artists to experiment with new materials and find out what inspires them. *All materials provided *New projects each session *Suitable for all levels of expertise

[58843](#) 4-7yrs Station Gallery 6 weeks
Thu Jan 9-Feb 13 4:00pm-5:00pm \$120/\$130

KAC - Artventure with Lucy Villeneuve (#@%)

Join us on an Artventure where we explore the wonderful world of creativity! Each week, students create a project featuring a new art form, offering a well-rounded and fun introduction to art. This 1-hour class is the perfect place for young artists to experiment with new materials and find out what inspires them. *All materials provided *New projects each session *Suitable for all levels of expertise

[58853](#) 4-7yrs Station Gallery 6 weeks

Tue	Jan 7-Feb 11	4:00pm-5:00pm	\$120/\$130
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KAC - Artventure with Varshitha Ravindranath (#@%)

Join us on an Artventure where we explore the wonderful world of creativity! Each week, students create a project featuring a new art form, offering a well-rounded and fun introduction to art. This 1-hour class is the perfect place for young artists to experiment with new materials and find out what inspires them. *All materials provided *New projects each session *Suitable for all levels of expertise

58845	4-7yrs	Station Gallery	6 weeks
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Sun	Jan 12-Feb 16	10:30am-11:30am	\$120/\$130
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KAC - Exploring Paint: Kids with Bronwyn Gauley (#@%)

Dive into the world of art and let your creativity soar! Join this hands-on class where you'll work with a diverse range of mediums, including acrylic, watercolour, gouache, and water-soluble oil paint. Gain valuable studio skills, explore unique materials, and most importantly, have fun! Whether you're a beginner or an experienced young painter, this class offers a wonderful opportunity to expand your artistic horizons and unleash your talent. *All materials provided *Suitable for all levels of expertise *New projects each session

58854	8-12yrs	Station Gallery	6 weeks
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Fri	Jan 10-Feb 14	4:00pm-6:00pm	\$165/\$175
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KAC - Fun with Clay with Kat Lavery (#@%)

Come join us at the gallery for a fun-filled pottery class for kids! This beginner's class explores hand-building structures, as well as using tools to create form and texture. During this six week program, students will create three-dimensional works of art as they unleash a brand new side of their creative expression. *All materials provided *Suitable for all levels of expertise *New projects each session

58846	8-12yrs	Station Gallery	6 weeks
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Thu	Jan 9-Feb 13	4:00pm-6:00pm	\$165/\$175
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KAC - Kids 3D Printing (#@%)

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

59351	8-12yrs	Station Gallery	4 weeks
Sun	Jan 12-Feb 2	2:00pm-4:00pm	\$150/\$160

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

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

*All materials provided *Suitable for all levels of expertise *New projects each session

58847	8-12yrs	Station Gallery	6 weeks
Tue	Jan 7-Feb 11	4:00pm-5:00pm	\$110/\$120

Preschool

PT - Mini Makers with Jean Jiang (#%@)

Our mini art club for toddlers is the place to make art, make a mess and make new friends. You and your child will explore creative possibilities while making beautiful works of art together. Bring a playful spirit and wear your favourite art friendly clothes!

*All materials included *We strongly recommend a limit of one caregiver per child

59290	2-4yrs	Station Gallery	6 weeks
Fri	Jan 10-Feb 14	10:00am-11:00am	\$100/\$110

Youth

YAC - Drawing Explorations: Youth with Varshitha R. (#@%)

Unleash your creativity in this drawing class designed for teens! Join us for an artistic adventure where you'll master the basics of drawing under the guidance of our inspiring instructor, Varshitha. Dive into hands-on activities that introduce the elements of art, shading techniques, doodling skills, and life-drawing, all while expressing your unique style. Whether you're just starting or have previous experience, this class is designed to spark your imagination and sharpen your skills. *All materials provided *Suitable for all levels of expertise *New projects each session

59292	12-17yrs	Station Gallery	6 weeks
Thu	Jan 9-Feb 13	7:00pm-9:00pm	\$185/\$195

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

Join our relaxing and fun painting class where you can hone your artistic talents and bond with other young creatives. Experiment with acrylics, watercolours, gouache, and water-soluble oil paints to craft stunning artworks. Delve into various painting techniques in a welcoming atmosphere, where you'll receive expert guidance to help your paintings stand out. *All materials provided *Suitable for all levels of expertise
*New projects each session

58848	12-17yrs	Station Gallery	6 weeks
Fri	Jan 10-Feb 14	7:00pm-9:00pm	\$185/\$195

YAW - Underground Studio with Varshitha Ravindranath (#@%)

Come down to our studios and get into the creative zone! Bring a friend or make new ones in this welcoming workshop where artistic exploration is key. In this hands-on session, you'll dive into vibrant techniques that transform tissue into beautiful works of art using acrylic paint. This workshop is designed to push your creative boundaries, helping you discover new ways to make your artwork pop and breathe. Get ready to experiment, express, and elevate your painting game! *All materials provided *Suitable for all levels of expertise

59291	12-17yrs	Station Gallery	1 class
Sun	Jan 26-Jan 26	1:00pm-4:00pm	\$100/\$110

YAW - Underground Studio with Varshitha Ravindranath (#@%)

Come down to our studios and get into the creative zone! Bring a friend or make new ones in this welcoming workshop where artistic exploration is key. In this hands-on session, you'll learn to master the art of negative space using acrylic paint. This workshop is designed to push your creative boundaries, helping you discover new ways to make your artwork pop and breathe. Get ready to experiment, express, and elevate your painting game! *All materials provided *Suitable for all levels of expertise

59350	12-17yrs	Station Gallery	1 class
Sun	Feb 2-Feb 2	1:00pm-4:00pm	\$100/\$110