

# 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

## Adult

### Arts

#### Acrylic Beginners & Intermediate 18+

Under the guidance of our experienced instructor, learn the basics of colour theory and colour mixing. Then move on to how to use acrylics in a variety of ways, from watercolour-like application to abstract explorations with gel and collage to finely finished realistic painting. Challenge yourself in new ways to express your creativity! Supply list will be provided at first class. (approximately \$35).

CHDRC Art Studio

Th	Apr 10-Jun 12	7:00pm-9:00pm	10wks	55345	\$114.58
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#### Acrylic Beginners 18+

Under the guidance of our experienced instructor, learn the basics of colour theory and colour mixing. Then move on to how to use acrylics in a variety of ways, from watercolour-like application to abstract explorations with gel and collage to finely finished realistic painting. Challenge yourself in new ways to express your creativity! Supply list will be provided at first class. (approximately \$35).

CHDRC Art Studio

M	Apr 14-Jun 30	7:00pm-9:00pm	10wks	55346	\$114.58
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#### Crocheting - Introduction 18+

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.

GALCC Youth Room

Sa	Apr 12-Jun 14	10:00am-12:00pm	10wks	55368	\$103.05
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#### Guitar - Introduction 18+

Learn the fundamentals of guitar playing. In this program, you will learn the types, parts, handling, and tuning of guitars. With a solid foundation of these basics, you'll progress to open chords, common chord progressions, strumming techniques, melody reading, and other general musicianship skills. Enjoy learning while playing popular songs. Participants required to bring their own guitar.

GALCC Youth Room

F	May 2-Jun 27	7:30pm-8:30pm	9wks	55373	\$69.75
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#### Introduction to Animation Art 18+

Welcome to an immersive journey into the enchanting realm of animation art! Our introductory class is a gateway for aspiring artists and curious beginners alike to delve into the captivating world of visual storytelling through animation. Led by instructors deeply rooted in the art of animation, this class offers a dynamic blend of theory and hands-on practice to ignite your creativity and develop your skills. Whether you dream of creating your own animated films, designing characters for games, or simply wish to explore the art form, this course provides a solid foundation to kickstart your journey. Unleash your imagination and develop your unique artistic style. Through guided exercises and creative projects, you'll have the opportunity to explore different animation styles, experiment with storytelling techniques, and hone your creative vision under the mentorship of the instructor.

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ESCC Meeting Room 2

Sa	Apr 19-Jun 21	3:30pm-5:30pm	10wks	55380	\$114.58
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### Learn to Draw or Improve Your Drawing Skills 18+

In this introduction to drawing and sketching program, participants will discover and experiment with fundamental skills such as understanding perspective, proportion, lighting, shading and texture. Techniques using pencils and charcoal will be used. Please bring your own sketch pad and pencil to class. CHDRC Art Studio

T	Apr 15-Jun 17	7:00pm-9:00pm	10wks	55388	\$114.58
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### Pottery Open Studio 18+

Open Studio time gives opportunity to work on your own pottery projects with guidance available from qualified instructors. Annual Membership is required to access the Pottery Open Studio. To be a member you must have previously completed a minimum of two 10 week programs within the studio.

CHDRC Pottery Studio

Apr 7-Jul 28 55319

### Pottery Wheel (beginner) 18+

This program covers wheel work and hand building using various techniques. Clay and tools are extra. Please note: no clay can be brought in from the outside. It must be purchased through the City of

Pickering Art Studio

CHDRC Pottery Studio

T	Apr 15-Jun 17	6:45pm-9:45pm	10wks	55321	\$272.89
Th	Apr 17-Jun 19	6:30pm-9:30pm	10wks	55322	\$272.89

### Pottery Wheel (beginner) 18+

This program covers wheel work and hand building using various techniques. Clay and tools are extra. Please note: no clay can be brought in from the outside. It must be purchased through the City of Pickering Art Studio

CHDRC Pottery Studio

M	Apr 28-Jun 23	6:30pm-9:30pm	8wks	55320	\$218.31
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### Pottery Wheel (intermediate) 18+

program who have pottery experience, and will cover wheel throwing, handbuilding, and glazing techniques. Students will learn the basics to be able to work on functional pottery pieces. Clay and tools are extra. Please note: no clay can be brought in from the outside. It must be purchased through the City of Pickering Art Studio

CHDRC Pottery Studio

F	Apr 11-Jun 20	6:45pm-9:45pm	10wks	55324	\$272.89
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### Pottery Wheel (intermediate) 18+

This program is designed for those who have taken the beginners program who have pottery experience, and will cover wheel throwing, handbuilding, and glazing techniques. Students will learn the basics to be able to work on functional pottery pieces. Clay and tools are extra. Please note: no clay can be brought in from the outside. It must be purchased through the City of Pickering Art Studio

CHDRC Pottery Studio

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W	Apr 16-Jun 18	6:30pm-9:30pm	10wks	55323	\$272.89
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### Pottery Wheel/Handbuilding 18+

This program is for all levels and covers hand building and sculptural work using various techniques. Clay and tools extra. Please note: no clay can be brought in from the outside. It must be purchased through the City of Pickering Art Studio.

CHDRC Pottery Studio

W	Apr 16-Jun 18	9:30am-12:30pm	10wks	55329	\$272.89
Th	Apr 24-Jun 26	9:30am-12:30pm	10wks	55330	\$272.89

### Sewing 18+

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.

GALCC Youth Room

M	Apr 7-Jun 23	1:30pm-3:30pm	10wks	55412	\$103.05
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### Ukulele 18+

Learn the basics of playing the ukulele. Participants must bring their own ukulele

GALCC Youth Room

Sa	Apr 19-Jun 21	3:45pm-4:45pm	10wks	55426	\$87.57
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## Adult

### Dance

#### Ballroom & Latin Dancing - Level 1 18+

No previous experience necessary. This will include both Ballroom & Latin genres, with the choice of dances being made with input from the participants on the first evening. 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.

GALCC Paris and Franklin Rooms

T	Apr 15-Jun 17	7:15pm-9:15pm	10wks	55358	\$103.05
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#### Jazz Recreational - Beginner 30+

Jazz is an exciting dance that allows participants to improve their physical coordination and flexibility. Through music mediums you will explore various movements. No experience necessary.

ESCC Community Room

M	Apr 7-Jun 30	7:15pm-8:15pm	9wks	55382	\$80.64
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#### Jazz Recreational - Inter/Adv 18+

Through music mediums dancers will explore various movements. This course is for those with previous jazz experience.

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DBA Banquet Hall

Th	Apr 17-Jun 19	7:00pm-8:00pm	10wks	55383	\$89.60
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### Ladies Tap Night - Beginner/Advance 18+

This course is suitable for beginners and those who have take tap. Tap shoes are required for every class.

ESCC Community Room

T	Apr 15-Jun 17	8:00pm-9:00pm	10wks	55384	\$89.60
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### Line Dance - Level 1 18+

This class focuses on line dance patterns, technique, and the essential steps. Participants learn choreographed dances to modern pop and country music, that is energizing and fun. Dancers are not in physical contact with each other. No partner and no experience required.

GALCC Russel Franklin Room

Th	Apr 17-Jun 19	6:45pm-7:45pm	10wks	55391	\$89.60
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### Line Dance - Level 2 18+

This class focuses on line dance patterns, technique, and the essential steps. Participants learn choreographed dances to modern pop and country music, that is energizing and fun. Dancers are not in physical contact with each other. No partner required. This class is for more advanced dancers.

GALCC Russel Franklin Room

Th	Apr 17-Jun 19	8:00pm-9:00pm	10wks	55392	\$89.60
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## Adult

### Group Fitness Programs

#### \*New\* Dynamic Pilates 13+

This Pilates class is designed for those looking to challenge their strength and endurance with a more athletic approach. Incorporating the principles of traditional Pilates, this class intensifies the workout by integrating light to moderate weights, resistance bands, and dynamic movements. Focused on building core stability, enhancing muscular strength, and improving overall flexibility, this class will push you to perform functional movements that engage the entire body. Perfect for those who want to take their Pilates practice to the next level with an added athletic edge.

CHDRC Fitness Studio C

W	Apr 16-Jun 4	8:30am-9:20am	8wks	55694	\$87.00
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#### \*New\* Pilates Reformer 16+

The reformer provides a finely tuned exercise resistance that allows individuals to work very precisely in developing good postural alignment, core strength, and flexibility.

CHDRC Fitness Studio A

M	Apr 14-Jun 16	4:00pm-4:50pm	8wks	56416	\$151.00
M	Apr 14-Jun 16	3:00pm-3:50pm	8wks	56417	\$151.00

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### **\*New\* Rhythm Cycle 13+**

Cycling has never been more fun! Get your endorphins flowing with this fun, heart pumping class full of rhythms and beats. It's a party on the bike that will be sure to make you sweat.

CHDRC Fitness Studio B

Th	Apr 17-Jun	57:00pm-7:50pm	8wks	56257	\$87.00
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### **\*New\* Yoga for Pickleball 13+**

Stay in the game (and out of the kitchen!) with Yoga for Pickleball. Improve agility, balance, coordination and spatial awareness on the court with this practice designed especially for you. Use yoga techniques to also increase joint stability, muscle strength and mental clarity.

CHDRC Fitness Studio C

W	Apr 16-May 28	5:00pm-5:50pm	7wks	56097	\$76.00
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### **Barre & Balance 13+**

This class incorporates the disciplines of yoga, pilates and ballet to perform a variety of strength and balance exercises to increase range of motion, mobility and confidence.

CHDRC Fitness Studio A

T	Apr 15-Jun 3	10:30am-11:20am	8wks	55604	\$87.00
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### **Barre Sculpt 13+**

Combining attributes of Pilates, barre, and functional training while incorporating small movements to fatigue the muscles and large range of motion to elevate the heart rate. Also uses a variety of equipment, such as bands, balls and dumbbells resulting in a total body workout that leaves you mentally strong and feeling accomplished.

CHDRC Fitness Studio A

T	Apr 15-Jun 3	8:30am-9:20am	8wks	56098	\$87.00
W	Apr 16-Jun 4	9:30am-10:20am	8wks	55605	\$87.00

### **Cardio Box 13+**

This class is a full-body workout that engages every muscle group, with a strong focus on your core. Structured in three "rounds" that include shadow boxing with intervals of bodyweight exercises, core work and a great stretch to leave you drenched in sweat! The rapid cardio boxing movements can also help improve flexibility, endurance, balance, and coordination.

CHDRC Fitness Studio A

T	Apr 15-Jun 3	6:00pm-6:50pm	8wks	55606	\$87.00
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### **Cardio Dance Fit 13+**

This hybrid class of dance choreography and cardio/strength exercises will create a heart-pumping and fun workout to keep your body in constant motion. Join the party the and break a sweat while having fun!

CHDRC Fitness Studio A

S	Apr 20-Jun 8	8:30am-9:20am	8wks	55607	\$87.00
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### Cardio Dance Kick 13+

This high-energy workout will have you kicking and dancing your way to better health and improved confidence. Infused with elements of dance, this cardio based class will have you kicking all your tension good-bye!

CHDRC Fitness Studio A

T	Apr 15-Jun 3	9:30am-10:20am	8wks	55608	\$87.00
F	Apr 25-Jun 13	8:30am-9:20am	8wks	55609	\$87.00

### Circuit Training 13+

Develop your strength and aerobic fitness with exercises performed in succession and minimal rest. Your heart rate remains elevated in this high-intensity class.

CHDRC Fitness Studio A

M	Apr 14-Jun 16	7:30am-8:20am	8wks	55618	\$87.00
W	Apr 16-Jun 23	6:30am-7:20am	8wks	55581	\$87.00
Th	Apr 17-Jun 5	6:00pm-6:50pm	8wks	55619	\$87.00

### Cycle Fit 13+

A cardio workout with varying speeds and resistance levels provides a different 'ride' every time.

CHDRC Fitness Studio B

T	Apr 15-Jun 3	7:30am-8:20am	8wks	55582	\$87.00
F	Apr 25-Jun 13	9:30am-10:20am	8wks	55620	\$87.00
Sa	Apr 19-Jun 7	8:30am-9:20am	8wks	55621	\$87.00

### Cycle Pump 13+

Cycle Fit and Pump It Up all in one! Improve your cardio on the bike while also building strength and core doing off-bike muscle conditioning. Challenge your fitness level with this high energy, calorie-burning class.

CHDRC Fitness Studio B

S	Apr 20-Jun 8	9:30am-10:20am	8wks	55624	\$87.00
T	Apr 15-Jun 3	7:00pm-7:50pm	8wks	55626	\$87.00
W	Apr 16-Jun 4	9:45am-10:35am	8wks	55625	\$87.00

### Dynamic Pilates 13+

This Pilates class is designed for those looking to challenge their strength and endurance with a more athletic approach. Incorporating the principles of traditional Pilates, this class intensifies the workout by integrating light to moderate weights, resistance bands, and dynamic movements. Focused on building core stability, enhancing muscular strength, and improving overall flexibility, this class will push you to perform functional movements that engage the entire body. Perfect for those who want to take their Pilates practice to the next level with an added athletic edge.

CHDRC Fitness Studio C

M	Apr 14-Jun 16	5:00pm-5:50pm	8wks	56096	\$87.00
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### Interval Challenge 13+

This class alternates intervals of cardio and strength conditioning to give you a full body workout using a variety of equipment.

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CHDRC Fitness Studio A

Th	Apr 17-Jun 5	7:30am-8:20am	8wks	55647	\$87.00
F	Apr 25-Jun 13	9:30am-10:20am	8wks	55646	\$87.00

## Interval Pump 13+

This class alternates intervals of cardio and strength conditioning, with a heavier focus on weight bearing strength exercises, to give you a full body workout using a variety of equipment.

CHDRC Fitness Studio A

T	Apr 15-Jun 3	6:30am-7:20am	8wks	55650	\$87.00
W	Apr 16-Jun 4	8:30am-9:20am	8wks	55648	\$87.00
F	Apr 25-Jun 13	6:30am-7:20am	8wks	55649	\$87.00

## Mindfulness Meditation: Journey Within 13+

Embark on a transformative journey to inner peace and self-discovery with our 8-week mindful meditation course. This course provides a comprehensive introduction to meditation techniques and practices that promote relaxation, mindfulness, and spiritual growth.

CHDRC Fitness Studio C

Th	Apr 17-Jun 5	8:00pm-9:00pm	8wks	55651	\$87.00
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## Pilates 13+

Core strength is the foundation of Pilates. Experience this mind/body movement focusing on the Pilates principles of centering, breath, concentration, control, precision and flow. Includes elements of standing as well as mat work. Modifications and various equipment are provided to challenge participants of every level and ability.

CHDRC Fitness Studio C

M	Apr 14-Jun 16	7:00pm-7:50pm	8wks	55657	\$87.00
T	Apr 15-Jun 3	6:00pm-6:50pm	8wks	55659	\$87.00
Th	Apr 17-Jun 5	9:30am-10:20am	8wks	55658	\$87.00

## Pilates Reformer 16+

The reformer provides a finely tuned exercise resistance that allows individuals to work very precisely in developing good postural alignment, core strength, and flexibility.

CHDRC Fitness Studio A

F	Apr 25-Jun 13	8:00pm-8:50pm	8wks	55662	\$151.00
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## Pilates Reformer - Intermediate 16+

The reformer provides a finely tuned exercise resistance that allows individuals to work very precisely in developing good postural alignment, core strength, and flexibility. This class is geared towards intermediate level reformer users who have taken at least two prior pilates reformer classes

CHDRC Fitness Studio A

S	Apr 20-Jun 8	11:30am-12:20pm	8wks	55665	\$151.00
T	Apr 15-Jun 3	3:00pm-3:50pm	8wks	55664	\$151.00
Th	Apr 17-Jun 5	2:00pm-2:50pm	8wks	55586	\$151.00
F	Apr 25-Jun 13	6:00pm-6:50pm	8wks	55663	\$151.00

## 2025 Spring Leisure

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### Pilates Reformer 16+

The reformer provides a finely tuned exercise resistance that allows individuals to work very precisely in developing good postural alignment, core strength, and flexibility.

CHDRC Fitness Studio A

S	Apr 20-Jun 8	9:30am-10:20am	8wks	55678	\$151.00
S	Apr 20-Jun 8	10:30am-11:20am	8wks	55679	\$151.00
S	Apr 20-Jun 8	12:30pm-1:20pm	8wks	55680	\$151.00
M	Apr 14-Jun 16	8:00pm-8:50pm	8wks	55671	\$151.00
M	Apr 14-Jun 16	5:00pm-5:50pm	8wks	55681	\$151.00
T	Apr 15-Jun 3	8:00pm-8:50pm	8wks	55592	\$151.00
T	Apr 15-Jun 3	9:00pm-9:50pm	8wks	55593	\$151.00
T	Apr 15-Jun 3	2:00pm-2:50pm	8wks	55674	\$151.00
W	Apr 16-Jun 4	3:00pm-3:50pm	8wks	55587	\$151.00
W	Apr 16-Jun 4	4:00pm-4:50pm	8wks	55667	\$151.00
W	Apr 16-Jun 4	5:00pm-5:50pm	8wks	55668	\$151.00
W	Apr 23-Jun 11	8:00pm-8:50pm	8wks	55676	\$151.00
W	Apr 23-Jun 11	9:00pm-9:50pm	8wks	55677	\$151.00
W	Apr 16-Jun 4	2:00pm-2:50pm	8wks	56237	\$151.00
Th	Apr 17-Jun 5	12:00pm-12:50pm	8wks	55588	\$151.00
Th	Apr 17-Jun 5	1:00pm-1:50pm	8wks	55589	\$151.00
F	Apr 25-Jun 13	3:00pm-3:50pm	8wks	55591	\$151.00
F	Apr 25-Jun 13	5:00pm-5:50pm	8wks	55666	\$151.00
F	Apr 25-Jun 13	7:00pm-7:50pm	8wks	55672	\$151.00
F	Apr 25-Jun 13	12:45pm-1:35pm	8wks	55673	\$151.00
F	Apr 25-Jun 13	4:00pm-4:50pm	8wks	56402	\$151.00
Sa	Apr 19-Jun 7	12:30pm-1:20pm	8wks	55590	\$151.00
Sa	Apr 26-Jun 14	8:30am-9:20am	8wks	55669	\$151.00
Sa	Apr 26-Jun 14	7:30am-8:20am	8wks	55670	\$151.00
Sa	Apr 26-Jun 14	9:30am-10:20am	8wks	55675	\$151.00

### Pump It Up 13+

Designed to show you that weight training does not need to be intimidating. This class focuses on weight bearing strength exercises that are challenging, safe, and functional. We may incorporate the use of: dumbbells, bars, plates, and steps/benches.

CHDRC Fitness Studio B

M	Apr 14-Jun 16	6:00pm-6:50pm	8wks	55687	\$87.00
M	Apr 14-Jun 16	9:30am-10:20am	8wks	55691	\$87.00
T	Apr 15-Jun 3	9:30am-10:20am	8wks	55685	\$87.00
W	Apr 16-Jun 4	5:00pm-5:50pm	8wks	55690	\$87.00
Th	Apr 17-Jun 5	9:30am-10:20am	8wks	55686	\$87.00
Th	Apr 17-Jun 5	6:00pm-6:50pm	8wks	55688	\$87.00
F	Apr 25-Jun 13	8:30am-9:20am	8wks	55689	\$87.00

### Rhythm Cycle 13+

Cycling has never been more fun! Get your endorphins flowing with this fun, heart pumping class full of rhythms and beats. It's a party on the bike that will be sure to make you sweat.

CHDRC Fitness Studio B

W	Apr 16-Jun 4	6:00pm-6:50pm	8wks	55692	\$87.00
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## 2025 Spring Leisure

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### Roll & Release 13+

This class will utilize tools such as the foam rollers, balls and bands while also incorporating yoga poses and breathing principles to allow a deeper lengthening of the muscles, improved mobility and help to release stiff tissue.

CHDRC Fitness Studio C

M	Apr 14-Jun 16	8:30am-9:20am	8wks	55693	\$87.00
Th	Apr 17-Jun 5	5:00pm-5:50pm	8wks	55595	\$87.00

### Socacize® 13+

This class is a creative blend of authentic Caribbean and African dance techniques, in harmony with effective fitness moves, resulting in a unique, non-judgmental and exhilarating dance fitness program for all fitness levels. Get ready to sweat with this fun-filled, total body jam session!

CHDRC Fitness Studio A

W	Apr 16-Jun 4	7:00pm-7:50pm	8wks	55695	\$87.00
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### Step & Strengthen 13+

This class fuses together the cardio benefits of a step class and the muscle building benefits of a strength training class. Get everything you need all in one high-energy, total body workout.

CHDRC Fitness Studio A

M	Apr 14-Jun 16	9:30am-10:20am	8wks	55697	\$87.00
Th	Apr 17-Jun 5	8:30am-9:20am	8wks	55696	\$87.00

### Sunrise Yoga & Meditation 13+

This class is an introduction to yoga in the use of therapy. Each class includes static and flowing yoga postures, different breathing techniques, sound and a guided meditation. This class is for personal maintenance, self-education and general well being.

CHDRC Fitness Studio C

M	Apr 14-Jun 16	7:15am-8:15am	8wks	55707	\$87.00
F	Apr 25-Jun 13	7:15am-8:15am	8wks	55708	\$87.00

### Sunset Yoga & Meditation 13+

This class is an introduction to yoga in the use of therapy. Each class includes static and flowing yoga postures, different breathing techniques, sound and a guided meditation. This class is for personal maintenance, self-education and general well being.

CHDRC Fitness Studio C

M	Apr 14-Jun 16	8:00pm-9:00pm	8wks	55710	\$87.00
W	Apr 16-Jun 4	7:00pm-8:00pm	8wks	55709	\$87.00

### Total Muscle Challenge 13+

Challenge yourself in this moderate to high-intensity, workout. Improve strength, stamina, and power with a workout that changes every week.

CHDRC Fitness Studio B

S	Apr 20-Jun 8	8:30am-9:20am	8wks	55719	\$87.00
M	Apr 14-Jun 16	7:00pm-7:50pm	8wks	55716	\$87.00
T	Apr 15-Jun 3	8:30am-9:20am	8wks	55717	\$87.00
Sa	Apr 19-Jun 7	9:30am-10:20am	8wks	55718	\$87.00

# 2025 Spring Leisure

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## Yoga - Asana, Pranayama, Meditation 13+

This class explores 3 elements of yoga; Asana, postures & movement patterns, Pranayama, breathing techniques, and Meditation, centering the mind. We will look at each element separately as well as a complete therapeutic flowing practice, weaving all three Elements together.

CHDRC Fitness Studio C

Sa	Apr 19-Jun 7	9:30am-10:45am	8wks	55725	\$130.00
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## Yoga - Core & Restore 13+

A strong, responsive core is waiting for you in this fun and innovative class. A variety of equipment will be used, along with functional movement principles, to safely build reliable core unit strength. And because the core needs to be released as much as it needs to be engaged, a few key stretches will be included to restore balance.

CHDRC Fitness Studio C

T	Apr 15-Jun 3	5:00pm-5:50pm	8wks	55727	\$87.00
F	Apr 25-Jun 13	8:30am-9:20am	8wks	55726	\$87.00

## Yoga - Gentle 13+

Learn basic postures, stretches and breathing techniques to help you relax and de-stress. This class is appropriate for pregnant women.

CHDRC Fitness Studio C

S	Apr 20-Jun 8	9:30am-10:20am	8wks	55728	\$87.00
T	Apr 15-Jun 3	9:30am-10:20am	8wks	55730	\$87.00
Th	Apr 17-Jun 5	8:30am-9:20am	8wks	55731	\$87.00
F	Apr 25-Jun 13	6:00pm-6:50pm	8wks	55729	\$87.00

## Yoga - Hatha 13+

This class uses the practice of static postures and breathing techniques to help you stretch and breathe your way to greater harmony and energy as you reduce stress, align your body, and deepen your inner peace.

CHDRC Fitness Studio C

W	Apr 16-Jun 4	9:30am-10:45am	8wks	55732	\$130.00
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## Yoga - Hatha 13+

This class uses the practice of static postures and breathing techniques to help you stretch and breathe your way to greater harmony and energy as you reduce stress, align your body, and deepen your inner peace.

CHDRC Fitness Studio C

M	Apr 14-Jun 16	9:30am-10:45am	8wks	55733	\$130.00
T	Apr 15-Jun 3	8:30am-9:20am	8wks	55734	\$87.00
W	Apr 16-Jun 4	9:30am-10:45am	8wks	55732	\$130.00

## Yoga - Nidra 13+

This class is a deeply relaxing practice often referred to as "yogic sleep". Participants will experience a guided meditation while lying down, promoting profound relaxation and mental clarity.

CHDRC Fitness Studio C

## 2025 Spring Leisure

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F	Apr 25-Jun 13	10:30am-11:30am	8wks	55598	\$87.00
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### Yoga - Vinyasa 13+

This class is a dynamic, flowing form of yoga smoothly linking your body movements to your breath. You'll be guided in a series of poses that will move you through the power of inhaling and exhaling.

CHDRC Fitness Studio C

M	Apr 14-Jun 16	6:00pm-6:50pm	8wks	55738	\$87.00
W	Apr 16-Jun 4	7:30am-8:20am	8wks	55737	\$87.00
W	Apr 16-Jun 4	6:00pm-6:50pm	8wks	55740	\$87.00
Sa	Apr 19-Jun 7	8:30am-9:20am	8wks	55739	\$87.00

### Yoga - Vinyasa 13+

This class is a dynamic, flowing form of yoga smoothly linking your body movements to your breath. You'll be guided in a series of poses that will move you through the power of inhaling and exhaling.

DNT Banquet Hall

T	Apr 15-Jun 3	6:00pm-6:50pm	8wks	55736	\$87.00
Sa	Apr 19-Jun 7	9:30am-10:20am	8wks	55599	\$87.00

### Yoga - Vinyasa 13+

This class is a dynamic, flowing form of yoga smoothly linking your body movements to your breath. You'll be guided in a series of poses that will move you through the power of inhaling and exhaling.

DNT Meeting Room

Th	Apr 17-Jun 5	6:00pm-6:50pm	8wks	55735	\$87.00
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### Yoga - Yin 13+

Yin is a relaxed, passive style of yoga that involves holding poses for longer durations and increasing your inner awareness while also stretching deeper connective tissues.

CHDRC Fitness Studio C

T	Apr 15-Jun 3	10:30am-11:30am	8wks	55742	\$87.00
Th	Apr 17-Jun 5	6:00pm-6:50pm	8wks	55741	\$87.00

### Yoga for Pickleball 13+

Stay in the game (and out of the kitchen!) with Yoga for Pickleball. Improve agility, balance, coordination and spatial awareness on the court with this practice designed especially for you. Use yoga techniques to also increase joint stability, muscle strength and mental clarity.

CHDRC Fitness Studio C

T	Apr 15-May 27	4:00pm-4:50pm	7wks	55748	\$76.00
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### Zumba® 13+

This inclusive dance party is a cardio-interval training program inspired by Latin rhythms for anyone looking for exercise in disguise. Low and high impact options demonstrated to introduce international dances such as cumbia, samba, salsa, cha-cha, soca, hip-hop and more. Designed for any age, any gender, any size. Get ready to party yourself into better shape!

CHDRC Fitness Studio A

M	Apr 14-Jun 16	7:00pm-7:50pm	8wks	55751	\$87.00
T	Apr 15-Jun 3	7:00pm-7:50pm	8wks	55754	\$87.00

## 2025 Spring Leisure

Programs listed may be subject to change.

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Th	Apr 17-Jun 5	7:00pm-7:50pm	8wks	55753	\$87.00
Sa	Apr 19-Jun 7	10:30am-11:20am	8wks	55752	\$87.00

## Adult

### Pre/post Natal

#### **P&T Baby Bootcamp 6 wks - Prewalking**

18 and up

An energetic, full body postpartum workout designed to help you regain strength and energy while bonding with other parents. To ensure your little one, and you, stay happy and comfortable during the session, we recommend feeding baby 20-30 minutes before the workout start time. This way, you can focus on YOU while we work through effective exercises tailored for postpartum recovery. Participants should be six weeks postpartum, and baby should not yet be walking.

CHDRC Fitness Studio B

W	Apr 16-Jun 4	11:45am-12:35pm	8wks	55654	\$87.00
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#### **P&T Baby Bootcamp 6 wks - Prewalking**

18 and up

An energetic, full body postpartum workout designed to help you regain strength and energy while bonding with other parents. To ensure your little one, and you, stay happy and comfortable during the session, we recommend feeding baby 20-30 minutes before the workout start time. This way, you can focus on YOU while we work through effective exercises tailored for postpartum recovery. Participants should be six weeks postpartum, and baby should not yet be walking.

GALCC Youth Room

Th	Apr 24-Jun 12	11:45am-12:35pm	8wks	55584	\$87.00
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#### **P&T Postnatal Pilates 6 wks - Prewalking**

18 and up

This class will help realign the post-baby body by strengthening the abdominal and core muscles while encouraging proper alignment of the pelvis, back and shoulders. Props will be used, and baby will be involved in the movements. Participants should be six weeks postpartum, and baby should not yet be walking.

CHDRC Fitness Studio C

F	Apr 25-Jun 13	11:45am-12:35pm	8wks	55655	\$87.00
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#### **P&T Yoga - Parent & Baby 6 wks - Prewalking**

18 and up

Each parent and baby yoga class includes both flowing yoga movements and slow exercises for strength and awareness. The classes are designed specifically to accommodate the effects of pregnancy, and take into account reduced joint stability and core strength. Participants should be six weeks postpartum, and baby should not yet be walking. Throughout the class, you will have the option to involve your baby in the movements.

GALCC Russel Franklin Room

Th	Apr 17-Jun 5	10:00am-10:50am	8wks	55585	\$87.00
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## 2025 Spring Leisure

Programs listed may be subject to change.

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### Prenatal Yoga 18+

18 and up

This class is specifically geared to your needs at this special time by: opening and strengthening the pelvic area, helping with balance and overall strength, promoting extensive relaxation with breathing exercises, and enjoying restorative poses to help reduce joint, ligament and muscle tension.

CHDRC Fitness Studio C

Th	Apr 17-Jun 5	7:00pm-7:50pm	8wks	55684	\$87.00
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## Adult

### Small Group Personal Training

#### Early Riser 18+

Exercising before work helps wake you up, gets you mentally prepared for the day, and jump-starts your metabolism. Why not set your alarm for this energizing group training class, incorporating elements of cardio, muscle strength & endurance.

CHDRC Small Group Training Room

T,Th	Apr 15-Jun 5	6:15am-7:15am	8wks	55627	\$214.00
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#### Parent Power Hour 18 mths+

1 1/2 and up

This program is designed for parents and kids to each have their own play time! Parents will participate in a small group training program designed to give you a full body workout while the kids will get to create, play and explore in the Creative Center! Follow that up with a dip in the turtle pool for a full morning of activity. See full schedule below  
Small Group Training (parent): 9:45am-10:45am Creative Center (child): 9:30am-11:00am  
Turtle Pool (parent and child): 11:00am-1:00pm  
Child must be 18 months - 5 years to be eligible  
Fee includes both parent and child programming

CHDRC Small Group Training Room

M	Apr 14-Jun 23	9:30am-10:30am	9wks	55656	\$204.00
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#### Strength Training for Golf 18+

Unlock your golf potential! This dynamic strength training program is designed specifically for golfers. Enhance your swing power, increase mobility, and prevent injuries with targeted exercises tailored to improve your game. Whether you're a beginner or a seasoned pro, our trainers will guide you through a comprehensive fitness regimen that maximizes your golf performance

CHDRC Small Group Training Room

F	Apr 25-Jun 13	6:00pm-7:00pm	8wks	55699	\$107.00
Sa	Apr 19-Jun 7	12:30pm-1:30pm	8wks	55698	\$107.00

#### Strength Training for Pickleball 18+

Participants will engage in a variety of exercises tailored to improve agility, endurance, and overall performance on the court. Whether you're looking to refine your skills or boost your fitness level, this class will provide valuable techniques to elevate your game and keep you playing safely and effectively. This dynamic training session focuses on building strength in the key muscle groups used in pickleball, while also emphasizing flexibility to help prevent injuries.

## 2025 Spring Leisure

Programs listed may be subject to change.

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CHDRC Small Group Training Room

W	Apr 16-Jun 4	8:00am-9:00am	8wks	55597	\$107.00
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### TRX Functional Training Fusion 18+

Push your body with this fusion class using a combination of TRX® Suspension Training, dumbbells, barbells, and more! TRX® Suspension Training is a great way to help you build strength, improve mobility, increase cardiovascular endurance, and develop core stability by utilizing adjustable straps and bodyweight exercises. A great way to get a full body workout that is also low-impact.

CHDRC Fitness Studio B

T	Apr 15-Jun 3	5:45pm-6:45pm	8wks	55721	\$107.00
F	Apr 25-Jun 13	10:45am-11:45am	8wks	55720	\$107.00

### Use It & Lose It 18+

A weight loss program designed to increase strength, endurance, cardiovascular fitness and athletic performance. Challenge yourself with dedication and watch your body transform. Every workout is different - all you have to do is use it, and you'll definitely lose it!

CHDRC Small Group Training Room

T	Apr 15-Jun 3	7:30pm-8:30pm	8wks	55724	\$107.00
W	Apr 16-Jun 4	9:30am-10:30am	8wks	55722	\$107.00
Th	Apr 17-Jun 5	7:30pm-8:30pm	8wks	55723	\$107.00
F	Apr 25-Jun 13	9:30am-10:30am	8wks	55762	\$107.00

### Weekend Warrior 18+

Get ready to challenge yourself and boost your fitness in this high-energy class designed for those looking to make the most of their weekend workout. Combining dynamic strength training with intense cardio exercises you'll build muscle, burn fat, and increase endurance. Whether you're a beginner or an experienced fitness enthusiast, this class is designed to push you to your limits in a supportive, motivating environment. With personalized attention from your trainer, you'll target all major muscle groups, improve cardiovascular health, and leave feeling stronger and more energized for the week ahead.

CHDRC Small Group Training Room

S	Apr 20-Jun 8	8:30am-9:30am	8wks	55761	\$107.00
Sa	Apr 19-Jun 7	8:30am-9:30am	8wks	55760	\$107.00

### Work it! 18+

This small group training program is specifically designed to work you out! Be prepared to sweat, laugh, and get fit all in a fun one-hour circuit class. No fitness experience required, just your positive attitude and willingness to try!

CHDRC Small Group Training Room

M	Apr 14-Jun 16	7:00pm-8:00pm	8wks	56382	\$107.00
W	Apr 16-Jun 17	4:00pm-5:00pm	8wks	56381	\$107.00

# 2025 Spring Leisure

Programs listed may be subject to change.

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## Adult

### Special Interest

#### Spanish - Level 1 / 2 18+

Designed for those with no previous knowledge of the language; travelling and/or doing business 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 development of conversational skills on practical real life applications of language functions. Students to purchase workbook from Instructor for \$30.00.

ESCC Meeting Room 2

M	Apr 7-Jun 23	1:45pm-3:45pm	10wks	55416	\$108.24
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#### Spanish - Level 1 18+

This introductory program emphasizes on the development of conversational skills on practical real life applications of the Spanish language. Students are to purchase a workbook from Instructor, \$30.00 (cash only).

ESCC Meeting Room 4

T	Apr 15-Jun 17	5:00pm-7:00pm	10wks	55418	\$108.24
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#### Spanish - Level 2 18+

This program emphasizes on the development of conversational skills on practical real life applications 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).

ESCC Meeting Room 4

T	Apr 15-Jun 17	7:15pm-9:15pm	10wks	55419	\$108.24
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## Adult

### Sports & Active Programs

#### Badminton - Advanced 18+

Get some exercise with the social badminton club. This program is for advanced badminton players. Have fun and meet new friends. Bring your own racquet, badminton birds will be supplied.

DHS West Gymnasium (Main)

M	Apr 14-Jun 9	6:15pm-7:45pm	7wks	55276	\$86.20
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#### Badminton - Open Level 18+

Get some exercise and have fun meeting new friends with the social badminton club. Bring your own racquet, badminton birds will be supplied. All skill levels welcome.

DHS West Gymnasium (Main)

S	Apr 13-Jun 15	3:15pm-4:45pm	10wks	55281	\$81.00
T	Apr 15-Jun 17	8:15pm-9:45pm	10wks	55282	\$81.00

## 2025 Spring Leisure

Programs listed may be subject to change.

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### Badminton 40+

A great evening designed for men and women to come out, meet new people, play some recreational badminton, while getting some exercise.

DNT Banquet Hall

Th	Apr 17-Jun 19	7:30pm-8:30pm	10wks	55356	\$92.77
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### Karate 18+

Chito Ryu karate was developed by Dr Chitose in Okinawa Japan. Dr Chitose developed this style of karate to promote physical and mental health for all ages and abilities. Karate promotes self discipline builds confidence, helps relieve stress, and instills respect for ones self and others. Sensei Dennis Golka has been studying Chito Ryu for over thirty years. Pickering Chito Kai is a member of Chito Ryu Association of Ontario, Karate Ontario, and Karate Canada. There is an additional annual membership fee of \$35.00, payable to Chito Ryu Association of Ontario.

WSSC Banquet Hall

T,Th	Apr 8-Jun 26	7:30pm-9:00pm	12wks	55307	\$186.00
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### Men's Power Hour 18+

An evening designed for men to get some exercise; 10 minute warm-up, followed by a different semi-competitive game each week.

PRSS A Gymnasium

M	Apr 7-Jun 9	7:15pm-8:15pm	8wks	55311	\$52.80
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SMCSS A and B Gymnasium

Th	Apr 17-Jun 19	8:45pm-9:45pm	10wks	55312	\$60.00
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### Pickleball Beginner 18+

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. Skills covered:

Follow the pathway of the ballLearn strokes: forehand, backhand and overheadServe and return the ball;

Engage in volleysDinking

DNT Banquet Hall

W	Apr 16-Jun 18	5:45pm-7:15pm	10wks	55405	\$139.15
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### Pickleball Beginner 18+ Level 1

Level 1 Pickleball 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 taken the beginner class/and or demonstrates a consistency of serving, returning and volley 4/10xSkills Covered: Add direction and control to forehand and backhand shotsImprove technique on serves, volleys, and drive shotsInitiate a dinking rally

DNT Banquet Hall

W	Apr 16-Jun 18	7:30pm-9:00pm	10wks	55406	\$139.15
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### Tai Chi 18+

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.



## 2025 Spring Leisure

Programs listed may be subject to change.

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GALCC Russel Franklin Room

Th	Apr 17-Jun 19	11:15am-12:15pm	10wks	55422	\$89.60
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### **Volleyball (Recreational) 18+**

A great evening designed for men and women to meet new people, have fun playing volleyball, and get a bit of exercise.

PRSS A Gymnasium

M	Apr 14-Jun 9	8:30pm-10:00pm	7wks	55338	\$94.50
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### **Volleyball (Recreational) 18+**

A great evening designed for men and women to meet new people, have fun playing volleyball, and get a bit of exercise.

SMCSS C Gymnasium

Th	Apr 17-Jun 19	8:45pm-9:45pm	9wks	55339	\$81.00
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### **Yoga Retreat 18+**

This one-day event will be held at the beautiful, historic Whitevale Community Centre and park. The day 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 is included in the cost, and light refreshments will be provided during breaks between classes. Participants must be 18+. Mats will be provided if needed. Please inform Fitness Staff, when registering, if you require a mat.

WVP Park Area

S	May 4-May 4	8:30am-4:30pm	1wks	55772	\$148.00
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## Adult 55+

### 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.

CHDRC Pottery Studio

F	Apr 11-Jun 20	12:30pm-3:30pm	10wks	55270	\$194.00
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#### **Art Instruction and Creation - Intermediate 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. Intermediate participants will continue developing their skill to produce beautiful paintings or drawings.

ESCC Meeting Room 2

W	Apr 16-Jun 18	12:45pm-2:45pm	10wks	55352	\$69.15
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## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### Art Instruction and Creation - Intermediate 55+

Learn new skills and techniques, in a relaxed and friendly atmosphere, with hands on instruction, to create your own art projects. Beginners will learn how to draw with pencil, and to paint with the watercolor and acrylics. Intermediate participants will continue developing their skill to produce beautiful paintings or drawings.

ESCC Meeting Room 2

Th	Apr 17-Jun 19	12:45pm-2:45pm	10wks	55351	\$69.15
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### 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. Intermediate participants will continue developing their skill to produce beautiful paintings or drawings.

CHDRC Art Studio

M	Apr 14-Jun 23	1:00pm-3:00pm	9wks	55353	\$62.23
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### 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.

GALCC Youth Room

Sa	Apr 12-Jun 14	10:00am-12:00pm	10wks	55369	\$76.16
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### Guitar 55+

GALCC Youth Room

Sa	Apr 19-Jun 21	2:30pm-3:30pm	10wks	55375	\$77.29
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### 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.

ESCC Community Room

Th	Apr 17-Jun 19	1:30pm-2:30pm	10wks	55374	\$77.29
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### Guitar Level 2 55+

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

GALCC Youth Room

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

CHDRC Pottery Studio

T	Apr 15-Jun 17	10:00am-1:00pm	10wks	55315	\$194.00
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## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### 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.

CHDRC Pottery Studio

Th	Apr 17-Jun 19	1:00pm-4:00pm	10wks	55314	\$194.00
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### Pottery (beginner) 55+ Adult Rate

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.

CHDRC Pottery Studio

T	Apr 15-Jun 17	10:00am-1:00pm	10wks	55316	\$272.89
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### 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.

GALCC Youth Room

M	Apr 7-Jun 23	1:30pm-3:30pm	10wks	55413	\$76.16
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T	Apr 15-Jun 17	10:15am-12:15pm	10wks	55414	\$76.16
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### Watercolour Beginners 18+

Designed for the beginners, traditional techniques will be taught with impressionistic style. Learn how to paint loose, light, transparent beautiful watercolour.

CHDRC Art Studio

F	Apr 25-Jun 27	1:00pm-3:00pm	10wks	55428	\$114.58
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### 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 watercolours.

CHDRC Art Studio

F	Apr 25-Jun 27	9:30am-11:30am	10wks	55429	\$69.15
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## Adult 55+

### 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.

WSCC Banquet Hall

W	Apr 16-Jun 25	1:00pm-2:30pm	10wks	55359	\$57.12
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## 2025 Spring Leisure

Programs listed may be subject to change.

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### **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.

ESCC Community Room

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

GALCC Helen Paris Room

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

GALCC Helen Paris Room

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

GALCC Russel Franklin Room

F	Apr 25-Jun 27	12:15pm-1:15pm	10wks	55371	\$48.36
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### **Fusion Line Dance - Intermediate 55+**

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

GALCC Russel Franklin Room

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

GALCC Russel Franklin Room

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

GALCC Russel Franklin Room

M	Apr 7-Jun 23	12:30pm-1:30pm	10wks	55386	\$48.36
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# 2025 Spring Leisure

Programs listed may be subject to change.

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## 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.

GALCC Russel Franklin Room

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

ESCC Community Room

W	Apr 16-Jun 18	9:30am-10:30am	10wks	55393	\$48.36
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## Line Dance 55+

At least 55 but less than 101

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.

ESCC Community Room

W	Apr 16-Jun 18	10:45am-11:45am	10wks	55394	\$48.36
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# Adult 55+

## Group Fitness Programs

### \*New\* Dynamic Chair Yoga 55+

This dynamic chair yoga class blends traditional seated yoga with more active movements, incorporating 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 exercises. Stability balls are integrated for balance work, core strengthening, and increasing stability, all while maintaining a focus on mindful movement and breath.

CHDRC Fitness Studio C

W	Apr 16-Jun 18	2:00pm-3:00pm	10wks	55764	\$78.00
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### \*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 beginner 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 activities while reducing the risk of falls. Join us for a supportive and motivating environment where every step is toward greater health and well-being!

CHDRC Fitness Studio A

W	Apr 16-Jun 18	11:30am-12:20pm	10wks	56345	\$78.00
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# 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

## Arthritis Dance Fit 55+

This dance fitness program is choreographed to maximize fun while increasing range of motion, 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 equipment to improve overall quality of life. No experience required.

CHDRC Fitness Studio B

M	Apr 14-Jun 16	1:15pm-2:05pm	8wks	55603	\$63.00
W	Apr 16-Jun 18	10:45am-11:35am	10wks	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.

CHDRC Fitness Studio B

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

DNT Banquet Hall

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

ESCC Community Room

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

GALCC Russel Franklin Room

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

CHDRC Fitness Studio C

T	Apr 15-Jun 17	11:45am-12:45pm	10wks	55613	\$78.00
Th	Apr 17-Jun 19	10:30am-11:30am	10wks	55615	\$78.00

# 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

## 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 practice.

ESCC Community Room

M	Apr 14-Jun 23	10:30am-11:30am	7wks	55614	\$55.00
M	Apr 14-Jun 23	9:15am-10:15am	7wks	55616	\$55.00
Th	Apr 17-Jun 26	9:15am-10:15am	9wks	55617	\$70.00
Th	Apr 17-Jun 26	10:30am-11:30am	9wks	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.

CHDRC Fitness Studio B

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

DNT Banquet Hall

M	Apr 14-Jun 16	10:30am-11:20am	8wks	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

DNT Banquet Hall

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

## 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

GALCC Youth Room

Th	Apr 24-Jun 26	10:45am-11:35am	10wks	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.

## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

CHDRC Fitness Studio A

T	Apr 15-Jun 17	12:30pm-1:30pm	10wks	55652	\$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.

GALCC Russel Franklin Room

M	Apr 14-Jun 16	10:00am-11:00am	8wks	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.

CHDRC Fitness Studio C

M	Apr 14-Jun 16	11:30am-12:20pm	8wks	55661	\$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.

ESCC Community Room

T	Apr 15-Jun 24	10:00am-11:00am	10wks	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 provides 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.

CHDRC Fitness Studio A

W	Apr 16-Jun 4	1:00pm-1:50pm	8wks	55594	\$125.00
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F	Apr 25-Jun 13	2:00pm-2:50pm	8wks	55682	\$125.00
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F	Apr 25-Jun 13	11:45am-12:35pm	8wks	55683	\$125.00
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### 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 lengthening of the muscles.

GALCC Russel Franklin Room

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

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

DNT Banquet Hall

T	Apr 22-Jun 24	9:45am-10:35am	10wks	55700	\$78.00
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## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### ESCC Community Room

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

### GALCC Russel Franklin Room

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

55 and up

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

#### CHDRC Fitness Studio C

W	Apr 16-Jun 18	11:30am-12:20pm	10wks	55744	\$78.00
F	Apr 25-Jun 27	9:30am-10:20am	10wks	55746	\$78.00

#### DNT Banquet Hall

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

#### GALCC Russel Franklin Room

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

All the fun of Zumba®, the latin-inspired cardio-interval training program, with simplified choreography and no jumping. This class introduces international dances like merengue, flamenco, 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.

#### CHDRC Fitness Studio A

M	Apr 14-Jun 16	12:00pm-12:50pm	8wks	55749	\$63.00
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## Adult 55+

### 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 educative 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.

#### CHDRC Program Room C

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

## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### 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.

CHDRC Small Group Training Room

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

## Adult 55+

### Special Interest

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

Ever been invited to a party and asked the host, "What can I bring?" Chances are, you've heard the answer: "Just bring an appetizer." But this time, you'll be ready to impress! Join us for a hands-on class where we'll 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 classics or learn fresh, inventive recipes, this class will give you all the skills you need to bring something unforgettable to the table.

GALCC Helen Paris Room

T	Apr 15-May 20	10:00am-11:30am	6wks	55264	\$70.00
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#### \*New\* Culinary Compass: Trips To Your Table

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

GALCC Helen Paris Room

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

ESCC Meeting Room 4

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

GALCC Youth Room

W	Apr 16-May 21	12:30pm-2:30pm	6wks	55381	\$45.69
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## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### Spanish - Level 1 / 2 55+

Designed for those with no previous knowledge of the language; travelling and/or doing business 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 development of conversational skills on practical real life applications of language functions. Students to purchase workbook from Instructor for \$30.

ESCC Meeting Room 2

M	Apr 7-Jun 23	1:45pm-3:45pm	10wks	55417	\$69.15
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### Spanish - Level 2 55+

This program emphasizes on the development of conversational skills on practical real life applications 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).

ESCC Meeting Room 4

T	Apr 15-Jun 17	7:15pm-9:15pm	10wks	55420	\$69.15
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### Spanish - Level 3 55+

A continuation of level 2, designed to further challenge you, enhance communication skills; listening, speaking, reading and writing in Spanish. You will continue with the conjugation of regular 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.

ESCC Meeting Room 2

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

GALCC Youth Room

W	Apr 16-May 21	2:45pm-4:15pm	6wks	55424	\$45.69
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## Adult 55+

### 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.

ESCC Gymnasium

Th	Apr 17-Jun 19	10:45am-11:45am	10wks	55363	\$46.00
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## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### 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. Skills covered: Follow the pathway to the ball Learn the strokes: forehand, backhand, and over head Serve and return the ball; Engage in volleys Dinking

DNT Banquet Hall

Th	Apr 17-Jun 19	9:30am-11:00am	10wks	55401	\$51.86
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### 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 (Level 1) players must serve, return, and volley with a consistency of 4/10x Skills covered: Follow the pathway of the ball Learn the strokes: forehand, backhand and overhead Serve and return the ball; engage in volleys Dinking

ESCC Gymnasium

W	Apr 16-Jun 18	8:45am-10:15am	10wks	55399	\$51.86
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### Pickleball - Beginner 55+

This popular sport is a combination of table tennis, tennis, and badminton. If you are looking for some fun and great exercise, you will find it in this easy to learn game. Participants play at their own pace.

GALCC Paris and Franklin Rooms

W	Apr 16-Jun 18	1:00pm-3:00pm	10wks	55400	\$69.15
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### Pickleball - Beginner Level 1 55+

Level 1 Beginner Pickleball 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 take the beginner class/ and or demonstrates consistency of serving, returning and volleying 4/10x Skills Covered: Add direction and control to forehand and backhand shots Improve technique on serves, volleys and dive shots Initiate a dink rally

DNT Banquet Hall

Th	Apr 17-Jun 19	11:15am-12:45pm	10wks	55402	\$51.86
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### Pickleball - Level 2 55+

This popular sport is a combination of table tennis, tennis and badminton. It is easy to learn, fun, and great exercise. For more advanced players.

GALCC Paris and Franklin Rooms

F	Apr 25-Jun 27	2:15pm-4:15pm	10wks	55403	\$69.15
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### Pickleball - Level 2 55+

This popular sport is a combination of table tennis, tennis, and badminton. If you are looking for some fun and great exercise. It is easy to learn, fun, and great exercise. For more advanced players.

GALCC Paris and Franklin Rooms

W	Apr 16-Jun 18	2:45pm-4:15pm	10wks	55404	\$51.86
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## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### 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 taken the beginner class/ and or demonstrated consistency of serving, returning and volleying 4/10xSkills Covered: Add direction and control to forehand and backhand shots Improve technique on serves, volleys, and drive shots Initiate and dink rally

ESCC Gymnasium

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

ESCC Gymnasium

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

GALCC Russel Franklin Room

Th	Apr 17-Jun 19	11:15am-12:15pm	10wks	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.

ESCC Gymnasium

M	Apr 7-Jun 23	3:30pm-4:30pm	10wks	55427	\$55.00
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## Children

### Arts

#### \*NEW\* Artistic Horizons - Introductory (ages 6-8)

At least 6 but less than 8y 11m

This program is proposed as a prerequisite to all other Introductory or Level 1 courses and will highlight the elements of art. This program is targeted towards the ultimate beginner who may not have a lot of experience with art. No skill or prerequisite required Introduced to the elements and principles of art which are the basis for all mediums and styles Introduced to all mediums of art including acrylics, sketching, watercolour, pottery, etc. Gain exposure to different art styles such as anime, cartooning and mixed media.

ESCC Meeting Room 4

Sa	Apr 12-Jun 14	11:00am-12:15pm	10wks	55343	\$70.87
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## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### Acrylic Pouring - Introductory (Ages 6-8)

At least 6 but less than 9

This program is targeted towards beginners who have little to no art experience. This program introduces children to painting through fun prompts and creative techniques. This program requires one of the following prerequisites: Able to hold a pencil or paintbrush Knowledge of colours (primary and/or secondary) Successful completion of Artistic Horizons - Introductory or Artistic Beginnings

CHDRC Art Studio

S	Apr 13-Jun 15	12:15pm-1:30pm	10wks	55348	\$70.87
F	Apr 11-Jun 20	4:00pm-5:15pm	10wks	55347	\$70.87

### Anime Art 8 - 12 yrs

At least 8 but less than 13

This program will teaches the fundamentals of Anime and the development of Manga, a popular Japanese artistic style. Bring your own sketch book, pencils and eraser to each class.

ESCC Meeting Room 4

Sa	Apr 19-Jun 21	12:30pm-2:00pm	10wks	55349	\$85.05
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### Artistic Adventures 7 - 11 yrs

At least 7 but less than 12

The instructor will help improve your child's artistic skills through drawing cartoon characters, insects and birds, animals and dinosaurs and faces and figures. They will learn to use watercolours to paint flowers and landscapes--even abstracts! Give your young artist a chance to discover new ways of expressing themselves artistically.

CHDRC Art Studio

Sa	Apr 12-Jun 14	10:45am-12:15pm	10wks	55354	\$85.05
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### Artistic Beginnings 5 - 7 yrs

At least 5 but less than 8

Our experienced instructor will help your child develop basic drawing and painting skills using pencil, coloured pencil, markers and watercolour paints while exploring a wide variety of fun subjects. Have your little one learn valuable artistic skills while discovering their inner creative self!

CHDRC Art Studio

Sa	Apr 19-Jun 21	9:00am-10:30am	10wks	55355	\$85.05
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### Cartoon Creations - Beginner 7 - 11 yrs

At least 7 but less than 12

In this program participants will develop their skills with shading and composition. Participants will work towards drawing various original cartoon characters. Participants are required to bring a sketch pad and pencil to class.

CHDRC Art Studio

F	Apr 25-Jun 27	5:30pm-7:00pm	10wks	55362	\$85.05
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### Creative Creations 6 - 10 yrs

At least 6 but less than 11

## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

Make something new. From slime, to crayon melting and everything in between, each week is a new creation.

ESCC Meeting Room 4

Sa Apr 12-Jun 14 9:00am-10:15am 10wks 55367 \$70.87

### Guitar 8 - 14 yrs

At least 8 but less than 15

Learn the fundamentals of guitar playing through developing solid foundation of the essential skills. You will study the types, parts, handling, and tuning of guitars. You will learn how to read music notation, and develop performance skills as you play several popular songs. You will also be introduced to reading songs in tablature format. Participants are required to bring their own guitar to class.

GALCC Youth Room

F May 2-Jun 27 5:00pm-6:00pm 9wks 55376 \$89.00

### Intro To Anime (ages 9-11)

At least 9 but less than 12

This program teaches the fundamentals of Anime and the development of Manga, a popular Japanese artistic style. Bring your own sketch book, pencils and eraser to each class.

ESCC Meeting Room 4

Sa Apr 19-Jun 21 3:30pm-4:30pm 10wks 55378 \$56.70

### Intro To Art (ages 9-11)

At least 9 but less than 12

This class is a great way to explore your creativity and use the basics of different art forms. Children will get to experiment with various materials and techniques and discover their own artistic style.

CHDRC Art Studio

Sa Apr 19-Jun 21 12:30pm-1:45pm 10wks 55379 \$85.05

### Musical Keyboarding (Level 1) 8 - 12 yrs

At least 8 but less than 12y 11m

This program introduces young musicians to the fundamentals of piano, including note reading, chords, basic keyboard techniques, and playing popular songs. Students will build a strong musical foundation while having fun learning to play. Please note: participants are required to bring their own keyboard to class.

ESCC Meeting Room 4

S Apr 13-Jun 22 3:30pm-4:30pm 10wks 55442 \$89.00

### Musical Keyboarding (Level 1/2) 8 - 12 yrs

At least 8 but less than 12y 11m

This program introduces young musicians to the fundamentals of piano, including note reading, chords, basic keyboard techniques, and playing popular songs. Students will build a strong musical foundation while having fun learning to play. Please note: participants are required to bring their own keyboard to class.

ESCC Meeting Room 2

F Apr 25-Jun 20 5:00pm-6:00pm 9wks 55532 \$80.10

## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### **Musical Keyboarding (Level 1/2) 8 - 12 yrs**

At least 8 but less than 12y 11m

This program introduces young musicians to the fundamentals of piano, including note reading, chords, basic keyboard techniques, and playing popular songs. Students will build a strong musical foundation while having fun learning to play. Please note: participants are required to bring their own keyboard to class.

GALCC Youth Room

Sa	Apr 19-Jun 21	5:00pm-6:00pm	10wks	55557	\$89.00
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### **Musical Keyboarding (Level 2) 8 - 12 yrs**

At least 8 but less than 12y 11m

Designed for students who have completed Musical Keyboarding Level 1 or have prior keyboard experience, this program dives deeper into more advanced note reading, chords, keyboard techniques, and playing a variety of songs. Participants will build on their existing skills while learning new musical concepts. Please note: students are required to bring their own keyboard to class.

ESCC Meeting Room 4

S	Apr 13-Jun 22	4:45pm-5:45pm	10wks	55445	\$89.00
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### **Painting with Acrylics 9 - 12 yrs**

At least 9 but less than 13

This class teaches kids various basic techniques of using acrylic paints. They learn to create vibrant colors by mixing primary colors which shows them a lot can be achieved with very little. Instructor will provide some supplies, and students will be given a list of other optional supplies for students wishing to purchase their own (brushes, paints, canvases etc). Participants will learn about landscapes and still life to experimenting with acrylics and creating their own masterpieces! Supply list will be provided at first class. (approximately \$35).

CHDRC Art Studio

Th	Apr 17-Jun 19	5:00pm-6:30pm	10wks	55397	\$85.05
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### **Pottery (Homeschoolers) 4 - 7 yrs**

At least 4 but less than 8

Children will learn the art of working with clay, and use their imagination to create their own works of art through multiple mediums.

CHDRC Pottery Studio

M	Apr 7-Jun 23	12:30pm-1:45pm	10wks	55317	\$211.02
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### **Pottery (Homeschoolers) 8 - 12 yrs**

At least 8 but less than 13

Children will learn the art of working with clay, and use their imagination to create their own works of art through multiple mediums.

CHDRC Pottery Studio

M	Apr 14-Jun 30	11:00am-12:15pm	10wks	55318	\$211.02
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### **Pottery Wheel (Introduction) 9 - 13 yrs**

At least 9 but less than 14



## 2025 Spring Leisure

Programs listed may be subject to change.

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Learn how to plan, design, build and create your own projects using clay. Participants will have instruction on the basic techniques on the pottery wheel, of how to finish and glaze items that they have made. Focus of the class will be on the ABC's of wheel throwing and that learning a new skill comes from repetition and making mistakes. Participants will have the opportunity to independently practice the new skills they have learned while making pots, cups, and plates. All of their creations will be twice fired, microwave and dishwasher friendly! There will also be a gallery during the end of the last class where participants will be able to showcase their work to family and friends and take home everything they have made.

CHDRC Pottery Studio

S	Apr 13-Jun 22	10:45am-12:15pm	11wks	55326	\$224.10
Th	Apr 17-Jun 26	4:30pm-6:00pm	11wks	55328	\$224.10
Sa	Apr 12-Jun 21	9:00am-10:30am	11wks	55327	\$224.10

### Pottery: Sculpting for Kids 6-8 yrs

At least 6 but less than 9

Learn how to plan, design, build and create your own projects using clay. Participants will have instruction on the basic techniques of sculpting and hand building with clay. They will also learn how to effectively glaze items that they have made. Focus of the class will be on the ABC's of hand building and that learning a new skill comes from repetition and making mistakes. Participants will have the opportunity to create a different instructor led project every week or work independently on their own ideas using the new skills and techniques they have learned. All of their completed sculptures, bowls, cups, pots and plates will be twice fired, microwave and dishwasher friendly! There will also be a gallery during the end of the last class where participants will be able to showcase their work to family and friends and take home everything they have made.

CHDRC Pottery Studio

Sa	Apr 12-Jun 14	11:00am-12:30pm	10wks	55331	\$224.10
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### Pottery: Sculpting for Kids 7 - 12 yrs

At least 7 but less than 13

Learn how to plan, design, build and create your own projects using clay. Participants will have instruction on the basic techniques of sculpting and hand building with clay. They will also learn how to effectively glaze items that they have made. Focus of the class will be on the ABC's of hand building and that learning a new skill comes from repetition and making mistakes. Participants will have the opportunity to create a different instructor led project every week or work independently on their own ideas using the new skills and techniques they have learned. All of their completed sculptures, bowls, cups, pots and plates will be twice fired, microwave and dishwasher friendly! There will also be a gallery during the end of the last class where participants will be able to showcase their work to family and friends and take home everything they have made.

CHDRC Pottery Studio

M	Apr 7-Jun 23	4:30pm-6:00pm	10wks	55332	\$224.10
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### Pottery: Sculpting for Kids 9-12 yrs

At least 9 but less than 12

Learn how to plan, design, build and create your own projects using clay. Participants will have instruction on the basic techniques of sculpting and hand building with clay. They will also learn how to effectively glaze items that they have made. Focus of the class will be on the ABC's of hand building and that learning a new skill comes from repetition and making mistakes. Participants will have the opportunity to create a different instructor led project every week or work independently on their own ideas using the new skills and techniques they have learned. All of their completed sculptures, bowls, cups, pots and

## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

plates will be twice fired, microwave and dishwasher friendly! There will also be a gallery during the end of the last class where participants will be able to showcase their work to family and friends and take home everything they have made. Children will learn the art of working with clay, and use their imagination to create their own works of art through this fun medium.

CHDRC Pottery Studio

Sa	Apr 19-Jun 21	12:45pm-2:15pm	10wks	55333	\$224.10
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### Supervised Lunch/Fundamental Building (Homeschoolers) 5-12yr

At least 5 but less than 12y 11m

This is a supervised lunch program followed by a break and open fundamentals tutoring session after. Work on writing, math, science etc. Each week will be a focus on helping participants improve their fundamental skills. Please note: participants are to bring their own nut-free lunch. This class is designated for homeschoolers.

ESCC Gymnasium

Th	Apr 17-Jun 19	12:15pm-2:15pm	10wks	55514	\$113.40
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### Supervised Lunch/Fundamental Building (Homeschoolers) 5-12yr

At least 5 but less than 12y 11m

This is a supervised lunch program followed by a break and open fundamentals tutoring session after. Work on writing, math, science etc. Each week will be a focus on helping participants improve their fundamental skills. Please note: participants are to bring their own nut-free lunch. This class is designated for homeschoolers.

ESCC Meeting Room 4

M	Apr 14-Jun 23	12:15pm-2:15pm	9wks	55452	\$113.40
T	Apr 15-Jun 24	12:15pm-2:15pm	10wks	55477	\$68.00

### Ukulele 8 - 12 yrs

At least 8 but less than 12y 11m

Participants will learn the basics and fundamentals of ukulele. Please note you must bring your own Ukulele to every class.

GALCC Russel Franklin Room

F	May 2-Jun 27	6:15pm-7:15pm	8wks	55535	\$71.20
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### Writing Wizards/Sports Fundamentals (Homeschoolers) 8 - 12yr

At least 8 but less than 12y 11m

Participants will spend the first hour developing writing techniques and work to build different pieces of work throughout the class and then participate in a variety of sports activities.

ESCC Meeting Room 2

T	Apr 15-Jun 24	10:00am-12:00pm	10wks	55473	\$165.00
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# 2025 Spring Leisure

Programs listed may be subject to change.

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## Children

### Dance

#### Acro Intro 5 - 7 yrs

At least 5 but less than 7y 11m

Our Acro class is a fun and energetic program designed for children ages 5-7 who love to move, jump, and dance! In this class, kids will learn exciting acrobatic skills like cartwheels, jumps, and other gymnastics moves, all while having fun with music and dance. At the end of the program, there will be a special performance where kids can showcase the skills they've learned for family and friends to enjoy.

CHDRC Mat Room

W	Apr 16-Jun 18	5:30pm-6:30pm	10wks	55500	\$108.50
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#### Acro Intro 5 - 7 yrs

At least 5 but less than 7y 11m

Our Acro class is a fun and energetic program designed for children ages 5-7 who love to move, jump, and dance! In this class, kids will learn exciting acrobatic skills like cartwheels, jumps, and other gymnastics moves, all while having fun with music and dance. At the end of the program, there will be a special performance where kids can showcase the skills they've learned for family and friends to enjoy.

CHDRC Mat Room

S	Apr 13-Jun 15	3:00pm-4:00pm	10wks	55440	\$108.50
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#### Acro Intro 8 - 12 yrs

At least 8 but less than 12y 11m

Our Acro class for ages 8-12 is the perfect way for older kids to explore the exciting world of acrobatics, gymnastics, and dance! In this program, children will learn a variety of acro skills, from jumps and cartwheels to more advanced moves like handstands and partner stunts, all set to fun music. At the end of the session, students will have the chance to show off everything they've learned in a special performance for family and friends!

CHDRC Mat Room

S	Apr 13-Jun 15	4:00pm-5:00pm	10wks	55443	\$108.50
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#### Acro Intro 8 - 12 yrs

At least 8 but less than 12y 11m

Our Acro class for ages 8-12 is the perfect way for older kids to explore the exciting world of acrobatics, gymnastics, and dance! In this program, children will learn a variety of acro skills, from jumps and cartwheels to more advanced moves like handstands and partner stunts, all set to fun music. At the end of the session, students will have the chance to show off everything they've learned in a special performance for family and friends!

CHDRC Mat Room

W	Apr 16-Jun 18	6:45pm-7:45pm	10wks	55504	\$108.50
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#### Ballet Beginners 5 - 8 yrs

At least 5 but less than 8y 11m

Introduce your child to the grace and elegance of ballet in a fun, supportive environment. Ballet is a timeless dance form and the foundation for many other styles of dance. In this program, children will learn

## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

the basics of ballet technique, balance, and coordination, all while building confidence and having fun. At the end of the session, there will be an informal recital where kids can showcase their progress for family and friends to enjoy!

DBA Banquet Hall

W	Apr 16-Jun 18	6:00pm-6:45pm	10wks	55501	\$81.38
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### Ballet Beginners 5 - 8 yrs

At least 5 but less than 8y 11m

Introduce your child to the grace and elegance of ballet in a fun, supportive environment. Ballet is a timeless dance form and the foundation for many other styles of dance. In this program, children will learn the basics of ballet technique, balance, and coordination, all while building confidence and having fun. At the end of the session, there will be an informal recital where kids can showcase their progress for family and friends to enjoy!

DNT Banquet Hall

W	Apr 16-Jun 18	6:30pm-7:15pm	10wks	55573	\$81.38
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Th	Apr 17-Jun 19	6:30pm-7:15pm	10wks	55560	\$81.38
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Bollywood 6 - 10 yrs

### At least 6 but less than 10y 11m

In this fun and energetic class, kids will learn the basics of Bollywood dance, including traditional steps and contemporary moves, all set to lively music. Through creative choreography, children will improve coordination, rhythm, and confidence while having a blast. Perfect for kids who love to dance, express themselves, and enjoy colorful, upbeat music!

ESCC Community Room

M	Apr 14-Jun 23	4:45pm-5:30pm	9wks	55459	\$73.24
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### Combo Dance 6 - 8 yrs

At least 6 but less than 8y 11m

Join us for an exciting Mixed Jazz and Hip-Hop dance class! Kids will explore the fundamentals of both styles while staying active, having fun, and grooving to amazing music. It's the perfect way to learn cool moves and get energized!

ESCC Gymnasium

S	Apr 20-Jun 22	10:45am-11:30am	10wks	55433	\$81.38
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### Hip Hop 6 - 10 yrs

At least 6 but less than 10y 11m

Rooted in urban dance, hip hop gets participants grooving to funky, upbeat music while building strength, flexibility, and musicality through fast-paced and intricate choreography. The class culminates in an informal recital, giving students the chance to showcase their new moves and impressive skills.

DBA Banquet Hall

M	Apr 14-Jun 23	6:45pm-7:30pm	9wks	55465	\$73.24
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### Hip Hop 6 - 10 yrs

At least 6 but less than 10y 11m

Rooted in urban dance, hip hop gets participants grooving to funky, upbeat music while building strength, flexibility, and musicality through fast-paced and intricate choreography. The class culminates in an informal recital, giving students the chance to showcase their new moves and impressive skills.

## 2025 Spring Leisure

Programs listed may be subject to change.

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ESCC Community Room

Sa	Apr 19-Jun 28	12:00pm-12:45pm	10wks	55549	\$81.38
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### Jazz 5 - 8 yrs

At least 5 but less than 8y 11m

This fun-filled program introduces young dancers to the exciting world of jazz, where they'll learn the basic techniques, rhythm, and style of jazz dance. Through upbeat music and creative choreography, kids will develop coordination, flexibility, and confidence while having a blast expressing themselves through movement. Dress Code: tights, leotard, running shoes. Please note: It is recommended that students arrive pre-dressed for class.

DBA Banquet Hall

W	Apr 16-Jun 18	7:00pm-7:45pm	10wks	55506	\$81.38
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### Movin' & Groovin' Dance Class 4 - 7 yrs

At least 4 but less than 7y 11m

Participants will learn to groove to the rhythm and beat of upbeat songs while discovering fresh, fun moves to light up the dance floor. This program is perfect for those who just can't wait to get their groove on and express themselves through dance!

DBA Banquet Hall

M	Apr 14-Jun 23	5:45pm-6:30pm	9wks	55463	\$73.24
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### Movin' & Groovin' Dance Class 4 - 7 yrs

At least 4 but less than 7y 11m

Participants will learn to groove to the rhythm and beat of upbeat songs while discovering fresh, fun moves to light up the dance floor. This program is perfect for those who just can't wait to get their groove on and express themselves through dance!

DNT Banquet Hall

F	Apr 25-Jun 20	6:00pm-6:45pm	9wks	55561	\$73.24
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### Movin' & Groovin' Dance Class 4 - 7 yrs

At least 4 but less than 7y 11m

Participants will learn to groove to the rhythm and beat of upbeat songs while discovering fresh, fun moves to light up the dance floor. This program is perfect for those who just can't wait to get their groove on and express themselves through dance!

ESCC Community Room

Sa	Apr 19-Jun 28	11:00am-11:45am	10wks	55546	\$81.38
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### Musical Theatre 7 - 12 yrs

At least 7 but less than 12y 11m

This class combines singing, dancing, and acting to tell a story. In this class, students will learn fun dances to songs from popular movies and musicals. They'll also explore improvisation and skits, practicing how to act out different stories with their classmates. This class helps kids improve coordination, build confidence, and have a blast singing, dancing, and acting together!

ESCC Gymnasium

S	Apr 13-Jun 15	11:45am-12:45pm	10wks	55436	\$90.60
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## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### Step Up Dance Class! 7 - 12 yrs

At least 7 but less than 12y 11m

This fun and energetic program is perfect for kids who love music and dance! Learn how to tear up the dance floor with moves to some of today's hottest hits. No experience is required—just bring your love of music, a positive attitude, and get ready to groove!

ESCC Community Room

T	Apr 15-Jun 17	6:45pm-7:45pm	10wks	55487	\$108.50
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## Children

### Special Interest

#### Electronics & Robotics - Level 1 9 - 13 yrs

At least 9 but less than 14

This course will advance through the development of toy building using household items, we will learn about motors and how they can be used as a tool to build robotic toys. This will encourage students in learning about robotics and new knowledge. Coming with a laptop is strongly recommended.

ESCC Meeting Room 4

M	Apr 7-Jun 23	6:00pm-7:30pm	10wks	55293	\$246.30
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M	Apr 7-Jun 23	7:35pm-9:05pm	10wks	55294	\$246.30
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#### French - Level 2 6 - 12 yrs

At least 6 but less than 12y 11m

This program is designed for children with experience in the French language. Participants will build upon current knowledge in French words through exciting games and activities. Basic knowledge of the French language is required for this program.

CHDRC Meeting Room 2

W	Apr 16-Jun 18	6:00pm-7:00pm	10wks	55502	\$110.20
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#### Intro to French 6-12 yrs

At least 6 but less than 12y 11m

This program is designed to introduce children to the French language in a fun and interactive way. Through exciting games and activities, participants will begin to develop basic skills in reading, writing, and speaking French. No prior knowledge of the language is required—just a passion for learning and exploring new words!

CHDRC Meeting Room 2

W	Apr 16-Jun 25	4:55pm-5:55pm	10wks	55497	\$110.20
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#### Intro to French 8 - 12 yrs

At least 8 but less than 12y 11m

This program is designed to introduce children to the French language in a fun and interactive way. Through exciting games and activities, participants will begin to develop basic skills in reading, writing, and speaking French. No prior knowledge of the language is required—just a passion for learning and exploring new words!

CHDRC Meeting Room 2

## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

W	Apr 16-Jun 18	7:15pm-8:15pm	10wks	55507	\$110.20
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### Intro to Robotics (Homeschoolers) 5 - 8 yrs

At least 5 but less than 8y 11m

By investigating robotics through the development of toys; this course will employ toy construction to gain a better grasp of robotics. This program will explore with disassembling equipment and assembling robots out of everyday objects. This will encourage students in learning about robotics and new knowledge. This daytime program is designed for homeschoolers.

ESCC Meeting Room 4

F	Apr 25-Jun 20	10:30am-12:00pm	9wks	55528	\$221.67
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### Intro to Robotics (Homeschoolers) 8 - 12 yrs

At least 8 but less than 12y 11m

By investigating robotics through the development of toys; this course will employ toy construction to gain a better grasp of robotics. This program will explore with disassembling equipment and assembling robots out of everyday objects. This will encourage students in learning about robotics and new knowledge. This daytime program is designed for homeschoolers.

ESCC Meeting Room 4

F	Apr 25-Jun 20	12:15pm-1:45pm	9wks	55530	\$221.67
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### Junior Baker 6 - 9 yrs

At least 6 but less than 10

Children will have the opportunity to learn the importance of food safety and a safe cooking environment. While being supervised children will prepare a variety of kid friendly meals, snacks and baked items. There will be an award celebration on their last class. Please Note: This is not an allergy free zone, children with severe food allergies should not register for this program.

ESCC Meeting Room 2

Sa	May 24-Jun 28	9:00am-10:30am	6wks	55300	\$109.00
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### Junior Chef 6 - 9 yrs

At least 6 but less than 10

Children will have the opportunity to learn the importance of food safety and a safe cooking environment. While being supervised children will prepare a variety of kid friendly meals, snacks and baked items. There will be an award celebration on their last class. Please Note: This is not an allergy free zone, children with severe food allergies should not register for this program.

ESCC Meeting Room 2

Sa	Apr 12-May 17	9:00am-10:30am	6wks	55301	\$109.00
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### Kids Baking 9 - 13 yrs

At least 9 but less than 14

Children will have the opportunity to learn the importance of food safety and a safe cooking environment. While being supervised children will prepare a variety of kid friendly meals, snacks and baked items. There will be an award celebration on their last class. Please Note: This is not an allergy free zone, children with severe food allergies should not register for this program.

ESCC Meeting Room 2

Sa	May 24-Jun 28	11:30am-1:00pm	6wks	55308	\$109.00
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## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

### **Kids Cooking 9 - 13 yrs**

At least 9 but less than 14

Children will have the opportunity to learn the importance of food safety and a safe cooking environment. While being supervised children will prepare a variety of kid friendly meals, snacks and baked items. There will be an award celebration on their last class. Please Note: This is not an allergy free zone, children with severe food allergies should not register for this program.

ESCC Meeting Room 2

Sa	Apr 19-May 17	11:30am-1:00pm	5wks	55309	\$90.83
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### **Lego Club**

At least 4 but less than 10

While stacking and constructing with these seemingly simple bricks, you'll sharpen your problem-solving skills and teamworking abilities. The open-ended nature of this program allows for creative expression and free

GALCC Youth Room

T	Apr 15-Jun 17	6:45pm-7:45pm	10wks	55390	\$50.00
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### **Learn to Code - Level 1 10 - 13 yrs**

At least 10 but less than 14

In this class participants will learn the basics of computer programming using Python. We'll set up our coding environments and begin with basic expressions, working our way up to the basics of object oriented programming. By the end of the class, participants will have made their own game in Python.

GALCC Youth Room

W	Apr 16-Jun 18	6:30pm-7:30pm	10wks	55310	\$100.00
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### **Pottery Wheel (Intermediate) 9 - 13 yrs**

At least 9 but less than 14

Learn how to sculpt, plan, design and build your own projects using clay. Participants will learn the basic techniques on the pottery wheel and take home projects that are twice fired. Make everything from cups and plates, to anything that is microwave and dishwasher friendly! This program is for those with previous pottery experience or who have completed the introduction course.

CHDRC Pottery Studio

T	Apr 15-Jun 17	4:30pm-6:00pm	10wks	55325	\$224.10
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### **Superheroes in Training 4 - 6 yrs**

At least 4 but less than 6y 11m

Each week soon-to-be-heroes will train hard, completing various obstacle courses that will enable them to defeat the villains and save the world. Throughout the program, various crafts will be completed to develop and enhance their unique superhero persona!

CHDRC Mat Room

F	Apr 25-Jun 20	5:30pm-6:45pm	9wks	55534	\$141.60
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### **Superheroes in Training 5-7 yrs**

At least 5 but less than 7y 11m



## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

Each week soon-to-be-heroes will train hard, completing various obstacle courses that will allow them to defeat the villains and save the world. Throughout the program, various crafts will be completed to enhance and build their unique superhero persona!

CHDRC Mat Room

F	Apr 25-Jun 20	7:15pm-8:30pm	9wks	55537	\$141.60
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## Children

### Sports & Active Programs

#### **\*NEW\* Basketball Fundamentals 11 -12 yrs**

At least 11 but less than 13

This program is for those that know the fundamentals of basketball. Participants will learn the importance of dribbling, ball handling, shooting, form, and footwork. Players will work individually on skills under the instruction of a qualified and enthusiastic leader.

DHS West Gymnasium (Main)

S	Apr 13-Jun 15	11:45am-12:45pm	10wks	55257	\$79.30
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#### **\*NEW\* Basketball Fundamentals 11-12 yrs**

At least 11 but less than 13

This program teaches the fundamentals of basketball. Participants will learn the importance of defense, passing and rebounding as well as develop skills in ball handling, shooting, form, and footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

ESCC Gymnasium

Sa	Apr 12-Jun 14	5:30pm-6:30pm	9wks	55258	\$71.37
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#### **\*NEW\* Basketball Fundamentals 6 - 10 yrs**

At least 6 but less than 11

This program teaches the fundamentals of basketball. Participants will learn the importance of defense, passing and rebounding as well as develop skills in ball handling, shooting, form, and footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

WDPS Gymnasium

T	Apr 15-Jun 17	7:00pm-8:00pm	10wks	55259	\$79.30
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#### **\*NEW\* Basketball Fundamentals 6 - 8 yrs**

At least 6 but less than 9

This program teaches the fundamentals of basketball. Participants will learn the importance of defense, passing and rebounding as well as develop skills in ball handling, shooting, form, and footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

DHS East Gymnasium (Girls)

Sa	Apr 12-Jun 14	3:20pm-4:20pm	10wks	55260	\$79.30
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#### **\*NEW\* Basketball Fundamentals 6 - 8 yrs**

At least 6 but less than 9

## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

This program teaches the fundamentals of basketball. Participants will learn the importance of defence, passing and rebounding as well as develop skills in ball handling, shooting, form, and footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

DHS West Gymnasium (Main)

S	Apr 13-Jun 15	9:15am-10:15am	10wks	55261	\$79.30
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### **\*NEW\* Basketball Fundamentals 9 - 10 yrs**

At least 7 but less than 11

This program teaches the fundamentals of basketball. Participants will learn the importance of defence, passing and rebounding as well as develop skills in ball handling, shooting, form, and footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

DHS West Gymnasium (Main)

S	Apr 13-Jun 15	10:30am-11:30am	10wks	55262	\$79.30
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### **\*NEW\* Basketball Fundamentals 9-10 yrs**

At least 9 but less than 11

This program teaches the fundamentals of basketball. Participants will learn the importance of defense, passing and rebounding as well as develop skills in ball handling, shooting, form, and footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

DHS East Gymnasium (Girls)

Sa	Apr 12-Jun 14	4:25pm-5:25pm	10wks	55263	\$79.30
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### **\*NEW\* Dodgeball 10- 13 yrs**

At least 10 but less than 14

This course is for those that love all things dodgeball. Participants duck, dodge, and dive their way to a whole lot of fun playing both classic, and new versions of dodgeball and dodgeball-like games.

DHS West Gymnasium (Main)

S	Apr 13-Jun 15	1:45pm-2:45pm	10wks	55266	\$79.30
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### **\*NEW\* Dodgeball 7 - 10 yrs**

At least 7 but less than 11

This course is for those that love all things dodgeball. Participants duck, dodge, and dive their way to a whole lot of fun playing both classic, and new versions of dodgeball and dodgeball-like games.

SMCSS A and B Gymnasium

M	Apr 7-Jun 16	7:10pm-8:10pm	8wks	55267	\$63.40
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### **\*NEW\* Karate - Beginner 6 - 15 yrs**

At least 6 but less than 16

If you have ever wanted to train, have fun and learn how to defend yourself, Karate will help you achieve all three! With a blend of hard and soft skills our teacher Mr. Pereira will help you first achieve a foundational level of movement skills, then build toward foundational martial arts applications provided to help you strengthen your mind and body. Primarily focused on a traditional Go Ju Ryu heritage Mr. Pereira has also interwoven ground work and self defense applications into his work which creates a balanced approach to martial arts training.

DNT Banquet Hall

F	Apr 11-Jun 20	7:00pm-8:00pm	10wks	55268	\$62.00
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## 2025 Spring Leisure

Programs listed may be subject to change.

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### **\*NEW\* Multi-Sport Night 8 - 12 yrs**

At least 8 but less than 13

Learn the fundamentals of fan-favourite sports each week such as: Flag football, basketball, volleyball, dodgeball etc. Each week will be highlighted with putting all the skills learnt into a friendly game.

PRSS A Gymnasium

M	Apr 7-Jun 9	6:00pm-7:00pm	8wks	55269	\$63.44
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### **\*NEW\* Sport FUN-Damentals 4 - 6 yrs**

At least 4 but less than 7

Children will have tons of fun while learning the fundamentals of throwing, catching, hitting and kicking a ball. Some of the activities will include indoor soccer games, basketball, dodgeball, tag, octopus and other fun games that will give kids both fun and fitness!

SMCSS A and B Gymnasium

M	Apr 14-Jun 16	6:00pm-7:00pm	7wks	55272	\$55.51
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### **\*NEW\* Youth Basketball Skill Development (ages 13-15)**

At least 13 but less than 16

This program is for those that know the fundamentals of basketball. Participants will learn the importance of dribbling, ball handling, shooting, form, and footwork. Players will work individually on skills under the instruction of a qualified and enthusiastic leader.

HBPS Gymnasium

M	Apr 14-Jun 23	8:00pm-9:30pm	9wks	55274	\$104.00
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### **Badminton - Beginner 7 - 12 yrs / 13 - 17 yrs**

At least 7 but less than 18

Qualified instructors will teach the skills and rules of badminton. Take those skills and play games against others your own age. Bring your own racquet, badminton birds will be supplied.

DHS West Gymnasium (Main)

Sa	Apr 12-Jun 14	11:00am-12:00pm	10wks	55278	\$79.30
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### **Badminton - Intermediate 11 - 17 yrs**

At least 11 but less than 18

This course is designed for experienced players who already have knowledge of the rules of badminton. Classes will focus upon mastering skills as well as competitive game playing. Bring your own racquet, badminton birds will be supplied.

DHS West Gymnasium (Main)

T	Apr 15-Jun 17	7:15pm-8:15pm	10wks	55279	\$79.30
F	Apr 11-Jun 13	6:15pm-7:15pm	9wks	55280	\$71.37

### **Ball Hockey 8 - 12 yrs**

At least 8 but less than 12y 11m

Join our fun and fast-paced Ball Hockey program! This exciting team sport is a great way for kids aged 8-12 to get active, improve their skills, and make new friends. Whether you're new to hockey or have some experience, this program is designed for players of all levels.

ESCC Gymnasium

Sa	Apr 19-Jun 28	11:00am-12:00pm	10wks	55547	\$79.30
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# 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

## Basketball Fundamentals 6 - 8 yrs

At least 6 but less than 9

This program teaches the fundamentals of basketball. Participants will learn the importance of defence, passing and rebounding as well as develop skills in ball handling, shooting, form, and footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

SMCSS A and B Gymnasium

Th	Apr 17-Jun 26	6:15pm-7:15pm	10wks	55285	\$79.33
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## Basketball Fundamentals 6 - 8 yrs

At least 6 but less than 9

This program teaches the fundamentals of basketball. Participants will learn the importance of defense, passing and rebounding as well as develop skills in ball handling, shooting, form, and footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

ESCC Gymnasium

M	Apr 7-Jun 23	5:00pm-6:00pm	10wks	55286	\$79.30
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## Basketball Fundamentals 9 - 12 yrs

At least 9 but less than 13

This program teaches the fundamentals of basketball. Participants will learn the importance of defence, passing and rebounding as well as develop skills in ball handling, shooting, form, and footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

PRSS A Gymnasium

T	Apr 15-Jun 10	7:10pm-8:10pm	9wks	55288	\$71.37
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## Basketball Fundamentals 9 - 12 yrs

At least 9 but less than 13

This program teaches the fundamentals of basketball. Participants will learn the importance of defence, passing and rebounding as well as develop skills in ball handling, shooting, form, and footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

SMCSS A and B Gymnasium

Th	Apr 17-Jun 19	7:30pm-8:30pm	10wks	55287	\$79.33
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## Cirque d'Kids 6 - 10 yrs

At least 6 but less than 10y 11m

A fusion of circus arts, gymnastics and pure fun !Come clown around and get fit while you learn some fun new skills and make new friends. Imagination and creativity are encouraged. Parents and grandparents will enjoy our 'Greatest Show on Earth' performed during our last class.

CHDRC Mat Room

Sa	Apr 19-Jun 21	10:15am-11:30am	10wks	55543	\$141.63
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## Dodgeball 7 - 12 yrs

At least 7 but less than 13

This course is for those that love all things dodgeball. Participants duck, dodge, and dive their way to a whole lot of fun playing both classic, and new versions of dodgeball and dodgeball-like games.

SMCSS C Gymnasium

## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

Th	Apr 17-Jun 19	7:30pm-8:30pm	9wks	55291	\$71.40
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### Game Time! 6 - 10 yrs

At least 6 but less than 10y 11m

Participants will have a blast learning and playing a variety of team sports, including handball, indoor soccer, ball hockey, basketball, dodgeball, and more! In a fun and safe environment, kids will develop their skills, teamwork, and sportsmanship, all while enjoying the social aspect of play.

ESCC Gymnasium

Sa	Apr 19-Jun 28	9:15am-10:45am	10wks	55540	\$118.95
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### Girls Gymnastics 7 - 11 yrs

At least 7 but less than 11y 11m

Participants develop gymnastics skills in a fun and safe environment. Emphasis on safety and correct form. Floor, bars, beam and vault training.

CHDRC Mat Room

Sa	Apr 19-Jun 21	2:30pm-3:45pm	10wks	55552	\$141.63
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### Gymnastics (Homeschoolers) 4 - 8 yrs

At least 4 but less than 8y 11m

A fantastic opportunity for homeschoolers to explore gymnastics in a fun, supportive, and safe environment! This class focuses on proper technique and safe form while introducing participants to the fundamentals of floor, bars, beam, and vault training.

CHDRC Mat Room

M	Apr 14-Jun 23	11:45am-1:00pm	9wks	55451	\$127.46
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### Gymnastics (Homeschoolers) 8 - 12 yrs

At least 8 but less than 13

A fantastic opportunity for homeschoolers to explore gymnastics in a fun, supportive, and safe environment! This class focuses on proper technique and safe form while introducing participants to the fundamentals of floor, bars, beam, and vault training.

CHDRC Mat Room

M	Apr 14-Jun 23	1:15pm-2:30pm	9wks	55454	\$127.46
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### Gymnastics 6 - 10 yrs

At least 6 but less than 10y 11m

Discover the excitement of gymnastics in a fun and safe environment! With a focus on safety and proper form, this class offers hands-on training in floor, bars, beam, and vault. Perfect for building strength, flexibility, and confidence while mastering the fundamentals of gymnastics!

CHDRC Mat Room

S	Apr 13-Jun 15	1:30pm-2:45pm	10wks	55438	\$141.63
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### Gymnastics 6 - 8 yrs

At least 6 but less than 8y 11m

Discover the excitement of gymnastics in a fun and safe environment! With a focus on safety and proper form, this class offers hands-on training in floor, bars, beam, and vault. Perfect for building strength, flexibility, and confidence while mastering the fundamentals of gymnastics!

## 2025 Spring Leisure

Programs listed may be subject to change.

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CHDRC Mat Room

M	Apr 14-Jun 23	5:30pm-6:45pm	9wks	55461	\$127.46
Sa	Apr 19-Jun 21	11:45am-1:00pm	10wks	55548	\$141.63

### Gymnastics 8 - 12 yrs

At least 8 but less than 12y 11m

Discover the excitement of gymnastics in a fun and safe environment! With a focus on safety and proper form, this class offers hands-on training in floor, bars, beam, and vault. Perfect for building strength, flexibility, and confidence while mastering the fundamentals of gymnastics!

CHDRC Mat Room

M	Apr 14-Jun 23	7:15pm-8:30pm	9wks	55466	\$127.46
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### Homeschooler Explorers Program (5-12 yrs)

At least 5 but less than 12y 11m

This creative and engaging program offers a dynamic mix of activities designed to inspire and challenge young minds. Over the course of 10 weeks, students will explore storytelling, art, photography, robotics, renewable energy, engineering, history, persuasive writing, and more. Each week features hands-on projects, interactive lessons, and creative expression, helping kids develop new skills and expand their imaginations.

ESCC Meeting Room 4

M	Apr 14-Jun 23	10:00am-12:15pm	9wks	55447	\$174.28
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### Homeschoolers Enrichment Program (5 - 12 yrs)

At least 5 but less than 12

Our enrichment program is designed to complement and enhance the homeschooling experience by offering hands-on learning opportunities across a variety of subjects. From art to science, reading to cooking, math to sensory exploration, our program aims to foster a holistic approach to education, nurturing creativity, critical thinking, and a love for learning. Students may be separated by age and skill level during activities to ensure personalized attention and suitable lesson plans. This daytime program is designed for homeschoolers.

ESCC Meeting Room 2

Th	Apr 17-Jun 19	10:00am-12:15pm	10wks	55509	\$193.64
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### Homeschoolers: Ultimate Ninja 8 - 12 yrs

At least 7 but less than 12y 11m

Train like a 'NINJA' in one action packed class! Balance, climb, crawl, jump, run and MASTER THE OBSTACLES. Develop skills that can prepare for participation in other sports while having a HEAP OF FUN!

CHDRC Mat Room

W	Apr 16-Jun 25	12:30pm-1:30pm	11wks	55559	\$113.30
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### Indoor Flag Football 8 - 12 yrs

At least 8 but less than 13

Learn the fundamentals of flag football skills and introductory plays. Each week will be highlighted with putting all the skills learnt into a friendly game. note:

DHS West Gymnasium (Main)

T	Apr 15-Jun 10	6:00pm-7:00pm	9wks	55299	\$71.37
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# 2025 Spring Leisure

Programs listed may be subject to change.

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## Junior Ninja 5 - 7 yrs

At least 5 but less than 7y 11m

Train like a true NINJA in this action-packed class! Kids will balance, climb, crawl, jump, and run their way through exciting obstacles, all while building strength, agility, and coordination. This high-energy program helps develop key skills that can enhance performance in other sports, all while having a blast mastering each challenge.

CHDRC Mat Room

T	Apr 15-Jun 17	6:00pm-7:00pm	10wks	55486	\$113.30
Th	Apr 17-Jun 19	5:45pm-6:45pm	10wks	55523	\$113.30

## Karate - Advanced 6 - 17 yrs

At least 6 but less than 18

Karate promotes self discipline, builds confidence, helps relieve stress, and instills respect for ones self and others. Sensei Dennis Golka has been studying Chito Ryu for over thirty years. Pickering Chito Kai is a member of Chito Ryu Association of Ontario Karate Ontario and Karate Canada. There is an additional annual membership fee of \$68.00 for children, and \$73.00 for adults, payable to Chito Ryu Association of Ontario. All new registrants are to register in the Beginner Level class. Students will then progress through the ranking system, and move onto the later class times.

WSCC Banquet Hall

T,Th	Apr 8-Jun 26	7:30pm-8:30pm	12wks	55302	\$143.00
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## Karate - Beginner 6 - 17 yrs

At least 5y 11m but less than 18

Karate promotes self discipline, builds confidence, helps relieve stress, and instills respect for ones self and others. Sensei Dennis Golka has been studying Chito Ryu for over thirty years. Pickering Chito Kai is a member of Chito Ryu Association of Ontario Karate Ontario and Karate Canada. There is an additional annual membership fee of \$68.00 for children, and \$73.00 for adults, payable to Chito Ryu Association of Ontario. All new registrants are to register in the Beginner Level class. Students will then progress through the ranking system, and move onto the later class times.

WSCC Banquet Hall

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T,Th	Apr 15-Jun 26	5:30pm-6:30pm	10wks	55303	\$143.00
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## Karate - Beginner 6 - 8 yrs

At least 6 but less than 9

If you have ever wanted to train, have fun and learn how to defend yourself, Karate will help you achieve all three! With a blend of hard and soft skills our teacher Mr. Pereira will help you first achieve a foundational level of movement skills, then build toward foundational martial arts applications provided to help you strengthen your mind and body. Primarily focused on a traditional Go Ju Ryu heritage Mr. Pereira has also interwoven ground work and self defense applications into his work which creates a balanced approach to martial arts training.

DNT Banquet Hall

Th	Apr 24-Jun 26	6:00pm-7:00pm	10wks	55304	\$59.70
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## Karate - Beginner 9 - 15 yrs

At least 9 but less than 16

## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

If you have ever wanted to train, have fun and learn how to defend yourself, Karate will help you achieve all three! With a blend of hard and soft skills our Karate Instructor Mr. Pereira will help you first achieve a foundational level of movement skills, then build toward foundational martial arts applications provided to help you strengthen your mind and body. Primarily focused on a traditional Go Ju Ryu heritage Mr. Pereira has also interwoven ground work and self defense applications into his work which creates a balanced approach to martial arts training.

DNT Banquet Hall

Th	Apr 24-Jun 26	5:00pm-6:00pm	10wks	55305	\$59.70
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### **Karate - Intermediate 6 - 17 yrs**

At least 6 but less than 18

Chito Ryu karate was developed by Dr Chitose in Okinawa Japan. Dr Chitose developed this style of karate to promote physical and mental health for all ages and abilities. Karate promotes self discipline, builds confidence, helps relieve stress, and instills respect for ones self and others. Sensei Dennis Golka has been studying Chito Ryu for over thirty years. Pickering Chito Kai is a member of Chito Ryu Association of Ontario Karate Ontario and Karate Canada. There is an additional annual membership fee of \$35.00, payable to Chito Ryu Association of Ontario. All new registrants are to register in the Beginner Level class. Students will then progress through the ranking system, and move onto the later class times.

WSSC Banquet Hall

T,Th	Apr 15-Jun 26	6:30pm-7:30pm	11wks	55306	\$143.00
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### **Sport FUN-Damentals 4 - 6 yrs**

At least 4 but less than 7

Children will have tons of fun while learning the fundamentals of throwing, catching, hitting and kicking a ball. Some of the activities will include indoor soccer games, basketball, dodgeball, tag, octopus and other fun games that will give kids both fun and fitness!

DHS West Gymnasium (Main)

S	Apr 13-Jun 15	6:00pm-7:00pm	10wks	55335	\$79.30
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### **Sport FUN-Damentals 4 - 6 yrs**

At least 4 but less than 7

Children will have tons of fun while learning the fundamentals of throwing, catching, hitting and kicking a ball. Some of the activities will include indoor soccer games, basketball, dodgeball, tag, octopus and other fun games that will give kids both fun and fitness!

PRSS A Gymnasium

T	Apr 15-Jun 10	6:00pm-7:00pm	9wks	55336	\$71.37
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### **Sport FUN-Damentals 4 - 6 yrs**

At least 4 but less than 7

Children will have tons of fun while learning the fundamentals of throwing, catching, hitting and kicking a ball. Some of the activities will include indoor soccer games, basketball, dodgeball, tag, octopus and other fun games that will give kids both fun and fitness!

SMCSS C Gymnasium

Th	Apr 17-Jun 19	6:15pm-7:15pm	9wks	55334	\$71.40
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### **Sport FUN-Damentals 4 - 6 yrs**

At least 4 but less than 7



## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

Children will have tons of fun while learning the fundamentals of throwing, catching, hitting and kicking a ball. Some of the activities will include indoor soccer games, basketball, dodgeball, tag, octopus and other fun games that will give kids both fun and fitness!

WDPS Gymnasium

T	Apr 15-Jun 17	6:00pm-7:00pm	10wks	55337	\$79.30
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### Ultimate Ninja 7 - 11 yrs

At least 7 but less than 11y 11m

Train like a 'NINJA' in one action packed class! Balance, climb, crawl, jump, run and MASTER THE OBSTACLES. Develop skills that can prepare for participation in other sports while having a HEAP OF FUN!

CHDRC Mat Room

T	Apr 15-Jun 17	7:30pm-8:30pm	10wks	55488	\$113.30
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Th	Apr 17-Jun 19	7:00pm-8:00pm	10wks	55525	\$113.30
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### Volleyball 10 - 13 yrs

At least 10 but less than 14

This program gives youth an opportunity learn the skills required to play volleyball. If you are just learning, or you want practice to join a school team this program is for you. Group will be divided into level 1 and level 2.

DHS West Gymnasium (Main)

Sa	Apr 12-Jun 14	12:30pm-2:00pm	10wks	55341	\$79.30
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### Volleyball 10 - 13 yrs

At least 10 but less than 14

This program gives youth an opportunity learn the skills required to play volleyball. If you are just learning, or you want practice to join a school team this program is for you. Group will be divided into level 1 and level 2.

DNT Banquet Hall

T	Apr 15-Jun 17	7:00pm-8:30pm	10wks	55342	\$118.95
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### Volleyball 10 - 13 yrs

At least 10 but less than 14

This program gives youth an opportunity learn the skills required to play volleyball. If you are just learning, or you want practice to join a school team this program is for you. Group will be divided into level 1 and level 2.

ESCC Gymnasium

F	Apr 11-Jun 20	4:30pm-6:00pm	10wks	55340	\$118.95
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### Zumba Kids® 5-10 yrs

At least 5 but less than 11

This class is a rockin', high-energy dance party packed with kid-friendly choreography. Kids will get the chance to have fun and socialize with friends while they jam out to their favorite music. Classes incorporate key childhood development elements such as leadership, respect, team work, self-esteem, memory, creativity, coordination, and balance.

CHDRC Fitness Studio A

Sa	Apr 12-May 31	11:45am-12:15pm	8wks	55750	\$56.00
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# 2025 Spring Leisure

Programs listed may be subject to change.

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## Family

### Dance

#### Parent & Child Hip Hop 6 - 12 yrs

18 and up

Hip Hop is a very high energy dance form that is great for cardiovascular exercise. This is a great way to combine fitness and fun! The class will consist of a cardio warm up, stretches and dance combinations. This is the perfect way to get in shape while listening to good music, learning cool moves and have a great time! The parent registers for this program - one child is free. Additional children register in separate program.

DBA Banquet Hall

M	Apr 14-Jun 23	7:45pm-8:30pm	9wks	55467	\$123.75
Additional Child	55468	\$36.62			

## Family

### Special Interest

#### Home Alone 10 - 14 yrs

18 and up

This program is designed for parents along with their children, to learn the skills required to stay home alone, whether just after school or for longer periods of time. Covers: personal safety, emergencies and how to deal with them, responsibilities of the child, house rules, and problem solving. The parent registers for this program - one child is free. Additional children register in separate program.

DBA Banquet Hall

Sa	Jun 14-Jun 14	9:30am-4:00pm	1wks	55298	\$64.00
Additional Child	55297	\$14.00			

## Family

### Sports & Active Programs

#### Badminton Parent & Child (Exp Req'd) 10 - 17 yrs

At least 10 but less than 70

Some experience required playing badminton: Further develop various badminton shots such as clears, drops, smashes, net shots and lifts. Learn to hit the bird with the same level of consistency and move around the court with proper footwork. Bring your own racquet, badminton birds will be supplied.

DHS West Gymnasium (Main)

Sa	Apr 12-Jun 14	9:15am-10:45am	10wks	55283	\$238.00
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## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

**Additional Child**55284 \$119.00

### Family Fit Yoga 6+

18 and up

This Hatha - style class is designed to introduce Yoga and its benefits, both physical and mental, to all participating family members. Yoga has been shown to increase strength, flexibility, balance, and body awareness. No previous experience with yoga necessary. Registration includes parent and one child.

CHDRC Fitness Studio C

F Apr 25-Jun 13 7:00pm-7:50pm 8wks 55633 \$119.00

**Additional Child**55632 \$34.00

## Preschool

### Arts

#### \*NEW\* Messy Art 1 - 3 yrs

At least 1 but less than 3

Come join us to explore and play through art! Your little ones will have the opportunity to experience play through nature, sensory and creative arts. This class will encourage children to use their imagination and have social play with other children while creating art unique to them!

CHDRC Creative Centre

S Apr 13-Jun 15 3:30pm-4:45pm 10wks 55563 \$137.75

#### P&T Messy Art 1 - 3 yrs

At least 1 but less than 4

Get ready for a colorful and messy adventure in this Parent & Tot art class! Designed for children ages 1-3, this hands-on program invites little ones to explore their creativity through painting, finger painting, and various sensory art activities. Parents and caregivers will join in the fun, helping tots discover textures, colors, and shapes while making unique art projects. The mess is on us!

CHDRC Creative Centre

T Apr 15-Jun 17 1:30pm-2:45pm 10wks 55478 \$166.50

## Preschool

### Creative Play

#### \*NEW\* Kindergarten Kickstart (2.5 - 5 yrs)

At least 2 1/2 but less than 5y 11m

This 2-day program introduces children to the routines and expectations of kindergarten and is designed to give them a head start for school. Through hands-on activities, children will explore colours, numbers, letters, shapes, and early writing skills. They also focus on building self-help skills like following routines, managing belongings, and practicing good hygiene, while helping kids develop social skills through

## 2025 Spring Leisure

Programs listed may be subject to change.

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interactive play and group activities. It's a fun and supportive way to prepare for the exciting transition to kindergarten! Please Note: Children must be fully toilet trained to participate in this program.

CHDRC Creative Centre

T,Th	Apr 15-Jun 19	9:15am-11:30am	10wks	55470	\$289.50
W,F	Apr 11-Jun 20	12:40pm-2:55pm	11wks	55493	\$289.50

### **\*NEW\* Tiny Tots Story Adventure 3yrs - 6yrs**

At least 3 but less than 6y 11m

Tiny Tots Story Adventure is designed for children aged 3-6 who love to listen to stories and go on imaginative adventures. The stories will be brought to life through interactive activities such as role-playing, puppet shows, and creative arts. Join us to enter into the magical world of endless fun with books!

CHDRC Creative Centre

M	Apr 14-Jun 23	5:00pm-6:15pm	9wks	55567	\$123.98
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### **Adventure Kids 6mth - 5yrs**

At least 6m but less than 5y 11m

Adventure Kids is an interactive class designed for children who love to create, play and explore. During the class children will have the opportunity to engage in free play and crafts that promote physical, social and cognitive development. These activities may include music and movement, sensory play, creative crafts and story time. The class is structured to accommodate different age groups and skill levels, with activities tailored to meet the unique needs of each child. Adventure Kids is perfect for those who love to explore in a fun, stimulating and engaging way!

CHDRC Creative Centre

S	Apr 13-Jun 15	11:30am-1:45pm	10wks	55435	\$193.64
M	Apr 14-Jun 16	9:00am-11:00am	8wks	55564	\$137.70
W	Apr 16-Jun 18	10:00am-12:15pm	10wks	55491	\$193.64
F	Apr 25-Jun 27	9:00am-11:15am	10wks	55526	\$193.64
Sa	Apr 19-Jun 21	10:30am-12:45pm	10wks	55544	\$193.64

### **Exploring French 4 - 6 yrs**

At least 4 but less than 6y 11m

This playful beginner course introduces young children to basic French words and phrases through games, songs, and creative activities. Kids will explore greetings, colors, numbers, and more while enjoying crafts and movement-based fun. Designed for ages 4-6, the program encourages curiosity and builds confidence in a supportive, engaging environment. No prior French experience is needed

CHDRC Meeting Room 4

Sa	Apr 19-Jun 28	3:30pm-4:30pm	10wks	55553	\$99.18
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### **Exploring Math 4 - 6 yrs**

At least 4 but less than 6y 11m

Make math interesting while giving your child a head start at school. Your child will enjoy exploring different concepts including addition, subtraction, measurement, weight, fractions and patterning in a fun filled environment. Please note children must be toilet trained to participate in this program.

CHDRC Creative Centre

S	Apr 13-Jun 15	3:15pm-4:15pm	10wks	55441	\$110.20
Sa	Apr 19-Jun 21	3:30pm-4:30pm	10wks	55554	\$110.20

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Programs listed may be subject to change.

2/24/2025

### Exploring Math 4 - 6 yrs

At least 4 but less than 6y 11m

Make math interesting while giving your child a head start at school. Your child will enjoy exploring different concepts including addition, subtraction, measurement, weight, fractions and patterning in a fun filled environment. Please note children must be toilet trained to participate in this program.

CHDRC Creative Centre

T	Apr 15-Jun 17	5:45pm-6:45pm	10wks	55485	\$110.20
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### Going Wild 3.5 - 6 yrs

At least 3 1/2 but less than 6y 11m

This program is designed for children who have an interest in the natural world. Each week, your child will have fun learning about a new 'wildly' exciting topic. From animals to dinosaurs and even the changing seasons, each topic will be explored through various activities, stories, songs and crafts. Please note children must be toilet trained to participate in this program.

CHDRC Creative Centre

M	Apr 14-Jun 23	6:30pm-7:30pm	9wks	55464	\$99.18
W	Apr 16-Jun 18	4:00pm-5:00pm	10wks	55496	\$110.20

### Going Wild 3.5 - 6 yrs

At least 3 1/2 but less than 7

This program is designed for children who have an interest in the natural world. Each week, your child will have fun learning about a new 'wildly' exciting topic. From animals to dinosaurs and even the changing seasons, each topic will be explored through various activities, stories, songs and crafts. Please note children must be toilet trained to participate in this program. Only program participants will be permitted into the Program room (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Creative Centre

S	Apr 13-Jun 15	4:30pm-5:30pm	10wks	55444	\$110.20
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### Intro to French 4 - 6 yrs

At least 4 but less than 6y 11m

This fun and engaging program is designed to introduce children to the French language. Through exciting games and activities, participants will learn basic French vocabulary in a playful and interactive way. No prior knowledge of French is required—just bring your curiosity and enthusiasm.

CHDRC Meeting Room 2

T	Apr 15-Jun 24	4:45pm-5:45pm	9wks	55483	\$110.20
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### Kindergarten's Coming (2.5-5 yrs)

At least 4 but less than 5y 11m

Help prepare your child for school by introducing them to foundational concepts such as writing, colors, numbers, letters, and shapes, while encouraging independence and socialization skills. Please note, participants must be potty trained to join this program.

CHDRC Creative Centre

T	Apr 15-Jun 17	3:15pm-5:30pm	10wks	55480	\$193.64
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## 2025 Spring Leisure

Programs listed may be subject to change.

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### Kindergarten's Coming - French 3 - 5 yrs

At least 3 but less than 5y 11m

Get your child ready for school with our engaging program that introduces the fundamentals of writing, colours, numbers, letters, and shapes, while promoting independence and social skills. Specifically designed for children entering French Immersion, this class will help them build a strong foundation in both academics and socialization, all while being immersed in the French language.

CHDRC Creative Centre

Sa	Apr 19-Jun 21	1:00pm-3:15pm	10wks	55550	\$193.64
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### Kindergarten's Coming - French 3 - 5 yrs

At least 3 but less than 6y 11m

Prepare your child for school with the introduction to writing and the basics of colours, numbers, letters, and shapes while fostering independence and socialization. Program is designed for those entering French Immersion. French language will be spoken.

CHDRC Creative Centre

Sa	Apr 19-Jun 21	10:30am-12:45pm	10wks	55545	\$188.00
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### Kindergarten's Coming 2.5 - 5 yrs

At least 2 1/2 but less than 5y 11m

Help prepare your child for school by introducing them to foundational concepts such as writing, colors, numbers, letters, and shapes, while encouraging independence and socialization skills. Please note, participants must be potty trained to join this program.

CHDRC Creative Centre

Th	Apr 17-Jun 19	12:00pm-2:15pm	10wks	55512	\$193.64
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### Kindergarten's Coming 2.5 - 5 yrs

At least 2 1/2 but less than 6

Help prepare your child for school by introducing them to foundational concepts such as writing, colors, numbers, letters, and shapes, while encouraging independence and socialization skills. Please note, participants must be potty trained to join this program.

CHDRC Creative Centre

S	Apr 13-Jun 15	9:00am-11:15am	10wks	55430	\$193.64
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### Little Scientists 3.5 - 6 yrs

At least 3 but less than 6y 11m

Children will have a hands-on experience investigating and learning the fun that science has to offer. We will be exploring STEM (science, technology, engineering & math). This program focuses on children's cognitive and social development as they learn new topics through fun and exciting activities. Please note: children must be toilet trained to enroll for this class

CHDRC Creative Centre

W	Apr 16-Jun 18	6:30pm-7:30pm	10wks	55503	\$110.20
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### Little Scientists 3.5 - 6 yrs

At least 3 but less than 7

Children will have a hands-on experience investigating and learning the fun that science has to offer. We will be exploring STEM (science, technology, engineering & math). This program focuses on children's

## 2025 Spring Leisure

Programs listed may be subject to change.

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cognitive and social development as they learn new topics through fun and exciting activities. Please note: children must be toilet trained to enroll for this class

CHDRC Creative Centre

W	Apr 16-Jun 18	5:15pm-6:15pm	10wks	55499	\$110.20
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### Little Scientists 3.5 - 6 yrs

At least 3 but less than 7

Children will have a hands-on experience investigating and learning the fun that science has to offer. We will be exploring STEM (science, technology, engineering & math). This program focuses on children's cognitive and social development as they learn new topics through fun and exciting activities. Please note: children must be toilet trained to enroll for this class

DNT Banquet Hall

S	Apr 13-Jun 15	3:00pm-4:00pm	10wks	55558	\$110.20
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### Little Scientists 3.5 - 6 yrs

At least 3 1/2 but less than 6y 11m

Children will have a hands-on experience investigating and learning the fun that science has to offer. We will be exploring STEM (science, technology, engineering & math). This program focuses on children's cognitive and social development as they learn new topics through fun and exciting activities. Please note: children must be toilet trained to enroll for this class.

CHDRC Creative Centre

M	Apr 14-Jun 23	5:30pm-6:30pm	9wks	55462	\$99.18
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### Musical Munchkins 3 - 5 yrs

At least 3 but less than 5y 11m

Children will be introduced to the world of music through songs, games, instruments, and hands-on activities. This fun, interactive program helps develop rhythmic awareness and listening skills, with plenty of sing-alongs and musical exploration.

CHDRC Creative Centre

M	Apr 14-Jun 23	2:30pm-3:30pm	9wks	55455	\$99.18
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### Reading Rangers 4 - 6 yrs

At least 4 but less than 6y 11m

Children will enjoy exploring the art of reading through phonetic sounds, rhyming words and stories while building confidence and independence. Please note children must be toilet trained to participate in this program.

CHDRC Creative Centre

Th	Apr 17-Jun 19	5:15pm-6:15pm	10wks	55522	\$110.20
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### Reading Rangers 4 - 6 yrs

At least 4 but less than 7

Children will enjoy exploring the art of reading through phonetic sounds, rhyming words and stories while building confidence and independence. Please note children must be toilet trained to participate in this program.

CHDRC Creative Centre

S	Apr 13-Jun 15	2:00pm-3:00pm	10wks	55439	\$110.20
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## 2025 Spring Leisure

Programs listed may be subject to change.

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### Toddler Time 2yrs - 5yrs

At least 2 but less than 5y 11m

Toddler Time is designed to be an inclusive and interactive for children ages 2-5 who are eager to explore and play with activities customized to fit each child's abilities. Children will have the opportunity to develop important skills such as problem solving, critical thinking and physical coordination in a fun and challenging environment through creative play.

CHDRC Creative Centre

M	Apr 14-Jun 23	11:15am-12:30pm	9wks	55450	\$123.98
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### Tots in Action 3 - 5 yrs

At least 3 but less than 5y 11m

Children will enjoy one hour of Creative Play and one hour of Kindergym, with specialized instruction for each. This active program is terrific for energetic children. Creative Play offers weekly theme based crafts, stories and songs. Please note children must be toilet trained to participate in this program.

CHDRC Mat Room

W	Apr 16-Jun 18	9:00am-11:00am	10wks	55490	\$180.25
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### Tots in Action 3 - 5 yrs

At least 3 but less than 6

Children will enjoy one hour of Creative Play and one hour of Kindergym, with specialized instruction for each. This active program is terrific for energetic children. Creative Play offers weekly theme based crafts, stories and songs. Children must be toilet trained to participate in this program.

CHDRC Mat Room

F	Apr 25-Jun 20	10:30am-12:30pm	9wks	55529	\$180.25
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### Tots in Action 3 - 5 yrs

At least 3 but less than 6

Children will enjoy one hour of Creative Play and one hour of Kindergym, with specialized instruction for each. This active program is terrific for energetic children. Creative Play offers weekly theme based crafts, stories and songs. Please note children must be toilet trained to participate in this program.

CHDRC Mat Room

W	Apr 16-Jun 18	2:00pm-4:00pm	10wks	55495	\$180.25
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### Tummy Time 6mon - 12 mon

At least 6m but less than 1y 1m

Tummy Time is a movement class for infants who are 6 months old and ready to explore the world around them. During the class infants will engage in tummy time exercises that will help them build important muscles in their neck and upper body. Our instructors are there to guide your child every step of the way, providing a safe and supportive environment where they can learn and grow!

CHDRC Creative Centre

Th	Apr 17-Jun 19	4:00pm-5:00pm	10wks	55520	\$146.00
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### Writing Wizards 4 - 6 yrs

At least 4 but less than 6y 11m

Help your child gain confidence in writing by strengthening their fine motor skills through fun exercises and activities in an exciting (learning) environment. Please note children must be toilet trained to



## 2025 Spring Leisure

Programs listed may be subject to change.

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participate in this program. Please wait by the entrance of the Recreation Complex for you/your child to be screened. Also, please note that All person who are 10 yrs. + must be wearing a mask at all times within the Recreation Complex and masks are strongly recommended for all ages.

CHDRC Creative Centre

Th	Apr 17-Jun 19	6:30pm-7:30pm	10wks	55524	\$110.20
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## Preschool

### Dance

#### Creative Steps 3 - 5 yrs

At least 3 but less than 5y 11m

This program is the perfect way to introduce young children to the joy of dance! With an emphasis on fun, our instructors guide little ones through the basics of movement, rhythm, and dance fundamentals.

Participants will love moving and grooving to popular children's music, all while developing coordination, confidence, and a love for dancing! Dress code: Tights, leotard, running shoes. It is recommended that students arrive pre-dressed for class.

DBA Banquet Hall

W	Apr 16-Jun 18	5:15pm-5:45pm	10wks	55498	\$68.00
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#### Creative Steps 3 - 5 yrs

At least 3 but less than 5y 11m

This program is the perfect way to introduce young children to the joy of dance! With an emphasis on fun, our instructors guide little ones through the basics of movement, rhythm, and dance fundamentals.

Participants will love moving and grooving to popular children's music, all while developing coordination, confidence, and a love for dancing! Dress code: Tights, leotard, running shoes. It is recommended that students arrive pre-dressed for class.

ESCC Community Room

T	Apr 15-Jun 17	4:45pm-5:15pm	10wks	55482	\$68.00
Sa	Apr 19-Jun 21	9:15am-9:45am	10wks	55539	\$68.00

#### Pre-Ballet 3.5 - 5 yrs

At least 3 1/2 but less than 5y 11m

This introductory dance program emphasizes fun, creative movement, and physical literacy within a dance environment. Children will participate in various Ballet moves and activities, which will foster a love for dance. Dress Code: Tights, leotard, ballet slippers. Please come pre-dressed for class.

ESCC Community Room

Sa	Apr 19-Jun 28	10:00am-10:45am	10wks	55542	\$81.38
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#### Pre-Ballet 3.5 - 5 yrs

At least 3 1/2 but less than 5y 11m

This introductory dance program emphasizes fun, creative movement, and physical literacy within a dance environment. Children will participate in various Ballet moves and activities, which will foster a love for dance. Dress Code: Tights, leotard, ballet slippers. Please come pre-dressed for class.

ESCC Community Room

T	Apr 15-Jun 17	5:30pm-6:15pm	10wks	55484	\$81.38
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## 2025 Spring Leisure

Programs listed may be subject to change.

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### Pre-Ballet 3.5 - 5 yrs

At least 3 1/2 but less than 6

This introductory dance program emphasizes fun, creative movement, and physical literacy within a dance environment. Children will participate in various Ballet moves and activities, which will foster a love for dance. Dress Code: Tights, leotard, ballet slippers. Please come pre-dressed for class.

DNT Banquet Hall

F	Apr 25-Jun 20	5:00pm-5:45pm	9wks	55533	\$73.24
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## Preschool

### Parent & Tot

#### P&T Artful Toddler 18 mos - 3 yrs

At least 1 1/2 but less than 3y 11m

Join your little one for a hands-on, creative adventure in this Parent & Tot program! Together, you'll enjoy making crafts, experimenting with painting materials, and exploring senses through sand and water play. After all the fun, settle down with a calming story, snack, and songs. It's the perfect blend of creativity, sensory exploration, and bonding time for you and your child!

CHDRC Creative Centre

M	Apr 14-Jun 23	1:00pm-2:15pm	9wks	55453	\$149.85
Sa	Apr 19-Jun 21	9:00am-10:15am	10wks	55538	\$166.50

#### P&T Bouncin' Buddies 2 - 3.5 yrs

At least 2 but less than 3 1/2

This action-packed Parent & Tot program is designed for little ones with lots of energy! Through fun, play-based activities, your child will develop important motor skills, build strength, and improve balance and coordination. As they explore our mat room and engage in social play, they'll also boost their self-confidence in a supportive environment. This program is perfect for tots who love to move and interact with others! Please Note: Only registered participants are allowed in this program (no siblings).

CHDRC Mat Room

S	Apr 13-Jun 15	10:00am-10:45am	10wks	55432	\$99.90
M	Apr 14-Jun 30	9:15am-10:00am	10wks	55446	\$99.90
T	Apr 15-Jun 17	10:15am-11:00am	10wks	55474	\$99.90
Th	Apr 17-Jun 19	9:15am-10:00am	10wks	55508	\$99.90
F	Apr 25-Jun 20	9:30am-10:15am	9wks	55527	\$89.91
Sa	Apr 19-Jun 21	9:15am-10:00am	10wks	55541	\$99.90

#### P&T Music and Movement 1 - 2 yrs

At least 1 but less than 3

Enhance your child's development and love of music through exciting songs, dances and movement games. In this program, you and your child will enjoy an array of different musical styles using instruments, finger play and rhymes. Please note that only registered participants are allowed in the program room (no siblings).

CHDRC Creative Centre

M	Apr 14-Jun 23	11:45am-12:30pm	9wks	55566	\$89.91
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## 2025 Spring Leisure

Programs listed may be subject to change.

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### P&T Silly Tot Science 1.5 - 3 yrs

At least 1 1/2 but less than 3y 11m

Dive into the world of wacky, hands-on science with your little one in this Parent & Tot class! Designed for ages 1.5-3, this program features simple and silly science experiments that are sure to spark curiosity and giggles. From fizzy reactions to gooey substances, children will explore basic science concepts through fun, interactive activities—all while bonding with their parents/caregivers in a playful environment!

CHDRC Creative Centre

T	Apr 15-Jun 17	11:45am-1:00pm	10wks	55476	\$166.50
Th	Apr 17-Jun 19	2:30pm-3:45pm	10wks	55517	\$166.50

### P&T Storytime & Play (ages 1.5-3 yrs)

At least 1 1/2 but less than 3y 11m

A calming and educational program where parents and tots gather for interactive storytime followed by themed playtime activities. After reading a story, tots can participate in related crafts, toys, or sensory activities that bring the book to life.

CHDRC Creative Centre

Th	Apr 17-Jun 19	4:00pm-5:00pm	10wks	55519	\$133.20
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### P&T Tumble Tots 12 - 24 mos

At least 1 but less than 2

This high-energy program is all about fun and adventure! Through play, your child will climb, crawl, and conquer a variety of exciting obstacles, all while building strength and confidence. Perfect for adventurous toddlers, this class also fosters social skills, encouraging positive interactions and friendships with other little ones. Please note that only registered participants are allowed in this program (no siblings).

CHDRC Mat Room

M	Apr 14-Jun 23	10:30am-11:15am	9wks	55449	\$89.91
W	Apr 16-Jun 18	11:30am-12:15pm	10wks	55492	\$99.90

### P&T Tumble Tots 12- 24 mos

At least 1 but less than 2

This high-energy program is all about fun and adventure! Through play, your child will climb, crawl, and conquer a variety of exciting obstacles, all while building strength and confidence. Perfect for adventurous toddlers, this class also fosters social skills, encouraging positive interactions and friendships with other little ones. Please note that only registered participants are allowed in this program (no siblings).

CHDRC Mat Room

S	Apr 13-Jun 15	9:00am-9:45am	10wks	55431	\$99.90
T	Apr 15-Jun 17	9:15am-10:00am	10wks	55471	\$99.90

### P&T Wiggles ' N Giggles 6 mos - 12 mos

At least 6m but less than 1

This fun-filled program is all about bonding, play, and laughter as caregivers and tots come together to sing songs, dance, and enjoy interactive activities. With a little exercise mixed in, both grown-ups and little ones will have the chance to move, groove, and socialize in a joyful, supportive environment. Please note that only registered participants are allowed in this program (no siblings).

CHDRC Mat Room

T	Apr 15-Jun 17	1:30pm-2:15pm	10wks	55479	\$99.90
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# 2025 Spring Leisure

Programs listed may be subject to change.

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## P&T Wiggles ' N Giggles 6 mos - 12mos

At least 6m but less than 1

This fun-filled program is all about bonding, play, and laughter as caregivers and tots come together to sing songs, dance, and enjoy interactive activities. With a little exercise mixed in, both grown-ups and little ones will have the chance to move, groove, and socialize in a joyful, supportive environment. Please note that only registered participants are allowed in this program (no siblings).

CHDRC Mat Room

Th	Apr 17-Jun 19	1:15pm-2:00pm	10wks	55515	\$99.90
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# Preschool

## Sports & Active Programs

### Intro to Junior Gymnastics 3 - 4 yrs

At least 3 but less than 4y 11m

This action packed program exposes children to fundamental gymnastic skills through emphasizing fun, fitness, and friendship! This is a great introduction class to the Gymnastics programs.

CHDRC Mat Room

Th	Apr 17-Jun 19	2:15pm-3:00pm	10wks	55516	\$84.98
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### Jumpin' Jax 3 - 4 yrs

At least 3 but less than 4y 11m

Your child will explore basic movement patterns through music, exercise, gymnastics, and play in this energetic and engaging class. They'll develop key skills such as balance, strength, flexibility, and coordination—all while enjoying the freedom of participating independently. It's the perfect way to burn energy, build confidence, and make new friends in a fun, supportive environment!

CHDRC Mat Room

S	Apr 13-Jun 15	11:00am-12:00pm	10wks	55434	\$113.30
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### Jumpin' Jax 3 - 4 yrs

At least 3 but less than 5

Your child will explore basic movement patterns through music, exercise, gymnastics, and play in this energetic and engaging class. They'll develop key skills such as balance, strength, flexibility, and coordination—all while enjoying the freedom of participating independently. It's the perfect way to burn energy, build confidence, and make new friends in a fun, supportive environment!

CHDRC Mat Room

W	Apr 16-Jun 18	12:45pm-1:45pm	10wks	55494	\$113.30
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### Junior Gymnastics 4 - 6 yrs

At least 4 but less than 6y 11m

This class introduces young children to the basics of gymnastics, focusing on building strength, flexibility, balance, and coordination. Through age-appropriate activities and equipment, children will develop important motor skills while learning the fundamentals of floor exercises, balance beam, and simple

## 2025 Spring Leisure

Programs listed may be subject to change.

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tumbling. It's a great way for little ones to stay active, have fun, and build confidence in a safe, encouraging environment!

CHDRC Mat Room

S	Apr 13-Jun 15	12:15pm-1:15pm	10wks	55437	\$113.30
M	Apr 14-Jun 23	4:00pm-5:00pm	9wks	55458	\$101.97
Sa	Apr 19-Jun 21	1:15pm-2:15pm	10wks	55551	\$113.30
Sa	Apr 19-Jun 21	4:00pm-5:00pm	10wks	55555	\$113.30

### Ninja Kids 3-5 yrs

At least 3 but less than 5y 11m

Get ready to train like a Ninja in this exciting, action-packed class! Kids will balance, climb, crawl, jump, and run through a series of fun obstacles, all while building strength, agility, and coordination. This high-energy program not only helps kids develop essential skills for Ninja-like moves but also prepares them for success in other sports and activities.

CHDRC Mat Room

T	Apr 15-Jun 17	4:30pm-5:30pm	10wks	55481	\$113.30
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### Ninja Kids 3-5 yrs.

At least 3 but less than 5y 11m

Get ready to train like a Ninja in this exciting, action-packed class! Kids will balance, climb, crawl, jump, and run through a series of fun obstacles, all while building strength, agility, and coordination. This high-energy program not only helps kids develop essential skills for Ninja-like moves but also prepares them for success in other sports and activities.

CHDRC Mat Room

M	Apr 14-Jun 23	2:45pm-3:45pm	9wks	55456	\$101.97
Th	Apr 17-Jun 19	10:30am-11:30am	10wks	55511	\$113.30
Th	Apr 17-Jun 19	4:30pm-5:30pm	10wks	55521	\$113.30

### Ninja Kids 3-5 yrs.

At least 3 but less than 5y 11m

Participants will train like a Ninja in this action packed class! Balance, climb, crawl, jump, run, and master the obstacles! Kids will also develop skills that can help prepare them for various other sports activities while having a heap of fun!

CHDRC Mat Room

Th	Apr 24-Jun 26	3:15pm-4:15pm	10wks	55575	\$110.00
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### P&T Superkids 1.5 - 3 yrs

At least 1y 2m but less than 3y 11m

Prepare for action in this super training class! Balance, climb, crawl, jump, run, and master the obstacles! Skills developed in this class can help prepare children for participation in various sports activities while having a heap of fun!

CHDRC Mat Room

F	Apr 25-Jun 20	12:45pm-1:30pm	9wks	55531	\$89.91
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### Superkids 3 - 5 yrs

At least 3 but less than 5y 11m

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Programs listed may be subject to change.

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Prepare for action in this super training class! Balance, climb, crawl, jump, run, and master the obstacles! Skills developed in this class can help prepare children for participation in various sports activities while having a heap of fun!

CHDRC Mat Room

T	Apr 15-Jun 17	11:15am-12:15pm	10wks	55475	\$113.30
Th	Apr 17-Jun 19	12:00pm-1:00pm	10wks	55513	\$113.30

### **Tumble Tots 3 - 4 yrs**

At least 3 but less than 4y 11m

This program is a great transition class for those who have graduated from P&T classes. This action-packed program exposes children to fundamental gymnastic skills, circuits and emphasizes fun, fitness, and friendship and helps prepare for Junior Gymnastics and Ninja Kids classes.

CHDRC Mat Room

Th	Apr 17-Jun 19	3:15pm-4:00pm	10wks	55518	\$84.98
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## Teen

### Arts

#### **\*NEW\* Pottery - Wheel (Introduction) 12 - 17 yrs**

At least 12 but less than 18

Learn how to sculpt, plan, design and build your own projects using clay. Participants will learn the basic techniques on the pottery wheel and take home projects that are twice fired. Make everything from cups and plates, to anything that is microwave and dishwasher friendly!

CHDRC Pottery Studio

F	Apr 11-Jun 20	5:00pm-6:30pm	10wks	55271	\$224.10
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#### **Art 11 - 16 yrs**

At least 11 but less than 17

Our experienced instructor will help participants fine tune existing skills and learn new methods to create still life drawings, portraits, landscapes and abstracts using a variety of media including pencil, watercolour and acrylics on paper and canvas. Supply list will be provided at first class. (approximately \$35).

CHDRC Art Studio

Sa	Apr 12-Jun 14	2:00pm-3:30pm	10wks	55350	\$109.49
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## Teen

### Leadership

#### **Babysitter Training Course 11 - 15 yrs**

At least 11 but less than 16

## 2025 Spring Leisure

Programs listed may be subject to change.

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This program is designed for youth to learn the skills required to provide care for younger children as well as prevent and respond to a variety of emergencies. With a certificate awarded upon course completion this program will also allow youth to better promote themselves to prospective parents as a qualified babysitter. Participants are to bring a doll or stuffed animal, and pen/notepad to each class.

DBA Banquet Hall

Sa	Apr 19-Apr 19	9:00am-4:00pm	1wks	55275	\$69.00
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## Teen

### Special Interest

#### Cooking and Baking for Teens 12 - 17 yrs

At least 12 but less than 18

Let's get excited about food. Participants will learn proper cooking techniques and make happy, healthy meals from scratch. Each week will be a new recipe and a new experience. Participants will take home their own recipe book to recreate the meals at home.

GALCC Helen Paris Room

T	Apr 15-May 20	4:30pm-6:00pm	6wks	55289	\$109.00
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#### Electronics & Robotics - Level 2 10 - 15 yrs

At least 10 but less than 16

This program builds on skills learned in level 1. Topics will include; magnetic fields, electro-magnets, electronics components, and various sensor technology such as light/color sensors, ultrasonic sensors and touch sensors in robotic applications. Also covered in this program are electrical circuit operation, circuit drawing, identify parts of an electronics wheel of fortune project and building project wiring/connection of parts.

ESCC Meeting Room 4

M	Apr 7-Jun 23	7:35pm-9:05pm	10wks	55295	\$246.30
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#### Electronics & Robotics - Level 3/4 12+

At least 12 but less than 99

Building on skills learned in levels 1 & 2, participants will learn about how digital logic circuits work, explore different types of micro-controllers and how to program them. Participants will build advanced robots and learn to program them using graphical programming or using 'C' languages. Some of the topics that will be covered in this program are; Electrical Circuit operation, Circuit drawing, and building project by wiring/connection of parts. Please note that you must have previously taken level 1 & level 2 prior to taking level 3.

ESCC Meeting Room 4

M	Apr 7-Jun 23	7:35pm-9:05pm	10wks	55296	\$246.30
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# 2025 Spring Leisure

Programs listed may be subject to change.

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## Teen

### Sports & Active Programs

#### Teen Strength Training 13- 17 yrs

At least 13 but less than 17

Learn how to train large muscle groups as well as safe techniques for effective exercising. This program includes an educative class component with elements of proper gym etiquette, training principles and proper equipment use. Workout time on cardio equipment, various weight machines and free weights are taught by a trained fitness professional to ensure teens get a chance to apply class skills practically and safely. Upon completion, participants 13-15 yrs old are eligible to be tested- a successful pass means you are ready to purchase your youth health membership at the Rec. Testing is completed during the last class of the session and is not mandatory for those 16 and older. Appropriate workout attire required.

CHDRC Program Room C

S,Sa	May 3-May 11	10:00am-11:30am	3wks	55711	\$60.00
S,Sa	Jun 21-Jun 29	10:00am-11:30am	3wks	55712	\$60.00
S,Sa	Apr 19-Apr 27	10:00am-11:30am	3wks	55713	\$60.00
S,Sa	Jun 7-Jun 15	10:00am-11:30am	3wks	55714	\$60.00
S,Sa	May 24-Jun 1	10:00am-11:30am	3wks	55715	\$60.00

## Youth

#### Pre-Teen Social - Theme TBD - April 25th

At least 10 but less than 14

GALCC Paris and Franklin Rooms

F	Apr 25	7:00pm-10:00pm	55244	\$13.80
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## Youth

### Sports

#### Handball Lessons - Youth

At least 8 but less than 18

4 Wall handball is the ultimate cross training sport. Played on a court, it is a game in which the player hits a ball against the wall alternately by opposing players. It is a great cardiovascular activity that is fast and fun, improves agility and hand-eye coordination, endurance and strength. Equipment will be provided (ball, protective eye wear and gloves if needed).

CHDRC Racquetball Court 7

S	Apr 20-Jun 8	12:00pm-1:00pm	8wks	55644	\$94.00
S	Apr 20-Jun 8	1:00pm-2:00pm	8wks	55645	\$94.00

#### Handball Lessons - Youth

At least 8 but less than 18



## 2025 Spring Leisure

Programs listed may be subject to change.

2/24/2025

Taught by an Ontario Handball Association coach, Handball is the ultimate cross training sport. Played on a court, it is a game in which the player hits a ball against the wall alternately by opposing players. It is a great cardiovascular activity that is fast and fun, improves agility and hand-eye coordination, endurance and strength. Equipment will be provided (ball, protective eye wear and gloves if needed).

CHDRC Racquetball Court 7

S	Apr 27-Jun 29	12:00pm-1:00pm	8wks	56269	\$94.00
S	Apr 27-Jun 29	1:00pm-2:00pm	8wks	56270	\$94.00