

55+

SPRING 2025

Recreation Guide

Aquatics

Arts

Dance

Fitness

Sports

Special Interest

Social Activities

Exclusive Events

and more...



Spring Programs

The City of Pickering offers a wide variety of seasonal recreational programs and workshops for all ages, interests, and abilities.

Spring Program
Registration has
started.

View, search, and register for programs online.

pickering.ca/active



**Aging Well
Together**

pickering.ca/Adults55plus

55+ enews Have monthly recreation news & updates delivered straight to your inbox. pickering.ca/subscribe

City of
PICKERING

pickering.ca/recreation | 905.420.4620

Spring 55+ Activity Guide

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4 Ways to Register pickering.ca/active

The City's online registration site allows you to browse, search, and register for programs and activities quickly and easily.

In Person

At Chestnut Hill Developments Recreation Complex,
1867 Valley Farm Road

Cheque, MasterCard, Visa, debit, or cash, is accepted
for in person payments

By Mail

Completed registration form with payment (cheque/
credit card) to:

Chestnut Hill Developments Recreation Complex; 1867
Valley Farm Road, Pickering, ON L1V 3Y7

24 hr Drop Box

Completed registration form with payment (cheque/
credit card) at: Pickering Civic Complex - Central Tower
at One The Esplanade, Pickering, ON L1V 6K7

Drop box is located outside, between City Hall and the
Library

Detailed information and downloadable registration
forms are available from the Registration webpage or
page _ of this guide.

pickering.ca/registration

905.420.4621 | registration@pickering.ca



Registered Recreation Programs

Arts

***NEW* Pottery (Intermediate) 55+**

This class is for experienced participants and covers wheel work and hand building using various techniques. Clay and tools are extra. Please note: clay must be purchased through the City of Pickering Art Studio only.

Chestnut Hill Developments Recreation Complex - Pottery Studio
F Apr 11 - Jun 20 12:30 pm - 3:30 pm 10 wks 55270 \$194.00

Art Instruction and Creation 55+

Learn new skills and techniques, in a relaxed and friendly atmosphere, with hands on instruction, to create your own art project. Beginners will learn how to draw with pencil, and to paint with the watercolor and acrylics.

Chestnut Hill Developments Recreation Complex - Art Studio
M Apr 14 - Jun 23 1:00 pm - 3:00 pm 9 wks 55353 \$62.23

Art Instruction and Creation - Intermediate 55+

Intermediate participants will continue their skill development to produce beautiful paintings or drawings.

East Shore Community Centre - Meeting Room 2
W Apr 16 - Jun 18 12:45 pm - 2:45 pm 10 wks 55352 \$69.15
Th Apr 17 - Jun 19 12:45 pm - 2:45 pm 10 wks 55351 \$69.15

Crocheting - Introduction 55+

For beginners or as a skill refresher; this class teaches the basic stitches, how to change yarn colours, and basic patterning. Equipment needed: bring your own 5.5 to 6 mm crochet hook and 4ply worsted yarn to class.

George Ashe Library & Community Centre - Youth Room
Sa Apr 12 - Jun 14 10:00 am - 12:00 pm 10 wks 55369 \$76.16

Guitar - Level 1 55+

Learn the fundamentals of guitar playing, including how to handle, and tune the guitar. Participants will develop performance skills while learning to read music and play popular songs.

East Shore Community Centre - Community Room
Th Apr 17 - Jun 19 1:30 pm - 2:30 pm 10 wks 55374 \$77.29



Guitar Level 2 55+

If you have the basic fundamentals of playing guitar and are looking to advance, this class is for you.

George Ashe Library & Community Centre - Youth Room

Sa Apr 19 - Jun 21 1:15 pm - 2:15 pm 10 wks 55377 \$70.00

Pottery (beginner) 55+

This class is for all levels and covers wheel work and hand building using various techniques. Clay and tools are extra. Please note: clay must be purchased through the City of Pickering Art Studio only.

Chestnut Hill Developments Recreation Complex - Pottery Studio

T Apr 15 - Jun 17 10:00 am - 1:00 pm 10 wks 55315 \$194.00

Th Apr 17 - Jun 19 1:00 pm - 4:00 pm 10 wks 55314 \$194.00

Sewing 55+

Learn something new, brush up on skills, or get assistance completing a sewing project in this open level program. The Instructor will provide a materials list to purchase for class. Sewing machines provided, or bring your own if preferred.

George Ashe Library & Community Centre - Youth Room

M Apr 7 - Jun 23 1:30 pm - 3:30 pm 10 wks 55413 \$76.16

T Apr 15 - Jun 17 10:15 am - 12:15 pm 10 wks 55414 \$76.16

Watercolour Class 55+

Designed for intermediate to advanced students, traditional techniques will be taught with impressionistic style. Learn how to paint loose, light, transparent beautiful watercolors.

Chestnut Hill Developments Recreation Complex - Art Studio

F Apr 25 - Jun 27 9:30 am - 11:30 am 10 wks 55429 \$69.15

Dance

Ballroom & Latin Dancing 55+

Enjoy the beauty of Ballroom & Latin dancing genres that will enhance your health and fitness. No previous experience is necessary, just your willingness to learn. Couples are encouraged to register (naturally), but singles are very welcome, and attempts will be made to pair and accommodate individuals in this safe learning environment. So come learn, while having some fun, in this supportive atmosphere.

West Shore Community Centre - Banquet Hall

W Apr 16 - Jun 25 1:00 pm - 2:30 pm 10 wks 55359 \$57.1

Bollywood Adults 55+

This style of dance is an exciting way to get in shape. You will learn the fundamentals of Bollywood and work toward routines. No previous dance experience is necessary. Come out and learn in a fun and relaxed environment! No partner required.

East Shore Community Centre - Community Room

M Apr 7 - Jun 30 6:00 pm - 7:00 pm 9 wks 55361 \$43.52

Clog Dancing (Beginner) 55+

A great opportunity for beginner dancers to learn their basic steps. Participants will complete dance routines to a variety of songs.

George Ashe Library & Community Centre - Helen Paris Room

M Apr 7 - Jun 23 1:30 pm - 2:30 pm 10 wks 55365 \$48.36

Clog Dancing (Intermediate) 55+

This program is designed for intermediate dancers who know their basic steps. Participants will complete dance routines to a variety of songs.

George Ashe Library & Community Centre - Helen Paris Room

M Apr 7 - Jun 23 12:15 pm - 1:15 pm 10 wks 55366 \$48.36

Fusion Line Dance - Beginner 55+

Participants will learn and strengthen knowledge of introductory line dance patterns in this fun and easy beginner class. Dances taught range from country, waltz, rumba, merengue to hip hop. No experience or partner required.

George Ashe Library & Community Centre - Russel Franklin Room

F Apr 25 - Jun 27 12:15 pm - 1:15 pm 10 wks 55371 \$48.36

Fusion Line Dance - Intermediate 55+

Participants continue to strengthen their knowledge and experience dancing to a variety of in-troductory line dance patterns. Dances taught range from country, waltz, rumba, merengue to hip hop.

George Ashe Library & Community Centre - Russel Franklin Room

F Apr 25 - Jun 27 11:00 am - 12:00 pm 10 wks 55372 \$48.36

Latin Line Dance - Level 1 55+

This beginner class gives participants the opportunity to learn dances such as the Cha - cha, Merengue and Salsa without needing a background in dance. The music is upbeat and we dance to current and classic songs. No partner required.

George Ashe Library & Community Centre - Russel Franklin Room

M Apr 7 - Jun 23 2:00 pm - 3:00 pm 10 wks 55385 \$48.36

Latin Line Dance - Level 2 55+

For those who have completed level one or have dance experience. This class gives participants the opportunity to learn more complex routines including the Cha - cha, Bachata, Merengue, Charleston, and Salsa. No partner required.

George Ashe Library & Community Centre - Russel Franklin Room

M Apr 7 - Jun 23 12:30 pm - 1:30 pm 10 wks 55386 \$48.36

Latin Line Dance - Level 3 55+

For those who have completed level 2 or have dance experience. This class gives participants the opportunity to learn longer and more complex routines. No partner required.

George Ashe Library & Community Centre - Russel Franklin Room

M Apr 7 - Jun 23 11:15 am - 12:15 pm 10 wks 55387 \$48.36

Line Dance 55+

Learn line dance steps to a wide range of music including contemporary, country, mambo, modern, rock & roll, tango, waltz and the classics, all in a fun, relaxed, social setting. No partner required.

East Shore Community Centre - Community Room

W Apr 16 - Jun 18 9:30 am - 10:30 am 10 wks 55393 \$48.36

W Apr 16 - Jun 18 10:45 am - 11:45 am 10 wks 55394 \$48.36



Group Fitness Programs

***New* Dynamic Chair Yoga 55+**

This dynamic chair yoga class blends traditional seated yoga with more active movements, in-corporating floor work and stability balls to enhance strength, flexibility, and balance. Using the support of a chair for seated and standing poses, we'll flow through accessible yet invigorating sequences that promote mobility and release tension. Expect to transition from chair - based postures to gentle floor work, exploring deep stretches, joint mobility, and strengthening exer-cises. Stability balls are integrated for balance work, core strengthening, and increasing stabil-ity, all while maintaining a focus on mindful movement and breath.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

W Apr 16 - May 20 2:00 pm - 3:00 pm 7 wks 55764 \$55.00

***New* Active Aging: Strength, Cardio & Balance 55+**

This fun and energizing class is designed for older adults looking to improve strength, cardio endurance, and balance. Whether you're new to exercise or have some experience, this be-ginner to intermediate - level workout combines strength training, heart - pumping cardio, and effective balance exercises to help you move with confidence and vitality. Each class is tailored to meet your individual needs, focusing on building functional fitness that supports daily activi-ties while reducing the risk of falls.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

W Apr 16 - Jun 18 11:30 am - 12:20 pm 10 wks 56345 \$78.00

Arthritis Dance Fit 55+

This dance fitness program is choreographed to maximize fun while increasing range of mo-tion, agility, balance and strength. Regular participation in this class may help decrease pain, swelling and stiffness related to osteo - arthritis, rheumatoid - arthritis and is also suited for those with fibromyalgia. This partially seated program leverages various equi pment to improve overall quality of life. No experience required.

Chestnut Hill Developments Recreation Complex - Fitness Studio B

M Apr 14 - Jun 16 1:15 pm - 2:05 pm 8 wks 55603 \$63.00

W Apr 16 - Jun 18 10:45 am - 11:35 am 10 wks 55602 \$78.00

Chair Fit 55+

Improve your strength and mobility in this all - seated fitness class. You will get a full body workout using hand weights, weighted balls, resistance bands and bender balls. Also focus on posture and core stabilization and strengthening.

Chestnut Hill Developments Recreation Complex - Fitness Studio B

Th Apr 17 - Jun 19 11:45 am - 12:45 pm 10 wks 55612 \$78.00

Dr Nelson F Tomlinsong Community Centre - Banquet Hall

T Apr 22 - Jun 24 10:45 am - 11:35 am 10 wks 55610 \$78.00

East Shore Community Centre - Community Room

T Apr 22 - Jun 24 11:00 am - 11:50 am 10 wks 56343 \$78.00

George Ashe Library & Community Centre - Russel Franklin Room

M Apr 28 - Jun 23 9:00 am - 9:50 am 8 wks 55611 \$63.00

Chair Yoga 55+

This is a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses. The chair allows for greater stability to help you feel supported and safe so that all fitness levels and physical abilities can enjoy the benefits of a more traditional prac-tice.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

T Apr 15 - Jun 17 11:45 am - 12:45 pm 10 wks 55613 \$78.00

Th	Apr 17 - Jun 19	10:30 am - 11:30 am	10 wks	55615	\$78.00
East Shore Community Centre - Community Room					
M	Apr 14 - Jun 23	10:30 am - 11:30 am	7 wks	55614	\$55.00
M	Apr 14 - Jun 23	9:15 am - 10:15 am	7 wks	55616	\$55.00
Th	Apr 17 - Jun 26	9:15 am - 10:15 am	9 wks	55617	\$70.00
Th	Apr 17 - Jun 26	10:30 am - 11:30 am	9 wks	55763	\$70.00

Cycle Fit 55+

This is a 30 minute class with music you will love and want to sing along with. This fun and effective cardio class will safely build cardiovascular endurance and confidence. You will be shown proper setup and will feel comfortable to cycle at your own pace.

Chestnut Hill Developments Recreation Complex - Fitness Studio B

M	Apr 14 - Jun 16	10:30 am - 11:00 am	8 wks	55622	\$33.00
Th	Apr 17 - Jun 19	10:30 am - 11:00 am	10 wks	55623	\$41.00

Exercise for Arthritis 55+

This class will focus on increasing the range of motion in your joints, increasing strength, improving balance and confidence in walking with the goal of reducing pain and swelling and stiffness. Using a variety of equipment class will include movements done both seated and standing.

Dr Nelson F Tomlinson Community Centre - Banquet Hall

M	Apr 14 - Jun 16	10:30 am - 11:20 am	8 wks	55583	\$63.00
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Fit Fusion 55+

This class is great for beginners and older adults, as its movements have no bouncing or heavy stepping. The workout incorporates various types of equipment to focus on coordination, balance, and muscle strength. The class finishes with stretching and postural exercises

Dr Nelson F Tomlinson Community Centre - Banquet Hall

M	Apr 14 - Jun 16	9:30 am - 10:20 am	8 wks	55635	\$63.00
W	Apr 16 - Jun 18	9:30 am - 10:20 am	10 wks	55769	\$78.00

George Ashe Library & Community Centre - Youth Room

Th	Apr 24 - Jun 26	10:45 am - 11:35 am	10 wks	55634	\$78.00
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Nia 55+

Nia is a dance based cardio class that will get your heart pumping but is easy on the joints. It draws from disciplines of the martial arts, dance arts and healing arts. The music is upbeat, the moves are easy to learn, and you'll have so much fun you'll forget you're exercising! All fitness levels are welcome, the moves can be adapted and the intensity level varied.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

T	Apr 15 - Jun 17	12:30 pm - 1:30 pm	10 wks	55652	\$78.00
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George Ashe Library & Community Centre - Russel Franklin Room

M	Apr 14 - Jun 16	10:00 am - 11:00 am	8 wks	55653	\$63.00
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Pilates for Strong Bones 55+

This Osteo - friendly class makes the use of chairs as well as standing work to help strengthen the core, improve balance and maintain bone density.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

M	Apr 14 - Jun 16	11:30 am - 12:20 pm	8 wks	55661	\$63.00
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East Shore Community Centre - Community Room

T	Apr 15 - Jun 24	10:00 am - 11:00 am	10 wks	55660	\$78.00
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Pilates Reformer 55+

This class offers older adults a low - impact, full - body workout on the reformer using spring resistance to challenge, support and target different muscles in the body. The reformer pro-vides a finely tuned exercise resistance that allows individuals to work very precisely to help improve balance, flexibility, and strength. This class is best suited for healthy older adults with no major joint or medical conditions.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

M	Apr 14 - Jun 16	3:00 pm - 3:50 pm	8 wks	56435	\$125.00
W	Apr 16 - Jun 4	1:00 pm - 1:50 pm	8 wks	55594	\$125.00
F	Apr 25 - Jun 13	2:00 pm - 2:50 pm	8 wks	55682	\$125.00
F	Apr 25 - Jun 13	11:45 am - 12:35 pm	8 wks	55683	\$125.00

Roll & Release 55+

This class aims to help improve mobility and release stiff tissue utilizing tools such as balls and bands while also incorporating yoga poses and breathing principles to allow a deeper lengthen-ing of the muscles.

George Ashe Library & Community Centre - Russel Franklin Room

F	Apr 25 - Jun 27	9:30 am - 10:30 am	10 wks	55596	\$78.00
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Stretch & Strengthen 55+

This workout uses various types of equi pment to focus on coordination, balance, and muscle strength. It finishes with stretching and postural exercises.

Dr Nelson F Tomlinsong Community Centre - Banquet Hall

T	Apr 22 - Jun 24	9:45am- 10:35 am	10 wks	55700	\$78.00
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East Shore Community Centre - Community Room

M	Apr 14 - Jun 16	11:45 am - 12:45 pm	8 wks	55705	\$63.00
F	Apr 25 - Jun 27	11:00 am - 12:00 pm	10 wks	55703	\$78.00

George Ashe Library & Community Centre - Russel Franklin Room

W	Apr 23 - Jun 25	10:15 am - 11:15 am	10 wks	55704	\$78.00
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Yoga 55+

This Hatha style Yoga class is designed for those seeking to increase and maintain joint mo-bility while also increasing strength and improving balance. Healthy older adults with no major joint or medical conditions will enjoy this program .

Chestnut Hill Developments Recreation Complex - Fitness Studio C

F	Apr 25 - Jun 27	9:30am - 10:20am	10 wks	55746	\$78.00
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Dr Nelson F Tomlinsong Community Centre - Banquet Hall

M	Apr 14 - Jun 23	12:30 pm - 1:30 pm	7 wks	55743	\$55.00
W	Apr 16 - Jun 18	10:30 am - 11:30am	10 wks	55770	\$78.00

George Ashe Library & Community Centre - Russel Franklin Room

Th	Apr 17 - Jun 19	9:00 am - 10:00 am	10 wks	55745	\$78.00
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Zumba Gold® 55+

All the fun of Zumba®, the latin - inspired cardio - interval training program, with simplified cho-reography and no jumping. This class introduces international dances like merengue, flamen-co, reggaeton, bachata and more! No impact and low impact options are demonstrated in each class. Designed for everybody and every body, no dance experience required.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

M	Apr 14 - Jun 16	12:00 pm - 12:50 pm	8 wks	55749	\$63.00
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Small Group Personal Training

Aging Stronger 55+

Resistance exercises are known to increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility. In addition, it can help reduce the signs and symptoms of many chronic diseases. This program includes an educational class component as well as active component with elements of training principles and proper exercise techniques for older adults. Taught by our professional and certified fitness staff you'll learn how to exercise on your own safely and effectively. Take your first step towards aging stronger.

Chestnut Hill Developments Recreation Complex - Program Room C

F	Apr 25 - Jun 13	12:00 pm - 1:30 pm	8 wks	55600	\$111.00
T	Apr 15 - Jun 3	1:00 pm - 2:30 pm	8 wks	55601	\$111.00

Forever Young 55+

For those who have completed the Aging Stronger program, or have strength training experience, this class gives you the opportunity to continue learning more advanced training techniques in a group setting. This is an active class without an educative component.

Chestnut Hill Developments Recreation Complex - Small Group Training Room

M,W	Apr 14 - Jun 18	11:00 am - 12:00 pm	10 wks	55642	\$148.00
T,Th	Apr 15 - Jun 5	11:15 am - 12:15 pm	8 wks	55640	\$148.00
T,Th	Apr 15 - Jun 5	10:00 am - 11:00 am	8 wks	55643	\$148.00
Th	Apr 17 - Jun 5	5:30 pm - 6:30 pm	8 wks	55641	\$74.00



Did you know...

Adults 65+ receive a 50% discount on membership fees (excluding swim), at Chestnut Hill Developments Recreation Complex?

See membership options at pickering.ca/fit



Yoga Retreat 18+

This one-day retreat will feature five different yoga formats, taught by a variety of Yoga instructors, both indoors and outdoors. Participants will also be able to immerse themselves in a sound bath session.

Optional activities include a guided walking tour of the Whitevale area and access to the Seaton walking trail to explore the beauty of nature.

Lunch and light refreshments included.

Participants should bring their own mat.

Whitevale Park Community Centre and Park

Sunday, May 4	8:30 am - 4:30 pm	55772	\$148.00
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Special Interest

***New* Cooking Classes - Appetizer All - Star - 55+**

In this hands - on class we dive into the world of appetizers; from crowd - pleasers to elegant bites that will make you the star of any gathering. Whether you're looking to master the clas-sics or learn fresh, inventive recipes, this class will give you all the skills you need to bring something unforgettable to the table.

George Ashe Library & Community Centre - Helen Paris Room

T Apr 15 - May 20 10:00 am - 11:30 am 6 wks 55264 \$70.00

***New* Culinary Compass: Trips To Your Table**

This immersive culinary experience is designed to take participants on a journey around the world through the art of cooking. Each week, we will embark on a different culinary adventure by preparing a meal inspired by a different location or cuisine from across the globe.

George Ashe Library & Community Centre - Helen Paris Room

Th Apr 17 - May 22 10:00 am - 12:00 pm 6 wks 55265 \$109.00

French - Level 1 55+

Learn or refresh on the basics, including alphabet, blended sounds, numbers, punctuation and simple vocabulary. This course will build on skills in conversational French. Participants may need to purchase a work book.

East Shore Community Centre - Meeting Room 4

T Apr 15 - Jun 3 9:30 am - 11:00 am 7 wks 55370 \$31.11

Ipad - Level 1 55+

Unlock the power of your Apple iPad; learn how to navigate and manage apps and screens, app installation, camera use, and settings. We will also examine and explore some of the best and most popular apps available within the Apple system. Registrants must have access to their own iPad with OS version 11.

George Ashe Library & Community Centre - Youth Room

W Apr 16 - May 21 12:30 pm - 2:30 pm 6 wks 55381 \$45.69

Spanish - Level 1 / 2 55+

Designed for those with no previous knowledge of the language; travelling and/or doing busi-ness in Spanish speaking countries, or simply for general interest, and for those who have taken the level 1 course, looking for the next step. Emphasis will be on the develo pment of conversational skills on practical real life applications of language functions. Students to pur-chase workbook from Instructor for \$30.

East Shore Community Centre - Meeting Room 2

M Apr 7 - Jun 23 1:45 pm - 3:45 pm 10 wks 55417 \$69.15

Spanish - Level 2 55+

This program emphasizes on the develo pment of conversational skills on practical real life ap-plications of the Spanish language. This program is for those who have completed the level 1 course or have previous experience. Students are to purchase a workbook from Instructor, \$30.00 (cash only).

East Shore Community Centre - Meeting Room 4

T Apr 15 - Jun 17 7:15 pm - 9:15 pm 10 wks 55420 \$69.15

Spanish - Level 3 55+

A continuation of level 2, designed to further challenge you, enhance communication skills; lis-tening, speaking, reading and writing in Spanish. You will continue with the conjugation of regu-lar and irregular verbs, in future

and preterit tenses, as well as reflexive verbs. Emphasis will be in conversation. You will use Spanish about 75% of the time in class.

East Shore Community Centre - Meeting Room 2

M Apr 7 - Jun 23 11:30 am - 1:30 pm 10 wks 55421 \$69.15

Text, Email, and Internet Introduction 55+

This program will provide information on using a phone and operating a computer. The course will help participants with basic electronic fundamentals including sending a text message, managing email, and safely accessing the internet to help prevent scams.

George Ashe Library & Community Centre - Youth Room

W Apr 16 - May 21 2:45 pm - 4:15 pm 6 wks 55424 \$45.69

Sports & Active Programs

Casual Ball Hockey 55+

A popular program for those who simply love the game of hockey. For those who wish to stay involved in the sport they have a passion for, or to try for the first time. It's all about FUN, stickhandling, passing and shooting. Get some exercise and fun with this social group. No partner required. Just bring your own stick. Nets and balls will be supplied.

East Shore Community Centre - Gymnasium

Th Apr 17 - Jun 19 10:45 am - 11:45 am 10 wks 55363 \$46.00

Pickleball - Beginner 55+

Beginner Pickleball covers an in depth overview of rules, safety, court layout, equipment, strategy, and game play. It is designed for the player new to Pickleball, or has played a few times. To advance to the next level (Beginner Level 1) players must serve, return, and volley with a consistency of 4/10x.

Dr Nelson F Tomlinsong Community Centre - Banquet Hall

Th Apr 17 - Jun 19 9:30am - 11:00 am 10 wks 55401 \$51.86

East Shore Community Centre - Gymnasium

W Apr 16 - Jun 18 8:45 am - 10:15 am 10 wks 55399 \$51.86

George Ashe Library & Community Centre - Paris and Franklin Rooms

W Apr 16 - Jun 18 1:00 pm - 2:30 pm 10 wks 55400 \$51.86

Pickleball Beginner Level 1 55+

This program is a follow up to the Beginner Pickleball class. We will work on improving your ground strokes, overheads, volleys, dinking and serving. Designed for the player who has tak-en the beginner class/ and or demonstrated consistency of serving, returning and volleying 4/10xSkills Covered: Add direction and control to forehand and backhand shotsImprove tech-nique on serves, volleys, and drive shotsInitiate and dink rally

East Shore Community Centre - Gymnasium

W Apr 16 - Jun 18 10:30 am - 12:00 pm 10 wks 55407 \$51.86

Th Apr 17 - Jun 19 11:15 am - 12:45 pm 10 wks 55402 \$51.86

George Ashe Library & Community Centre - Paris and Franklin Rooms

W Apr 16 - Jun 18 2:45 pm - 4:15 pm 10 wks 55404 \$51.86

F Apr 25 - Jun 27 2:15 pm - 3:45 pm 10 wks 55403 \$51.86



Pickleball Drop - in 55+

Enjoy the game you love on two courts each week, with opportunity to play each week, in a 2 hour time slot. No need to book in advance, just register and show up during the times available. Registration is required.

East Shore Community Centre - Gymnasium

T	Apr 15 - Jun 24	2:00 pm - 4:00 pm	10 wks	55408	\$29.00
W	Apr 16 - Jun 18	3:30 pm - 5:30 pm	10 wks	55409	\$29.00
Th	Apr 17 - Jun 19	2:00 pm - 4:00 pm	10 wks	55410	\$29.00

Tai Chi 55+

A gentle, peaceful way to tone and strengthen your body while improving concentration, coordination, and balance. The slow graceful movements, calm the mind and energize the body. Wear comfortable clothing (sweat suits are fine) and soft soled shoes.

George Ashe Library & Community Centre - Russel Franklin Room

Th	Apr 17 - Jun 19	11:15 am - 12:15 pm	10 wks	55423	\$48.36
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Walking Basketball 55+

Enjoy some exercise and fun with this social group. Good for the beginner or those with a little more experience, looking to brush up on their skills. No partner required.

East Shore Community Centre - Gymnasium

M	Apr 7 - Jun 23	3:30 pm - 4:30 pm	10 wks	55427	\$55.00
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Kick Off the Season

Join Pickering Museum Village on Saturday, May 17 & Sunday, May 18 as we kick off our season with a weekend full of fun for the whole family!

What's On:

- Village Tours
- Heritage Demonstrations
- Games & Crafts
- Free Giveaways
- Prize Packs
- And more!

Don't forget to join us for Family Adventure Day on June 28!



scan our QR code or visit pickeringmuseumvillage.ca

Aquafit 15+

Aquafit - AquaMotion - CHDRC

This program takes advantage of the benefits of water to help those with arthritis. The program involves strengthening and resistance, range of motion exercises, relaxation techniques to help reduce pain, maintain or increase joint mobility and improve endurance.

CHDRC Pool - Programs

M	Apr 14-Jun 23	1:00pm-1:45pm	9wks	55778	\$86.31
W	Apr 16-Jun 18	2:00pm-2:45pm	10wks	55779	\$95.90
F	Apr 25-Jun 20	1:00pm-1:45pm	9wks	55780	\$86.31

Aquafit - Basic

Take advantage of the unique benefits of water exercise to create a low impact program that appeals to a wide variety of abilities. The buoyancy of water reduces the impact to your joints during exercise and the movement of your body through the water creates at least 12 times the resistance of land exercise. Aquafit is excellent for those with arthritis, back problems, osteoporosis, pre/post natal and for those who have been working out regularly or for those who have not been active in awhile. These classes stress cardiovascular and muscular endurance, strength and flexibility using a variety of basic moves. Work at your own pace and bring a water bottle to stay hydrated.

CHDRC Pool - Programs

M	Apr 14-Jun 23	9:00am-9:55am	9wks	55781	\$108.97
M	Apr 14-Jul 7	8:00pm-8:55pm	9wks	55782	\$108.97
T	Apr 15-Jun 24	9:00am-9:55am	11wks	55783	\$133.19
W	Apr 16-Jun 25	1:00pm-1:55pm	11wks	55784	\$133.19
W	Apr 16-Jun 25	8:00pm-8:55pm	11wks	55785	\$133.19
Th	Apr 17-Jun 26	9:00am-9:55am	11wks	55786	\$133.19
F	Apr 25-Jun 27	9:00am-9:55am	10wks	55787	\$121.08

DIP Programs

T	Apr 15-Jun 24	8:00pm-8:55pm	11wks	56104	\$133.19
Th	Apr 17-Jun 26	8:00pm-8:55pm	11wks	56105	\$133.19

Aquafit - Deep H2O - CHDRC

Want to sculpt your body without pounding your joints? This is the class for you! It can be a great extension to your regular workout or is excellent as a stand alone program. You should be comfortable in deep water. Water-belts are provided.

CHDRC Pool - Programs

T	Apr 15-Jun 17	12:00pm-12:50pm	10wks	55788	\$95.90
Th	Apr 17-Jun 19	12:00pm-12:50pm	10wks	55789	\$95.90

Aquafit - Nice and Easy - CHDRC

This class takes a gentle approach to improving fitness. For those who have specific injuries that restrict them from regular aquafit or for those who wish to exercise without the stress associated with land activities. Walking, marching and water resistance exercises increase flexibility, coordination & overall fitness levels.

CHDRC Pool - Programs

T	Apr 15-Jun 17	1:00pm-1:45pm	10wks	55790	\$95.90
Th	Apr 17-Jun 19	1:00pm-1:45pm	10wks	55791	\$95.90

Registration Form: Aquatics, Fitness, Recreation Programs

Family Information			
phone number	email	I would like to receive email updates regarding programs, events, and services <input type="radio"/> yes <input type="radio"/> no	
address	unit/apt.	city	postal code
parent/guardian name	birth date	cell phone number	Have you changed address? <input type="radio"/> yes <input type="radio"/> no
parent/guardian name	birth date	cell phone number	Have you changed address? <input type="radio"/> yes <input type="radio"/> no

Participant 1			
last name	first name	birth date (M) _____ (D) _____ (Y) _____	gender
Program Name / Swim Level	Location	Day	Time
1st Choice			
2nd Choice			
special needs/allergies	Is there a special need or allergy (including peanut) our programmers should be aware of? Please provide details:		

Participant 2			
last name	first name	birth date (M) _____ (D) _____ (Y) _____	gender
Program Name / Swim Level	Location	Day	Time
1st Choice			
2nd Choice			
special needs/allergies	Is there a special need or allergy (including peanut) our programmers should be aware of? Please provide details:		

Payment	
<input type="radio"/> debit	<input type="radio"/> cheque payable to: City of Pickering
Visa / MasterCard <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	I hereby release the City of Pickering from all claims arising from any accidents or injury which are caused by or arise from participation of the applicant named above during any program, or in any facility or at any location where the program is being held.
expiry date <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> amount to charge \$ _____	
card holder name _____	
signature _____	
	signature _____

How are you going to register today?

Online at pickering.ca/active

Fax with a credit card number to 905.831.9370

Drop-off, Mail, or In Person: Chestnut Hill Developments Recreation Complex (1867 Valley Farm Road)

City of
PICKERING

Public Swimming

note: Public swim hours may be changed due to holidays, swim meets, or rentals.

Changes will be posted online at pickering.ca/aquatics one week prior where possible.

Chestnut Hill Developments Recreation Complex Pool | 905.683.6582

Rates	single	10 pass	3 mos	annual
Adult 18+	\$4.70	\$39.92	\$91.24	\$209.00
Adult 65+	\$3.06	\$26.00	\$57.27	\$141.10
Person w/ Disability	\$3.06	\$26.00	\$57.29	\$141.10
Group	\$10.30	\$87.55	\$135.38	\$376.72

See website for additional details.

Apr 14 - Jun 29	Lane Swim	Open Swim	Parent & Preschool Swim (training pool)
Monday	6:00 am - 9:00 am 9:00 am - 3:00 pm* 9:00 pm - 9:55 pm	3:00 pm - 5:00 pm	11:00 am - 1:00 pm
Tuesday	6:00 am - 9:00 am 9:00 am - 3:00 pm* 9:00 pm - 9:55 pm	3:00 pm - 5:00 pm* 7:00 pm - 9:00 pm*	11:00 am - 1:00 pm
Wednesday	6:00 am - 9:00 am 9:00 am - 3:00 pm*	3:00 pm - 5:00 pm	11:00 am - 1:00 pm
Thursday	6:00 am - 9:00 am 9:00 am - 3:00 pm* 9:00 pm - 9:55 pm	3:00 pm - 5:00 pm* 7:00 pm - 9:00 pm*	11:00 am - 1:00 pm
Friday	6:00 am - 9:00 am 9:00 am - 3:00 pm* 9:00 pm - 9:55 pm	3:00 pm - 5:00 pm* 7:00 pm - 9:00 pm	11:00 am - 1:00 pm
Saturday & Sunday	n/a	1:00 pm - 4:00 pm	n/a

*May be shared pool use | Cancellations: Apr 21 (Easter), May 19 (Victoria Day), Jun 7 & 8 (swim meet)

Dunbarton Indoor Pool | 905.683.6582

Apr 14 - Jun 29	Lane Swim	Open Swim	Female Swim
Monday	8:00 pm - 9:00 pm	7:00 pm - 8:00 pm*	n/a
Wednesday	8:00 pm - 9:00 pm	7:00 pm - 8:00 pm*	n/a
Saturday			4:15 pm - 5:15 pm (until Jun 21)

*May be shared pool use | Cancellations: Apr 21 (Easter), May 19 (Victoria Day)

Lane Swim

Circle swim is enforced to accommodate more swimmers.

Open Swim

This is a great time for all ages to enjoy our pools.

Female Swim

This swim is available to female swimmers only. Additionally only female spectators will be permitted in the viewing gallery and on deck during this swim.

See website for complete details and Rules and Regulations. pickering.ca/aquatics



Pottery

Open Studio 18+

An opportunity to practice, or improve established skills, and work independently on projects. Membership is required.

Open Studio Members must:

- Have completed two full course sessions before joining.
- Be familiar with the policies and procedures of the pottery studio.
- Be able to work on their projects without instruction.

Open Studio Membership

Annual Membership \$36.04

Hourly Studio Rate \$8.75

Block of clay \$46.34 each

Tool kit \$29.35

note: All clay must be purchased from the City of Pickering Art Studio. Other/outside clay is not permitted in the studio.

Open Studio Hours:

Monday 2:00 pm - 4:00 pm

Wednesday 4:00 pm - 6:00 pm

Sunday 2:00 pm - 4:00 pm

pickering.ca/PotteryStudio

Social Clubs

Rouge Hill Seniors' Club

905.420.4660 ext 6103

George Ashe LCC | 470 Kingston Road West

South Pickering Seniors' Club

905.420.5049 | spsc753.com

East Shore CC | 910 Liverpool Road South

Claremont Golden Age Seniors' Club

905.649.2320 | claremontgoldenageclub@gmail.com

Claremont CC | 4941 Old Brock Road, Claremont

Pickering Lawn Bowling

905.995.8774 | pickeringLBC.ca

East Shore CC | 910 Liverpool Road South

Make a difference...

Volunteer Opportunities

Volunteers are needed in all areas - there's lots of opportunity for all ages and interests.

Visit our website and see where you can make a difference.

pickering.ca/volunteer

For additional information on volunteering with the City, please contact:

Amber Cockburn

Coordinator, Volunteer Services

905.420.4660 ext. 3715

volunteers@pickering.ca



55+



Recreation Services

Aging Well Together

The City offers a variety of free or low cost recreational opportunities for our older adult community.



Spotlight Series Seminars

Free interactive seminars with local guest speakers, that focus on various topics of interest to older adults.

See website or call for complete details.

Upcoming Seminars:

Tuesday May 6 12:00 pm - 1:00 pm George Ashe LCC	The Importance of Nutrition presented by Qualicare
June 19	Topic to be determined

Spaces are limited. Register to reserve your spot.

Register online at pickering.ca/active

For more information or to register by phone contact:
jgiorgi@pickering.ca or 905.420.4660 ext. 1853



55+ Committe

Currently Seeking New Board Members

application form available at pickering.ca/55+

pickering.ca/adults55plus

905.420.4620

communityservices@pickering.ca

JUNE is Seniors Month in Ontario

Watch for a host of special events and activities throughout the month as we celebrate aging well together in Pickering.

Seniors' Month Celebration AND Big Band Event

Sunday, June 8 | 2:00 pm - 4:00 pm

Chestnut Hill Developments Recreation Complex | 1867 Valley Farm Road

Featuring an afternoon of live musical entertainment by the George Lake Big Band, for your listening and dancing pleasure.

The 2025 Senior of the Year will be announced and recognized as part of this Seniors' Month celebration event.

Tickets are \$7.40 each and go on sale Monday, May 5

Tickets may be purchased at:

CHD Recreation Complex
1867 Valley Farm Road | 905.683.6582

East Shore CC
910 Liverpool Road | 905.420.6588

George Ashe LCC
470 Kingston Road | 905.420.2370

Pay by debit or credit (cash is accepted at CHD Recreation Complex only)

pickering.ca/adults55plus
905.420.4620





Recreation and Parks Month

June 1 - 30

Watch for details in the coming weeks as we prepare to celebrate by hosting a month full of free fitness activities!

Wellness Fair

Sat June 7

9:00 am - 1:00 pm

Chestnut Hill Developments Recreation Complex | 1867 Valley Farm Road

Vendors, goodie bags, fitness activities, and more for all ages and abilities. More details coming soon.

pickering.ca/fit



Gardening Program

at George Ashe Library & Community Centre

May 31 to October 25

Plot to Plate 55+

Learn how to plan, grow, manage, and harvest a vegetable garden.

Program participants will plant and grow a variety of vegetables in our raised garden beds.

We cover all the basics, including several workshops to help get you started for a successful growing season and a bountiful harvest.

Come together to grow fresh produce, learn sustainable gardening practices, and build connections with other like-minded gardening folks!

We will meet as a group on Saturday mornings from 10:00 am - 11:00 am in the gardens at George Ashe LCC.

Workshop dates are to be determined.

Registration is open now to reserve your plot for the upcoming growing season.

Cost is \$50.00 for the season.

Register online at pickering.ca/active
Activity code: 56418



Upcoming City Events

Sparky's Birthday Party

Friday, March 14

10:00 am - 1:00 pm

Pickering Fire Services Headquarters

Easter Parade

Saturday, April 19

Parade Start: 10:00 am

Bay Ridges

Spring Fling

**Saturday, April 26
and Saturday, May 3**

11:30 am – 3:00 pm

Millennium Square

Petapolooza

Saturday, May 10

10:00 am – 5:00 pm

Esplanade Park

Artfest

**Saturday, May 24
and Sunday, May 25**

11:00 am – 5:00 pm

Esplanade Park

DDay

Sunday, June 1

10:45 am – 12:00 pm

Pickering City Hall

Hosted by Royal Canadian Legion Branch 606

See website for details and full event listings.

pickering.ca/events



Hello Summer Programs!

Create your program wishlist. Summer programs will be viewable online May 22.

Registration starts at 7:00 am

June 5 for fitness & leisure programs

June 12 for Aquatics programs

Registration for non-residents starts June 12 for Leisure, and June 19 for Aquatics.

View, search, and register for programs online.

pickering.ca/active

pickering.ca/registration | registration@pickering.ca | 905.420.4621