

Spring 2024 Recreation Programs

How to Register for a Program?

Online at whitby.ca/active

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

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

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

Register In Person

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

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

Iroquois Park Sports Centre, 500 Victoria St W, 905.668.7765

Whitby Civic Recreation Complex, 555 Rossland Rd E, 905.666.1991

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

Refunds, Transfers and Registration Policies

Refund Policy/Early Course Withdraw Policy

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

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

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

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

Missed Classes

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

Refunds, Withdrawals and Transfers

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

Subsidized Program Guide

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

(#) Does not qualify for the Access Program

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

(%) Does not qualify for Canadian Tire Jumpstart grants

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

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Preschool Programs

General Interest

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.

53171	3-5yrs	Brooklin CC&L	10 week
Tue	Apr 9-Jun 11	11:30am-12:15pm	\$88.09

Messy Family Fun (%)

Caregivers and tots work together to create a messy and fun craft project each week. They also get to enjoy stories, songs and finger plays. Crafts are adjusted according to child's developmental level. Caregiver to tot ratio 1:1.

52692	18mons-5yrs	Brooklin CC&L	10 weeks
Fri	Apr 12-Jun 14	9:15am-10:00am	\$88.09

Parent and Tot Theme Days- Beach Day (%)

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

52693	18mons-4yrs	Brooklin CC&L	1 class
Fri	Jun 7-Jun 7	11:30am-12:15pm	\$8.81

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

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

52694	18mons-4yrs	Brooklin CC&L	1class
Fri	May 24-May 24	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Bumble Bees (%)

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

52695	18mons-4yrs	Brooklin CC&L	1 class
Fri	May 31-May 31	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Earth Day (%)

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

52696	18mons-4yrs	Brooklin CC&L	1 class
Fri	Apr 19-Apr 19	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Hello Spring (%)

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

52697	18mons-4yrs	Brooklin CC&L	1 class
Fri	Apr 12-Apr 12	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Hello Summer (%)

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

52698	18mons-4yrs	Brooklin CC&L	1 class
Fri	Jun 14-Jun 14	11:30am-12:15pm	\$8.81

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

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

52699	18mons-4yrs	Brooklin CC&L	1 class
Fri	May 17-May 17	11:30am-12:15pm	\$8.81

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

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

52700	18mons-4yrs	Brooklin CC&L	1 class
Fri	Apr 26-Apr 26	11:30am-12:15pm	\$8.81

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

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

52701	18mons-4yrs	Brooklin CC&L	1 class
Fri	May 3-May 3	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Woodland Animals (%)

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

52702	18mons-4yrs	Brooklin CC&L	1 class
Fri	May 10-May 10	11:30am-12:15pm	\$8.81

Ready for School (%)

If your child is heading off to kindergarten soon, this is the perfect class to get them ready for school! It introduces children to the fundamentals of science, math, and language. It also introduces fine and gross motor skills taught in school by using structured circle and table activities in a fun-filled and positive atmosphere. In preparation for Kindergarten, this program promotes independence and socialization

skills. Children should be toilet trained and out of diapers in order to join this class. Children must be 4 by December 31, 2024, in order to register for this program.

52705	4-5yrs	Brooklin CC&L	20 classes
Mon,Wed	Apr 8-Jun 17	9:15am-11:15am	\$352.36
52704	4-5yrs	Brooklin CC&L	20 classes
Tue,Thu	Apr 9-Jun 13	9:15am-11:15am	\$352.36
52708	4-5yrs	Brooklin CC&L	10 classes
Fri	Apr 12-Jun 14	9:15am-11:15am	\$176.18

Parent and Tot Music (%)

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

52709	3-5yrs	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	11:30am-12:15pm	\$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.

52710	3-5yrs	Brooklin CC&L	10 weeks
Wed	Apr 10-Jun 12	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.

52950	3-5yrs	Brooklin CC&L	11 weeks
Sat	Apr 6-Jun 22	10:15am-10:55am	\$72.67

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.

52952	3-5yrs	Brooklin CC&L	11 weeks
Sat	Apr 6-Jun 22	11:45am-12:25pm	\$72.67

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.

52951	2-3yrs	Brooklin CC&L	11 weeks
Sat	Apr 6-Jun 22	11:00am-11:40am	\$72.67

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.

52949	2-4yrs	Brooklin CC&L	11 weeks
Sat	Apr 6-Jun 22	9:30am-10:10am	\$72.67

Parent and Tot Rookie Sports (%)

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

52948	18-30mos	Brooklin CC&L	11 weeks
Sat	Apr 6-Jun 22	9:00am-9:25am	\$48.45

Children Programs

Fitness

Taekwondo 4-6 YRS

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

52582	4-6yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 14-Jun 23	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.

52583	7-11yrs	Whitby Civic Rec Complex	10 week
Sun	Apr 14-Jun 23	11:00am-11:55am	\$78.92

Computer & Technology

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

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

53078	8-14yrs	Brooklin CC&L	8 weeks
Wed	Apr 24-Jun 12	7:25pm-8:55pm	\$270.00

Kids Great Minds - Cartoon Computer Animation (#@%)

Come unleash your imagination in this program by creating your own animated cartoon movie. You will be guided step by step in a collaborative, computerized environment, as you create and watch your cartoon come to life. The software's engaging design and multiple levels, offer a fun and rewarding experience! At the end of the camp, parents will be sent their child's animated movies.

53079	6-11yrs	Brooklin CC&L	8 weeks
Wed	Apr 24-Jun 12	4:45pm-5:45pm	\$170.00

Kids Great Minds -Games and Animations Programming (#@%)

This tech camp introduces kids to the amazing world of computer programming. Using the fun and easy to use multimedia software Scratch, kids will have great adventures creating games and animations. Campers will be solving problems, designing projects and communicating ideas using stackable blocks of code in a fun and collaborative way. At the end of the camp, parents will be sent their child's projects.

53080	8-12yrs	Brooklin CC&L	8 weeks
Wed	Apr 24-Jun 12	5:50pm-7:20pm	\$270.00

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.

52939	7-9yrs	Brooklin CC&L	13 weeks
Wed	Mar 27-Jun 19	6:00pm-6:25pm	\$57.26

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.

52940	10-12yrs	Brooklin CC&L	13 weeks
Wed	Mar 27-Jun 19	6:30pm-7:25pm	\$114.52

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.

52938	6-8yrs	Brooklin CC&L	13 weeks
Tue	Mar 26-Jun 18	5:00pm-5:55pm	\$114.52
52955	6-8yrs	Brooklin CC&L	11 weeks
Sat	Apr 6-Jun 22	3:00pm-3:55pm	\$96.90

Basketball – Kids

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

52943	9-11yrs	Brooklin CC&L	13 weeks
Thu	Mar 28-Jun 20	5:00pm-5:55pm	\$114.52
52956	9-11yrs	Brooklin CC&L	11 weeks
Sat	Apr 6-Jun 22	4:00pm-4:55pm	\$96.90

Indoor Soccer – Kids

our child will learn how to play soccer in a fun and friendly environment. They learn new skills and play fun, non-competitive games.

52954	6-8yrs	Brooklin CC&L	11 week
Sat	Apr 6-Jun 22	2:00pm-2:55pm	\$96.90

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.

52921	3-5yrs	Brooklin CC&L	11 weeks
Mon	Mar 25-Jun 17	5:30pm-6:30pm	\$233.75
52922	5-8yrs	Brooklin CC&L	11weeks
Mon	Mar 25-Jun 17	6:30pm-7:30pm	\$233.75
52928	3-5yrs	Heydenshore Pavilion	12 weeks
Wed	Mar 27-Jun 12	5:30pm-6:30pm	\$255.00
52929	5-8yrs	Heydenshore Pavilion	12 weeks
Wed	Mar 27-Jun 12	6:30pm-7:30pm	\$255.00
52924	3-5yrs	Brooklin CC&L	10 weeks
Sun	Apr 7-Jun 23	9:45am-10:45am	\$212.50
52925	5-8yrs	Brooklin CC&L	10 weeks
Sun	Apr 7-Jun 23	10:45am-11:45am	\$212.50
52926	3-5yrs	Brooklin CC&L	10 weeks
Sun	Apr 7-Jun 23	11:45am-12:45pm	\$212.50

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

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

52920	2-3yrs	Brooklin CC&L	11 weeks
Mon	Mar 25-Jun 17	4:45pm-5:30pm	\$233.75
52927	2-3yrs	Heydenshore Pavilion	12 weeks
Wed	Mar 27-Jun 12	4:45pm-5:30pm	\$255.00
52923	2-3yrs	Brooklin CC&L	10 weeks

Sun	Apr 7-Jun 23	9:00am-9:45am	\$212.50
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Sportball - Outdoor Coach and Child Soccer/T-Ball (#@)

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

52931	3-5yrs	Whitby Civic Rec Complex	6 weeks
Thu	May 16-Jun 20	6:00pm-7:00pm	\$159.50
52932	5-8yrs	Whitby Civic Rec Complex	6 weeks
Thu	May 16-Jun 20	7:00pm-8:00pm	\$159.50

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

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

52930	2-3yrs	Whitby Civic Rec Complex	6 weeks
Thu	May 16-Jun 20	5:15pm-6:00pm	\$159.50

Youth Programs

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.

53836	11-14yrs	Whitby Civic Rec Complex	11 weeks
Sat	Apr 13-Jun 22	4:15pm-5:30pm	\$108.51

Youth Dance Fit

Sweat and groove to the Latin rhythms of Salsa, Reggae, Samba and more! This fun high energy workout will strengthen and energize your mind and body. Suitable for all fitness levels. This program is registered only, not included in the fit-pass.

53830	12-16yrs	Brooklin CC&L	11 weeks
Wed	Apr 10-Jun 19	4:30pm-5:25pm	\$86.81

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. This program is registered only, not included in the fit-pass.

53829	12-16yrs	Brooklin CC&L	11 weeks
Tue	Apr 9-Jun 18	4:30pm-5:25pm	\$86.81

Youth Strength & Conditioning

This high energy strength and conditioning class is designed for the athlete in everyone. Improve your athleticism by building strength, power and endurance. Each week you will be motivated and guided through a variety of functional exercises and intervals that include variations suitable for all fitness levels. This program is registered only, not included in the fit-pass.

53831	12-16yrs	Whitby Civic Rec Complex	11 weeks
Sat	Apr 13-Jun 22	1:00pm-1:55pm	\$86.81

Youth Spin & Stretch

Improve your flexibility, strength and endurance with this 45-minute indoor stationary cycling and stretching program. We will take you through a series of cycling intervals of flats, hills and drills to get to challenge your cardiovascular system finishing with a well deserved cool down and stretch. Bring a small towel, water bottle and indoor running shoes. This class is suitable for all fitness levels. This program is registered only, not included in the fit-pass.

53892	12-16yrs	Whitby Civic Rec Complex	11 weeks
Fri	Apr 12-Jun 21	4:30pm-5:15pm	\$86.81

Youth First Aid & Safety

Stay Safe! Course (#@%)

The Canadian Red Cross Stay Safe! program provided by Durham First Aid Inc., Offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

52903	9-13yrs	Brooklin CC&L	1 class
Sat	Apr 13-Apr 13	9:00am-3:00pm	\$71.00
52907	9-13yrs	McKinney Centre	1 class
Fri	Jun 7-Jun 7	9:00am-3:00pm	\$71.00

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.

52905	11-16yrs	McKinney Centre	1 class
Mon	Apr 8-Apr 8	9:00am-5:00pm	\$76.00
52906	11-16yrs	Brooklin CC&L	1 class
Sat	Jun 1-Jun 1	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.

52941	11-15yrs	Brooklin CC&L	13 weeks
Wed	Mar 27-Jun 19	7:30pm-8:25pm	\$114.52

Basketball – Youth

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

52944	11-14yrs	Brooklin CC&L	13 weeks
Thu	Mar 28-Jun 20	6:00pm-6:55pm	\$114.52
52957	11-14yrs	Brooklin CC&L	11 weeks
Sat	Apr 6-Jun 22	5:00pm-5:55pm	\$96.90

Swim Programs

Aquafit

Aquafit Deep Water

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

53875	13yrs+	Anne Ottenbrite Pool	11 classes
Tue	Apr 9-Jun 18	9:00am-9:45am	\$98.59
53884	13yrs+	Anne Ottenbrite Pool	11 classes
Tue	Apr 9-Jun 18	9:45am-10:30am	\$98.59
53885	13yrs+	Anne Ottenbrite Pool	11 classes
Wed	Apr 10-Jun 19	9:00am-9:45am	\$98.59.
53886	13yrs+	Anne Ottenbrite Pool	11 classes
Wed	Apr 10-Jun 19	9:45am-10:30am	\$98.59.
53887	13yrs+	Anne Ottenbrite Pool	11 classes
Wed	Apr 10-Jun 19	8:00pm-8:45pm	\$98.59
53888	13yrs+	Anne Ottenbrite Pool	11 classes
Fri	Apr 12-Jun 21	9:00am-9:45am	\$98.59
53889	13yrs+	Anne Ottenbrite Pool	11 classes
Fri	Apr 12-Jun 21	9:45am-10:30am	\$98.59

Aquafit

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

53883	13yrs+	Whitby Civic Rec Complex	10 classes
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Sat	Apr 6-Jun 15	1:15pm-2:00pm	\$89.63
53874	13yrs+	Whitby Civic Rec Complex	10 classes
Mon	Apr 8-Jun 17	9:00am-9:45am	\$89.63
53876	13yrs+	Whitby Civic Rec Complex	10 classes
Mon	Apr 8-Jun 17	9:45am-10:30am	\$89.63
53877	13yrs+	Whitby Civic Rec Complex	11 classes
Tue	Apr 9-Jun 18	8:45am-9:30am	\$98.59
53878	13yrs+	Whitby Civic Rec Complex	11 classes
Tue	Apr 9-Jun 18	7:15pm-8:00pm	\$98.59
53879	13yrs+	Whitby Civic Rec Complex	11 classes
Thu	Apr 11-Jun 20	9:00am-9:45am	\$98.59
53880	13yrs+	Whitby Civic Rec Complex	11 classes
Thu	Apr 11-Jun 20	9:45am-10:30am	\$98.59
53881	13yrs+	Whitby Civic Rec Complex	11 classes
Thu	Apr 11-Jun 20	7:15pm-8:00pm	\$98.59
53882	13yrs+	Whitby Civic Rec Complex	11 classes
Fri	Apr 12-Jun 21	8:45am-9:30am	\$98.59

Adult Group Swimming Lessons

Adult Swimmer 1 - Beginner – AOP

The Adult Swimmer 1 program is for beginner participants who are looking to build introductory skills in the water. Participants will work towards a 10-15m swim on their front and back, perform jump entries from the side, and recover and object from the bottom in chest-deep water. Improve fitness and flutter kick with a 4 x 9-12m interval training. Participants set their own goals to develop with confidence and smooth recognizable strokes.

53849	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	7:30pm-8:15pm	\$119.01
53851	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	7:30pm-8:15pm	\$119.01
53852	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	8:15pm-9:00pm	\$119.01
53858	14yrs+	Anne Ottenbrite Pool	10 classes

Sat	Apr 6-Jun 15	7:30pm-8:15pm	\$119.01
53859	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	8:15pm-9:00pm	\$119.01
53861	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	8:15pm-9:00pm	\$119.01

Adult Swimmer 1 - Beginner – CRC

The Adult Swimmer 1 program is for beginner participants who are looking to build introductory skills in water. Participants will work towards a 10-15m swim on their front and back, perform jump entries from the side, and recover an object from the bottom in chest-deep water. Improve fitness and flutter kick with a 4 x 9-12m interval training. Participants set their own goals to develop with confidence and smooth recognizable strokes.

53850	14yrs+	Whitby Civic Rec Complex	10 classes
Sat	Apr 6-Jun 15	12:00pm-12:45pm	\$119.01
53870	14yrs+	Whitby Civic Rec Complex	10 classes
Sat	Apr 6-Jun 15	12:00pm-12:45pm	\$119.01

Adult Swimmer 2 - Intermediate – AOP

The Adult Swimmer 2 program is for intermediate participants who are looking to learn new skills in the water while developing on the foundational skills they are already comfortable with. In this level, participants will work on two interval training workouts of 4 x 25m kicking and front or back crawl. Perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. Support yourself at the surface for 1-2 minutes and show off handstands in the shallow water! Participants set their own goals to develop with confidence and smooth recognizable strokes.

53856	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	7:30pm-8:15pm	\$119.01
53862	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	7:30pm-8:15pm	\$119.01
53863	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	8:15pm-9:00pm	\$119.01
53865	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	8:15pm-9:00pm	\$119.01

Adult Swimmer 2 - Intermediate – CRC

The Adult Swimmer 2 program is for intermediate participants who are looking to learn new skills in the water while developing on the foundational skills they are already comfortable with. In this level, participants will work on two interval training workouts of 4 x 25m kicking and front or back crawl. Perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. Support yourself at the surface for 1-2 minutes and show off handstands in shallow water. Participants set their own goals to develop with confidence and smooth recognizable strokes.

53871	14yrs+	Whitby Civic Rec Complex	10 classes
Sat	Apr 6-Jun 15	12:00pm-12:45pm	\$119.01
53872	14yrs+	Whitby Civic Rec Complex	10 classes
Sat	Apr 6-Jun 15	12:00pm-12:45pm	\$119.01

Adult Swimmer 3 - Advanced – AOP

The Adult Swimmer 3 program is for individuals looking to perfect their technique and learn fun self-rescue skills. Participants will learn eggbeater, side entries, and compact jumps. The workout for this level is 300m, with a sprint of 25-50m. Individuals will perfect their front crawl, back crawl, and breaststroke. Participants set their own goals to develop with confidence and smooth recognizable strokes.

53868	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	7:30pm-8:15pm	\$119.01
53869	14yrs+	Anne Ottenbrite Pool	10 classes
Sat	Apr 6-Jun 15	8:15pm-9:00pm	\$119.01

Adult Swimmer 3 - Advanced – CRC

The Adult Swimmer 3 program is for individuals looking to perfect their technique and learn fun self-rescue skills. Participants will learn eggbeater, side entries, and compact jumps. The workout for this level is 300m, with a sprint of 25-50m. Individuals will perfect their front crawl, back crawl, and breaststroke. Participants set their own goals and develop with confidence and smooth recognizable strokes.

53873	14yrs+	Whitby Civic Rec Complex	10 classes
Sat	Apr 6-Jun 15	12:00pm-12:45pm	\$119.01

March Break Swim Lessons

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

Designed for the 4 to 12-month old to learn to enjoy the water with the parent.

53777	4-12months	Anne Ottenbrite Pool	5 classes
Mon-Fri	Mar 11-Mar 15	10:00am-10:30am	\$53.49

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

Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.

53780	12-24months	Anne Ottenbrite Pool	5 classes
Mon-Fri	Mar 11-Mar 15	10:00am-10:30am	\$53.49

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

Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.

53782	2-3yrs	Anne Ottenbrite Pool	5 classes
Mon-Fri	Mar 11-Mar 15	11:00am-11:30am	\$53.49

March Break- Preschool 1 - AOP

3-5yrs

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

5 classes	Anne Ottenbrite Pool		\$53.49
53785	Mon-Fri	Mar 11-Mar 15	9:00am-9:30am
53793	Mon-Fri	Mar 11-Mar 15	9:30am-10:00am
53796	Mon-Fri	Mar 11-Mar 15	10:30am-11:00am
53800	Mon-Fri	Mar 11-Mar 15	11:30am-12:00pm

March Break- Preschool 2 – AOP

3-5yrs

These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back.

5 classes	Anne Ottenbrite Pool		\$53.49
53802	Mon-Fri	Mar 11-Mar 15	9:00am-9:30am

53805	Mon-Fri	Mar 11-Mar 15	10:00am-10:30am
53807	Mon-Fri	Mar 11-Mar 15	10:30am-11:00am
53809	Mon-Fri	Mar 11-Mar 15	11:30am-12:00pm

March Break- Preschool 3 – AOP 3-5yrs

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

53813	Mon-Fri	Mar 11-Mar 15	9:30am-10:00am
53814	Mon-Fri	Mar 11-Mar 15	11:00am-11:30am

March Break- Preschool 4 – AOP 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.

5 classes	Anne Ottenbrite Pool		\$53.49
53815	Mon-Fri	Mar 11-Mar 15	10:00am-10:30am

March Break- Preschool 5 – AOP 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.

5 classes	Anne Ottenbrite Pool		\$53.49
53821	Mon-Fri	Mar 11-Mar 15	10:30am-11:00am

March Break- Swimmer 1 – AOP 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.

5 classes	Anne Ottenbrite Pool		\$53.49
53822	Mon-Fri	Mar 11-Mar 15	9:00am-9:30am
53823	Mon-Fri	Mar 11-Mar 15	9:30am-10:00am
53824	Mon-Fri	Mar 11-Mar 15	10:00am-10:30am

53825	Mon-Fri	Mar 11-Mar 15	11:00am-11:30am
53826	Mon-Fri	Mar 11-Mar 15	11:30am-12:00pm

March Break- Swimmer 2 – AOP 6-13yrs

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 metres on their front and back, and be introduced to flutter kick interval training (4x5 metres).

5 classes	Anne Ottenbrite Pool		\$53.49
53827	Mon-Fri	Mar 11-Mar 15	9:00am-9:30am
53828	Mon-Fri	Mar 11-Mar 15	9:30am-10:00am
53833	Mon-Fri	Mar 11-Mar 15	10:30am-11:00am
53834	Mon-Fri	Mar 11-Mar 15	11:00am-11:30am
53835	Mon-Fri	Mar 11-Mar 15	11:30am-12:00pm

March Break- Swimmer 3 – AOP 6-13yrs

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 metres of front crawl, back crawl and 10 metres of whip kick. Flutter kick interval training increases to 4 x 15 metres.

5 classes	Anne Ottenbrite Pool		\$55.05
53837	Mon-Fri	Mar 11-Mar 15	9:00am-9:45am
53838	Mon-Fri	Mar 11-Mar 15	9:45am-10:30am
53839	Mon-Fri	Mar 11-Mar 15	10:30am-11:15am

March Break- Swimmer 4 – AOP 6-13yrs

These intermediate swimmers will swim 5 metres underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive Standard. They'll cap it all off with front crawl sprints over 25 metres and 4 x 25 metres front or back crawl interval training.

5 classes	Anne Ottenbrite Pool		\$55.05
53840	Mon-Fri	Mar 11-Mar 15	9:00am-9:45am
53853	Mon-Fri	Mar 11-Mar 15	9:45am-10:30am
53854	Mon-Fri	Mar 11-Mar 15	11:15am-12:00pm

March Break- Swimmer 5 – AOP 6-13yrs

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 metre swims of each, and breaststroke over 25 metres. Then they'll pick up the pace in 25 metre sprints and two interval-training bouts: 4 x 50 metre front or back crawl; and 4 x 15 metre breaststroke.

5 classes	Anne Ottenbrite Pool		\$55.05
53855	Mon-Fri	Mar 11-Mar 15	9:00am-9:45am
53857	Mon-Fri	Mar 11-Mar 15	10:30am-11:15am
53860	Mon-Fri	Mar 11-Mar 15	11:15am-12:00pm

March Break- Swimmer 6 – AOP 6-13yrs

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 metres. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 metre workout.

5 classes	Anne Ottenbrite Pool		\$55.05
53864	Mon-Fri	Mar 11-Mar 15	9:45am-10:30am
53866	Mon-Fri	Mar 11-Mar 15	10:30am-11:15am
53867	Mon-Fri	Mar 11-Mar 15	11:15am-12:00pm

Childrens Group Swimming Lessons

Swimmer 1 – AOP

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.

10 Classes	Anne Ottenbrite Pool		\$110.18
53118	Sat	Apr 6-Jun 15	10:00am-10:30am
53185	Sat	Apr 6-Jun 15	11:00am-11:30am
53186	Sat	Apr 6-Jun 15	12:00pm-12:30pm
53252	Sun	Apr 7-Jun 16	9:00am-9:30am
53253	Sun	Apr 7-Jun 16	10:00am-10:30am
53254	Sun	Apr 7-Jun 16	11:00am-11:30am
53255	Sun	Apr 7-Jun 16	12:00pm-12:30pm

53256	Sun	Apr 7-Jun 16	12:30pm-1:00pm
53353	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53354	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53355	Mon	Apr 8-Jun 17	7:30pm-8:00pm
53356	Mon	Apr 8-Jun 17	8:00pm-8:30pm
53512	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53513	Tue	Apr 9-Jun 11	7:00pm-7:30pm
53514	Tue	Apr 9-Jun 11	8:00pm-8:30pm
53545	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53546	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53547	Wed	Apr 10-Jun 12	7:00pm-7:30pm
53548	Wed	Apr 10-Jun 12	7:30pm-8:00pm
53737	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53739	Thu	Apr 11-Jun 13	7:00pm-7:30pm
53740	Thu	Apr 11-Jun 13	8:00pm-8:30pm
53741	Thu	Apr 11-Jun 13	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.

10 classes	Whitby Civic Rec Complex		\$110.18
53094	Sat	Apr 6-Jun 15	9:00am-9:30am
53151	Sat	Apr 6-Jun 15	9:00am-9:30am
53152	Sat	Apr 6-Jun 15	9:30am-10:00am
53153	Sat	Apr 6-Jun 15	10:00am-10:30am
53154	Sat	Apr 6-Jun 15	10:30am-11:00am
53155	Sat	Apr 6-Jun 15	11:00am-11:30am
53156	Sat	Apr 6-Jun 15	11:30am-12:00pm
53157	Sat	Apr 6-Jun 15	11:30am-12:00pm
53318	Sun	Apr 7-Jun 16	9:00am-9:30am
53319	Sun	Apr 7-Jun 16	9:30am-10:00am
53320	Sun	Apr 7-Jun 16	10:00am-10:30am

53321	Sun	Apr 7-Jun 16	10:30am-11:00am
53322	Sun	Apr 7-Jun 16	11:00am-11:30am
53323	Sun	Apr 7-Jun 16	11:30am-12:00pm
53325	Sun	Apr 7-Jun 16	11:30am-12:00pm
53430	Mon	Apr 8-Jun 17	4:30pm-5:00pm
53432	Mon	Apr 8-Jun 17	5:00pm-5:30pm
53433	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53434	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53435	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53436	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53437	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53479	Tue	Apr 9-Jun 11	4:30pm-5:00pm
53480	Tue	Apr 9-Jun 11	5:00pm-5:30pm
53481	Tue	Apr 9-Jun 11	5:30pm-6:00pm
53482	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53483	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53484	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53606	Wed	Apr 10-Jun 12	4:30pm-5:00pm
53607	Wed	Apr 10-Jun 12	5:00pm-5:30pm
53608	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53609	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53610	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53611	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53612	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53613	Wed	Apr 10-Jun 12	7:00pm-7:30pm
53614	Wed	Apr 10-Jun 12	7:00pm-7:30pm
53655	Thu	Apr 11-Jun 13	4:30pm-5:00pm
53656	Thu	Apr 11-Jun 13	4:30pm-5:00pm
53657	Thu	Apr 11-Jun 13	5:00pm-5:30pm
53658	Thu	Apr 11-Jun 13	5:30pm-6:00pm
53659	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53660	Thu	Apr 11-Jun 13	6:30pm-7:00pm
53661	Thu	Apr 11-Jun 13	6:30pm-7:00pm

53716	Fri	Apr 12-Jun 14	4:30pm-5:00pm
53717	Fri	Apr 12-Jun 14	4:30pm-5:00pm
53718	Fri	Apr 12-Jun 14	5:00pm-5:30pm
53719	Fri	Apr 12-Jun 14	5:30pm-6:00pm
53720	Fri	Apr 12-Jun 14	6:00pm-6:30pm
53721	Fri	Apr 12-Jun 14	6:00pm-6:30pm
53722	Fri	Apr 12-Jun 14	6:30pm-7:00pm
53723	Fri	Apr 12-Jun 14	6:30pm-7:00pm

Swimmer 2 – AOP

6-13yrs

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 metres on their front and back, and be introduced to flutter kick interval training (4x5 metres).

10 Classes	Anne Ottenbrite Pool	\$110.18	
53119	Sat	Apr 6-Jun 15	9:00am-9:30am
53192	Sat	Apr 6-Jun 15	10:30am-11:00am
53193	Sat	Apr 6-Jun 15	11:30am-12:00pm
53257	Sun	Apr 7-Jun 16	10:30am-11:00am
53258	Sun	Apr 7-Jun 16	11:00am-11:30am
53259	Sun	Apr 7-Jun 16	11:30am-12:00pm
53260	Sun	Apr 7-Jun 16	12:30pm-1:00pm
53358	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53359	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53360	Mon	Apr 8-Jun 17	7:30pm-8:00pm
53361	Mon	Apr 8-Jun 17	8:00pm-8:30pm
53362	Mon	Apr 8-Jun 17	8:00pm-8:30pm
53515	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53516	Tue	Apr 9-Jun 11	7:30pm-8:00pm
53517	Tue	Apr 9-Jun 11	8:00pm-8:30pm
53549	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53550	Wed	Apr 10-Jun 12	7:00pm-7:30pm
53551	Wed	Apr 10-Jun 12	7:00pm-7:30pm

53552	Wed	Apr 10-Jun 12	7:30pm-8:00pm
53742	Thu	Apr 11-Jun 13	6:30pm-7:00pm
53743	Thu	Apr 11-Jun 13	7:00pm-7:30pm
53744	Thu	Apr 11-Jun 13	7:30pm-8:00pm
53745	Thu	Apr 11-Jun 13	8:00pm-8:30pm

Swimmer 2 – CRC

6-13yrs

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 metres on their front and back, and be introduced to flutter kick interval training (4x5 metres).

10 classes	Whitby Civic Rec Complex	\$110.18	
53095	Sat	Apr 6-Jun 15	9:00am-9:30am
53158	Sat	Apr 6-Jun 15	9:30am-10:00am
53159	Sat	Apr 6-Jun 15	10:00am-10:30am
53160	Sat	Apr 6-Jun 15	10:30am-11:00am
53161	Sat	Apr 6-Jun 15	10:30am-11:00am
53162	Sat	Apr 6-Jun 15	11:00am-11:30am
53172	Sat	Apr 6-Jun 15	11:30am-12:00pm
53326	Sun	Apr 7-Jun 16	9:00am-9:30am
53328	Sun	Apr 7-Jun 16	9:30am-10:00am
53329	Sun	Apr 7-Jun 16	10:00am-10:30am
53330	Sun	Apr 7-Jun 16	10:30am-11:00am
53332	Sun	Apr 7-Jun 16	11:00am-11:30am
53334	Sun	Apr 7-Jun 16	11:30am-12:00pm
53423	Mon	Apr 8-Jun 17	4:30pm-5:00pm
53424	Mon	Apr 8-Jun 17	5:00pm-5:30pm
53425	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53426	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53427	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53428	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53485	Tue	Apr 9-Jun 11	4:30pm-5:00pm
53486	Tue	Apr 9-Jun 11	5:00pm-5:30pm

53487	Tue	Apr 9-Jun 11	5:30pm-6:00pm
53488	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53489	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53617	Wed	Apr 10-Jun 12	4:30pm-5:00pm
53618	Wed	Apr 10-Jun 12	5:00pm-5:30pm
53619	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53620	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53621	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53622	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53623	Wed	Apr 10-Jun 12	7:00pm-7:30pm
53624	Wed	Apr 10-Jun 12	7:00pm-7:30pm
53662	Thu	Apr 11-Jun 13	4:30pm-5:00pm
53663	Thu	Apr 11-Jun 13	5:00pm-5:30pm
53664	Thu	Apr 11-Jun 13	5:30pm-6:00pm
53665	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53666	Thu	Apr 11-Jun 13	7:30pm-8:00pm
53667	Thu	Apr 11-Jun 13	7:30pm-8:00pm
53725	Fri	Apr 12-Jun 14	4:30pm-5:00pm
53726	Fri	Apr 12-Jun 14	5:00pm-5:30pm
53727	Fri	Apr 12-Jun 14	5:30pm-6:00pm
53728	Fri	Apr 12-Jun 14	6:00pm-6:30pm
53729	Fri	Apr 12-Jun 14	6:00pm-6:30pm
53730	Fri	Apr 12-Jun 14	6:30pm-7:00pm

Swimmer 3 – AOP

6-13yrs

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 metres of front crawl, back crawl and 10 metres of whip kick. Flutter kick interval training increases to 4 x 15 metres.

10 Classes

Anne Ottenbrite Pool

\$113.39

53120	Sat	Apr 6-Jun 15	9:00am-9:45am
53199	Sat	Apr 6-Jun 15	9:45am-10:30am
53201	Sat	Apr 6-Jun 15	10:30am-11:15am
53202	Sat	Apr 6-Jun 15	11:15am-12:00pm

53266	Sun	Apr 7-Jun 16	9:00am-9:45am
53267	Sun	Apr 7-Jun 16	10:30am-11:15am
53268	Sun	Apr 7-Jun 16	11:15am-12:00pm
53269	Sun	Apr 7-Jun 16	12:00pm-12:45pm
53363	Mon	Apr 8-Jun 17	5:30pm-6:15pm
53364	Mon	Apr 8-Jun 17	6:15pm-7:00pm
53365	Mon	Apr 8-Jun 17	7:00pm-7:45pm
53518	Tue	Apr 9-Jun 11	6:00pm-6:45pm
53519	Tue	Apr 9-Jun 11	6:45pm-7:30pm
53520	Tue	Apr 9-Jun 11	7:30pm-8:15pm
53553	Wed	Apr 10-Jun 12	5:30pm-6:15pm
53554	Wed	Apr 10-Jun 12	6:15pm-7:00pm
53555	Wed	Apr 10-Jun 12	7:00pm-7:45pm
53746	Thu	Apr 11-Jun 13	6:00pm-6:45pm
53747	Thu	Apr 11-Jun 13	6:45pm-7:30pm
53748	Thu	Apr 11-Jun 13	7:30pm-8:15pm

Swimmer 4 – AOP

6-13yrs

These intermediate swimmers will swim 5 metres underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive Standard. They'll cap it all off with front crawl sprints over 25 metres and 4 x 25 metres front or back crawl interval training.

10 Classes

Anne Ottenbrite Pool

\$113.39

53121	Sat	Apr 6-Jun 15	9:00am-9:45am
53203	Sat	Apr 6-Jun 15	10:30am-11:15am
53204	Sat	Apr 6-Jun 15	11:15am-12:00pm
53205	Sat	Apr 6-Jun 15	12:00pm-12:45pm
53270	Sun	Apr 7-Jun 16	9:00am-9:45am
53271	Sun	Apr 7-Jun 16	9:45am-10:30am
53272	Sun	Apr 7-Jun 16	10:30am-11:15am
53273	Sun	Apr 7-Jun 16	11:15am-12:00pm
53367	Mon	Apr 8-Jun 17	5:30pm-6:15pm
53368	Mon	Apr 8-Jun 17	6:15pm-7:00pm

53369	Mon	Apr 8-Jun 17	7:00pm-7:45pm
53370	Mon	Apr 8-Jun 17	7:45pm-8:30pm
53521	Tue	Apr 9-Jun 11	6:00pm-6:45pm
53522	Tue	Apr 9-Jun 11	6:45pm-7:30pm
53523	Tue	Apr 9-Jun 11	7:30pm-8:15pm
53556	Wed	Apr 10-Jun 12	5:30pm-6:15pm
53557	Wed	Apr 10-Jun 12	6:15pm-7:00pm
53558	Wed	Apr 10-Jun 12	7:00pm-7:45pm
53749	Thu	Apr 11-Jun 13	6:00pm-6:45pm
53750	Thu	Apr 11-Jun 13	6:45pm-7:30pm
53751	Thu	Apr 11-Jun 13	7:30pm-8:15pm
53752	Thu	Apr 11-Jun 13	7:30pm-8:15pm

Swimmer 5 – AOP

6-13yrs

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 metre swims of each, and breaststroke over 25 metres. Then they'll pick up the pace in 25 metre sprints and two interval-training bouts: 4 x 50 metre front or back crawl; and 4 x 15 metre breaststroke.

10 Classes	Anne Ottenbrite Pool	\$113.39	
53122	Sat	Apr 6-Jun 15	9:00am-9:45am
53206	Sat	Apr 6-Jun 15	9:45am-10:30am
53207	Sat	Apr 6-Jun 15	10:30am-11:15am
53208	Sat	Apr 6-Jun 15	12:00pm-12:45pm
53274	Sun	Apr 7-Jun 16	9:00am-9:45am
53275	Sun	Apr 7-Jun 16	9:45am-10:30am
53276	Sun	Apr 7-Jun 16	11:15am-12:00pm
53277	Sun	Apr 7-Jun 16	12:00pm-12:45pm
53372	Mon	Apr 8-Jun 17	5:30pm-6:15pm
53373	Mon	Apr 8-Jun 17	7:00pm-7:45pm
53374	Mon	Apr 8-Jun 17	7:45pm-8:30pm
53524	Tue	Apr 9-Jun 11	6:00pm-6:45pm
53525	Tue	Apr 9-Jun 11	6:45pm-7:30pm

53526	Tue	Apr 9-Jun 11	7:30pm-8:15pm
53559	Wed	Apr 10-Jun 12	5:30pm-6:15pm
53560	Wed	Apr 10-Jun 12	6:15pm-7:00pm
53561	Wed	Apr 10-Jun 12	7:00pm-7:45pm
53753	Thu	Apr 11-Jun 13	6:00pm-6:45pm
53754	Thu	Apr 11-Jun 13	6:45pm-7:30pm
53755	Thu	Apr 11-Jun 13	7:30pm-8:15pm

Swimmer 6 – AOP

6-13yrs

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 metres. They'll easily swim lengths of front crawl, back crawl and breaststroke, and they'll complain about the 300 metre workout.

10 Classes	Anne Ottenbrite Pool	\$113.39	
53123	Sat	Apr 6-Jun 15	9:45am-10:30am
53210	Sat	Apr 6-Jun 15	11:15am-12:00pm
53211	Sat	Apr 6-Jun 15	12:00pm-12:45pm
53278	Sun	Apr 7-Jun 16	9:45am-10:30am
53279	Sun	Apr 7-Jun 16	10:30am-11:15am
53280	Sun	Apr 7-Jun 16	12:00pm-12:45pm
53376	Mon	Apr 8-Jun 17	6:15pm-7:00pm
53377	Mon	Apr 8-Jun 17	7:45pm-8:30pm
53527	Tue	Apr 9-Jun 11	6:00pm-6:45pm
53528	Tue	Apr 9-Jun 11	6:45pm-7:30pm
53529	Tue	Apr 9-Jun 11	7:30pm-8:15pm
53530	Wed	Apr 10-Jun 12	5:30pm-6:15pm
53531	Wed	Apr 10-Jun 12	6:15pm-7:00pm
53532	Wed	Apr 10-Jun 12	7:00pm-7:45pm
53756	Thu	Apr 11-Jun 13	6:00pm-6:45pm
53757	Thu	Apr 11-Jun 13	6:45pm-7:30pm
53758	Thu	Apr 11-Jun 13	7:30pm-8:15pm

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.

10 classes	Anne Ottenbrite Pool	\$367.78	
53124	Sat	Apr 6-Jun 15	9:30am-10:00am
53194	Sat	Apr 6-Jun 15	10:00am-10:30am
53195	Sat	Apr 6-Jun 15	10:30am-11:00am
53196	Sat	Apr 6-Jun 15	11:00am-11:30am
53197	Sat	Apr 6-Jun 15	11:30am-12:00pm
53198	Sat	Apr 6-Jun 15	12:00pm-12:30pm
53212	Sat	Apr 6-Jun 15	4:30pm-5:00pm
53213	Sat	Apr 6-Jun 15	4:30pm-5:00pm
53214	Sat	Apr 6-Jun 15	4:30pm-5:00pm
53215	Sat	Apr 6-Jun 15	4:30pm-5:00pm
53216	Sat	Apr 6-Jun 15	5:00pm-5:30pm
53217	Sat	Apr 6-Jun 15	5:00pm-5:30pm
53218	Sat	Apr 6-Jun 15	5:00pm-5:30pm
53219	Sat	Apr 6-Jun 15	5:00pm-5:30pm
53220	Sat	Apr 6-Jun 15	5:30pm-6:00pm
53221	Sat	Apr 6-Jun 15	5:30pm-6:00pm
53222	Sat	Apr 6-Jun 15	5:30pm-6:00pm
53223	Sat	Apr 6-Jun 15	5:30pm-6:00pm
53224	Sat	Apr 6-Jun 15	6:00pm-6:30pm
53225	Sat	Apr 6-Jun 15	6:00pm-6:30pm
53226	Sat	Apr 6-Jun 15	6:00pm-6:30pm
53227	Sat	Apr 6-Jun 15	6:00pm-6:30pm
53228	Sat	Apr 6-Jun 15	6:30pm-7:00pm
53229	Sat	Apr 6-Jun 15	6:30pm-7:00pm
53230	Sat	Apr 6-Jun 15	6:30pm-7:00pm
53231	Sat	Apr 6-Jun 15	6:30pm-7:00pm

53232	Sat	Apr 6-Jun 15	7:00pm-7:30pm
53233	Sat	Apr 6-Jun 15	7:00pm-7:30pm
53234	Sat	Apr 6-Jun 15	7:00pm-7:30pm
53235	Sat	Apr 6-Jun 15	7:00pm-7:30pm
53236	Sat	Apr 6-Jun 15	7:00pm-7:30pm
53237	Sat	Apr 6-Jun 15	7:00pm-7:30pm
53261	Sun	Apr 7-Jun 16	9:00am-9:30am
53262	Sun	Apr 7-Jun 16	11:00am-11:30am
53263	Sun	Apr 7-Jun 16	11:30am-12:00pm
53264	Sun	Apr 7-Jun 16	12:00pm-12:30pm
53265	Sun	Apr 7-Jun 16	12:30pm-1:00pm
53378	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53380	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53759	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53760	Thu	Apr 11-Jun 13	6:30pm-7:00pm
53761	Thu	Apr 11-Jun 13	7:00pm-7:30pm
53762	Thu	Apr 11-Jun 13	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.

10 classes	Whitby Civic Rec Complex		\$367.78
53081	Sun	Apr 7-Jun 16	12:00pm-12:30pm
53338	Sun	Apr 7-Jun 16	12:00pm-12:30pm
53339	Sun	Apr 7-Jun 16	12:00pm-12:30pm
53340	Sun	Apr 7-Jun 16	12:30pm-1:00pm
53341	Sun	Apr 7-Jun 16	12:30pm-1:00pm
53343	Sun	Apr 7-Jun 16	12:30pm-1:00pm
53344	Sun	Apr 7-Jun 16	12:30pm-1:00pm
53345	Sun	Apr 7-Jun 16	1:00pm-1:30pm
53347	Sun	Apr 7-Jun 16	1:00pm-1:30pm
53348	Sun	Apr 7-Jun 16	1:00pm-1:30pm

53349	Sun	Apr 7-Jun 16	1:30pm-2:00pm
53351	Sun	Apr 7-Jun 16	1:30pm-2:00pm
53352	Sun	Apr 7-Jun 16	1:30pm-2:00pm
53379	Mon	Apr 8-Jun 17	4:00pm-4:30pm
53381	Mon	Apr 8-Jun 17	4:00pm-4:30pm
53382	Mon	Apr 8-Jun 17	4:00pm-4:30pm
53383	Mon	Apr 8-Jun 17	4:00pm-4:30pm
53384	Mon	Apr 8-Jun 17	4:00pm-4:30pm
53385	Mon	Apr 8-Jun 17	4:00pm-4:30pm
53386	Mon	Apr 8-Jun 17	4:00pm-4:30pm
53387	Mon	Apr 8-Jun 17	4:00pm-4:30pm
53388	Mon	Apr 8-Jun 17	4:30pm-5:00pm
53389	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53390	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53392	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53490	Tue	Apr 9-Jun 11	1:30pm-2:00pm
53491	Tue	Apr 9-Jun 11	2:00pm-2:30pm
53492	Tue	Apr 9-Jun 11	2:30pm-3:00pm
53493	Tue	Apr 9-Jun 11	2:30pm-3:00pm
53494	Tue	Apr 9-Jun 11	2:30pm-3:00pm
53495	Tue	Apr 9-Jun 11	4:30pm-5:00pm
53496	Tue	Apr 9-Jun 11	5:00pm-5:30pm
53497	Tue	Apr 9-Jun 11	5:30pm-6:00pm
53498	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53499	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53625	Wed	Apr 10-Jun 12	1:30pm-2:00pm
53626	Wed	Apr 10-Jun 12	2:00pm-2:30pm
53627	Wed	Apr 10-Jun 12	2:30pm-3:00pm
53628	Wed	Apr 10-Jun 12	4:00pm-4:30pm
53629	Wed	Apr 10-Jun 12	4:00pm-4:30pm
53630	Wed	Apr 10-Jun 12	4:00pm-4:30pm
53631	Wed	Apr 10-Jun 12	4:00pm-4:30pm
53668	Thu	Apr 11-Jun 13	4:30pm-5:00pm

53669	Thu	Apr 11-Jun 13	5:00pm-5:30pm
53670	Thu	Apr 11-Jun 13	5:30pm-6:00pm
53671	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53672	Thu	Apr 11-Jun 13	6:30pm-7:00pm
53673	Fri	Apr 12-Jun 14	9:30am-10:00am
53674	Fri	Apr 12-Jun 14	10:30am-11:00am
53675	Fri	Apr 12-Jun 14	11:00am-11:30am
53676	Fri	Apr 12-Jun 14	2:30pm-3:00pm
53677	Fri	Apr 12-Jun 14	4:30pm-5:00pm
53678	Fri	Apr 12-Jun 14	5:30pm-6:00pm
53679	Fri	Apr 12-Jun 14	6:30pm-7:00pm

Semi-Private Swimming Lessons

Semi-Private Preschool 1 - AOP (#@)

3-5yrs

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater. Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$224.67
53107	Sat	Apr 6-Jun 15
53763	Sat	Apr 6-Jun 15
53764	Sat	Apr 6-Jun 15
53765	Sat	Apr 6-Jun 15
53787	Sun	Apr 7-Jun 16
		11:00am-11:30am
		4:30pm-5:00pm
		6:00pm-6:30pm
		6:30pm-7:00pm
		9:30am-10:00am

Semi-Private Preschool 1 - CRC (#@)

3-5yrs

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater. Ratio 3:1

10 classes	Whitby Civic Rec Complex	\$224.67
53082	Sun	Apr 7-Jun 16
53357	Sun	Apr 7-Jun 16
53393	Mon	Apr 8-Jun 17
53584	Wed	Apr 10-Jun 12
		12:00pm-12:30pm
		1:30pm-2:00pm
		4:30pm-5:00pm
		4:30pm-5:00pm

Semi-Private Preschool 2 - AOP (#@)

3-5yrs

These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back. Ratio 3:1

10 classes	Anne Ottenbrite Pool		\$224.67
53108	Sat	Apr 6-Jun 15	11:30am-12:00pm
53766	Sat	Apr 6-Jun 15	4:30pm-5:00pm
53767	Sat	Apr 6-Jun 15	5:00pm-5:30pm
53788	Sun	Apr 7-Jun 16	10:30am-11:00am

Semi-Private Preschool 2 - CRC (#@)

3-5yrs

These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back. Ratio 3:1

10 classes	Whitby Civic Rec Complex		\$224.67
53083	Sun	Apr 7-Jun 16	1:00pm-1:30pm
53394	Mon	Apr 8-Jun 17	5:00pm-5:30pm
53594	Wed	Apr 10-Jun 12	5:00pm-5:30pm
53708	Fri	Apr 12-Jun 14	5:00pm-5:30pm

Semi-Private Preschool 3 - AOP (#@)

3-5yrs

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. Ratio 3:1

10 classes	Anne Ottenbrite Pool		\$224.67
53109	Sat	Apr 6-Jun 15	12:00pm-12:30pm
53768	Sat	Apr 6-Jun 15	5:00pm-5:30pm
53769	Sat	Apr 6-Jun 15	5:30pm-6:00pm
53789	Sun	Apr 7-Jun 16	11:30am-12:00pm

Semi-Private Preschool 3 - CRC (#@)

3-5yrs

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. Ratio 3:1

10 classes	Whitby Civic Rec Complex		\$224.67
53084	Sun	Apr 7-Jun 16	12:30pm-1:00pm
53366	Sun	Apr 7-Jun 16	1:00pm-1:30pm
53395	Mon	Apr 8-Jun 17	5:30pm-6:00pm

Semi-Private Preschool 4 - AOP (#@)

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	Anne Ottenbrite Pool		\$224.67
53110	Sat	Apr 6-Jun 15	5:30pm-6:00pm
53790	Sun	Apr 7-Jun 16	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 Complex		\$224.67
53085	Sun	Apr 7-Jun 16	12:00pm-12:30pm

Semi-Private Preschool 5 - AOP (#@)

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	Anne Ottenbrite Pool		\$224.67
53111	Sat	Apr 6-Jun 15	6:00pm-6:30pm
53770	Sat	Apr 6-Jun 15	6:30pm-7:00pm

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 Complex	\$224.67	
53086	Sun	Apr 7-Jun 16	1:30pm-2:00pm

Semi-Private Swimmer 1 - AOP (#@)

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. Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$224.67	
53112	Sat	Apr 6-Jun 15	9:00am-9:30am
53771	Sat	Apr 6-Jun 15	4:30pm-5:00pm
53772	Sat	Apr 6-Jun 15	6:00pm-6:30pm
53791	Sun	Apr 7-Jun 16	9:00am-9:30am
53792	Mon	Apr 8-Jun 17	5:30pm-6:00pm

Semi-Private Swimmer 1 - CRC (#@)

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. Ratio 3:1

10 classes	Whitby Civic Rec Complex	\$224.67	
53087	Sun	Apr 7-Jun 16	12:00pm-12:30pm
53371	Sun	Apr 7-Jun 16	1:00pm-1:30pm
53396	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53397	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53615	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53616	Wed	Apr 10-Jun 12	7:00pm-7:30pm

Semi-Private Swimmer 2 - AOP (#@)

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support

themselves at the surface without an aid, learn whip kick, swim 10 metres on their front and back, and be introduced to flutter kick interval training (4x5 metres). Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$224.67	
53113	Sat	Apr 6-Jun 15	9:30am-10:00am
53773	Sat	Apr 6-Jun 15	4:30pm-5:00pm
53774	Sat	Apr 6-Jun 15	5:00pm-5:30pm
53794	Sun	Apr 7-Jun 16	9:30am-10:00am
53795	Mon	Apr 8-Jun 17	6:00pm-6:30pm

Semi-Private Swimmer 2 - CRC (#@)

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 metres on their front and back, and be introduced to flutter kick interval training (4x5 metres). Ratio 3:1

10 classes	Whitby Civic Rec Complex	\$224.67	
53088	Sun	Apr 7-Jun 16	12:30pm-1:00pm
53375	Sun	Apr 7-Jun 16	1:30pm-2:00pm
53398	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53632	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53724	Fri	Apr 12-Jun 14	6:00pm-6:30pm

Semi-Private Swimmer 3 - AOP (#@)

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 metres of front crawl, back crawl and 10 metres of whip kick. Flutter kick interval training increases to 4 x 15 metres. Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$224.67	
53114	Sat	Apr 6-Jun 15	10:00am-10:30am
53775	Sat	Apr 6-Jun 15	5:00pm-5:30pm
53776	Sat	Apr 6-Jun 15	5:30pm-6:00pm
53797	Sun	Apr 7-Jun 16	10:00am-10:30am
53798	Mon	Apr 8-Jun 17	6:30pm-7:00pm

Semi-Private Swimmer 4 - AOP (#@)

These intermediate swimmers will swim 5 metres underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive Standard. They'll cap it all off with front crawl sprints over 25 metres and 4 x 25 metres front or back crawl interval training.

Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$224.67
53115	Sat Apr 6-Jun 15	10:30am-11:00am
53778	Sat Apr 6-Jun 15	5:30pm-6:00pm
53779	Sat Apr 6-Jun 15	6:00pm-6:30pm
53799	Sun Apr 7-Jun 16	10:30am-11:00am
53801	Mon Apr 8-Jun 17	7:00pm-7:30pm

Semi-Private Swimmer 5- AOP (#@)

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 metre swims of each, and breaststroke over 25 metres. Then they'll pick up the pace in 25 metre sprints and two interval-training bouts: 4 x 50 metre front or back crawl; and 4 x 15 metre breaststroke.

10 classes	Anne Ottenbrite Pool	\$224.67
53116	Sat Apr 6-Jun 15	11:00am-11:30am
53781	Sat Apr 6-Jun 15	6:30pm-7:00pm
53783	Sat Apr 6-Jun 15	7:00pm-7:30pm
53803	Sun Apr 7-Jun 16	11:00am-11:30am
53804	Mon Apr 8-Jun 17	7:30pm-8:00pm

Semi-Private Swimmer 6 - AOP (#@)

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 metres. They'll easily swim lengths of front crawl, back crawl and breaststroke, and they'll complain about the 300 metre workout. Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$224.67
53117	Sat Apr 6-Jun 15	11:30am-12:00pm
53784	Sat Apr 6-Jun 15	6:30pm-7:00pm

53786	Sat	Apr 6-Jun 15	7:00pm-7:30pm
53806	Sun	Apr 7-Jun 16	11:30am-12:00pm
53808	Mon	Apr 8-Jun 17	8:00pm-8:30pm

Preschool Group Swimming Lessons

Parent and Tot 1 - AOP (%)

4-12months

Designed for the 4 to 12-month old to learn to enjoy the water with the parent.

10 classes

Anne Ottenbrite Pool

\$110.18

53099	Sat	Apr 6-Jun 15	9:00am-9:30am
53238	Sun	Apr 7-Jun 16	9:00am-9:30am
53317	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53500	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53533	Wed	Apr 10-Jun 12	5:30pm-6:00pm

Parent and Tot 1 - CRC (%)

4-12months

Designed for the 4 to 12-month old to learn to enjoy the water with the parent.3:1

10 classes

Whitby Civic Rec Complex

\$110.18

53096	Sat	Apr 6-Jun 15	9:00am-9:30am
53125	Sat	Apr 6-Jun 15	10:30am-11:00am
53282	Sun	Apr 7-Jun 16	9:30am-10:00am
53283	Sun	Apr 7-Jun 16	10:30am-11:00am
53399	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53438	Tue	Apr 9-Jun 11	9:30am-10:00am
53439	Tue	Apr 9-Jun 11	11:00am-11:30am
53440	Tue	Apr 9-Jun 11	1:30pm-2:00pm
53446	Tue	Apr 9-Jun 11	5:30pm-6:00pm
53447	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53564	Wed	Apr 10-Jun 12	10:30am-11:00am
53565	Wed	Apr 10-Jun 12	2:00pm-2:30pm
53569	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53633	Thu	Apr 11-Jun 13	5:00pm-5:30pm

53680	Fri	Apr 12-Jun 14	9:30am-10:00am
53681	Fri	Apr 12-Jun 14	1:30pm-2:00pm
53682	Fri	Apr 12-Jun 14	5:30pm-6:00pm

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

Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.

10 classes		Anne Ottenbrite Pool	\$110.18
53100	Sat	Apr 6-Jun 15	9:30am-10:00am
53239	Sun	Apr 7-Jun 16	9:30am-10:00am
53324	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53501	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53534	Wed	Apr 10-Jun 12	6:00pm-6:30pm

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

Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.

10 classes		Whitby Civic Rec Complex	\$110.18
53097	Sat	Apr 6-Jun 15	9:30am-10:00am
53126	Sat	Apr 6-Jun 15	11:00am-11:30am
53284	Sun	Apr 7-Jun 16	10:00am-10:30am
53285	Sun	Apr 7-Jun 16	11:00am-11:30am
53400	Mon	Apr 8-Jun 17	5:00pm-5:30pm
53401	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53441	Tue	Apr 9-Jun 11	10:00am-10:30am
53442	Tue	Apr 9-Jun 11	11:00am-11:30am
53443	Tue	Apr 9-Jun 11	2:00pm-2:30pm
53448	Tue	Apr 9-Jun 11	4:30pm-5:00pm
53449	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53566	Wed	Apr 10-Jun 12	9:30am-10:00am
53567	Wed	Apr 10-Jun 12	1:30pm-2:00pm
53570	Wed	Apr 10-Jun 12	5:00pm-5:30pm
53634	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53683	Fri	Apr 12-Jun 14	10:00am-10:30am

53684	Fri	Apr 12-Jun 14	2:00pm-2:30pm
53685	Fri	Apr 12-Jun 14	5:30pm-6:00pm

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

Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.

10 classes		Anne Ottenbrite Pool	\$110.18
53101	Sat	Apr 6-Jun 15	10:00am-10:30am
53240	Sun	Apr 7-Jun 16	10:00am-10:30am
53327	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53502	Tue	Apr 9-Jun 11	7:00pm-7:30pm
53535	Wed	Apr 10-Jun 12	6:30pm-7:00pm

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

Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.

53098	Sat	Apr 6-Jun 15	10:00am-10:30am
53127	Sat	Apr 6-Jun 15	11:30am-12:00pm
53286	Sun	Apr 7-Jun 16	9:00am-9:30am
53287	Sun	Apr 7-Jun 16	11:30am-12:00pm
53402	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53444	Tue	Apr 9-Jun 11	10:30am-11:00am
53445	Tue	Apr 9-Jun 11	11:00am-11:30am
53450	Tue	Apr 9-Jun 11	5:00pm-5:30pm
53568	Wed	Apr 10-Jun 12	10:00am-10:30am
53571	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53635	Thu	Apr 11-Jun 13	5:30pm-6:00pm
53686	Fri	Apr 12-Jun 14	10:30am-11:00am
53687	Fri	Apr 12-Jun 14	2:00pm-2:30pm
53688	Fri	Apr 12-Jun 14	4:30pm-5:00pm
53689	Fri	Apr 12-Jun 14	6:30pm-7:00pm

Preschool 1 – AOP

3-5yrs

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

10 classes

Anne Ottenbrite Pool

\$110.18

53102	Sat	Apr 6-Jun 15	9:00am-9:30am
53179	Sat	Apr 6-Jun 15	10:00am-10:30am
53180	Sat	Apr 6-Jun 15	12:00pm-12:30pm
53241	Sun	Apr 7-Jun 16	9:00am-9:30am
53242	Sun	Apr 7-Jun 16	10:00am-10:30am
53243	Sun	Apr 7-Jun 16	10:30am-11:00am
53245	Sun	Apr 7-Jun 16	12:30pm-1:00pm
53331	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53333	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53503	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53504	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53505	Tue	Apr 9-Jun 11	7:30pm-8:00pm
53536	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53537	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53538	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53562	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53563	Thu	Apr 11-Jun 13	6:30pm-7:00pm

Preschool 1 – CRC

3-5yrs

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

10 classes

Whitby Civic Rec Complex

\$110.18

53089	Sat	Apr 6-Jun 15	9:00am-9:30am
53128	Sat	Apr 6-Jun 15	9:30am-10:00am
53129	Sat	Apr 6-Jun 15	10:00am-10:30am
53130	Sat	Apr 6-Jun 15	10:30am-11:00am
53131	Sat	Apr 6-Jun 15	11:00am-11:30am

53132	Sat	Apr 6-Jun 15	11:30am-12:00pm
53143	Sat	Apr 6-Jun 15	9:00am-9:30am
53144	Sat	Apr 6-Jun 15	10:00am-10:30am
53145	Sat	Apr 6-Jun 15	11:00am-11:30am
53288	Sun	Apr 7-Jun 16	9:00am-9:30am
53289	Sun	Apr 7-Jun 16	9:00am-9:30am
53290	Sun	Apr 7-Jun 16	9:30am-10:00am
53291	Sun	Apr 7-Jun 16	10:00am-10:30am
53292	Sun	Apr 7-Jun 16	10:00am-10:30am
53293	Sun	Apr 7-Jun 16	10:30am-11:00am
53294	Sun	Apr 7-Jun 16	11:00am-11:30am
53295	Sun	Apr 7-Jun 16	11:00am-11:30am
53296	Sun	Apr 7-Jun 16	11:30am-12:00pm
53297	Sun	Apr 7-Jun 16	11:30am-12:00pm
53403	Mon	Apr 8-Jun 17	4:30pm-5:00pm
53404	Mon	Apr 8-Jun 17	4:30pm-5:00pm
53405	Mon	Apr 8-Jun 17	5:00pm-5:30pm
53406	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53407	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53408	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53409	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53451	Tue	Apr 9-Jun 11	9:30am-10:00am
53452	Tue	Apr 9-Jun 11	10:00am-10:30am
53453	Tue	Apr 9-Jun 11	10:30am-11:00am
53454	Tue	Apr 9-Jun 11	11:00am-11:30am
53455	Tue	Apr 9-Jun 11	1:30pm-2:00pm
53456	Tue	Apr 9-Jun 11	4:30pm-5:00pm
53457	Tue	Apr 9-Jun 11	5:00pm-5:30pm
53458	Tue	Apr 9-Jun 11	5:30pm-6:00pm
53459	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53460	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53572	Wed	Apr 10-Jun 12	9:30am-10:00am
53573	Wed	Apr 10-Jun 12	11:00am-11:30am

53574	Wed	Apr 10-Jun 12	2:00pm-2:30pm
53575	Wed	Apr 10-Jun 12	2:30pm-3:00pm
53576	Wed	Apr 10-Jun 12	4:30pm-5:00pm
53577	Wed	Apr 10-Jun 12	4:30pm-5:00pm
53578	Wed	Apr 10-Jun 12	5:00pm-5:30pm
53579	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53580	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53581	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53582	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53583	Wed	Apr 10-Jun 12	7:00pm-7:30pm
53636	Thu	Apr 11-Jun 13	4:30pm-5:00pm
53637	Thu	Apr 11-Jun 13	4:30pm-5:00pm
53638	Thu	Apr 11-Jun 13	5:00pm-5:30pm
53639	Thu	Apr 11-Jun 13	5:30pm-6:00pm
53640	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53641	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53642	Thu	Apr 11-Jun 13	6:30pm-7:00pm
53690	Fri	Apr 12-Jun 14	9:30am-10:00am
53691	Fri	Apr 12-Jun 14	10:00am-10:30am
53692	Fri	Apr 12-Jun 14	11:00am-11:30am
53693	Fri	Apr 12-Jun 14	1:30pm-2:00pm
53694	Fri	Apr 12-Jun 14	4:30pm-5:00pm
53695	Fri	Apr 12-Jun 14	5:00pm-5:30pm
53696	Fri	Apr 12-Jun 14	5:00pm-5:30pm
53697	Fri	Apr 12-Jun 14	5:30pm-6:00pm
53698	Fri	Apr 12-Jun 14	6:00pm-6:30pm
53699	Fri	Apr 12-Jun 14	6:00pm-6:30pm
53700	Fri	Apr 12-Jun 14	6:30pm-7:00pm

Preschool 2 – AOP

3-5yrs

These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back.

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

53103	Sat	Apr 6-Jun 15	9:00am-9:30am
53181	Sat	Apr 6-Jun 15	9:30am-10:00am
53182	Sat	Apr 6-Jun 15	10:30am-11:00am
53246	Sun	Apr 7-Jun 16	9:30am-10:00am
53247	Sun	Apr 7-Jun 16	10:30am-11:00am
53731	Sun	Apr 7-Jun 16	11:00am-11:30am
53335	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53336	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53337	Mon	Apr 8-Jun 17	7:30pm-8:00pm
53506	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53507	Tue	Apr 9-Jun 11	7:00pm-7:30pm
53539	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53540	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53732	Thu	Apr 11-Jun 13	6:30pm-7:00pm

Preschool 2 – CRC**3-5yrs**

These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back.

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

53090	Sat	Apr 6-Jun 15	9:00am-9:30am
53133	Sat	Apr 6-Jun 15	9:30am-10:00am
53134	Sat	Apr 6-Jun 15	10:00am-10:30am
53135	Sat	Apr 6-Jun 15	10:30am-11:00am
53136	Sat	Apr 6-Jun 15	11:00am-11:30am
53137	Sat	Apr 6-Jun 15	11:30am-12:00pm
53148	Sat	Apr 6-Jun 15	9:30am-10:00am
53149	Sat	Apr 6-Jun 15	10:30am-11:00am
53150	Sat	Apr 6-Jun 15	11:30am-12:00pm
53298	Sun	Apr 7-Jun 16	9:00am-9:30am
53299	Sun	Apr 7-Jun 16	9:30am-10:00am
53300	Sun	Apr 7-Jun 16	9:30am-10:00am

53301	Sun	Apr 7-Jun 16	10:00am-10:30am
53302	Sun	Apr 7-Jun 16	10:30am-11:00am
53303	Sun	Apr 7-Jun 16	10:30am-11:00am
53304	Sun	Apr 7-Jun 16	11:00am-11:30am
53305	Sun	Apr 7-Jun 16	11:30am-12:00pm
53410	Mon	Apr 8-Jun 17	4:30pm-5:00pm
53411	Mon	Apr 8-Jun 17	5:00pm-5:30pm
53412	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53413	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53414	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53415	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53461	Tue	Apr 9-Jun 11	9:30am-10:00am
53462	Tue	Apr 9-Jun 11	10:00am-10:30am
53463	Tue	Apr 9-Jun 11	10:30am-11:00am
53464	Tue	Apr 9-Jun 11	2:00pm-2:30pm
53465	Tue	Apr 9-Jun 11	4:30pm-5:00pm
53466	Tue	Apr 9-Jun 11	5:00pm-5:30pm
53467	Tue	Apr 9-Jun 11	5:30pm-6:00pm
53468	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53469	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53585	Wed	Apr 10-Jun 12	9:30am-10:00am
53586	Wed	Apr 10-Jun 12	10:00am-10:30am
53587	Wed	Apr 10-Jun 12	1:30pm-2:00pm
53588	Wed	Apr 10-Jun 12	2:30pm-3:00pm
53589	Wed	Apr 10-Jun 12	4:30pm-5:00pm
53590	Wed	Apr 10-Jun 12	5:00pm-5:30pm
53591	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53592v	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53593	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53643	Thu	Apr 11-Jun 13	4:30pm-5:00pm
53644	Thu	Apr 11-Jun 13	5:00pm-5:30pm
53645	Thu	Apr 11-Jun 13	5:30pm-6:00pm
53646	Thu	Apr 11-Jun 13	5:30pm-6:00pm

53647	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53648	Thu	Apr 11-Jun 13	6:30pm-7:00pm
53701	Fri	Apr 12-Jun 14	10:00am-10:30am
53702	Fri	Apr 12-Jun 14	2:00pm-2:30pm
53703	Fri	Apr 12-Jun 14	4:30pm-5:00pm
53704	Fri	Apr 12-Jun 14	5:00pm-5:30pm
53705	Fri	Apr 12-Jun 14	5:30pm-6:00pm
53706	Fri	Apr 12-Jun 14	6:00pm-6:30pm
53707	Fri	Apr 12-Jun 14	6:30pm-7:00pm

Preschool 3 – AOP

3-5yrs

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

10 classes

Anne Ottenbrite Pool

\$110.18

53104	Sat	Apr 6-Jun 15	9:30am-10:00am
53183	Sat	Apr 6-Jun 15	10:30am-11:00am
53184	Sat	Apr 6-Jun 15	11:30am-12:00pm
53248	Sun	Apr 7-Jun 16	9:30am-10:00am
53342	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53508	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53509	Tue	Apr 9-Jun 11	7:30pm-8:00pm
53541	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53542	Wed	Apr 10-Jun 12	7:00pm-7:30pm
53734	Thu	Apr 11-Jun 13	7:30pm-8:00pm
53736	Thu	Apr 11-Jun 13	6:00pm-6:30pm

Preschool 3 – CRC

3-5yrs

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

10 classes

Whitby Civic Rec Complex

\$110.18

53091	Sat	Apr 6-Jun 15	9:00am-9:30am
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53138	Sat	Apr 6-Jun 15	9:30am-10:00am
53139	Sat	Apr 6-Jun 15	10:00am-10:30am
53140	Sat	Apr 6-Jun 15	10:30am-11:00am
53142	Sat	Apr 6-Jun 15	11:30am-12:00pm
53306	Sun	Apr 7-Jun 16	9:00am-9:30am
53307	Sun	Apr 7-Jun 16	9:30am-10:00am
53308	Sun	Apr 7-Jun 16	10:00am-10:30am
53309	Sun	Apr 7-Jun 16	10:30am-11:00am
53310	Sun	Apr 7-Jun 16	11:00am-11:30am
53311	Sun	Apr 7-Jun 16	11:30am-12:00pm
53416	Mon	Apr 8-Jun 17	5:00pm-5:30pm
53417	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53418	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53419	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53470	Tue	Apr 9-Jun 11	5:00pm-5:30pm
53471	Tue	Apr 9-Jun 11	5:30pm-6:00pm
53472	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53473	Tue	Apr 9-Jun 11	6:30pm-7:00pm
53595	Wed	Apr 10-Jun 12	10:00am-10:30am
53596	Wed	Apr 10-Jun 12	5:00pm-5:30pm
53597	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53598	Wed	Apr 10-Jun 12	6:30pm-7:00pm
53649	Thu	Apr 11-Jun 13	4:30pm-5:00pm
53650	Thu	Apr 11-Jun 13	5:00pm-5:30pm
53651	Thu	Apr 11-Jun 13	6:00pm-6:30pm
53709	Fri	Apr 12-Jun 14	2:30pm-3:00pm
53710	Fri	Apr 12-Jun 14	4:30pm-5:00pm
53711	Fri	Apr 12-Jun 14	5:00pm-5:30pm
53712	Fri	Apr 12-Jun 14	5:30pm-6:00pm
53713	Fri	Apr 12-Jun 14	6:30pm-7:00pm

Preschool 4 – AOP

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.

10 classes

Anne Ottenbrite Pool

\$110.18

53105	Sat	Apr 6-Jun 15	11:00am-11:30am
53249	Sun	Apr 7-Jun 16	10:00am-10:30am
53250	Sun	Apr 7-Jun 16	11:30am-12:00pm
53346	Mon	Apr 8-Jun 17	6:30pm-7:00pm
53510	Tue	Apr 9-Jun 11	7:00pm-7:30pm
53543	Wed	Apr 10-Jun 12	7:30pm-8:00pm
53735	Thu	Apr 11-Jun 13	7:00pm-7:30pm

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.

10 classes

Whitby Civic Rec Complex

\$110.18

53092	Sat	Apr 6-Jun 15	10:00am-10:30am
53146	Sat	Apr 6-Jun 15	11:00am-11:30am
53312	Sun	Apr 7-Jun 16	9:00am-9:30am
53313	Sun	Apr 7-Jun 16	10:00am-10:30am
53314	Sun	Apr 7-Jun 16	11:00am-11:30am
53420	Mon	Apr 8-Jun 17	5:00pm-5:30pm
53421	Mon	Apr 8-Jun 17	6:00pm-6:30pm
53429	Mon	Apr 8-Jun 17	4:30pm-5:00pm
53474	Tue	Apr 9-Jun 11	4:30pm-5:00pm
53475	Tue	Apr 9-Jun 11	5:00pm-5:30pm
53476	Tue	Apr 9-Jun 11	6:00pm-6:30pm
53599	Wed	Apr 10-Jun 12	4:30pm-5:00pm
53600	Wed	Apr 10-Jun 12	5:00pm-5:30pm
53601	Wed	Apr 10-Jun 12	6:00pm-6:30pm
53602	Wed	Apr 10-Jun 12	7:00pm-7:30pm

53652	Thu	Apr 11-Jun 13	5:00pm-5:30pm
53653	Thu	Apr 11-Jun 13	6:30pm-7:00pm
53714	Fri	Apr 12-Jun 14	5:00pm-5:30pm

Preschool 5 – AOP

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.

10 classes		Anne Ottenbrite Pool	\$110.18
53106	Sat	Apr 6-Jun 15	12:00pm-12:30pm
53251	Sun	Apr 7-Jun 16	12:00pm-12:30pm
53350	Mon	Apr 8-Jun 17	7:00pm-7:30pm
53511	Tue	Apr 9-Jun 11	8:00pm-8:30pm
53544	Wed	Apr 10-Jun 12	7:30pm-8:00pm

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.

10 classes		Whitby Civic Rec Complex	\$110.18
53093	Sat	Apr 6-Jun 15	9:30am-10:00am
53147	Sat	Apr 6-Jun 15	11:00am-11:30am
53315	Sun	Apr 7-Jun 16	9:30am-10:00am
53316	Sun	Apr 7-Jun 16	10:30am-11:00am
53422	Mon	Apr 8-Jun 17	5:30pm-6:00pm
53477	Tue	Apr 9-Jun 11	4:30pm-5:00pm
53478	Tue	Apr 9-Jun 11	5:30pm-6:00pm
53603	Wed	Apr 10-Jun 12	4:30pm-5:00pm
53604	Wed	Apr 10-Jun 12	5:30pm-6:00pm
53605	Wed	Apr 10-Jun 12	7:00pm-7:30pm
53654	Thu	Apr 11-Jun 13	5:30pm-6:00pm
53715	Fri	Apr 12-Jun 14	5:30pm-6:00pm

Youth Group Swimming Lessons

Swimming Lessons for Teens- AOP

Do you want to learn to swim, improve your existing skills, or get ready for leadership with your own age group? If so, this is the course for you! This is a program created specifically for teens customized to meet your individual goals.

53819	14-18yrs	Anne Ottenbrite Pool	10 classes
Mon	Apr 8-Jun 17	8:30pm-9:30pm	\$119.01

Swimming Lessons for Teens- CRC

Do you want to learn to swim, improve your existing skills, or get ready for leadership with your own age group? If so, this is the course for you! This is a program created specifically for teens customized to meet your individual goals.

53820	14-18yrs	Whitby Civic Rec Complex	10 classes
Sat	Apr 6-Jun 15	12:00pm-1:00pm	\$119.01

Youth 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.

53841	14yrs+	Anne Ottenbrite Pool	10 classes
Sun	Apr 7-Jun 16	11:30am-2 :30pm	\$220.30
53848	14yrs+	Anne Ottenbrite Pool	10 classes
Thu	Apr 11-Jun 13	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.

53842	13yrs+	Anne Ottenbrite Pool	10 classes
Sun	Apr 7-Jun 16	1:00pm-4:00pm	\$211.60
53847	13yrs+	Anne Ottenbrite Pool	10 classes
Fri	Apr 12-Jun 14	5:30pm-8:30pm	\$211.60

Bronze Star

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

53843	10-13yrs	Anne Ottenbrite Pool	10 classes
Sun	Apr 7-Jun 16	2:30pm-3:30pm	\$118.63
53846	10-13yrs	Anne Ottenbrite Pool	10 classes
Fri	Apr 12-Jun 14	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 m swims of front crawl, back crawl, and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m 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.

53810	8-12yrs	Anne Ottenbrite Pool	10 classes
Mon	Apr 8-Jun 17	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 metre 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.

53811	8-12yrs	Anne Ottenbrite Pool	10 classes
Tue	Apr 9-Jun 11	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 metre workouts, 300 metre timed swims and a 25 metre 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.

53812	8-12yrs	Anne Ottenbrite Pool	10 classes
Sun	Apr 7-Jun 16	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.

53844	15yrs+	Anne Ottenbrite Pool	11 classes
Tue	Apr 9-Jun 18	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.

53845	15yrs+	Anne Ottenbrite Pool	10 classes
Mon	Apr 8-Jun 17	6:00pm-10:00pm	\$435.01

Adult

Fitness

ABT-Abs/Butt/Thighs

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

52533	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 9-Jun 18	10:15am-11:10am	\$96.31
52534	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 12-Jun 21	10:15am-11:10am	\$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! Participants 14-17yrs and 55+yrs receive 50% discount pricing.

52535	14yrs+	Brooklin CC&L	11 weeks
Wed	Apr 10-Jun 19	7:30pm-8:25pm	\$96.31

Beginner Jazz

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

52536	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 12-Jun 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! Participants 14-17yrs and 55+yrs receive 50% discount pricing.

52538	14yrs+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	5:30pm-6:25pm	\$96.31
52537	14yrs+	Brooklin CC&L	11 weeks
Thu	Apr 11-Jun 20	6:00pm-6:55pm	\$96.31

Boot Camp

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

52543	14yrs+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	6:30pm-7:25pm	\$96.31
52542	14yrs+	Brooklin CC&L	11 weeks
Wed	Apr 10-Jun 19	5:30pm-6:25pm	\$96.31
52540	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 9-Jun 18	5:30pm-6:25pm	\$96.31
52541	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 10-Jun 19	7:30pm-8:25pm	\$96.31
53832	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 10-Jun 19	7:00am-7:55am	\$96.31
52539	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

52545	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 12-Jun 21	9:00am-9:55am	\$96.31

Dance Fit

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

52546	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 9-Jun 18	11:15am-12:10pm	\$96.31
52547	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 12-Jun 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

52548	14yrs+	Whitby Civic Rec Complex	11 week
Tue	Apr 9-Jun 18	6:15am-7:10am	\$96.31
52549	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

52552	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 8-Jun 17	6:30pm-7:25pm	\$96.31
53816	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 9-Jun 18	9:00am-9:55am	\$96.31
53817	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 20	6:30pm-7:25pm	\$96.31
52550	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 20	9:00am-9:55am	\$96.31

52551	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 12-Jun 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

52553	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 10-Jun 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

52554	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 8-Jun 17	7:30pm-8:25pm	\$96.31
52557	14yrs+	Brooklin CC&L	11 weeks
Wed	Apr 10-Jun 19	6:30pm-7:25pm	\$96.31
52555	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 12-Jun 21	7:30pm-8:25pm	\$96.31
52556	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Apr 13-Jun 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

52558	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 8-Jun 17	10:15am-11:10am	\$96.31

Mom and Baby Fitness

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

52559	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 10-Jun 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

52560	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 8-Jun 17	11:15am-12:10pm	\$96.31

Power Yoga

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

52562	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 8-Jun 17	12:30pm-1:25pm	\$96.31
52561	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 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.

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

52563	14yrs+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	8:00pm-8:55pm	\$96.31

Rock Body

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

52565	14yrs+	Brooklin CC&L	11 weeks
Tue	Apr 9-Jun 18	6:00pm-6:55pm	\$96.31
52564	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 20	5:30pm-6:25pm	\$96.31

Sculpt & Stretch

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

52567	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 20	1:30pm-2:25pm	\$96.31

Sculpt & Stretch

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

52566	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 8-Jun 17	9:00am-9:55am	\$96.31

Spinning

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

52568	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 8-Jun 17	5:30pm-6:15pm	\$96.31
52569	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 12-Jun 21	5:30pm-6:15pm	\$96.31
52570	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Apr 13-Jun 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

52573	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 9-Jun 18	6:30pm-7:25pm	\$96.31
52572	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 10-Jun 19	9:00am-9:55am	\$96.31
52574	14yrs+	Whitby Civic Rec Complex	11weeks
Sat	Apr 13-Jun 22	9:00am-9:55am	\$96.31
52544	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 20	6:30pm-7:25pm	\$96.31

Strength & Conditioning

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

52576	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Apr 13-Jun 22	12:00pm-12:55pm	\$96.31
52575	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 9-Jun 18	7:30pm-8:25pm	\$96.31

Stretch and Myofascial Release (SMR)

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

52578	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 9-Jun 18	12:15pm-1:10pm	\$96.31
52577	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 10-Jun 19	10:15am-11:10am	\$96.31
52579	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 20	12:15pm-1:10pm	\$96.31
52580	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 12-Jun 21	1:30pm-2:25pm	\$96.31

Tai Chi - Beginner with Mary Grace & Rick

Often referred to as “moving meditation”, Tai Chi helps people become stronger, more flexible, have better balance and more confidence and stamina. All of the movements can be modified to accommodate any limitations a person may have, including doing the movements from a chair. This program is registered only, not included in the fit-pass. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

52584	14yrs+	Whitby 55+ Recreation Centre	11 weeks
Tue	Apr 9-Jun 18	6:00pm-6:55pm	\$96.31
53973	14yrs+	Brooklin CC&L	10 weeks
Wed	Apr 10-Jun 19	6:30m-7:25pm	\$87.55

Tai Chi - Level 2 with Mary Grace & Rick

Often referred to as “moving meditation”, Tai Chi helps people become stronger, more flexible, have better balance and more confidence and stamina. All of the movements can be modified to accommodate any limitations a person may have, including doing the movements from a chair. Please note* Must have completed Beginner's level previously. This program is registered only, not included in the fit-pass. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

52585	14yrs+	Whitby 55+ Recreation Centre	11 weeks
Tue	Apr 9-Jun 18	7:00pm-7:55pm	\$96.31

Xpress ABT-Abs/Butt/Thighs

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

52586	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 10-Jun 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

52587	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 9-Jun 18	4:30pm-5:15pm	\$96.31

Xpress Dance Fit

Sweat and groove to the flavourful Latin rhythms of Salsa, Reggaeton, Samba and more! This 45 minute fun and exciting high energy workout will burn calories, strengthen and tone your body while energizing your body and mind. suitable for all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing

52588	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 8-Jun 17	4:30pm-5:15pm	\$96.31
52589	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 12-Jun 21	4:30pm-5:15pm	\$96.31

Xpress Spin – 30

Ready for an amazing cardio workout? Set your own pace and boost your metabolism in this exciting 30 minute indoor stationary cycling program. You will learn proper spin technique while increasing your cardiovascular endurance and stamina. We will take you through a series of cycling intervals of flats, hills and drills to get that heart pumping. Rockin' music with a few laughs and tears. Bring a towel and water bottle and be prepared to sweat. This class is suitable for all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing

53891	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 9-Jun 18	8:15am-8:45am	\$96.31

Xpress Spin – 45

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

52571	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 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! Participants 14-17yrs and 55+yrs receive 50% discount pricing

53818	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 9-Jun 18	5:00pm-5:55pm	\$96.31
52590	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 10-Jun 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

52593	14yrs+	Brooklin CC&L	11 weeks
Tue	Apr 9-Jun 18	7:00pm-7:55pm	\$96.31

52591	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 10-Jun 19	6:30pm-7:25pm	\$96.31
52592	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 11-Jun 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.

52942	15 yrs+	Brooklin CC&L	13 weeks
Wed	Mar 27-Jun 19	8:30pm-9:55pm	\$113.82

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.

52946	18yrs+	Brooklin CC&L	13 weeks
Thu	Mar 28-Jun 20	8:30pm-9:55pm	\$113.82

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.

52936	16 yrs+	Brooklin CC&L	11 weeks
Mon	Mar 25-Jun 17	7:45pm-8:45pm	\$96.31

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.

52935	16yrs+	Brooklin CC&L	11 weeks
Mon	Mar 25-Jun 17	8:50pm-9:50pm	\$96.31

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.

52581	12yrs+	Whitby Civic Rec Complex	9 weeks
Sun	Apr 14-Jun 16	12:00pm-12:55pm	\$78.92

55+ Programs

New Members Orientation

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

52892	55+	Whitby 55+ Rec Centre	1 day
Thurs	Apr 25-Apr 25	10:00am-11:30am	Free
52893	55+	Whitby 55+ Rec Centre	1 day
Tue	Jun 18-Jun 18	10:00am-11:30am	Free

Online Virtual Programs

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

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

53733	55+	Online-Virtual Program	12 weeks
Wed	Apr 3-Jun 19	10:00am-11:00am	\$48.72

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

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

53738	55+	Online-Virtual Program	12 weeks
Thu	Apr 4-Jun 20	9:00am-10:00am	\$48.72

Creative Arts

"Little Gems" Rock Drawings with Chrissie (%)

Using a variety of drawing media such as graphite, charcoal and coloured pencil, learn how to capture the form, texture and pattern of beautiful pebbles that are found along the shores of our local lakes. You will leave this workshop with a beautiful series of drawings and a lot of new knowledge. All materials are provided by the instructor.

52519	55+	Whitby 55+ Rec Centre	1 class
Thu	May 9-May 9	10:00am-12:00pm	\$30.90

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.

52472	55+	Whitby 55+ Rec Centre	10 weeks
Wed	Apr 3-Jun 19	10:00am-12:00pm	\$54.50

Drawing From Observation Workshop with Marni (%)

Learn how to draw from observation and improve visual awareness through a series of "warm up" drawings, and three stages of a sketch. Tonal value and the handling of dramatic light will be addressed as students work from still life subjects in soft mediums

on tinted paper. This workshop is suitable for students with little drawing experience. A supply list is included on the receipt notes and will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

52722	55+	Whitby 55+ Rec Centre	1 class
Tue	Jun 4-Jun 4	1:00pm-3:00pm	\$35.00

Explorations in Soft Pastel with Chrissie (%)

Explore the world of soft pastel paintings and drawings. In this workshop you will complete two small pieces using a variety of soft pastel techniques and applications. The colours and textures of soft pastel will have you wanting to do more. All materials are provided by the instructor.

52506	55+	Whitby 55+ Rec Centre	1 class
Tue	Jun 11-Jun 11	1:00pm-3:00pm	\$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 in order 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+ Rec Centre.

52673	55+	Brooklin CC&L	4 weeks
Thu	May 16-Jun 6	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.

53178	55+	Brooklin CC&L	4 weeks
Thu	Apr 11-May 2	10:00am-12:00pm	\$41.20

Linear Perspective Workshop with Marni (%)

Learn to draw a room in linear perspective step by step. Students will learn how to create precise and accurate proportions in shapes and forms as they relate to each other in an interior space. A viewing of master Renaissance artists will be analyzed to support the learning in this workshop. A supply list is included on the receipt notes and

will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

52721	55+	Whitby 55+ Rec Centre	1 class
Tue	May 28-May 28	1:00pm-3:00pm	\$25.00

Nature Art with Acrylic Paints with David (%)

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

52493	55+	Whitby 55+ Rec Centre	1 class
Tue	Apr 23-Apr 23	9:30am-11:30am	\$30.90
52494	55+	Whitby 55+ Rec Centre	1 class
Tue	May 14-May 14	9:30am-11:30am	\$30.90
52495	55+	Whitby 55+ Rec Centre	1 class
Tue	Jun 18-Jun 18	9:30am-11:30am	\$30.90

Needle Felting - Tea Cup Fairy Garden with Tara (%)

You must have previous felting experience to be able to participate in this workshop. You will be working with rovings to match your tea cup pattern if it has one, a foam ball for the base and embellishments if you choose. What a clever way to bring life to your beloved family heirloom tea cup. Dust it off and fill it with a beautiful fairy house and garden. You are required to purchase your own supplies. Please see supply list on online notes and on your receipt. Supply list also available for pick up at the Brooklin CC&L or the 55+ Recreation Centre.

53177	55+	Brooklin CC&L	2 weeks
Thu	Jun 13-Jun 20	10:00am-12:00pm	\$20.60

Paint to Music Workshop with Marni (%)

Students will be guided by the instructor to expression emotions with a non-objective approach. Students will create an abstract expressionist painting by listening to a variety of music. Like a musician, students will convey a mood painting through contrasts of soft/loud, fast/slow, light/dark and warm and cool colours to portray pure emotions visually. Students will view works by master artists for inspiration and will be involved in

group critique. A supply list is included on the receipt notes and will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

52490	55+	Whitby 55+ Rec Centre	1 class
Tue	Apr 9-Apr 9	1:00pm-3:00pm	\$35.00

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

Explore the magic and versatility of pen and ink with water media. In this workshop we will explore a variety of basic texturing techniques using pen and ink. We will use different types of water media, such as water-soluble graphite, charcoal, watercolour, coloured pencil and/or pen to give our artwork unique textures and styles. You will leave with new knowledge and inspiration to take your pen and ink artwork to the next level. All materials are provided by the instructor.

52497	55+	Whitby 55+ Rec Centre	1 class
Tue	Apr 16-Apr 16	10:00am-12:00pm	\$30.90

Woodcarving - Open Studio (%)

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

52688	55+	Brooklin CC&L	12 weeks
Fri	Apr 5-Jun 21	3:30pm-5:30pm	\$24.00

Dance

Ballet with Tracy (%)

Come and enjoy the benefits of a traditional ballet class, whether you are a beginner or an intermediate 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. Soft, flexible shoes are suggested.

52478	55+	Whitby 55+ Rec Centre	10 weeks
Fri	Apr 5-Jun 14	12:00pm-1:00pm	\$40.60

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.

52465	55+	Brooklin CC&L	10 weeks
Thu	Apr 4-Jun 6	10:00am-11:00am	\$40.60

Dance Flow with Alison (%)

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

52481	55+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 4-Jun 20	9:00am-10:00am	\$48.72

Social Ballroom Dance - Level 1 with Nicole (%)

Join this beginner class and learn at least three basic steps in each of the Waltz, Rhumba, Chacha, Foxtrot and Tango. You must have a partner to join.

52502	55+	Whitby 55+ Rec Centre	11 weeks
Tue	Apr 9-Jun 18	6:30pm-7:30pm	\$44.66

Social Ballroom Dance - Level 2 with Nicole (%)

This intermediate class is designed to build on the skills learned in the Level 1 class. You will learn more challenging steps along with an introduction to technique. Although there will be some quick review of the basics, participants should only join this class if they have mastered the steps learned in Level 1. You must have a partner to join.

52503	55+	Whitby 55+ Rec Centre	11 weeks
Tue	Apr 9-Jun 18	7:30pm-8:30pm	\$44.66

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.

52509	55+	Whitby 55+ Rec Centre	12 weeks
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Thu	Apr 4-Jun 20	11:30am-12:30pm	\$48.72
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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.

52510	55+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 4-Jun 20	10:15am-11:15am	\$48.72

Traditional Line Dance - Level 2 with Nicole (%)

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

52432	55+	Brooklin CC&L	11 weeks
Tue	Apr 9-Jun 18	1:30pm-2:30pm	\$44.66

Traditional Line Dance-Absolute Beginner with Nicole (%)

This class is for the absolute beginner who has never seen line dance before or for those that want to take things nice and slow. This class will feature weekly warm-ups reviewing the basic elements of line dancing and getting used to the dance language, also the review of all dances learned to date. You will be introduced to some of the classic dances, traditional dances, as well as some of the newest dances. The routines are simple, slower and with minimal turning.

52514	55+	Whitby 55+ Rec Centre	11 weeks
Tue	Apr 9-Jun 18	3:15pm-4:15pm	\$44.66

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.

52515	55+	Whitby 55+ Rec Centre	11 weeks
Wed	Apr 10-Jun 19	10:30am-11:30am	\$44.66

Fitness

Arthritis Exercise with Karel (%)

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

52453	55+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	9:00am-10:00am	\$40.60
52473	55+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 8-Jun 17	1:45pm-2:45pm	\$40.60
52474	55+	Whitby 55+ Rec Centre	11 weeks
Tue	Apr 9-Jun 18	1:15pm-2:15pm	\$44.66

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.

52633	55+	Centennial Building	10 weeks
Tue	Apr 16-Jun 18	9:00am-10:00am	\$40.60
52475	55+	Whitby 55+ Rec Centre	10 weeks
Thu	Apr 18-Jun 20	11:30am-12:30pm	\$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.

52686	55+	Brooklin CC&L	12 weeks
Fri	Apr 5-Jun 21	12:15pm-1:15pm	\$48.72

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.

52476	55+	Whitby 55+ Rec Centre	12 weeks
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Wed	Apr 3-Jun 19	10:30am-11:30am	\$48.72
52477	55+	Whitby 55+ Rec Centre	10 weeks
Fri	Apr 5-Jun 14	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.

52597	55+	Brooklin CC&L	12 weeks
Wed	Apr 3-Jun 19	12:15pm-1:15pm	\$48.72

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.

52634	55+	Centennial Building	9 weeks
Mon	Apr 15-Jun 17	9:00am-10:00am	\$36.54

Build Your Own Bones with Cindy (%)

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.

52598	55+	Brooklin CC&L	10 weeks
Tue	Apr 2-Jun 18	11:20am-12:20pm	\$40.60

Build Your Own Bones with Lynn (%)

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.

52437	55+	Brooklin CC&L	9 weeks
Mon	Apr 8-Jun 17	1:00pm-2:00pm	\$36.54

Build Your Own Bones with Tracy (%)

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

52436	55+	Brooklin CC&L	12 weeks
Wed	Apr 3-Jun 19	1:30pm-2:30pm	\$48.72

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.

52603	55+	Centennial Building	9 weeks
Mon	Apr 15-Jun 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.

52604	55+	Centennial Building	11 weeks
Wed	Apr 10-Jun 19	9:00am-10:00am	\$44.66

Chair Exercise with Cindy (%)

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.

52480	55+	Whitby 55+ Rec Centre	10 weeks
Wed	Apr 3-Jun 19	2:10pm-3:10pm	\$40.60

Dance Fitness with Shari (%)

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

52605	55+	Centennial Building	11 weeks
Tue	Apr 2-Jun 18	3:15pm-4:15pm	\$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.

52606	55+	Centennial Building	10 weeks
Tue	Apr 16-Jun 18	10:15am-11:15am	\$40.60
52486	55+	Whitby 55+ Rec Centre	10 weeks
Thu	Apr 18-Jun 20	9:00am-10:00am	\$40.60
52607	55+	Centennial Building	10 weeks
Fri	Apr 19-Jun 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.

52609	55+	Centennial Building	11 weeks
Wed	Apr 10-Jun 19	10:15am-11:15am	\$44.66

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.

52488	55+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 3-Jun 19	1:15pm-2:15pm	\$48.72

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.

52489	55+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 3-Jun 19	12:00pm-1:00pm	\$48.72

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.

52610	55+	Centennial Building	9 weeks
Thu	Apr 11-Jun 20	11:30am-12:30pm	\$36.54

Low Impact Boot Camp with Kim (%)

This class provides a mixture of strength and cardiovascular exercises with the use of weights, resistance, body-weight and circuit training. You will work the heart and lungs and give almost every muscle in your body a workout. Bootcamp sessions can be intense however, they are suitable for novice exercisers and fitness enthusiasts alike. You will work at your own personal level and intensity.

52491	55+	Whitby 55+ Rec Centre	10 weeks
Thu	Apr 18-Jun 20	10:15am-11:15am	\$40.60

Men's Fitness with Tracy (%)

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

52492	55+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 2-Jun 18	9:15am-10:15am	\$48.72

Osteo Weight Training - Level 1 with Kim (%)

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

52496	55+	Whitby 55+ Rec Centre	10 weeks
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Tue	Apr 16-Jun 18	11:30am-12:30pm	\$40.60
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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.

52461	55+	Brooklin CC&L	12 weeks
Tue	Apr 2-Jun 18	9:00am-10:00am	\$48.72

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.

52498	55+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 2-Jun 18	9:00am-10:00am	\$48.72

Pilates - Level 1 with Lynn (%)

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

52438	55+	Brooklin CC&L	9 weeks
Thu	Apr 25-Jun 20	10:00am-11:00am	\$36.54

Pilates - Level 2 with Karen (%)

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

52499	55+	Whitby 55+ Rec Centre	11 weeks
Fri	Apr 5-Jun 14	2:30pm-3:30pm	\$44.66

Toning and Stretching with Carolina (%)

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

52622	55+	Centennial Building	9 weeks
Thu	Apr 4-Jun 20	1:00pm-2:00pm	\$36.54

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!

52596	55+	Brooklin CC&L	12 weeks
Fri	Apr 5-Jun 21	9:45am-10:45am	\$48.72

Total Body Stretch with Lynn (%)

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!

52445	55+	Brooklin CC&L	9 weeks
Mon	Apr 8-Jun 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 also can alleviate stress. This class is suitable for all participant levels.

52511	55+	Whitby 55+ Rec Centre	11 weeks
Tue	Apr 9-Jun 18	4:30pm-5:30pm	\$44.66

Total Body Workout with Cindy (%)

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.

52599	55+	Brooklin CC&L	10 weeks
Tue	Apr 2-Jun 18	12:30pm-1:30pm	\$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.

52433	55+	Brooklin CC&L	12 weeks
Wed	Apr 3-Jun 19	9:00am-10:00am	\$48.72

Total Body Workout with Lynn (%)

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

52672	55+	Brooklin CC&L	9 weeks
Thu	Apr 25-Jun 20	8:45am-9:45am	\$36.54

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.

52512	55+	Whitby 55+ Rec Centre	10 weeks
Wed	Apr 3-Jun 19	5:00pm-6:00pm	\$40.60

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.

52513	55+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 2-Jun 18	10:30am-11:30am	\$48.72
52994	55+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 2-Jun 18	11:45am-12:45pm	\$48.72
52429	55+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	9:15am-10:15am	\$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.

53176	55+	Brooklin CC&L	12 weeks
Tues	Apr 2-Jun 118	10:10am-11:10am	\$48.72

Twenty, Twenty, Twenty with Cindy (%)

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.

52516	55+	Whitby 55+ Rec Centre	10 weeks
Wed	Apr 3-Jun 19	11:45am-12:45pm	\$40.60

Twenty, Twenty, Twenty with Lynn (%)

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

52439	55+	Brooklin CC&L	9 weeks
Thu	Apr 25-Jun 20	11:15am-12:15pm	\$36.54

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.

52517	55+	Whitby 55+ Rec Centre	10 weeks
Fri	Apr 5-Jun 14	10:45am-11:45am	\$40.60
52518	55+	Whitby 55+ Rec Centre	10 weeks
Fri	Apr 5-Jun 14	1:15pm-2:15pm	\$40.60
52430	55+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	10:30am-11:30am	\$40.60

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.

52462	55+	Brooklin CC&L	12 weeks
Tue	Apr 2-Jun 18	1:45pm-2:45pm	\$48.72

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.

52520	55+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 3-Jun 19	9:15am-10:15am	\$48.72

Yoga - Chair with Judy (%)

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

52625	55+	Centennial Building	10 weeks
Tue	Apr 16-Jun 18	12:45pm-1:45pm	\$40.60
52624	55+	Centennial Building	10 weeks
Thu	Apr 18-Jun 20	9:00am-10:00am	\$40.60

Yoga - Deep Relaxation with Nancy (%)

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

52521	55+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 3-Jun 19	7:15pm-8:15pm	\$48.72

Yoga - Detox Flow with Mary (%)

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

52687	55+	Brooklin CC&L	12 weeks
Fri	Apr 5-Jun 21	1:30pm-2:30pm	\$48.72

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.

52626	55+	Centennial Building	12 weeks
Fri	Apr 5-Jun 21	10:30am-11:30am	\$48.72

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.

52522	55+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 3-Jun 19	10:00am-11:00am	\$48.72

Yoga - Mid Morning with Donna (%)

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

52463	55+	Brooklin CC&L	10 weeks
Wed	Apr 17-Jun 19	10:00am-11:00am	\$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.

52431	55+	Brooklin CC&L	11 weeks
Tue	Apr 9-Jun 18	10:15am-11:15am	\$44.66

Yoga - Relax and Restore with Lynn (%)

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

52447	55+	Brooklin CC&L	9 weeks
Thu	Apr 25-Jun 20	12:30pm-1:30pm	\$36.54

Yoga - Relax and Restore with Nancy (%)

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

52457	55+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	7:15pm-8:15pm	\$40.60

Yoga - Rise and Shine with Dennis (%)

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

52595	55+	Brooklin CC&L	12 weeks
Fri	Apr 5-Jun 21	8:30am-9:30am	\$48.72

Yoga - Rise and Shine with Mag (%)

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

52523	55+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 3-Jun 19	8:45am-9:45am	\$48.72

Yoga - Stretch and Sculpt with Cindy (%)

Improve your strength, flexibility and balance with this full body Yoga - Stretch and Sculpt class. Yoga poses, cardio and range of motion exercises will be incorporated at the beginning of each class. You will then transition to weights for strength training. The last component of class incorporates flexibility and balance and ends with total relaxation. You must be able to get down and up from the floor independently in order to take this class.

52993	55+	Whitby 55+ Rec Centre	10 weeks
Wed	Apr 3-Jun 19	12:55pm-1:55pm	\$40.60

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. Increase your range of motion, agility, balance, and strength. Yoga for 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.

52628	55+	Centennial Building	10 weeks
Tue	Apr 16-Jun 18	2:00pm-3:00pm	\$40.60

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.

52629	55+	Centennial Building	11 weeks
Thu	Apr 4-Jun 20	2:15pm-3:15pm	\$44.66

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.

52527	55+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 4-Jun 20	9:00am-10:00am	\$48.72
52526	55+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 8-Jun 17	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.

52528	55+	Whitby 55+ Rec Centre	10 weeks
Tue	Apr 16-Jun 18	11:15am-12:15pm	\$40.60

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.

52434	55+	Brooklin CC&L	10 weeks
Wed	Apr 3-Jun 5	11:00am-12:00pm	\$40.60

Yoga with Lynn (%)

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

52444	55+	Brooklin CC&L	9 weeks
Mon	Apr 8-Jun 17	11:45am-12:45pm	\$36.54

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.

52529	55+	Whitby 55+ Rec Centre	11 weeks
Fri	Apr 5-Jun 14	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.

52685	55+	Brooklin CC&L	12 weeks
Fri	Apr 5-Jun 21	11:00am-12:00pm	\$48.72

Yoga with Nancy (%)

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

52531	55+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 3-Jun 19	6:00pm-7:00pm	\$48.72

Yogalates with Judy (%)

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

52530	55+	Whitby 55+ Rec Centre	10 weeks
Thu	Apr 18-Jun 20	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.

52630	55+	Centennial Building	12 weeks
Tue	Apr 2-Jun 18	11:30am-12:30pm	\$48.72

Yogalates with Nancy (%)

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.

52456	55+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	6:00pm-7:00pm	\$40.60

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.

52454	55+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	11:15am-12:15pm	\$40.60
52532	55+	Whitby 55+ Rec Centre	11 weeks
Thu	Apr 11-Jun 20	5:00pm-6:00pm	\$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.

52631	55+	Centennial Building	8 weeks
Mon	Apr 8-Jun 17	11:30am-12:30pm	\$32.48

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.

52632	55+	Centennial Building	9 weeks
Wed	Apr 3-Jun 19	11:30am-12:30pm	\$36.54

General Interest

Photographic Club (%)

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

52878	55+	Whitby 55+ Rec Centre	6 weeks
Wed	Apr 3-Jun 19	1:00pm-3:30pm	\$12.00

Bridge - Absolute Beginner Part 3 with Jack (%)

This class is a continuation and final set of lessons for this series. We will explore competitive bidding, weak opening bids, slam bidding and other topics as time permits. This class is suitable for those who have already completed Bridge - Absolute Beginner - Part 2.

52594	55+	Brooklin CC&L	7 weeks
Tue	Apr 9-May 21	3:30pm-5:30pm	\$38.15

Golf - Level 1 (%)

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

52902	55+	Whitby 55+ Rec Centre	6 weeks
Tue	Apr 23-May 28	11:00am-12:00pm	\$50.00

Golf - Level 3 (%)

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

52904	55+	Whitby 55+ Rec Centre	6 weeks
Tue	Apr 23-May 28	12:00pm-1:00pm	\$50.00

Guided Meditation with Julie (%)

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

52487	55+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 4-Jun 20	3:30pm-4:30pm	\$48.72

History (%)

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

52608	55+	Centennial Building	7 week
Mon	Apr 8-May 27	2:00pm-3:30pm	\$36.82

Life Writing (%)

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

52446	55+	Brooklin CC&L	8 weeks
Thu	Apr 4-May 23	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.

52435	55+	Brooklin CC&L	10 weeks
Wed	Apr 3-Jun 5	12:30pm-1:30pm	\$40.60

Psychic Development with Julie (%)

In this course, you will have the opportunity discover your psychic abilities, learn to receive universal messages and connect to the spirit world. Psychic abilities remain dormant until we unlock these gifts. Each week offers instruction and practice on a variety of psychic modalities. Developing your and psychic abilities solving and expands awareness and compassion, giving your life greater flow and meaning.

52915	55+	Centennial Building	11 weeks
Wed	Apr 3-Jun 12	2:30pm-4:00pm	\$57.86

Qigong with Dave (%)

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

52501	55+	Whitby 55+ Rec Centre	11 weeks
Tue	Apr 2-Jun 11	4:00pm-5:30pm	\$57.86
52500	55+	Whitby 55+ Rec Centre	11 weeks
Fri	Apr 5-Jun 14	9:30am-11:00am	\$57.86

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.

52507	55+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 8-Jun 17	9:00am-10:00am	\$40.60
52508	55+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 8-Jun 17	10:15am-11:15am	\$40.60

The Ideas Café

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

52443	55+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	9:30am-11:00am	Free

Language

French - Beginner with Maurice (%)

The French Beginner class is designed for participants with little or no previous knowledge of French. You will learn basic French language skills to communicate orally in simple social situations (asking for information, ordering food in a restaurant, etc.). The language learned will be standard international French with occasional references to Quebec French. Fee includes printed materials.

52484	55+	Whitby 55+ Rec Centre	10 weeks
Thu	Apr 4-Jun 6	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.

52485	55+	Whitby 55+ Rec Centre	10 weeks
Thu	Apr 4-Jun 6	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.

52504	55+	Whitby 55+ Rec Centre	10 weeks
Tue	Apr 9-Jun 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.

52674	55+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 8-Jun 17	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.

52505	55+	Whitby 55+ Rec Centre	10 weeks
Tue	Apr 9-Jun 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.

52420	55+	Brooklin CC&L	12 weeks
Tue	Apr 2-Jun 18	9:00am-11:30am	\$27.72
52421	55+	Brooklin CC&L	12 weeks
Wed	Apr 3-Jun 19	9:00am-11:30am	\$27.72
52419	55+	Brooklin CC&L	10 weeks
Mon	Apr 8-Jun 17	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.

52424	55+	Brooklin CC&L	6 weeks
Thu	Apr 4-May 9	9:00am-11:00am	\$15.36
52425	55+	Brooklin CC&L	6 weeks
Thu	May 16-Jun 20	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. Please note that participants are encouraged to assist with set-up and take-down.

52612	55+	Heydenshore Pavilion	8 weeks
Wed	May 1-Jun 19	9:30am-11:30am	\$43.60

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.

52616	55+	Heydenshore Pavilion	11 weeks
Wed	Apr 3-Jun 12	1:00pm-3:00pm	\$25.66
52615	55+	Heydenshore Pavilion	10 weeks
Mon	Apr 8-Jun 17	9:30am-11:30am	\$23.60
52617	55+	Heydenshore Pavilion	12 weeks
Tue	Apr 2-Jun 18	6:00pm-8:00pm	\$27.72
52618	55+	Heydenshore Pavilion	10 weeks
Mon	Apr 8-Jun 17	1:00pm-3:00pm	\$23.60

Pickleball - Level 2 (%)

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

52427	55+	Brooklin CC&L	12 weeks
Wed	Apr 3-Jun 19	3:00pm-5:15pm	\$27.72
52620	55+	Heydenshore Pavilion	11 weeks
Tue	Apr 2-Jun 11	1:00pm-3:00pm	\$25.66
52619	55+	Heydenshore Pavilion	12 weeks
Fri	Apr 5-Jun 21	9:30am-12:00pm	\$27.72

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.

52621	55+	Heydenshore Pavilion	12 weeks
Tue	Apr 2-Jun 18	9:00am-11:30am	\$27.72
52428	55+	Brooklin CC&L	12 weeks
Tue	Apr 2-Jun 18	12:45pm-3:00pm	\$27.72

Pickleball - Level 3 (%)

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

52426	55+	Brooklin CC&L	12 weeks
Wed	Apr 3-Jun 19	12:30pm-2:45pm	\$27.72

Pickleball Drills (%)

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

52613	55+	Heydenshore Pavilion	4 weeks
Fri	Apr 5-Apr 26	12:30pm-1:30pm	\$16.24

Tennis League (%)

Join the Whitby 55+ Services Tennis League for recreational tennis and some planned tournaments. Days of play are Tuesday and Thursday 8:00 - 10:00 a.m. and Friday 7:00 - 9:00 a.m. ** An additional \$10 ball fee will be collected on the first day of play by the convenor.**

52720	55+	Iroquois Park	21 weeks
Tue,Thu,Fri	May 7-Sep 27	8:00am-9:00am	\$21.00

Leisure Programs

Book Club

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

52455	55+	Brooklin CC&L	3 weeks
Mon	Apr 8-Jun 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!

52458	55+	Brooklin CC&L	1 class
Mon	Apr 15-Apr 15	1:00pm-3:00pm	\$1.00
52459	55+	Brooklin CC&L	1 class
Mon	May 27-May 27	1:00pm-3:00pm	\$1.00
52460	55+	Brooklin CC&L	1 class
Mon	Jun 17-Jun 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.

52482	55+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 4-Jun 20	1:00pm-2:00pm	\$48.72

Drumming for Health - Level 2 with Julie (%)

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

52483	55+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 4-Jun 20	2:15pm-3:15pm	\$48.72

Ukulele - Level 1 with Arlene (%)

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

52666	55+	Brooklin CC&L	10 weeks
Thu	Apr 4-Jun 6	2:30pm-3:30pm	\$43.60

Ukulele - Level 2 with Arlene (%)

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

52667	55+	Brooklin CC&L	10 weeks
Thu	Apr 4-Jun 6	1:00pm-2:00pm	\$43.60

Ukulele - Level 3 with Arlene (%)

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

52668	55+	Brooklin CC&L	10 weeks
Thu	Apr 4-Jun 6	4:00pm-5:00pm	\$43.60

Sciences

Biology Walk with Wilf - Spring Wildflowers (%)

Walk from the north end of Cullen Central Park along the asphalt trail into Heber Down Conservation Area. This walk will be led by an experienced guide. Meet at the north end of the Cullen Central Park parking lot. Rain Date: Friday, May 10.

52670	55+	Cullen Central Park	1 class
Wed	May 8-May 8	9:30am-11:30am	\$8.00

Special Events

Rotary Bingo (%)

Join us for a night of Bingo! Lots of prizes to be won. Refreshments will be served. This event is sponsored by the Rotary Club of Whitby.

52669	55+	Brooklin CC&L	1 class
Wed	Jun 5-Jun 5	7:00pm-9:00pm	\$2.00

Wellness and Lifestyle

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

52611	55+	Whitby 55+ Rec Centre	6 weeks
Thu	Apr 11-May 16	9:30am-12:00pm	Free

Wellness - Forest Bathing (Shinrin Yoku)

Introduction to the art of Forest Bathing, that began as a practice in Japan and became a recognized health practice globally by the early 2000's. Learn the science behind why being immersed in nature, and especially being among trees improves our mental and physical health.

53037	55+	Whitby 55+ Rec Centre	1 class
Tue	Jun 11-Jun 11	10:00am-11:30am	Free

Wellness -Getting the most from your Health Care Appointment

When patient leave a medical appointment, 1 out of 3 do not understand the answers to their questions. This interactive workshop, focuses on what to do before, during and after an appointment to prepare and empowers individuals to communicate more effectively with their health care provider. A variety of learning resources are used including information sharing, videos and tools that supports the individual with integrating the skills into their next appointment.

53036	55+	Whitby 55+ Rec Centre	1 class
Tue	Apr 16-Apr 16	10:00am-11:30am	Free

Station Gallery Programs

AAC - Contemporary Abstract Portraits with Randy H. (#@%)

This class is ideal for artists interested in exploring portraiture through abstract painting. We take a relaxed and flexible approach, incorporating creative warm-up exercises and discussions to ease any painting anxiety. Whether you have an existing abstract practice or want to complement another artistic pursuit, this class encourages experimentation, risk-taking, and individuality. Join us to embrace the world of abstract explorations with a foundation in figurative and portraiture. *No class on Thursday, May 2* A list of the required art materials will be provided via email 7-10 days prior to the program *Elementary – Intermediate painting experience required

53008	16yrs+	Station Gallery	6 classes
Thu	Apr 4-May 16	7:00pm-9:00pm	\$190/\$200

AAC - Hand Building Pottery with Paulette Goulard (#@%)

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 under glazing, appliqué, cut-out, graffito, 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

53189	16yrs+	Station Gallery	6 classes
Fri	Apr 12-May 17	3:00pm-5:00pm	\$260.00/\$270.00
53190	16yrs+	Station Gallery	6 classes
Fri	Apr 12-May 17	6:00pm-8:00pm	\$260.00/\$270.00

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 cylinder form. As you gain proficiency in shaping cylinders, you'll then explore transforming them into functional pieces like mugs, vases, and dishes. Finally, you'll complete your creations by applying basic glazing techniques, adding the finishing touch to your unique pottery. This class offers a comprehensive journey through the wheel-throwing process, empowering you to create beautiful and

functional ceramic pieces. *Last session is 3-hours long to include glazing*All materials provided*Suitable for all levels of expertise

53188	16yrs+	Station Gallery	6 classes
Sun	Apr 7-May 12	1:30pm-3:30pm	\$290.00/\$300.00

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 cylinder form. As you gain proficiency in shaping cylinders, you'll then explore transforming them into functional pieces like mugs, vases, and dishes. Finally, you'll complete your creations by applying basic glazing techniques, adding the finishing touch to your unique pottery. This class offers a comprehensive journey through the wheel-throwing process, empowering you to create beautiful and functional ceramic pieces. *No class on Thursday, May 2*Last session is 3-hours long to include glazing*All materials provided*Suitable for all levels of expertise

53173	16yrs+	Station Gallery	6 classes
Thu	Apr 4-May 16	3:00pm-5:00pm	\$290.00/\$300.00
53174	16yrs+	Station Gallery	6 classes
Thu	Apr 4-May 16	6:00pm-8:00pm	\$290.00/\$300.00

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

A "spinoff" of our other pottery classes, this program is designed for participants ages 14 and up, welcoming parents and their kids to enjoy this class together! 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 cylinder form. As you gain proficiency in shaping cylinders, you'll then explore transforming them into functional pieces like mugs, vases, and dishes. Finally, you'll complete your creations by applying basic glazing techniques, adding the finishing touch to your unique pottery. This class offers a comprehensive journey through the wheel-throwing process, empowering you to create beautiful and functional ceramic pieces. *Last session is 3-hours long to include glazing*All materials provided*Suitable for all levels of expertise

53009	14yrs+	Station Gallery	6 classes
Tue	Apr 9-May 14	6:00pm-8:00pm	\$290.00/\$300.00

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

Expand your understanding on human form within the world of watercolours and learn how to add small figures to your work to create new, exciting and emotion filled scenery. Additionally, in this workshop, participants will get the opportunity to explore the concept of colour behaviour in the world of watercolours and basic drawing skills. Experienced watercolour artist Hi-Sook will provide a complete demonstration followed with participants working on their own pieces. During this time guidance and any help requested will be given, enough time should be allotted for participants to also complete a full work.*A list of the required art materials will be provided via email 7-10 days prior to the program.*Suitable for all levels of expertise.

53004	16yrs+	Station Gallery	1 class
Sat	Apr 13-Apr 13	12:00pm-4:00pm	\$95/\$100

AAW - Advanced: Hand Building Pottery with Paulette G. (#@%)

This 4-week long hand-building pottery workshop is designed for intermediate level pottery students. Basic technical knowledge and practical skills in hand-building pottery will be reviewed but the focus will be in furthering these skills, which include methods such as pinching, coiling and slabbing as well as a diverse decorating techniques such as under glazing, appliqué, cut-out, graffito, 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.*Last session is 3-hours long to include glazing*All materials provided*Basic to intermediate knowledge in hand-building pottery is required

53191	16yrs+	Station Gallery	4 classes
Mon	Apr 8-Apr 29	1:00pm-3:30pm	\$260.00/\$270.00

AAW - Garden Pottery Workshop with Paulette G. (#@%)

Come explore the captivating world of hand building pottery in this workshop where students will create a vase. Participants will use hand building techniques and their creative imagination to build, decorate and adorn their own vase. They will learn a range of techniques including applique, carving, texturing, stamping, unrealizing and glazing. *Last session is 2-hours long, solely dedicated to glazing*All materials provided*Suitable for all levels of expertise

53281	16yrs+	Station Gallery	2 classes
Sat	Apr 13-Apr 27	12:00pm-4:00pm	\$160/\$165

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

In this timeless workshop, participants will explore the process involved in creating a landscape painting with acrylic paint. They will also examine different approaches to landscape painting as well as discuss the use of both colour and shape to create memorable art work that celebrates nature and the beauty of sceneries. *A list of the required art materials will be provided via email 7-10 days prior to the workshop*Suitable for all levels of expertise

53007	16yrs+y 11m	Station Gallery	4 classes
Mon	Apr 8-Apr 29	5:00pm-7:30pm	\$160/\$165

AAW - Poppy Flowers in Watercolours with Hi-Sook (#@%)

Learn to paint the striking red oriental poppy flower utilizing the timeless wet on wet watercolour technique. Additionally, in this workshop, participants will get the opportunity to explore the concept of colour behaviour in the world of watercolours and basic drawing skills. Experienced watercolour artist Hi-Sook will provide a complete demonstration followed with participants working on their own pieces. During this time guidance and any help requested will be given, enough time should be allotted for participants to also complete a full work.*A list of the required art materials will be provided via email 7-10 days prior to the program.*Suitable for all levels of expertise.

53003	16yrs+	Station Gallery	1 class
Sat	Apr 6-Apr 6	12:00pm-4:00pm	\$95/\$100

AAW - Seabirds in Moving Water Watercolours w/ Hi-Sook (#@%)

In this watercolour workshop, participants will explore and learn how to draw seabirds of different kinds, broadening their wet on wet and glazing art techniques. Additionally, in this workshop, participants will get the opportunity to explore the concept of colour behaviour in the world of watercolours and basic drawing skills. Experienced watercolour artist Hi-Sook will provide a complete demonstration followed with participants working on their own pieces. During this time guidance and any help requested will be given, enough time should be allotted for participants to also complete a full work.*A list of the required art materials will be provided via email 7-10 days prior to the program.*Suitable for all levels of expertise.

53005	16yrs+	Station Gallery	1 class
Sat	Apr 20-Apr 20	12:00pm-4:00pm	\$95/\$100

AAW - White Florals in Watercolour with Hi-Sook (#@%)

In this workshop, participants will learn how to portray bright light-white effects on floral subjects. This will be taught using the concept of negative painting and exploring basic

colour mixing techniques. Experienced watercolour artist Hi-Sook will provide a complete demonstration followed with participants working on their own pieces. During this time guidance and any help requested will be given, enough time should be allotted for participants to also complete a full work.*A list of the required art materials will be provided via email 7-10 days prior to the program.*Suitable for all levels of expertise.

53006	16yrs+	Station Gallery	1 class
Sat	Apr 27-Apr 27	12:00pm-4:00pm	\$95/\$100

KAC - Artscapes with Katherine Lavery (#@%)

Unleash your creativity as you explore a wide range of art mediums and experiment with various styles. Drawing inspiration from contemporary artists, you'll complete exciting projects that develop your artistic techniques and introduce you to new mediums. Expand your repertoire and discover your unique artistic voice in this dynamic program.*All materials provided *Suitable for all levels of expertise

53002	8-12yrs	Station Gallery	6 classes
Fri	Apr 5-May 10	4:00pm-6:00pm	\$170/\$175

KAC - Artscapes with Kerry Lovett (#@%)

Unleash your creativity as you explore a wide range of art mediums and experiment with various styles. Drawing inspiration from contemporary artists, you'll complete exciting projects that develop your artistic techniques and introduce you to new mediums. Expand your repertoire and discover your unique artistic voice in this dynamic program.*All materials provided *Suitable for all levels of expertise

52999	8-12yrs	Station Gallery	6 classes
Sat	Apr 6-May 11	1:00pm-3:00pm	\$160/\$165

KAC - Artventure with Camille Agpoon (#@%)

Immerse yourself in a diverse and captivating program using a variety of mediums and influences. Get ready to ignite your creativity as we delve into the awe-inspiring works of contemporary artists, using their art as a catalyst for inspiration. Create art projects designed to explore a wide range of artistic techniques, allowing you to expand your artistic repertoire and push the boundaries of your creativity. This engaging program promises to be a stimulating and enriching experience for all participants. *No class on Thursday, May 2 *All materials provided*Suitable for our youngest age group and art beginners

52995	4-7yrs	Station Gallery	6 classes
Thu	Apr 4-May 16	4:00pm-5:00pm	\$125/\$130

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

Dive into the world of art and let your creativity soar! Join this hands-on class where you'll work with a diverse range of mediums, including acrylic, watercolor, 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

52997	8-11yrs	Station Gallery	6 classes
Fri	Apr 5-May 10	4:00pm-6:00pm	\$160/\$165

KYAW - 3D Printing: Tiny Machines (#@%)

In this exciting 2-day workshop, kids will embark on a journey into the innovative realm of 3D printing. Guided by their art instructor, students will not only learn about the current applications and future significance of 3D printing but also have the opportunity to create their own personalized 3D printed trinket. This hands-on experience will empower young minds to explore the endless possibilities of this emerging technology while fostering their creativity and curiosity. Join us for a captivating workshop where imagination and technology converge to bring unique creations to life.*All materials provided* Knowledge on how to use a computer keyboard, mouse and web browser required

53893	8-11yrs	Station Gallery	3 classes
Mon	Apr 8-Apr 22	4:00pm-6:00pm	\$75/\$80

YAAW - Hand Building Pottery Spinoff! with Paulette G. (#@%)

A "spinoff" of our other pottery classes, this 2-day [Pottery Wheel / Hand Building Pottery] workshop is designed for participants ages 14 and up, welcoming parents and their kids to enjoy this class together! Using hand-building techniques, students will be encouraged to express their creativity to build a unique functional or sculptural stoneware item. They will learn several decorating techniques such as applique, carving, texturing, stamping, under glazing and glazing with which they can use to adorn their creations. *Last session is 2-hours long, solely dedicated to glazing* All materials provided* Suitable for all levels of expertise

53209	14yrs+	Station Gallery	2 classes
Sat	Apr 20-May 4	12:00pm-4:00pm	\$160/\$165

YAC - Cartoons and Character Design with Katherine Lavery (#@%)

Join our exciting class and unlock the secrets of creating captivating cartoon characters! Dive into the world of techniques and elements that bring these characters to life. Discover the art of form and design while unleashing your boundless imagination into your unique creations. It's a fantastic opportunity to delve into the art of cartoons and develop your artistic skills. Let your imagination run wild and bring your characters to life in this engaging class.*No class on Thursday, May 2*All materials provided*Suitable for all levels of expertise

52996	12-16yrs	Station Gallery	6 classes
Thu	Apr 4-May 16	6:00pm-8:00pm	\$180/\$185

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

Refine your artistic skills and connect with fellow young creatives in this painting class. Explore acrylic, watercolor, gouache, and water-soluble oil paint to create your own unique pieces. Learn diverse art styles and techniques in a supportive environment, and receive valuable tips to enhance your paintings. Join us for an enriching experience that will elevate your artistic journey.*All materials provided*Suitable for all levels of expertise

52998	12-16yrs	Station Gallery	6 classes
Fri	Apr 5-May 10	7:00pm-9:00pm	\$180.00/\$185.00

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.

53896	16yrs+	Station Gallery	1 class
Tue	Apr 9-Apr 9	6:00pm-8:00pm	\$30/\$35
53897	16yrs+	Station Gallery	1 class
Tue	Apr 16-Apr 16	6:00pm-8:00pm	\$30/\$35
53898	16yrs+	Station Gallery	1 class
Tue	Apr 23-Apr 23	6:00pm-8:00pm	\$30/\$35
53899	16yrs+	Station Gallery	1 class
Tue	Apr 30-Apr 30	6:00pm-8:00pm	\$30/\$35

AAC - Animal Portraits: Pets and More w Catherine M. (#@%)

In this class, you will explore the exciting world of animal portraiture through oils or acrylics! We will take a look at animal morphology and anatomy, as well as discuss how to paint the textures of fur, feathers, and more. All discussions will be accompanied with demos and examples. By the end of the session, you could take home a cherished memento of your pet or a great wildlife study.*A list of the required art materials will be provided via email 7-10 days prior to the program*Elementary – Intermediate painting experience required

53001	16yrs+	Station Gallery	6 classes
Fri	Apr 5-May 10	7:00pm-9:00pm	\$190/\$200

AAC - Pen and Ink Drawing with Patrick Hickman (#@%)

Come explore the beauty of the pen and ink art and watercolour style with experienced artist instructor, Patrick Hickman. As a participant, you will learn pen and ink, as well as watercolour techniques for creating landscapes, seascapes, wildlife and still life. Additionally, expect to learn about the business side of the Art World through topics such as pricing your art work and preparing work for sale or exhibition.*A list of the required art materials will be provided via email 7-10 days prior to the workshop.
*Suitable for all levels of expertise.

53000	16yrs+	Station Gallery	6 classes
Tue	Apr 9-May 14	6:00pm-8:00pm	\$175/\$185

AAW Scrapbooking at Station Gallery (#@%)

Get crafty at our Scrapbooking Night! Gather your photos, mementos, and creativity for a fun evening of preserving memories and making beautiful keepsakes. Included in your fee is one beverage, light refreshments and access to various materials provided. Please bring your own scrapbook and photos. Some materials will be available for use.

53948	18yrs+	Station Gallery	1 class
Wed	Apr 10	7:00 PM - 9:00 PM	\$10/\$15

Singles Speed Dating at SG (#@%)

Join us for Singles Speed Dating, ages 30+, with a cash bar and light refreshments. Meet like-minded singles in a fun, structured and beautiful environment. Reserve your spot now for a chance at new friendships and meaningful connections.

53942	30yrs+	Station Gallery	1 class
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Fri Apr 26 7:00 PM - 8:30 PM \$10/\$15

Family Funday (#@%)

Join us for Family Funday on the first Sunday of every month. A free drop-in event where families can unleash their creativity through art making together!

*For SG Patrons only, Patron cards can be purchased at the gallery

[53943](#) All ages Station Gallery 4 classes
Sun Apr 7-Jun 2 1:00 PM - 3:00 PM Free

YAAW Not Your Granny's Square: Crochet with Chelsea (#@%)

In this two-part workshop designed for beginners aged 12+, we'll be crafting a large granny square using 100% cotton, perfect for versatile use as a dishcloth, drying mat, trivet, hand towel, or whatever you envision. You'll learn the fundamentals of crocheting, including pattern reading, basic stitches, color changes, and more. All materials are provided and yours to keep. Plus, the finished product is entirely machine washable and dryable!

[53946](#) 12 yrs+ Station Gallery 2 classes
Mon Apr 15-Apr 22 7:00 PM - 9:00 PM \$70/\$60

Artful Reads: SG Book Club with Maria McDonnell (#@%)

Don't miss out on this wonderful opportunity to connect with fellow book lovers, expand your literary horizons, and celebrate the joy of reading. Reserve your spot today and join us for an unforgettable evening of books, discussions, and delightful company!

The Language of Flowers by Vanessa Diffenbaugh (fiction) The Victorian language of flowers was used to convey romantic expressions: honeysuckle for devotion, asters for patience, and red roses for love. But for Victoria Jones, it's been more useful in communicating mistrust and solitude. After a childhood spent in the foster-care system, she is unable to get close to anybody, and her only connection to the world is through flowers and their meanings. Now eighteen and emancipated from the system with nowhere to go, Victoria realizes she has a gift for helping others through the flowers she chooses for them. But an unexpected encounter with a mysterious stranger has her questioning what's been missing in her life. And when she's forced to confront a painful secret from her past, she must decide whether it's worth risking everything for a second chance at happiness. Station Gallery Patron's only program

* Books are available to borrow for the first 10 registrants at our front desk starting on March 7 (\$20 deposit)

53907	16yrs+	Station Gallery	1 class
Wed	Apr 10	7:00 PM - 8:30 PM	\$35/\$30

Artful Reads: SG Book Club with Maria McDonnell (#@%)

Don't miss out on this wonderful opportunity to connect with fellow book lovers, expand your literary horizons, and celebrate the joy of reading. Reserve your spot today and join us for an unforgettable evening of books, discussions, and delightful company!

Medicine Walk by Richard Wagamese (Fiction) -

Set in the dramatic landscape of the BC Interior, 16 year-old Franklin Starlight is called to visit his father, Eldon, a man he barely knows. The rare moments they have shared trouble Frank, but, he answers the call, a son's duty to a father. He finds Eldon dying of liver failure after years of heavy drinking. Eldon asks his son to take him into the mountains, so he may be buried in the traditional Ojibway manner. * Station Gallery Patron's only program. Books are available to borrow for the first 10 registrants at our front desk starting on March 7 (\$20 deposit)

53910	16yrs+	Station Gallery	1 class
Wed	Jun 12	7:00 PM - 8:30 PM	\$35/\$30

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. All materials provided, including canvas, acrylic paint and a beverage.

53947	16yrs+	Station Gallery	1 class
Wed	May 8, 2024	7:00 PM - 9:00 PM	\$45/\$40

Art Trivia with Curator Olex Wlasenko (#@%)

Can you tell a Manet from a Monet? Do you know the definitions of a daguerreotype and diorama? Can you list three visual tropes found in a *memento mori*? Join SG Curator, Olex Wlasenko, as he challenges your knowledge of art, art history and artists in this fun, non-competitive hour of art trivia — designed specially for art lovers, culture vultures and trivia buffs.

53949	16yrs+	Station Gallery	1 class
Wed	Mar 27	7:00 PM - 8:00 PM	\$15/\$10

AAW Family Date Night with Paint (Adult) (#@%)

Family Date Night at SG: Parents Paint, Kids Create! Join us for a memorable evening where adults paint in the gallery while kids unleash their creativity in the studios. An artistic experience for the whole family.*This fee is per adult. Children's registration is separate.

53950	16yrs+	Station Gallery	1 class
Sat	Apr 13	4:00 PM - 6:00 PM	\$45/\$40

KAW -Family Date Night with Paint (Child) (#@%)

Family Date Night at SG: Parents Paint, Kids Create! Join us for a memorable evening where adults paint in the gallery while kids unleash their creativity in the studios. An artistic experience for the whole family! This fee is per child. Adults please register separately.

53951	16yrs+	Station Gallery	1 class
Sat	Apr 13	4:00 PM - 6:00 PM	\$35/\$30

Curator's Tour with Olex Wlasenko (#@%)

Join us for an insightful Curator's Tour with Olex Wlasenko at Station Gallery, where you'll explore our current exhibition guided by our expert curator. Gain unique perspectives, uncover hidden details, and deepen your appreciation for the art on display.

53954	16yrs+	Station Gallery	1 class
Mon	Mar 18	7:00 PM - 8:00 PM	\$15/\$10