

# 2024 Fall Fitness & Leisure Programs

## Adult

### Arts

#### Acrylic Beginners 18+

18 and up

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! A supply list will be provided at first class. (approximately \$35).

CHDRC Art Studio

M	Sep 23-Dec 2	7:00pm-9:00pm	10wks	52672	\$111.00
Th	Sep 26-Nov 28	7:00pm-9:00pm	10wks	52671	\$111.00

#### Crocheting - Introduction 18+

18 and up

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	Sep 28-Nov 30	10:00am-12:00pm	10wks	52687	\$80.00
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#### Fine Details - Beginner 18+

18 and up

Learn how to draw fine detail pieces art from portrait drawings, animals and so much more! Participants will be required to bring their own sketch book, drawing pencils and erasers. Supply list will be provided at first class (approximately \$35).

CHDRC Art Studio

W	Sep 25-Nov 27	7:30pm-9:30pm	10wks	52689	\$111.00
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#### Guitar - Introduction 18+

18 and up

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 Russel Franklin Room

F	Sep 27-Nov 29	7:30pm-8:30pm	10wks	52694	\$77.00
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#### Introduction to Animation Art 18+

18 and up

# 2024 Fall Fitness & Leisure Programs

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.

CHDRC Art Studio

Sa Sep 28-Nov 30 3:15pm-5:15pm 10wks 52699 \$111.00

## Learn to Draw or Improve Your Drawing Skills 18+

18 and up

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 Sep 24-Nov 26 7:00pm-9:00pm 10wks 52709 \$111.00

## Portrait & Figure Drawing/Painting 18+

18 and up

Participants will work with a qualified instructor to enhance existing skills or start learning to draw and paint portraits and figures from personal reference material or as provided. Working with pencil, watercolours, and acrylics, participants will learn to draw and paint full figures with precision and creative flare. A supply list will be provided at first class. (approximately \$35).

CHDRC Art Studio

F Sep 27-Nov 29 5:00pm-7:00pm 10wks 52734 \$112.00

## Pottery Open Studio 18+

18 and up

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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Pottery Studio

S-M,W Sep 16-Dec 30 2:30pm-4:30pm 16wks 52565 \$0.00

## Pottery Wheel (beginner) 18+

18 and up

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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	Sep 24-Nov 26	6:30pm-9:30pm	10wks	52567	\$265.00
Th	Sep 26-Nov 28	6:30pm-9:30pm	10wks	52568	\$265.00

## Pottery Wheel (beginner) 18+

18 and up

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

CHDRC Pottery Studio

M	Sep 23-Dec 2	6:30pm-9:30pm	10wks	52566	\$265.00
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## Pottery Wheel (intermediate) 18+

18 and up

This program is for those 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: All clay must be purchased through the City of Pickering Art Studio - no clay can be brought in from the outside.

CHDRC Pottery Studio

F	Sep 27-Nov 29	6:45pm-9:45pm	10wks	52570	\$265.00
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## Pottery Wheel (intermediate) 18+

18 and up

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: All clay must be purchased through the City of Pickering Art Studio - no clay can be brought in from the outside.

W	Sep 25-Nov 27	6:30pm-9:30pm	10wks	52569	\$265.00
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## Pottery Wheel/Handbuilding 18+

18 and up

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

CHDRC Pottery Studio

W	Sep 25-Nov 27	9:30am-12:30pm	10wks	52575	\$265.00
Th	Sep 26-Nov 28	9:30am-12:30pm	10wks	52576	\$265.00

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## Sewing 18+

At least 18 but less than 99

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 Helen Paris Room

M Sep 23-Dec 2 3:30pm-5:30pm 10wks 52735 \$100.00

## Virtual Ukulele 18+

At least 18 but less than 104

Learn the fundamentals of Ukulele playing, and how to handle and tune the instrument. Develop performance skills as you learn to read music and play popular songs. This program will be offered virtually, via Zoom.

Th Sep 26-Nov 28 11:00am-12:00pm 10wks 52751 \$98.00

## Adult

### Dance

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

18 and up

As this class is for individuals with previous dance experience, the class members will help decide what dances will be taught on the first night. 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 Sep 25-Nov 27 7:15pm-9:15pm 10wks 52680 \$87.00

#### 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 Sep 24-Nov 26 7:15pm-9:15pm 10wks 52681 \$87.00

#### Jazz Recreational - Beginner 30+

30 and up

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.

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ESCC Community Room

M Sep 23-Dec 2 7:15pm-8:15pm 10wks 52701 \$70.00

## Jazz Recreational - Inter/Adv 18+

18 and up

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

DBA Banquet Hall

Th Sep 26-Dec 5 6:45pm-7:45pm 10wks 52702 \$87.00

## Ladies Tap Night - Beginner 18+

18 and up

Learn the fundamentals and become your own percussive instrument. This program provides physical activity, fun, and challenge as you develop your coordination, balance, and strength through a series of foot combinations. No experience is required - this is a beginner level. Tap shoes are required for every class.

ESCC Community Room

M Sep 23-Dec 2 8:30pm-9:30pm 10wks 52704 \$71.00

## Ladies Tap Night - inter/adv 18+

18 and up

This course is for those with previous tap experience and will move at a quicker pace. Tap shoes are required for every class.

ESCC Community Room

T Sep 24-Nov 26 8:00pm-9:00pm 10wks 52705 \$87.00

## Line Dance - Level 1 18+

18 and up

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

GALCC Russel Franklin Room

Th Sep 26-Nov 28 6:45pm-7:45pm 10wks 52713 \$87.00

## Line Dance - Level 2 18+

18 and up

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 Sep 26-Nov 28 8:00pm-9:00pm 10wks 52714 \$87.00

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## Line Dance 18+

At least 18 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.

DNT Banquet Hall

W Sep 25-Nov 27 4:30pm-5:30pm 10wks 52716 \$87.00

## Adult

### Group Fitness Programs

#### \*New\* Yoga - Nidra 13+

13 and up

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

F Sep 20-Nov 8 10:30am-11:30am 8wks 52533 \$87.00

#### Barre & Balance 13+

13 and up

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 Sep 17-Nov 5 10:30am-11:20am 8wks 52390 \$87.00

#### Barre Sculpt 13+

13 and up

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

Wed Sep 18-Nov 6 9:30am-10:20am 8wks 53342 \$87.00

Sa Sep 21-Nov 9 9:30am-10:20am 8wks 52391 \$87.00

#### Cardio Box 13+

13 and up

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

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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	Sep 17-Nov 5	6:00pm-6:50pm	8wks	52393	\$87.00
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## \*New\* Cardio Dance Fit 13+

13 and up

This hybrid class of dance choreography and cardio 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

Su	Sep 22-Nov 10	8:30am-9:20am	8wks	53294	\$87.00
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W	Sep 18-Nov 6	7:00pm-7:50pm	8wks	53297	\$87.00
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## \*New\* Cardio Dance Kick 13+

13 and up

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 kick all your tension good-bye!

CHDRC Fitness Studio A

Tu	Sep 17-Nov 5	9:30am-10:20am	8wks	53295	\$87.00
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F	Sep 20-Nov 8	8:30am-9:20am	8wks	53296	\$87.00
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## Circuit Training 13+

13 and up

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	Sep 16-Nov 11	7:30am-8:20am	8wks	52400	\$87.00
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Th	Sep 19-Nov 7	6:00pm-6:50pm	8wks	52401	\$87.00
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DNT Banquet Hall

Th	Sep 19-Nov 7	6:00pm-6:50pm	8wks	52364	\$87.00
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## Cycle Fit 13+

13 and up

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

CHDRC Fitness Studio B

F	Sep 20-Nov 8	9:30am-10:20am	8wks	52402	\$87.00
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Sa	Sep 21-Nov 9	8:30am-9:20am	8wks	52403	\$87.00
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## Cycle Pump 13+

13 and up

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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	Sep 22-Nov 10	9:30am-10:20am	8wks	52407	\$87.00
T	Sep 17-Nov 5	9:30am-10:20am	8wks	52406	\$87.00
T	Sep 17-Nov 12	7:00pm-7:50pm	9wks	52409	\$87.00
W	Sep 18-Nov 13	9:45am-10:35am	9wks	52408	\$87.00

## Furry Friends Fit Club Walking Program 18+

At least 18 but less than 99

This program is open to anyone. Participants may walk with or without their dogs, and they will be led by an instructor through various trails in Pickering. Each week will be a different location/trail. There will also be coaching for those wishing to run. Dress according to the weather. Walking locations for each week are listed below. Parking is free at all of these locations.

Day 1 – Princess of Wales Park This is at the very back of the CHD Rec Complex at the arena side parking lot

Day 2 – Brock Ridge Park Near Finch and Brock- meet in parking lot

Day 3 – Princess of Wales Park

Day 4 – Brock Ridge Park

Day 5 – Princess of Wales Park

Day 6 - Brock Ridge Park

M	Sep 30-Nov 11	6:00pm-7:00pm	6wks	52422	\$45.00
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## Interval Challenge 13+

At least 13 but less than 100

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

CHDRC Fitness Studio A

Th	Sep 19-Nov 7	7:30am-8:20am	8wks	52424	\$87.00
F	Sep 20-Nov 8	9:30am-10:20am	8wks	52423	\$87.00

## Interval Pump 13+

13 and up

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

W	Sep 18-Nov 6	8:30am-9:20am	8wks	52425	\$87.00
F	Sep 20-Nov 8	6:30am-7:20am	8wks	52426	\$87.00

## Pilates 13+

13 and up



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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	Sep 16-Nov 11	7:00pm-7:50pm	8wks	52435	\$87.00
T	Sep 17-Nov 5	6:00pm-6:50pm	8wks	52438	\$87.00
W	Sep 18-Nov 6	6:00pm-6:50pm	8wks	52436	\$87.00
Th	Sep 19-Nov 7	9:30am-10:20am	8wks	52437	\$87.00

## Pilates Reformer - Intermediate 16+

18 and up

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

T	Sep 17-Nov 5	3:00pm-3:50pm	8wks	52640	\$151.00
F	Sep 20-Nov 8	6:00pm-6:50pm	8wks	52445	\$151.00
Sa	Sep 21-Nov 9	1:30pm-2:20pm	8wks	52377	\$151.00

## Pilates Reformer 16+

16 and up

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	Sep 16-Nov 11	2:00pm-2:50pm	8wks	52375	\$151.00
M	Sep 16-Nov 11	3:00pm-3:50pm	8wks	53340	\$151.00
F	Sep 20-Nov 15	7:00pm-7:50pm	8wks	52443	\$151.00
F	Sep 20-Nov 15	12:45pm-1:35pm	8wks	52444	\$151.00
F	Sep 20-Nov 15	8:00pm-8:50pm	8wks	52444	\$151.00
Sa	Sep 21-Nov 16	8:30am-9:20am	8wks	52369	\$151.00
Sa	Sep 21-Nov 16	7:30am-8:20am	8wks	52371	\$151.00
Sa	Sep 21-Nov 16	12:30pm-1:20pm	8wks	53341	\$151.00

## Pump It Up 13+

13 and up

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	Sep 16-Nov 11	6:00pm-6:50pm	8wks	52451	\$87.00
M	Sep 16-Nov 11	9:30am-10:20am	8wks	52455	\$87.00
W	Sep 18-Nov 6	5:00pm-5:50pm	8wks	52454	\$87.00
Th	Sep 19-Nov 7	9:30am-10:20am	8wks	52450	\$87.00

# 2024 Fall Fitness & Leisure Programs

Th	Sep 19-Nov 7	6:00pm-6:50pm	8wks	52452	\$87.00
F	Sep 20-Nov 8	8:30am-9:20am	8wks	52453	\$87.00

## Rhythm Cycle 13+

13 and up

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	Sep 18-Nov 6	6:00pm-6:50pm	8wks	52381	\$87.00
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## Roll & Release 13+

13 and up

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	Sep 16-Nov 11	8:30am-9:20am	8wks	52456	\$87.00
W	Sep 18-Nov 6	8:30am-9:20am	8wks	52457	\$87.00

## Step & Strengthen 13+

13 and up

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	Sep 16-Nov 11	9:30am-10:20am	8wks	52461	\$87.00
Th	Sep 19-Nov 7	8:30am-9:20am	8wks	52460	\$87.00

## Sunrise Yoga & Meditation 13+

13 and up

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	Sep 16-Nov 11	7:15am-8:15am	8wks	52468	\$87.00
F	Sep 20-Nov 8	7:15am-8:15am	8wks	52469	\$87.00

## Sunset Yoga & Meditation 13+

13 and up

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

# 2024 Fall Fitness & Leisure Programs

M	Sep 16-Nov 11	8:00pm-9:00pm	8wks	52471	\$87.00
W	Sep 18-Nov 6	7:00pm-8:00pm	8wks	52470	\$87.00

## Total Barre 13+

13 and up

Integrates elements of Pilates, dance, and strength training to create a high-energy and dynamic class. Emphasizing correct biomechanics with the power of music to increase strength, flexibility and stamina.

CHDRC Fitness Studio A

M	Sep 16-Nov 11	6:00pm-6:50pm	8wks	52477	\$87.00
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## Total Muscle Challenge 13+

13 and up

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	Sep 22-Nov 10	8:30am-9:20am	8wks	52481	\$87.00
M	Sep 16-Nov 11	7:00pm-7:50pm	8wks	52478	\$87.00
T	Sep 17-Nov 5	8:30am-9:20am	8wks	52479	\$87.00
Sa	Sep 21-Nov 9	9:30am-10:20am	8wks	52480	\$87.00

## Yoga - Asana, Pranayama, Meditation 13+

13 and up

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	Sep 21-Nov 9	9:30am-10:45am	8wks	52482	\$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	Sep 17-Nov 5	5:00pm-5:50pm	8wks	52484	\$87.00
F	Sep 20-Nov 8	8:30am-9:20am	8wks	52483	\$87.00

## Yoga - Gentle 13+

13 and up

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

# 2024 Fall Fitness & Leisure Programs

## CHDRC Fitness Studio C

S	Sep 22-Nov 10	9:30am-10:20am	8wks	52383	\$87.00
T	Sep 17-Nov 5	9:30am-10:20am	8wks	52486	\$87.00
Th	Sep 19-Nov 7	8:30am-9:20am	8wks	52487	\$87.00
F	Sep 20-Nov 8	6:00pm-6:50pm	8wks	52485	\$87.00

## Yoga - Hatha 13+

13 and up

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	Sep 16-Nov 11	9:30am-10:45am	8wks	52489	\$130.00
T	Sep 17-Nov 5	8:30am-9:20am	8wks	52490	\$87.00
W	Sep 18-Nov 6	9:30am-10:45am	8wks	52488	\$130.00

## Yoga - Vinyasa 13+

13 and up

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	Sep 16-Nov 11	6:00pm-6:50pm	8wks	52493	\$87.00
T	Sep 17-Nov 5	7:30am-8:20am	8wks	52494	\$87.00
W	Sep 18-Nov 6	7:30am-8:30am	8wks	52492	\$87.00
Sa	Sep 21-Nov 9	8:30am-9:20am	8wks	52495	\$87.00

## DNT Banquet Hall

T	Sep 17-Nov 26	6:00pm-6:50pm	11wks	52491	\$87.00
Sa	Sep 21-Nov 9	9:30am-10:20am	8wks	52384	\$87.00

## Yoga - Yin 13+

13 and up

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	Sep 17-Nov 5	10:30am-11:30am	8wks	52496	\$87.00
Th	Sep 19-Nov 7	6:00pm-6:50pm	8wks	52385	\$87.00

## Yoga for Pickleball 13+

13 and up

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

# 2024 Fall Fitness & Leisure Programs

T Sep 17-Nov 26 4:00pm-4:50pm 8wks 52387 \$87.00

## Yoga in the Park 13+

13 and up

Enjoy the outdoors in this Hatha style yoga class in beautiful Esplanade Park. Breathe and stretch your way to greater harmony and energy as you reduce stress, align your body, and deepen your inner peace. Please dress according to the weather.

TEP Gazebo

T Oct 1-Nov 12 12:00pm-1:00pm 7wks 52500 \$45.00

## Yoga Retreat 18+

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.

Mats will be provided if needed. Registration deadline: September 13, 2024.

Whitevale Community Centre and park

Sunday, September 22 8:30 am – 4:30 pm 1 day 53386 \$148.00

## Zumba® 13+

13 and up

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 Sep 16-Nov 25 7:00pm-7:50pm 10wks 52503 \$87.00

T Sep 24-Nov 19 7:00pm-7:50pm 9wks 52506 \$87.00

Th Sep 19-Nov 7 7:00pm-7:50pm 8wks 52505 \$87.00

Sa Sep 21-Nov 23 10:30am-11:20am 10wks 52504 \$87.00

## Adult

### Pre/post Natal

#### P&T Baby Bootcamp 6 wks - Pre-walking

18 and up

An energetic, full body postpartum workout with components of strength, power, agility, balance, cardio and core designed specifically to help you shed some baby pounds. This class incorporates cardio and resistance training to return your body's muscular tone and endurance. Participants should be six weeks postpartum, and baby should not yet be walking. Your baby is also a key element in the

# 2024 Fall Fitness & Leisure Programs

class. This allows for developmental interaction time with your infant, while you strengthen and tone your body!

CHDRC Fitness Studio A

W Sep 18-Nov 13 11:45am-12:35pm 9wks 52432 \$87.00

DNT Banquet Hall

M Sep 16-Nov 11 10:30am-11:20am 8wks 52431 \$87.00

GALCC Franklin Room

Th Sep 19-Nov 7 10:00am-11:00am 8wks 53352 \$87.00

## P&T Postnatal Pilates 6 wks – Pre-walking

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.

CHDRC Fitness Studio C

F Sep 20-Nov 8 11:30am-12:20pm 8wks 52433 \$87.00

## P&T Yoga - Parent & Baby 6 wks – Pre-walking

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. Throughout the class, you will have the option to involve your baby in the movements.

CHDRC Fitness Studio C

Sa Sep 21-Nov 9 11:00am-11:50am 8wks 52531 \$87.00

## 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 Sep 19-Nov 7 7:00pm-7:50pm 8wks 52532 \$87.00

## Adult

### Skate

#### Skating 18+

At least 18 but less than 99

Skills are taught at various skating levels for beginners and those with skating experience. This specialized adult program allows participants to progress at their own speed, improving skills through

# 2024 Fall Fitness & Leisure Programs

different levels of instruction/guidance. Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.

CHDRC Arena O'Brien - Ice

M Sep 23-Dec 2 12:40pm-1:30pm 10wks 52737 \$109.00

## Adult

### Small Group Personal Training

#### Early Riser 18+

18 and up

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 Sep 17-Nov 7 6:15am-7:15am 8wks 52509 \$208.00

#### Parent Power Hour 18 mos+

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/Creative Centre

M Sep 16-Nov 11 9:30am-10:30am 8wks 52580 \$204.00

#### Strength Training for Golf 18+

18 and up

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

Tu Sep 17-Nov 5 5:45pm-6:45pm 8wks 53288 \$107.00

Sa Sep 21-Nov 9 12:30pm-1:30pm 8wks 52518 \$107.00

# 2024 Fall Fitness & Leisure Programs

## TRX Functional Training Fusion 18+

18 and up

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

F	Sep 20-Nov 8	10:30am-11:30am	8wks	52520	\$107.00
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## Use It & Lose It 18+

18 and up

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	Sep 17-Nov 5	7:30pm-8:30pm	8wks	52523	\$107.00
W	Sep 18-Nov 6	9:30am-10:30am	8wks	52521	\$107.00
Th	Sep 19-Nov 7	7:30pm-8:30pm	8wks	52522	\$107.00

## Work it! 18+

18 and up

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	Sep 16-Nov 11	7:00pm-8:00pm	8wks	52526	\$107.00
W	Sep 18-Nov 6	7:00pm-8:00pm	8wks	52527	\$107.00
S	Sep 22-Nov 10	8:30am-9:30am	8wks	52524	\$107.00
Sa	Sep 21-Nov 9	8:30am-9:30am	8wks	52525	\$107.00

## Adult

### Special Interest

#### Hand Knitting 18+

18 and up

Beginner to experienced - all are welcome. Learn basic hand knitting stitches and advanced stitches to enhance your style. Learn how to read and understand patterns, abbreviations, and the stitch methods. Jumbo (size 8) acrylic yarn. Recommended: Bernat blanket BIG yarn

GALCC Youth Room

Sa	Sep 28-Nov 30	12:30pm-2:30pm	10wks	52697	\$80.00
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# 2024 Fall Fitness & Leisure Programs

## Spanish - Level 1 18+

18 and up

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 Sep 24-Nov 26 5:00pm-7:00pm 10wks 52740 \$105.00

## Spanish - Level 2 18+

18 and up

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 Sep 24-Nov 26 7:15pm-9:15pm 10wks 52741 \$105.00

## Adult

### Sports & Active Programs

#### \*NEW\* Women's Multi-Sport 40+

40 and up

Creating an inclusive and dynamic exercise evening for women can be a fantastic way to promote health, wellness, and community! Classes begin with a 10-minute warm-up, followed by a different semi-competitive sport game each week. Any athletic levels are encouraged to join this supportive environment where women can improve their fitness, learn new sports, and enjoy the camaraderie of group exercise!

F Sep 27-Nov 29 7:45pm-8:45pm 10wks 52670 \$53.00

#### Badminton - Advanced 18+

18 and up

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)

W Sep 25-Nov 27 8:30pm-10:00pm 10wks 52644 \$135.00

W Sep 25-Nov 27 8:30pm-10:00pm 10wks 52676 \$135.00

#### Badminton - Open Level 18+

18 and up

# 2024 Fall Fitness & Leisure Programs

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	Sep 22-Nov 24	3:15pm-4:45pm	10wks	52645	\$135.00
T	Sep 24-Nov 26	8:15pm-9:45pm	10wks	52646	\$135.00

## Badminton 40+

40 and up

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	Sep 26-Nov 28	7:30pm-8:30pm	10wks	52647	\$90.00
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## Karate 18+

18 and up

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 one's 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 for children and \$73 for adults, payable to Chito Ryu Association of Ontario.

WSCC Banquet Hall

T,Th	Sep 24-Nov 28	7:30pm-9:00pm	10wks	52668	\$166.00
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## Men's Power Hour 18+

18 and up

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	Sep 23-Dec 2	7:15pm-8:15pm	10wks	52648	\$66.00
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## Men's Power Hour 18+

18 and up

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

SMCSS A and B Gymnasium

Th	Sep 26-Nov 21	8:45pm-9:45pm	9wks	52649	\$53.00
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## Pickleball 40+

40 and up

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. Instructor on site will teach

# 2024 Fall Fitness & Leisure Programs

participants the rules of the game and help them develop their skills. Participants play at their own pace.

DNT Banquet Hall

T Sep 24-Nov 26 7:30pm-9:00pm 10wks 52728 \$135.00

## Pickleball Open Level 18+

18 and up

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. Instructor on site will teach participants the rules of the game and help them develop their skills. Participants play at their own pace.

DHS West Gymnasium (Main)

Sa Sep 28-Nov 30 3:30pm-5:00pm 10wks 52733 \$135.00

## Tai Chi 18+

55 and up

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 Sep 26-Nov 28 11:15am-12:15pm 10wks 52745 \$87.00

## Volleyball (Recreational) 18+

18 and up

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 Sep 23-Dec 2 8:30pm-10:00pm 10wks 52650 \$135.00

## Volleyball (Recreational) 18+

18 and up

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 Sep 26-Nov 28 8:45pm-9:45pm 10wks 52651 \$90.00

# 2024 Fall Fitness & Leisure Programs

## Adult 55+

### Arts

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

55 and up

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 Sep 27-Nov 29 12:30pm-3:30pm 10wks 52555 \$188.00

#### Art Instruction and Creation - Intermediate 55+

55 and up

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 Sep 25-Nov 27 12:45pm-2:45pm 10wks 52674 \$67.00

#### Art Instruction and Creation - Intermediate 55+

55 and up

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 Sep 26-Nov 28 12:45pm-2:45pm 10wks 52673 \$67.00

#### Art Instruction and Creation 55+

55 and up

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 Sep 23-Dec 2 1:00pm-3:00pm 10wks 52675 \$67.00

#### Crocheting - Introduction 55+

55 and up

# 2024 Fall Fitness & Leisure Programs

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 Sep 28-Nov 30 10:00am-12:00pm 10wks 52688 \$60.00

## Guitar - Level 1 55+

At least 55 but less than 104

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 Sep 26-Nov 28 1:30pm-2:30pm 10wks 52695 \$75.00

## Guitar - Level 2 55+

At least 55 but less than 104

For participants that have the basic fundamentals of playing and are looking to build, and advance their guitar skills.

ESCC Community Room

Th Sep 26-Nov 28 12:15pm-1:15pm 10wks 52696 \$75.00

## Pottery (beginner) 55+

55 and up

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 Sep 24-Nov 26 10:00am-1:00pm 10wks 52561 \$188.00

## Pottery (beginner) 55+

55 and up

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 Sep 26-Nov 28 1:00pm-4:00pm 10wks 52560 \$188.00

## Pottery (beginner) 55+ Adult Rate

At least 18 but less than 54

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

# 2024 Fall Fitness & Leisure Programs

T Sep 24-Nov 26 10:00am-1:00pm 10wks 52562 \$265.00

## Sewing 55+

55 and up

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 Helen Paris Room

M Sep 23-Dec 2 3:30pm-5:30pm 10wks 52736 \$74.00

## Virtual Ukulele 55+

At least 55 but less than 104

Learn the fundamentals of Ukulele playing, and how to handle and tune the instrument. Develop performance skills as you learn to read music and play popular songs. This program will be offered virtually, via Zoom.

Th Sep 26-Nov 28 11:00am-12:00pm 10wks 52752 \$75.00

## Watercolor Class 55+

55 and up

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

CHDRC Art Studio

Th Sep 26-Nov 28 1:45pm-3:45pm 10wks 52756 \$67.00

F Sep 27-Nov 29 9:30am-11:30am 10wks 52755 \$67.00

F Sep 27-Nov 29 1:00pm-3:00pm 10wks 52757 \$67.00

# Adult 55+

## Dance

### Ballroom & Latin Dancing 55+

55 and up

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.

DBA Banquet Hall

W Sep 25-Nov 27 12:15pm-1:45pm 10wks 52682 \$36.00

# 2024 Fall Fitness & Leisure Programs

## Bollywood Adults 55+

55 and up

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 Sep 23-Dec 2 6:00pm-7:00pm 10wks 52683 \$38.00

## Clog Dancing (Beginner) 55+

55 and up

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 Sep 23-Dec 2 1:30pm-2:30pm 10wks 52685 \$43.00

## Clog Dancing (Intermediate) 55+

55 and up

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 Sep 23-Dec 2 12:15pm-1:15pm 10wks 52686 \$43.00

## Fusion Line Dance - Beginner 55+

At least 55 but less than 104

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 Sep 27-Dec 6 12:15pm-1:15pm 10wks 52692 \$47.00

## Fusion Line Dance - Intermediate 55+

55 and up

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 Sep 27-Dec 6 11:00am-12:00pm 10wks 52693 \$47.00

## Latin Line Dance - Level 1 55+

55 and up

# 2024 Fall Fitness & Leisure Programs

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 Sep 23-Dec 2 2:00pm-3:00pm 10wks 52706 \$47.00

## Latin Line Dance - Level 2 55+

55 and up

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 Sep 23-Dec 2 12:30pm-1:30pm 10wks 52707 \$47.00

## Latin Line Dance - Level 3 55+

55 and up

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 Sep 23-Dec 2 11:00am-12:00pm 10wks 52708 \$47.00

## Line Dance - Level 3 55+

55 and up

For experienced dancers who have completed level 2 or have strong knowledge of line dance patterns and are looking to become more proficient. The tempo will be quicker with more intricate patterns and turns for a greater challenge. No partner required.

GALCC Russel Franklin Room

T Sep 24-Nov 26 9:30am-11:00am 10wks 52715 \$71.00

## Line Dance 55+

55 and up

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.

DNT Banquet Hall

T Sep 24-Nov 26 3:30pm-4:30pm 10wks 52719 \$47.00

## Line Dance 55+

55 and up

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 Sep 25-Nov 27 9:30am-10:30am 10wks 52717 \$47.00



# 2024 Fall Fitness & Leisure Programs

## 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 Sep 25-Nov 27 10:45am-11:45am 10wks 52718 \$47.00

## Adult 55+

### Group Fitness Programs

#### Arthritis Dance Fit 55+

55 and up

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 Sep 16-Nov 25 1:15pm-2:05pm 10wks 52389 \$78.00

W Sep 18-Nov 20 10:45am-11:35am 10wks 52388 \$78.00

#### Chair Fit 55+

55 and up

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 Sep 19-Nov 21 11:45am-12:45pm 10wks 52394 \$78.00

DNT Banquet Hall

T Sep 17-Nov 19 11:00am-11:50am 10wks 52360 \$78.00

GALCC Youth Room

M Sep 16-Nov 25 9:00am-10:00am 10wks 52361 \$78.00

#### Chair Yoga 55+

55 and up

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

# 2024 Fall Fitness & Leisure Programs

T	Sep 17-Nov 19	11:45am-12:45pm	10wks	52363	\$78.00
Th	Sep 19-Nov 21	10:30am-11:30am	10wks	52396	\$78.00
DNT Banquet Hall					
M	Sep 16-Nov 25	1:45pm-2:45pm	10wks	52362	\$78.00
ESCC Community Room					
M	Sep 16-Nov 25	10:30am-11:30am	10wks	52395	\$78.00
M	Sep 16-Nov 25	9:15am-10:15am	10wks	52397	\$78.00
Th	Sep 19-Nov 21	9:30am-10:30am	10wks	52398	\$78.00

## Cycle Fit 55+

55 and up

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

T	Sep 17-Nov 19	10:30am-11:00am	10wks	52404	\$41.00
Th	Sep 19-Nov 21	10:30am-11:00am	10wks	52405	\$41.00

## Fit Fusion 55+

55 and up

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

CHDRC Fitness Studio A

M	Sep 16-Nov 25	10:30am-11:20am	10wks	52421	\$78.00
T	Sep 17-Nov 19	11:30am-12:20pm	10wks	52419	\$78.00
W	Sep 18-Nov 20	10:30am-11:20am	10wks	52420	\$78.00

DNT Banquet Hall

M	Sep 16-Nov 25	9:30am-10:20am	10wks	52418	\$78.00
GALCC Russel Franklin Room					
Th	Sep 19-Nov 21	9:00am-9:50am	10wks	52365	\$78.00

## Nia 55+

55 and up

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.

CHDRC Fitness Studio A

T	Sep 17-Nov 26	12:30pm-1:30pm	11wks	52428	\$78.00
GALCC Russel Franklin Room					
M	Sep 16-Nov 25	9:30am-10:30am	10wks	52429	\$78.00

# 2024 Fall Fitness & Leisure Programs

## Nia in the Park 55+

55 and up

Enjoy the outdoors with Nia in beautiful Esplanade Park. 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. Please dress according to the weather.

TEP Gazebo

Th	Oct 3-Nov 7	1:00pm-2:00pm	6wks	52430	\$41.00
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## Pilates for Strong Bones 55+

55 and up

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	Sep 16-Nov 25	11:30am-12:20pm	10wks	52440	\$78.00
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ESCC Community Room

T	Sep 17-Nov 26	10:00am-11:00am	11wks	52439	\$78.00
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## Pilates Reformer 55+

55 and up

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

M	Sep 16-Nov 11	1:00pm-1:50pm	8wks	52380	\$125.00
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T	Sep 17-Nov 12	1:45pm-2:35pm	9wks	52448	\$125.00
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F	Sep 20-Nov 8	11:45am-12:35pm	8wks	52447	\$125.00
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## Stretch & Strengthen 55+

55 and up

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

CHDRC Fitness Studio A

Th	Sep 19-Nov 21	10:30am-11:20am	10wks	52463	\$78.00
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F	Sep 20-Nov 22	10:30am-11:20am	10wks	52462	\$78.00
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DNT Banquet Hall

T	Sep 17-Nov 19	10:00am-10:50am	10wks	52382	\$78.00
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ESCC Community Room

M	Sep 16-Nov 25	11:45am-12:45pm	10wks	52466	\$78.00
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F	Sep 20-Nov 22	11:00am-12:00pm	10wks	52464	\$78.00
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GALCC Russel Franklin Room

# 2024 Fall Fitness & Leisure Programs

W Sep 18-Nov 20 10:15am-11:15am 10wks 52465 \$78.00

## Stroll & Strengthen 55+

At least 55 but less than 99

Join us for some fresh air and an invigorating walk while also incorporating strength training with the use of resistance bands and your own body weight. Participants should wear exercise clothing dependent on the weather and running shoes.

CHDRC Concourse - Lower Main

M Sep 30-Nov 11 12:00pm-12:45pm 6wks 52467 \$34.00

## 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 Sep 18-Nov 20 11:30am-12:20pm 10wks 52498 \$78.00

DNT Banquet Hall

M Sep 16-Nov 25 12:30pm-1:30pm 10wks 52497 \$78.00

GALCC Russel Franklin Room

F Sep 20-Nov 22 9:30am-10:30am 10wks 52386 \$78.00

## Zumba Gold® 55+

55 and up

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 Sep 16-Nov 25 12:00pm-12:50pm 10wks 52501 \$78.00

## Adult 55+

### Skate

#### Learn To Skate 55+

55 and up

Whether you have been off ice for a while, or you have no previous skating experience, this is a great opportunity to learn at your own pace and practice your skills. The fundamentals of skating will be taught, including striding, edge work, balance, turning, cross overs/unders, stopping, change of direction, forwards/backwards. Note: CSA Helmet Required

CHDRC Arena Delaney - Ice

# 2024 Fall Fitness & Leisure Programs

F Sep 20-Nov 29 8:30am-9:30am 10wks 52712 \$34.00

## Adult 55+

### Small Group Personal Training

#### Aging Stronger 55+

At least 55 but less than 100

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 interactive, educative class component with elements of training principles and proper exercise techniques for older adults with our professional fitness staff. Take your first step towards aging stronger.

CHDRC Program Room C

T	Sep 17-Nov 5	1:00pm-2:30pm	8wks	52508	\$111.00
F	Sep 20-Nov 8	9:00am-10:30am	8wks	52507	\$111.00

#### Forever Young 55+

55 and up

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	Sep 16-Nov 11	11:00am-12:00pm	8wks	52516	\$148.00
T,Th	Sep 17-Nov 7	11:15am-12:15pm	8wks	52366	\$148.00
T,Th	Sep 17-Nov 7	11:15am-12:15pm	8wks	52513	\$148.00
T,Th	Sep 17-Nov 7	10:00am-11:00am	8wks	52517	\$148.00
Th	Sep 19-Nov 7	5:30pm-6:30pm	8wks	52515	\$74.00

## Adult 55+

### Special Interest

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

55 and up

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	Sep 26-Oct 31	10:00am-12:00pm	6wks	52615	\$109.00
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# 2024 Fall Fitness & Leisure Programs

## Cooking Classes 55+

55 and up

We will be focusing on fresh product based, healthy, prepared meals for (1) or (2) persons. We will look at making soups, salads, fish, meat and fruit dishes that are 'lite', and easy to prepare with ingredients readily available at your local grocery store.

GALCC Helen Paris Room

T Sep 24-Oct 29 10:00am-11:30am 6wks 52619 \$70.00

## French - Level 1 55+

55 and up

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 Sep 24-Nov 26 9:30am-11:00am 10wks 52690 \$55.00

## French - Level 2 55+

55 and up

This program will consist of reiteration of the basic vocabulary and introduce grammar rules and reading comprehension. We will build on the skills in conversational French with the emphasis of speaking and writing. Be sure to come prepared with a notebook and folder/binder. Participants may need to purchase a workbook.

ESCC Meeting Room 4

M Sep 23-Dec 2 2:00pm-3:30pm 10wks 52691 \$55.00

## Hand Knitting 55+

55 and up

Beginner to experienced - all are welcome. Learn basic hand knitting stitches and advanced stitches to enhance your style. Learn how to read and understand patterns, abbreviations, and the stitch methods. Jumbo (size 8) acrylic yarn. Recommended: Bernat blanket BIG yarn

GALCC Youth Room

Sa Sep 28-Nov 30 12:30pm-2:30pm 10wks 52698 \$60.00

## iPad - Level 1 55+

At least 55 but less than 101

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 Sep 25-Nov 27 12:30pm-2:30pm 10wks 52700 \$45.00

# 2024 Fall Fitness & Leisure Programs

## Spanish - Level 1 / 2 18+

55 and up

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 Sep 23-Dec 2 1:45pm-3:45pm 10wks 52738 \$105.00

## Spanish - Level 1 / 2 55+

55 and up

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 Sep 23-Dec 2 1:45pm-3:45pm 10wks 52739 \$67.00

## Spanish - Level 2 55+

55 and up

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 Sep 24-Nov 26 7:15pm-9:15pm 10wks 52742 \$67.00

## Spanish - Level 3 55+

55 and up

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 Sep 23-Dec 2 11:30am-1:30pm 10wks 52743 \$67.00

## Text, Email, and Internet Introduction 55+

55 and up

# 2024 Fall Fitness & Leisure Programs

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 Sep 25-Oct 30 2:45pm-4:15pm 6wks 52750 \$67.00

## Adult 55+

### Sports & Active Programs

#### Casual Ball Hockey 55+

55 and up

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 Sep 26-Nov 28 10:45am-12:00pm 10wks 52684 \$46.00

#### Pickleball - Beginner 55+

55 and up

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 this easy to learn. Participants can play at their own pace. Come out and see what everyone is talking about!

ESCC Gymnasium

W Sep 25-Nov 27 9:30am-11:00am 10wks 52722 \$50.00

#### Pickleball - Beginner 55+

55 and up

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 Sep 25-Nov 27 1:00pm-3:00pm 10wks 52723 \$68.00

#### Pickleball - Beginner Claremont 55+

55 and up

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 this easy to learn. Participants can play at their own pace. Come out and see what everyone is talking about!

DNT Banquet Hall

Th Sep 26-Nov 28 9:30am-11:00am 10wks 52724 \$50.00



# 2024 Fall Fitness & Leisure Programs

## Pickleball - Intermediate Claremont 55+

55 and up

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 this easy to learn. Participants will be provided intermediate level tips to further improve on their pickleball game.

DNT Banquet Hall

Th Sep 26-Nov 28 11:15am-12:45pm 10wks 52725 \$50.00

## Pickleball - Level 2 55+

55 and up

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 Sep 27-Dec 6 2:15pm-4:15pm 10wks 52726 \$68.00

## Pickleball - Level 2 55+

55 and up

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 Sep 25-Nov 27 3:15pm-5:15pm 10wks 52727 \$68.00

## Pickleball Drop-in 55+

55 and up

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 Sep 24-Nov 26 2:00pm-4:00pm 10wks 52730 \$29.00

W Sep 25-Nov 27 3:30pm-5:30pm 10wks 52731 \$29.00

Th Sep 26-Nov 28 2:00pm-4:00pm 10wks 52732 \$29.00

## Tai Chi - Claremont 55+

55 and up

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.

DNT Banquet Hall

Th Sep 26-Nov 28 1:00pm-2:00pm 10wks 52744 \$47.00

# 2024 Fall Fitness & Leisure Programs

## Tai Chi 55+

55 and up

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.

ESCC Community Room

M Sep 23-Dec 2 1:15pm-2:15pm 10wks 52747 \$47.00

## Tai Chi 55+

55 and up

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

W Sep 25-Nov 27 11:30am-12:30pm 10wks 52748 \$47.00

Th Sep 26-Nov 28 11:15am-12:15pm 10wks 52746 \$47.00

Th Sep 26-Nov 28 12:30pm-1:30pm 10wks 52749 \$47.00

## Children

### Arts

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

At least 5 but less than 10

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 Sep 28-Nov 30 11:00am-12:15pm 10wks 52764 \$83.00

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

At least 11 but less than 17

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, etc. Gain exposure to different art styles such as anime, cartooning and mixed media.

ESCC Meeting Room 4

# 2024 Fall Fitness & Leisure Programs

Sa Sep 28-Nov 30 11:00am-12:15pm 10wks 52765 \$83.00

## 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 Sep 22-Nov 24 12:15pm-1:30pm 10wks 52767 \$83.00

F Sep 27-Nov 29 5:00pm-6:15pm 10wks 52766 \$83.00

## Anime Art 8 - 12 yrs

At least 8 but less than 13

This program will teach 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.

CHDRC Art Studio

S Sep 22-Nov 24 10:30am-12:00pm 10wks 52768 \$83.00

## Anime Art/Cartoon Creations (Homeschoolers) 7-12yrs

At least 6 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

T Sep 24-Nov 26 2:00pm-3:15pm 10wks 52769 \$83.00

## Anime Art/Cartoon Creations (Homeschoolers) 5- 7yrs

At least 5 but less than 7

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

T Sep 24-Nov 26 12:30pm-1:45pm 10wks 52770 \$83.00

## 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.

# 2024 Fall Fitness & Leisure Programs

CHDRC Art Studio

Sa Sep 28-Nov 30 11:00am-12:30pm 10wks 52772 \$83.00

## 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! Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Art Studio

Sa Sep 28-Nov 30 9:15am-10:45am 10wks 52773 \$83.00

## 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.

ESCC Meeting Room 4

F Sep 27-Nov 29 5:00pm-6:30pm 10wks 52774 \$83.00

## Cartoon Creations - Intermediate/Advanced 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 to bring a sketch pad and pencil to class.

ESCC Meeting Room 4

F Sep 27-Nov 29 6:45pm-8:15pm 10wks 52775 \$83.00

## Creative Creations 6 - 10 yrs

At least 6 but less than 11

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

CHDRC Art Studio

Sa Sep 28-Nov 30 2:30pm-3:45pm 10wks 52776 \$89.00

## 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

# 2024 Fall Fitness & Leisure Programs

introduced to reading songs in tablature format. Participants are required to bring their own guitar to class.

GALCC Russel Franklin Room

F Sep 27-Nov 29 5:00pm-6:00pm 10wks 52657 \$87.00

## Intro To Anime (ages 9-11)

At least 8 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.

CHDRC Art Studio

F Sep 27-Nov 29 6:30pm-7:30pm 10wks 52778 \$83.00

## 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 2

Sa Sep 28-Nov 30 3:30pm-4:30pm 10wks 52777 \$83.00

## 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.

ESCC Meeting Room 4

Sa Sep 28-Nov 30 12:30pm-1:45pm 10wks 52779 \$83.00

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

At least 8 but less than 13

This program teaches note reading, chords, basic keyboard function, and how to play some popular songs. Participants are required to bring their own keyboard to class.

ESCC Meeting Room 4

S Sep 22-Dec 1 3:30pm-4:30pm 10wks 52909 \$87.00

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

At least 8 but less than 13

This program teaches note reading, chords, basic keyboard function, and how to play some popular songs. Participants are required to bring their own keyboard to class.

ESCC Meeting Room 2

F Sep 27-Nov 29 5:00pm-6:00pm 10wks 52910 \$87.00

# 2024 Fall Fitness & Leisure Programs

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

At least 8 but less than 13

For those who have taken Musical Keyboarding Level 1 or have experience. This program teaches more complex note reading, chords, keyboard functions, and songs. Participants are required to bring their own keyboard.

ESCC Meeting Room 4

S Sep 22-Nov 24 4:45pm-5:45pm 10wks 52911 \$87.00

## 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). Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space). Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Art Studio

Th Sep 26-Nov 28 5:00pm-6:30pm 10wks 52797 \$83.00

## 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 Sep 23-Dec 2 1:15pm-2:45pm 10wks 52563 \$181.00

## Pottery (Homeschoolers) 8 - 12 yrs

At least 7 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 Sep 23-Dec 2 11:45am-1:00pm 10wks 52564 \$181.00

## Pottery Wheel (Introduction) 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!

# 2024 Fall Fitness & Leisure Programs

CHDRC Pottery Studio

S	Sep 22-Nov 24	10:45am-12:15pm	10wks	52572	\$181.00
Th	Sep 26-Nov 28	4:30pm-6:00pm	10wks	52574	\$181.00
Sa	Sep 28-Nov 30	12:45pm-2:15pm	10wks	52573	\$181.00

## Sculpting for Kids 5-7 yrs

At least 5 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 this fun medium. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Pottery Studio

Sa	Sep 28-Nov 30	11:00am-12:30pm	10wks	52577	\$181.00
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## Sculpting for Kids 7 - 12 yrs

At least 7 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 this fun medium. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Pottery Studio

M	Sep 23-Dec 2	5:00pm-6:30pm	10wks	52578	\$181.00
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## Sculpting for Kids 7-12 yrs

At least 7 but less than 12

Children will learn the art of working with clay, and use their imagination to create their own works of art through this fun medium. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Pottery Studio

Sa	Sep 28-Nov 30	9:30am-11:00am	10wks	52579	\$181.00
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## Supervised Lunch/Fundamental Building (Homeschoolers) 5-12yr

At least 5 but less than 13

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	Sep 26-Nov 28	12:15pm-2:15pm	10wks	52924	\$60.00
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# 2024 Fall Fitness & Leisure Programs

## Ukulele 8 - 12 yrs

At least 8 but less than 13

Participants will learn the basics and fundamentals of ukulele. Please note you must bring your own Ukulele to every class. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

GALCC Russel Franklin Room

F Sep 27-Nov 29 6:15pm-7:15pm 10wks 52927 \$87.00

## Writing Wizards/Sports Fundamentals (Homeschoolers) 5 - 8 yrs

At least 5 but less than 9

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 Gymnasium

T Sep 24-Nov 26 10:00am-12:00pm 10wks 52930 \$155.00

## Writing Wizards/Sports Fundamentals (Homeschoolers) 8 - 12yr

At least 8 but less than 13

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 Sep 24-Nov 26 10:00am-12:00pm 10wks 52931 \$155.00

## Children

### Camps

#### PA Day Camp: Paint & Play 5 - 12 yrs

At least 5 but less than 13

Enjoy the day off school with a fun filled time exploring with clay and building, painting, and creating a masterpiece to take home.

CHDRC Pottery Studio

F Nov 15-Nov 15 9:00am-3:30pm 1wks 52858 \$45.00

## Children

### Dance

#### Acro Intro 5 - 7 yrs

At least 5 but less than 8



# 2024 Fall Fitness & Leisure Programs

Acro incorporates jumps, cartwheels and other gymnastic skills paired with music & dance. There will be a performance for participants to show off skills built through the program for family members to enjoy during the final class. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

W	Sep 25-Nov 27	5:00pm-6:00pm	10wks	52809	\$86.00
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## Acro Intro 5 - 7 yrs

At least 5 but less than 8

Acro incorporates jumps, cartwheels and other gymnastic skills paired with music & dance. There will be a performance for participants to show off skills built through the program for family members to enjoy during the final class. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

S	Sep 22-Nov 24	3:00pm-4:00pm	10wks	52810	\$86.00
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## Acro Intro 8 - 12 yrs

At least 8 but less than 13

Acro incorporates jumps, cartwheels and other gymnastic skills paired with music & dance. There will be a performance for participants to show off skills built through the program for family members to enjoy during the final class.

CHDRC Mat Room

S	Sep 22-Nov 24	4:00pm-5:00pm	10wks	52812	\$86.00
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W	Sep 25-Nov 27	6:15pm-7:15pm	10wks	52811	\$86.00
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## Ballet Beginners 5 - 8 yrs

At least 5 but less than 9

Explore the grace and beauty of ballet in a supportive and fun environment. Ballet is a classic dance form and the foundation of many other dance styles. An informal recital for family and friends will happen at the end of the session.

DBA Banquet Hall

W	Sep 25-Nov 27	6:00pm-6:45pm	10wks	52813	\$79.00
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## Bollywood 6 - 10 yrs

At least 6 but less than 10

Learn the fundamental steps of Bollywood dance. There will be a performance the last class of the session. Indoor shoes required.

DBA Banquet Hall

M	Sep 23-Dec 2	4:45pm-5:30pm	10wks	52815	\$79.00
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# 2024 Fall Fitness & Leisure Programs

## Combo Dance 6 - 8 yrs

At least 6 but less than 9

Come out and try a mixed Jazz and Hip Hop class. Children will learn the basic techniques of each, while having fun and getting some exercise! Learn new moves to awesome music! Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Gymnasium

S Sep 22-Nov 24 10:45am-11:30am 10wks 52888 \$83.00

## Hip Hop 6 - 10 yrs

At least 6 but less than 11

With roots in urban dance, hip hop gets participants moving to funky, up-beat tunes while working on strength, flexibility and musicality through intricate and fast paced choreography. The last class will feature an informal recital where participants can showcase their new skills. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DBA Banquet Hall

M Sep 23-Dec 2 6:45pm-7:30pm 10wks 52830 \$79.00

## Hip Hop 6 - 10 yrs

At least 6 but less than 11

With roots in urban dance, hip hop gets participants moving to funky, up-beat tunes while working on strength, flexibility and musicality through intricate and fast paced choreography. The last class will feature an informal recital where participants can showcase their new skills. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Community Room

Sa Sep 28-Nov 30 12:00pm-12:45pm 10wks 52829 \$79.00

## Jazz 5 - 8 yrs

At least 5 but less than 9

This program is a fun and upbeat way for children to learn dance movement and style. Participants will be taught a series of dance steps which will be combined to learn a final dance routine in an informal recital for family to enjoy on the last class. Dress Code: tights, leotard, running shoes. Please note: It is recommended that students arrive pre-dressed for class. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DBA Banquet Hall

Th Sep 26-Dec 5 5:45pm-6:30pm 10wks 52832 \$79.00

## Movin' & Groovin' 4 - 7 yrs

At least 4 but less than 8

# 2024 Fall Fitness & Leisure Programs

Participants will learn how to follow rhythm and beat to songs while discovering some cool new moves to tear up the dance floor. This program is designed for those that just love to get their groove on. An informal recital for participants families will happen at the end of the session. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Community Room

Sa	Sep 28-Nov 30	11:00am-11:45am	10wks	52843	\$79.00
Sa	Sep 28-Nov 30	11:00am-11:45am	10wks	52908	\$82.00

## Movin' & Groovin' 4 - 7 yrs

At least 4 but less than 8

Participants will learn how to follow rhythm and beat to songs while discovering some cool new moves to tear up the dance floor. This program is designed for those that just love to get their groove on. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DBA Banquet Hall

M	Sep 23-Dec 2	5:45pm-6:30pm	10wks	52842	\$79.00
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## Musical Theatre 7 - 12 yrs

At least 7 but less than 13

Musical theatre is a form of theatrical performance that unites songs, lip synching, dancing and acting. In this class students will learn dances to songs from well-known movies and musicals. They will also be exposed to the world of improvisation and skits, learning how to act out different story lines all while working in a group. This class is not only great for coordination and learning to dance, but it is also a fun way to help children learn how to break out of their shell all while having a blast singing and dancing. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Gymnasium

S	Sep 22-Nov 24	11:45am-12:45pm	10wks	52912	\$89.00
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## Step Up! 7 - 12 yrs

At least 7 but less than 13

This fun program will help you find your groove as you learn how to tear up the dance floor to some of today's hottest hits. No experience is necessary just a love of music & dance. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Community Room

T	Sep 24-Nov 26	6:45pm-7:45pm	10wks	52923	\$89.00
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# 2024 Fall Fitness & Leisure Programs

## Children

### Skate

#### Learn to Skate - Level 1 5 - 6 yrs

At least 5 but less than 7

This program is targeted towards the ultimate beginner who may not have prior experience on the ice. No skill prerequisites required. Individuals will work on the development of the following skills:

- Standing with balance
  - Introduction to forward skating, gliding, stopping and backwards skating
  - Safely learning to fall and get back up
- Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.

CHDRC Arena Delaney - Ice

F	Sep 27-Nov 29	4:10pm-5:00pm	10wks	52780	\$96.00
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#### Learn to Skate - Level 1 5 - 6 yrs

At least 5 but less than 7

This program is targeted towards the ultimate beginner who may not have prior experience on the ice. No skill prerequisites required. Individuals will work on the development of the following skills:

- Standing with balance
  - Introduction to forward skating, gliding, stopping and backwards skating
  - Safely learning to fall and get back up
- Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.

CHDRC Arena O'Brien - Ice

S	Sep 22-Dec 1	8:30am-9:20am	10wks	52782	\$96.00
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W	Sep 25-Nov 27	4:10pm-5:00pm	10wks	52781	\$96.00
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S	Sep 22-Dec 8	9:45am-10:35am	10wks	52783	\$96.00
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#### Learn to Skate - Level 1 7 - 10 yrs

At least 7 but less than 11

This program is targeted towards the ultimate beginner who may not have prior experience on the ice. No skill prerequisites required. Individuals will work on the development of the following skills:

- Standing with balance
  - Introduction to forward skating, gliding, stopping and backwards skating
  - Safely learning to fall and get back up
- Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.

CHDRC Arena Delaney - Ice

F	Sep 20-Nov 29	4:10pm-5:00pm	10wks	52784	\$96.00
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F	Sep 20-Nov 22	5:10pm-6:00pm	10wks	52788	\$96.00
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#### Learn to Skate - Level 1 7 - 10 yrs

At least 7 but less than 11

This program is targeted towards the ultimate beginner who may not have prior experience on the ice. No skill prerequisites required. Individuals will work on the development of the following skills:

- Standing with balance
- Introduction to forward skating, gliding, stopping and backwards

# 2024 Fall Fitness & Leisure Programs

skating - Safely learning to fall and get back up Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.  
DBA Ice Pad 2

Sa Sep 21-Nov 30 3:00pm-3:50pm 10wks 52789 \$\$96.00

## Learn to Skate - Level 1 7 - 10 yrs

At least 7 but less than 11

This program is targeted towards the ultimate beginner who may not have prior experience on the ice. No skill prerequisites required. Individuals will work on the development of the following skills: Standing with balance, Introduction to forward skating, gliding, stopping and backwards skating, safely learning to fall and get back up, skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.

CHDRC Arena Delaney - Ice

F Sep 20-Nov 29 5:10pm-6:00pm 10wks 52787 \$96.00

## Learn to Skate - Level 1 7 - 10 yrs

At least 7 but less than 11

This program is targeted towards the ultimate beginner who may not have prior experience on the ice. No skill prerequisites required. Individuals will work on the development of the following skills:- Standing with balance - Introduction to forward skating, gliding, stopping and backwards skating - Safely learning to fall and get back up Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.

CHDRC Arena O'Brien - Ice

S Sep 22-Nov 24 8:30am-9:20am 10wks 52785 \$96.00

## Learn to Skate - Level 1 7 - 10 yrs

At least 7 but less than 12

This program is targeted towards the ultimate beginner who may not have prior experience on the ice. No skill prerequisites required. Individuals will work on the development of the following skills: - Standing with balance - Introduction to forward skating, gliding, stopping and backwards skating - Safely learning to fall and get back up Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.

CHDRC Arena O'Brien - Ice

W Sep 25-Nov 27 4:10pm-5:00pm 10wks 52786 \$96.00

## Learn to Skate - Level 2 5 - 6 yrs

At least 5 but less than 7

This program requires one of the following prerequisites: - Successful completion of Beginner Level 1 or an equivalent program - Able to push and glide the width of the ice without assistance Individuals will work on the development of the following skills: - Backwards skating and gliding - Forward one-foot glide - Snowplow stopping - Basic on ice

# 2024 Fall Fitness & Leisure Programs

agility skills such as turning, jumping on two feet Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.  
CHDRC Arena O'Brien - Ice

T	Sep 24-Nov 26	4:10pm-5:00pm	10wks	52791	\$96.00
W	Sep 25-Nov 27	4:10pm-5:00pm	10wks	52790	\$96.00

## Learn to Skate - Level 2 7 - 10 yrs

At least 6 but less than 11

This program requires one of the following prerequisites: - Successful completion of Beginner Level 1 or an equivalent program - Able to push and glide the width of the ice without assistance Individuals will work on the development of the following skills: - Backwards skating and gliding - Forward one-foot glide - Snowplow stopping - Basic on ice agility skills such as turning, jumping on two feet Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.

CHDRC Arena O'Brien - Ice

S	Sep 22-Nov 24	8:30am-9:20am	10wks	52792	\$96.00
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## Learn to Skate - Level 2 7 - 10 yrs

At least 6 but less than 11

This program requires one of the following prerequisites: - Successful completion of Beginner Level 1 or an equivalent program - Able to push and glide the width of the ice without assistance Individuals will work on the development of the following skills: - Backwards skating and gliding - Forward one-foot glide - Snowplow stopping - Basic on ice agility skills such as turning, jumping on two feet Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.

DBA Ice Pad 2

Sa	Sep 21-Nov 30	4:00pm-4:50pm	10wks	52793	\$96.00
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## Learn to Skate Level 1 9 - 13 yrs

At least 9 but less than 14

This program is targeted towards the ultimate beginner who may not have prior experience on the ice. No skill prerequisites required. Individuals will work on the development of the following skills: - Standing with balance - Introduction to forward skating, gliding, stopping and backwards skating - Safely learning to fall and get back up Skaters must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask is highly recommended.

CHDRC Arena Delaney - Ice

F	Sep 27-Nov 29	4:10pm-5:00pm	10wks	52794	\$96.00
F	Sep 27-Nov 29	5:10pm-6:00pm	10wks	52795	\$96.00

## Parent & Child Stick & Puck - Ages 4-12

At least 18 but less than 90

This program is for skaters to practice how to shoot, pass and handle a stick. Children must be over 4 years old and children under 12 must be accompanied by an adult over 18. All skaters must wear a

# 2024 Fall Fitness & Leisure Programs

CSA approved hockey helmet and bring their own hockey equipment. The parent registers for this program - one child is free. Additional children register in separate program.

CHDRC Arena Delaney - Ice

M Sep 23-Dec 2 3:45pm-4:45pm 10wks 52920 \$53.00

## 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.

Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Meeting Room 4

M Sep 23-Dec 2 6:00pm-7:30pm 10wks 52653 \$215.00

M Sep 23-Dec 2 7:35pm-9:05pm 10wks 52654 \$215.00

#### French - Level 2 6 - 8 yrs

At least 6 but less than 9

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 Sep 25-Nov 27 6:00pm-7:00pm 10wks 52894 \$107.00

#### Intro to French 6-12 yrs

At least 6 but less than 13

This program is designed to introduce children to the French language. Participants will develop a base-level understanding of how to write, read and speak in French through exciting games and activities. No prior knowledge of the French language is required for this program.

CHDRC Meeting Room 2

W Sep 25-Nov 27 4:55pm-5:55pm 10wks 52899 \$107.00

#### Intro to French 6-8 yrs

At least 6 but less than 9

This program is designed to introduce children to the French language. Participants will develop a base-level understanding of how to write, read and speak in French through exciting games and activities. No prior knowledge of the French language is required for this program.

CHDRC Creative Centre

# 2024 Fall Fitness & Leisure Programs

W Sep 25-Nov 27 4:55pm-5:55pm 10wks 52831 \$101.00

## Intro to French 8 - 12 yrs

At least 8 but less than 13

This program is an introduction to the French language. Participants will develop a base-level understanding of how to write, read and speak in French through exciting games and activities. No prior knowledge of the French language is required for this program.

CHDRC Meeting Room 2

W Sep 25-Nov 27 6:45pm-7:45pm 10wks 52900 \$107.00

## Intro to Robotics (Homeschoolers) 5 - 8 yrs

At least 5 but less than 9

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 Sep 27-Nov 29 10:30am-12:00pm 10wks 52901 \$239.00

## Intro to Robotics (Homeschoolers) 8 - 12 yrs

At least 8 but less than 13

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 Sep 27-Nov 29 12:15pm-1:45pm 10wks 52902 \$239.00

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Meeting Room 2

Sa Nov 9-Dec 14 9:00am-10:30am 6wks 52620 \$109.00

## Junior Chef 6 - 9 yrs

At least 6 but less than 10



# 2024 Fall Fitness & Leisure Programs

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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Meeting Room 2

Sa Sep 28-Nov 2 9:00am-10:30am 6wks 52621 \$109.00

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Meeting Room 2

Sa Nov 9-Dec 14 11:30am-1:00pm 6wks 52622 \$109.00

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Meeting Room 2

Sa Sep 28-Nov 2 11:30am-1:00pm 6wks 52623 \$109.00

## 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 Sep 25-Nov 27 6:30pm-7:30pm 10wks 52658 \$100.00

## Pottery Wheel (Intermediate) 9 - 13 yrs

At least 9 but less than 14

# 2024 Fall Fitness & Leisure Programs

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 Sep 24-Nov 26 5:00pm-6:30pm 10wks 52571 \$181.00

## Superheroes in Training 4 - 6 yrs

At least 4 but less than 7

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! Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

F Sep 27-Nov 29 5:30pm-6:45pm 10wks 52867 \$113.00

## Superheroes in Training 5-7 yrs

At least 5 but less than 8

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! Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

F Sep 27-Nov 29 7:15pm-8:30pm 10wks 52868 \$113.00

# Children

## Sports

### Learn to Skateboard 10 - 12 yrs

At least 10 but less than 12

Each week participants will learn different skateboarding skills so they can build their confidence and participate in various skateboard activities throughout the community. Participants are required to bring their own helmet, and skateboard.

DPWP Skateboarding Park

Sa Oct 12-Nov 23 12:45pm-2:15pm 7wks 52557 \$100.00

### Learn to Skateboard 7 - 9 yrs

At least 7 but less than 9

# 2024 Fall Fitness & Leisure Programs

Each week participants will learn different skateboarding skills so they can build their confidence and participate in various skateboard activities throughout the community. Participants are required to bring their own helmet, and skateboard.

DPWP Skateboarding Park

S	Oct 13-Nov 24	11:00am-12:30pm	7wks	52559	\$100.00
Sa	Oct 12-Nov 23	11:00am-12:30pm	7wks	52558	\$100.00

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DHS West Gymnasium (Main)

S	Sep 22-Nov 24	11:45am-12:45pm	10wks	52582	\$77.00
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#### \*NEW\* Basketball Fundamentals 11-12 yrs

At least 10 but less than 12

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	Sep 28-Nov 30	5:30pm-6:30pm	10wks	52583	\$77.00
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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	Sep 24-Nov 26	7:00pm-8:00pm	10wks	52584	\$77.00
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#### \*NEW\* Basketball Fundamentals 6 - 8 yrs

At least 6 but less than 9

# 2024 Fall Fitness & Leisure Programs

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 Sep 28-Nov 30 3:20pm-4:20pm 10wks 52585 \$77.00

## **\*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 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DHS West Gymnasium (Main)

S Sep 22-Nov 24 9:15am-10:15am 10wks 52586 \$77.00

## **\*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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DHS West Gymnasium (Main)

S Sep 22-Nov 24 10:30am-11:30am 10wks 52587 \$77.00

## **\*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 Sep 28-Nov 30 4:25pm-5:25pm 10wks 52588 \$77.00

## **\*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 Sep 22-Nov 24 1:45pm-2:45pm 10wks 52589 \$77.00

# 2024 Fall Fitness & Leisure Programs

## \*NEW\* Dodgeball 7 - 10 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

SMCSS C Gymnasium

M Sep 23-Dec 2 7:10pm-8:10pm 10wks 52590 \$70.00

## \*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 Sep 27-Dec 6 6:00pm-7:00pm 11wks 52801 \$62.00

## \*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 Sep 23-Dec 2 6:00pm-7:00pm 10wks 52611 \$77.00

## \*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 Sep 23-Dec 2 6:00pm-7:00pm 10wks 52591 \$70.00

## \*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

# 2024 Fall Fitness & Leisure Programs

M Sep 23-Dec 2 8:00pm-9:30pm 10wks 52592 \$104.00

## 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)

W Sep 25-Nov 27 6:00pm-7:00pm 10wks 52593 \$77.00

Sa Sep 28-Nov 30 11:00am-12:00pm 10wks 52594 \$77.00

## Badminton - Intermediate 11 - 17 yrs

At least 7 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 Sep 24-Nov 26 7:15pm-8:15pm 10wks 52595 \$77.00

W Sep 25-Nov 27 7:15pm-8:15pm 10wks 52596 \$77.00

## Ball Hockey 8 - 12 yrs

At least 8 but less than 13

Participants will enhance playing skills participating in passing, shooting, and scoring drills. They will finish the session with games and a friendly tournament. CSA approved helmets with full face mask required. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Gymnasium

Sa Sep 28-Nov 30 11:15am-12:15pm 10wks 52886 \$77.00

## 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 Sep 26-Nov 28 6:15pm-7:15pm 10wks 52599 \$77.00

## 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

# 2024 Fall Fitness & Leisure Programs

footwork. Every week will end with a mini game. Participants will be grouped based on age and skill level.

PRSS A Gymnasium

M Sep 23-Dec 2 5:00pm-6:00pm 10wks 52600 \$70.00

## 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 Sep 24-Nov 26 7:10pm-8:10pm 10wks 52602 \$77.00

## 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 Sep 26-Nov 28 7:30pm-8:30pm 10wks 52601 \$77.00

## Battlefield Games 6 - 12 yrs

At least 6 but less than 12

Defend your territory as participants engage in fan-favourite games; dodgeball, archery, and so much more!

DNT Banquet Hall

F Sep 27-Nov 29 7:15pm-8:15pm 10wks 52887 \$77.00

## Battlefield Games 6 - 12 yrs

At least 6 but less than 12

Defend your territory as participants engage in fan-favourite games; dodgeball, archery, and so much more!

ESCC Gymnasium

M Sep 23-Dec 2 5:00pm-6:00pm 10wks 52814 \$74.00

## Cirque d'Kids 6 - 10 yrs

At least 6 but less than 11

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. Only program

# 2024 Fall Fitness & Leisure Programs

participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

Sa Sep 28-Nov 30 10:15am-11:30am 10wks 52816 \$113.00

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

PRSS A Gymnasium

M Sep 23-Dec 2 5:00pm-6:00pm 10wks 52604 \$72.00

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

SMCSS C Gymnasium

Th Sep 26-Nov 28 7:30pm-8:30pm 10wks 52603 \$79.00

## Exploring Science and Art (Homeschoolers) 5 - 8 yrs

At least 5 but less than 9

The goal is to increase participants abilities to innovate and grasp a deeper understanding of science and various mediums of art including portrait painting, acrylic pouring, water colour, clay creations and more. Participants will spend one hour learning and creating with art and the other hour doing science.

ESCC Meeting Room 2

Th Sep 26-Nov 28 10:00am-12:15pm 10wks 52891 \$180.00

## Exploring Science and Art (Homeschoolers) 8 - 12 yrs

At least 8 but less than 13

The goal is to increase participants abilities to innovate and grasp a deeper understanding of science and various mediums of art including portrait painting, acrylic pouring, water colour, clay creations and more. Participants will spend one hour learning and creating with art and the other hour doing science. This daytime program is designed for homeschoolers.

ESCC Meeting Room 4

Th Sep 26-Nov 28 10:00am-12:15pm 10wks 52892 \$180.00



# 2024 Fall Fitness & Leisure Programs

## Girls Gymnastics 7 - 11 yrs

At least 7 but less than 12

Participants develop gymnastics skills in a fun and safe environment. Emphasis on safety and correct form. Floor, bars, beam and vault training. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

Sa Sep 28-Nov 30 2:30pm-3:45pm 10wks 52821 \$113.00

## Gymnastics (Homeschoolers) 4 - 8 yrs

At least 4 but less than 9

A great opportunity to learn gymnastics in a fun and safe environment. Emphasis on safe and correct form. Floor, bars, beam and vault training. This daytime offering designed for homeschoolers.

CHDRC Mat Room

M Sep 23-Dec 2 11:45am-1:00pm 10wks 52822 \$113.00

## Gymnastics 6 - 10 yrs

At least 6 but less than 11

Learn gymnastics in a fun and safe environment. Emphasis on safety and correct form. Floor, bars, beam and vault training. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

S Sep 22-Nov 24 1:30pm-2:45pm 10wks 52823 \$113.00

## Gymnastics 6 - 8 yrs

At least 6 but less than 9

Learn gymnastics in a fun and safe environment. Emphasis on safety and correct form. Floor, bars, beam and vault training. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

M Sep 23-Dec 2 5:30pm-6:45pm 10wks 52824 \$113.00

Sa Sep 28-Nov 30 11:45am-1:00pm 10wks 52825 \$113.00

## Gymnastics 8 - 12 yrs

At least 8 but less than 13

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

CHDRC Mat Room

M Sep 23-Dec 2 7:15pm-8:30pm 10wks 52826 \$113.00

# 2024 Fall Fitness & Leisure Programs

## 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: Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DHS West Gymnasium (Main)

T Sep 24-Nov 26 6:00pm-7:00pm 10wks 52605 \$79.00

## Indoor Games 6 - 10 yrs

At least 6 but less than 11

Participants will learn and play European handball, indoor soccer, ball hockey, basketball, dodgeball, and so much more, in a fun, and safe social setting.

ESCC Gymnasium

Sa Sep 28-Nov 30 9:15am-10:45am 10wks 52897 \$114.00

## Junior Ninja 5 - 7 yrs

At least 5 but less than 8

Train like a 'NINJA' in this action packed class! Balance, climb, crawl, jump, run and master the obstacles. Develop skills that can help prepare for participation in other sports while having a ton of fun!

CHDRC Mat Room

Th Sep 26-Nov 28 5:45pm-6:45pm 10wks 52837 \$104.00

## 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 one's 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.

WSSC Banquet Hall

T,Th Sep 24-Nov 28 7:30pm-8:30pm 10wks 52663 \$127.00

## 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 one's 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

# 2024 Fall Fitness & Leisure Programs

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 Sep 24-Nov 28 5:30pm-6:30pm 10wks 52664 \$127.00

## 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

F Sep 27-Nov 29 6:00pm-7:00pm 10wks 52665 \$62.00

## Karate - Beginner 9 - 15 yrs

At least 9 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 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

F Sep 27-Nov 29 5:00pm-6:00pm 10wks 52666 \$62.00

## 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 one's 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.

WSSC Banquet Hall

T,Th Sep 24-Nov 28 6:30pm-7:30pm 10wks 52667 \$127.00

## Sport FUN-Damentals 4 - 6 yrs

At least 4 but less than 7

# 2024 Fall Fitness & Leisure Programs

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)

Sa Sep 21-Nov 23 2:15pm-3:15pm 10wks 52606 \$77.00

## 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 Sep 24-Nov 26 6:00pm-7:00pm 10wks 52612 \$77.00

## 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 Sep 26-Nov 28 6:15pm-7:15pm 10wks 52607 \$77.00

## 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!

WDPS Gymnasium

T Sep 24-Nov 26 6:00pm-7:00pm 10wks 52608 \$77.00

T Sep 24-Nov 26 6:00pm-7:00pm 10wks 52613 \$77.00

## Ultimate Ninja 7 - 11 yrs

At least 7 but less than 12

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! Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRM Mat Room

T Sep 24-Nov 26 7:30pm-8:30pm 10wks 52870 \$104.00

# 2024 Fall Fitness & Leisure Programs

## Ultimate Ninja 7 - 11 yrs

At least 7 but less than 12

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! Please note that all patrons 12yrs and older are to be double vaccinated to participate in this program, and participants 4yrs and older are required to wear a mask. Please enter through the front doors of the facility and check in with the contact screening staff, the program instructor will meet you here to bring the participant to the Program Room. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

Th Sep 26-Nov 28 7:00pm-8:00pm 10wks 52871 \$104.00

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DHS West Gymnasium (Main)

Sa Sep 28-Nov 30 12:30pm-2:00pm 10wks 52609 \$114.00

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

HBPS Gymnasium

M Sep 23-Dec 2 6:15pm-7:45pm 10wks 52581 \$114.00

F Sep 27-Nov 29 6:15pm-7:45pm 10wks 52614 \$114.00

## 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 Sep 21-Nov 16 11:45am-12:15pm 9wks 52502 \$56.00

# 2024 Fall Fitness & Leisure Programs

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DBA Banquet Hall

M Sep 23-Dec 2 7:45pm-8:30pm 10wks 52859 \$79.00

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

At least 6 but less than 13

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. This barcode for additional child only.

DBA Banquet Hall

M Sep 23-Dec 2 7:45pm-8:30pm 10wks 52860 \$30.00

## Family

### Skate

#### Parent & Child Stick & Puck (4-12) Additional Child

At least 4 but less than 13

This registration is for adding an additional child. This program is for skaters to practice how to shoot, pass and handle a stick. Children must be over 4 years old and children under 12 must be accompanied by an adult over 18. All skaters must wear a CSA approved hockey helmet and bring their own hockey equipment. The parent registers for this program - one child is free. Additional children register in separate program.

CHDRC Arena Delaney - Ice

M Sep 23-Dec 2 3:45pm-4:45pm 10wks 52919 \$26.00

# 2024 Fall Fitness & Leisure Programs

## Family

### Special Interest

#### Home Alone - Additional Child 10 - 14 yrs

At least 10 but less than 15

Additional Child for Home Alone Program.

ESCC Meeting Room 4

Sa	Nov 23-Nov 23	9:30am-4:00pm	1wks	52661	\$12.00
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#### 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DBA Banquet Hall

Sa	Nov 23-Nov 23	9:30am-4:00pm	1wks	52662	\$52.00
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Sa	Nov 23-Nov 23	9:30am-4:00pm	1wks	52761	\$52.00
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## 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	Sep 28-Nov 30	9:15am-10:45am	10wks	52597	\$165.00
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#### Badminton Parent & Child - Additional Child

At least 10 but less than 17

This code is for Badminton Parent & Child - additional child.

DHS West Gymnasium (Main)

Sa	Sep 28-Nov 30	9:15am-10:45am	10wks	52598	\$56.00
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# 2024 Fall Fitness & Leisure Programs

## 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	Sep 20-Nov 8	7:00pm-7:50pm	8wks	52417	\$119.00
Additional Child				52416	\$34.00

## Parent & Tot

### Pre/post Natal

#### P&T Stroller Fit 18+

18 and up

This beginner to intermediate fitness program allows parents to enjoy the fresh air while getting in shape with their child. The class includes a warm up, a power walk, an exercise component using body weight and resistance bands as well as a cool down. Participants should wear exercise clothing dependent on the weather, running shoes and bring a stroller for their child.

CHDRC Concourse - Lower Main

Th	Sep 19-Oct 24	11:30am-12:20pm	6wks	52434	\$45.00
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## 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 Art Studio

S	Sep 22-Nov 24	9:00am-10:15am	10wks	52803	\$146.00
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#### \*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!



# 2024 Fall Fitness & Leisure Programs

CHDRC Creative Centre  
M Sep 23-Dec 2 9:15am-10:30am 10wks 52802 \$146.00

## Preschool

### Creative Play

#### **\*NEW\*** Jr Kindergarten's Coming - French 3 - 4 yrs

At least 3 but less than 4y 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 Sep 28-Nov 30 10:30am-12:45pm 10wks 52800 \$170.00

#### **\*NEW\*** Kindergarten's Coming - ESL 3 - 5 yrs

At least 3 but less than 5

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 where English is their second language.

CHDRC Creative Centre  
W Sep 25-Nov 27 2:15pm-4:30pm 10wks 52873 \$179.00

#### **\*NEW\*** Musical Munchkins 3 - 5 yrs

At least 3 but less than 5

Children will be introduced to music through songs, games, instruments and music. Participants will develop rhythmic awareness and listening skills through sing - a longs and music.

CHDRC Creative Centre  
M Sep 23-Dec 2 2:30pm-3:30pm 10wks 52804 \$101.00

#### **\*NEW\*** Sr Kindergarten's Coming - French 4 - 5 yrs

At least 4 but less than 6

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 Sep 28-Nov 30 1:00pm-3:15pm 10wks 52806 \$170.00

#### **\*NEW\*** Sr Kindergarten's Coming 4 - 5 yrs

At least 4 but less than 6

# 2024 Fall Fitness & Leisure Programs

Prepare your child for school with the introduction to writing and the basics of colours, numbers, letters, and shapes while fostering independence and socialization.

CHDRC Creative Centre

T Sep 24-Nov 26 2:30pm-4:45pm 10wks 52874 \$179.00

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

At least 3 but less than 6

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 Sep 23-Dec 2 5:45pm-7:00pm 10wks 52807 \$146.00

## **\*NEW\* Toddler Time 2yrs - 5yrs**

At least 2 but less than 5

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 Sep 23-Dec 2 11:15am-12:30pm 10wks 52808 \$146.00

## **\*NEW\* Tummy Time 6mon - 12 mos**

At least 6m but less than 1

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 Art Studio

T Sep 24-Nov 26 9:20am-10:25am 10wks 52878 \$146.00

## **\*NEW\* Tummy Time 6mon - 12 mos**

At least 6m but less than 1

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 Sep 26-Nov 28 4:00am-5:00am 10wks 52879 \$146.00

# 2024 Fall Fitness & Leisure Programs

## \*NEW\* Winter Wonderland Drop-In 2yrs - 12yrs

At least 2 but less than 13

Drop-In To our Winter Wonderland for 5 minutes or 2 hours! Kids can dive into a world of creativity and play. They will have the opportunity to do some crafts, free play with a variety of toys and engaging in interactive games and challenges. Immerse your little ones in a winter wonderland filled with fun, creativity, and seasonal joy. Our program offers a delightful mix of activities and experiences that cater to a wide range of interests and age groups. Pre-register for all 10 weeks or drop-in weekly (must be a CHDRC member).

CHDRC Creative Centre

Sa	Sep 28-Nov 30	1:00pm-3:20pm	10wks	52880	\$146.00
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## Adventure Kids 6mth - 5yrs

At least 6m but less than 5

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! Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Creative Centre

S	Sep 22-Nov 24	9:00am-11:20am	10wks	52884	\$179.00
S	Sep 22-Nov 24	11:40am-2:00pm	10wks	52885	\$179.00
W	Sep 25-Nov 27	10:00am-12:20pm	10wks	52881	\$179.00
F	Sep 27-Nov 29	9:05am-11:25am	10wks	52882	\$179.00
Sa	Sep 28-Nov 30	10:30am-12:50pm	10wks	52883	\$179.00

## Exploring Math 4 - 6 yrs

At least 4 but less than 7

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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Creative Centre

S	Sep 22-Nov 24	2:15pm-3:15pm	10wks	52890	\$107.00
Sa	Sep 28-Nov 30	3:30pm-4:30pm	10wks	52889	\$107.00

## Exploring Math 4 - 6 yrs

At least 4 but less than 7

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. Only

# 2024 Fall Fitness & Leisure Programs

program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Creative Centre

T Sep 24-Nov 26 5:00pm-6:00pm 10wks 52820 \$101.00

French - Level 2 4 - 6 yrs

At least 4 but less than 7

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

T Sep 24-Nov 26 6:00pm-7:00pm 10wks 52893 \$107.00

## 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 Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Creative Centre

M Sep 23-Dec 2 6:30pm-7:30pm 10wks 52896 \$107.00

## 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 Sep 22-Nov 24 11:45am-12:45pm 10wks 52895 \$107.00

## Intro to French 4 - 6 yrs

At least 4 but less than 7

This program is designed to introduce children to the French language. Participants will be introduced to multiple French words through exciting games and activities. No prior knowledge of the French language is required for this program.

CHDRC Meeting Room 2

T Sep 24-Nov 26 4:45pm-5:45pm 10wks 52898 \$107.00

# 2024 Fall Fitness & Leisure Programs

## Jr Kindergarten's Coming 3 - 4 yrs

At least 3 but less than 4y 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. Please note children must be toilet trained to participate in this program.

CHDRC Creative Centre

T	Sep 24-Nov 26	9:00am-11:15am	10wks	52833	\$170.00
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## Kindergarten's Coming 3 - 5 yrs

At least 3 but less than 6

Prepare your child for school with the introduction to writing and the basics of colours, numbers, letters, and shapes while fostering independence and socialization. Please note children must be toilet trained to participate in this program.

CHDRC Creative Centre

S	Sep 22-Nov 24	9:00am-11:15am	10wks	52838	\$170.00
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W	Sep 25-Nov 27	12:30pm-2:45pm	10wks	52906	\$179.00
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Th	Sep 26-Nov 28	12:00pm-2:15pm	10wks	52905	\$179.00
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## Kindergarten's Coming 3 - 5 yrs

At least 3 but less than 6

Prepare your child for school with the introduction to writing and the basics of colours, numbers, letters, and shapes while fostering independence and socialization. Please note children must be toilet trained to participate in this program.

DNT Banquet Hall

W	Sep 25-Nov 27	10:30am-12:45pm	10wks	52907	\$179.00
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## Little Scientists 3.5 - 6 yrs

At least 3 but less than 6

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 Art Studio

W	Sep 25-Nov 27	6:15pm-7:15pm	10wks	52841	\$101.00
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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

CHDRC Art Studio

W	Sep 25-Nov 27	5:00pm-6:00pm	10wks	52839	\$101.00
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# 2024 Fall Fitness & Leisure Programs

## Little Scientists 3.5 - 6 yrs

At least 3 1/2 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.

CHDRC Art Studio

M	Sep 23-Dec 2	5:30pm-6:30pm	10wks	52840	\$101.00
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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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space). Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Creative Centre

Th	Sep 26-Nov 28	5:15pm-6:15pm	10wks	52866	\$101.00
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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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

W	Sep 25-Nov 27	9:00am-11:00am	10wks	52925	\$145.00
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W	Sep 25-Nov 27	2:00pm-4:00pm	10wks	52926	\$145.00
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## Writing Wizards 4 - 6 yrs

At least 4 but less than 7

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 participate in this program. Please wait by the entrance of the Recreation Complex for you/your child to be screened. Also, please note that only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space). All person who are 10 yrs. + must be

# 2024 Fall Fitness & Leisure Programs

wearing a mask at all times within the Recreation Complex and masks are strongly recommended for all ages.

CHDRC Creative Centre

Th Sep 26-Nov 28 6:30pm-7:30pm 10wks 52872 \$82.00

## Preschool

### Dance

#### Creative Steps 3 - 5 yrs

At least 3 but less than 6

This program is perfect to get active young children introduced to dance. Instructors emphasizes fun, while teaching the fundamentals of dance, movement and rhythm. Participants learn to move and groove to children's popular music! Dress code: Tights, leotard, running shoes. It is recommended that students arrive pre-dressed for class. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

DBA Banquet Hall

Th Sep 26-Dec 5 5:00pm-5:30pm 10wks 52817 \$62.00

#### Creative Steps 3 - 5 yrs

At least 3 but less than 6

This program is perfect to get active young children introduced to dance. Instructors emphasizes fun, while teaching the fundamentals of dance, movement and rhythm. Participants learn to move and groove to children's popular music! Dress code: Tights, leotard, running shoes. It is recommended that students arrive pre-dressed for class. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Community Room

T Sep 24-Nov 26 4:45pm-5:15pm 10wks 52819 \$62.00

#### Creative Steps 3 - 5 yrs

At least 3 but less than 6

This program is perfect to get active young children introduced to dance. Instructors emphasizes fun, while teaching the fundamentals of dance, movement and rhythm. Participants learn to move and groove to children's popular music. Dress code: Tights, leotard, running shoes. It is recommended that students arrive pre-dressed for class. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Community Room

Sa Sep 28-Nov 30 9:15am-9:45am 10wks 52818 \$62.00

# 2024 Fall Fitness & Leisure Programs

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Community Room

Sa Sep 28-Nov 30 10:00am-10:45am 10wks 52861 \$79.00

## 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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

ESCC Community Room

T Sep 24-Nov 26 5:30pm-6:15pm 10wks 52862 \$79.00

## Preschool

### Parent & Tot

#### P&T ABC 123 FUN-Damentals! 1.5 - 3 yrs

At least 1 1/2 but less than 4

Toddlers will gain independence while having fun learning letters and numbers through physical activity - perfect for energetic tots. Please note that this program is now a Parent & Tot class so adults can support staff in helping tots to maintain physical distancing. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Creative Centre

Th Sep 26-Nov 28 9:00am-10:00am 10wks 52847 \$101.00

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

At least 1 1/2 but less than 4

Little ones will enjoy creative time making crafts, experimenting with painting materials, exploring senses through sand and water. Then they will relax and wind down with a story, snack, and songs. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Creative Centre

Sa Sep 28-Nov 30 9:00am-10:15am 10wks 52849 \$126.00



# 2024 Fall Fitness & Leisure Programs

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

At least 1 1/2 but less than 4

Your little one will enjoy creative time making crafts, experimenting with painting materials, exploring senses through sand and water, then relax and wind down with a story, snack and songs. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Creative Centre

M	Sep 23-Dec 2	1:00pm-2:15pm	10wks	52848	\$126.00
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## P&T Bouncin' Buddies 2 - 3.5 yrs

At least 2 but less than 3 1/2

This action-packed program emphasizes fun, learning through play and social interaction at a progressive pace, which will aid in developing better motor skills and self confidence among other children. Your child will build strength, balance and coordination as they enjoy our mat room. This program is perfect for the tot with plenty of energy! Please note that only registered participants are allowed in this program (no siblings).

CHDRC Mat Room

S	Sep 22-Nov 24	10:00am-10:45am	10wks	52850	\$92.00
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M	Sep 23-Dec 2	9:15am-10:00am	10wks	52852	\$92.00
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Sa	Sep 28-Nov 30	9:15am-10:00am	10wks	52854	\$92.00
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## P&T Bouncin' Buddies 2 - 3.5 yrs

At least 2 but less than 3 1/2

This action-packed program emphasizes fun, learning through play and social interaction at a progressive pace, which will aid in developing better motor skills and self confidence among other children. Your child will build strength, balance and coordination as they enjoy our mat room. This program is perfect for the tot with plenty of energy! Please note that only registered participants are allowed in this program (no siblings).

CHDRC Mat Room

T	Sep 24-Nov 26	10:15am-11:00am	10wks	52851	\$92.00
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Th	Sep 26-Nov 28	9:15am-10:00am	10wks	52853	\$92.00
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## P&T Silly Tot Science 1.5 - 3 yrs

At least 1 1/2 but less than 4

Children will have hands-on experiences learning and investigating various exciting activities. This program will focus on building children's cognitive and social development through the use of STEM (science, technology, engineering and math) based activities that are fun. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Creative Centre

T	Sep 24-Nov 26	11:45am-1:00pm	10wks	52915	\$133.00
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Th	Sep 26-Nov 28	2:30pm-3:45pm	10wks	52916	\$133.00
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# 2024 Fall Fitness & Leisure Programs

## P&T Skating 3 - 4 yrs

At least 3 but less than 5

Parents/caregivers will assist their child in learning basic skills while under the direction of a qualified instructor. Instructor will lead adults and children through various games and activities that assist in the development of balance, mobility, and confidence on the ice. Parents and child must wear their own skates, CSA approved hockey helmet (no bike helmets) and gloves. Full face mask, Gloves and snow pants are strongly recommended. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Arena O'Brien - Ice

T	Sep 24-Nov 26	4:10pm-4:40pm	10wks	52796	\$77.00
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## P&T Tumble Tots 12- 24 mos

At least 1 but less than 2

This is a lively program where the emphasis is fun! Learning through play, your child will be climbing, crawling and lifting themselves over various obstacles. This program is perfect for the adventurous toddler and great for helping them build new social skills and have interactions to other toddlers. Please note that only registered participants are allowed in this program (no siblings).

CHDRC Mat Room

S	Sep 22-Nov 24	9:00am-9:45am	10wks	52857	\$92.00
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T	Sep 24-Nov 26	9:15am-10:00am	10wks	52856	\$92.00
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## P&T Wiggles ' N Giggles 6 mos - 12 mos

At least 6m but less than 1

An opportunity for you and your little one to experience play, socializing, songs and a little exercise too. Lots of fun for all. Please note that only registered participants are allowed in this program (no siblings).

CHDRC Mat Room

T	Sep 24-Nov 26	12:30pm-1:15pm	10wks	52917	\$97.00
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## P&T Wiggles ' N Giggles 6 mos - 12mos

At least 6m but less than 1

An opportunity for you and your little one to experience play, socializing, songs and a little exercise too. Lots of fun for all. Please note that only registered participants are allowed in this program (no siblings).

CHDRC Mat Room

Th	Sep 26-Nov 28	1:15pm-2:00pm	10wks	52918	\$97.00
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# 2024 Fall Fitness & Leisure Programs

## Preschool

### Sports & Active Programs

#### **\*NEW\*** Intro to Junior Gymnastics 3 - 4 yrs

At least 3 but less than 4

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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

Th Sep 26-Nov 28 2:15pm-3:00pm 10wks 52799 \$92.00

#### **\*NEW\*** P&T Superkids 1.5 - 3 yrs

At least 1y 5m but less than 3

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 Sep 27-Nov 29 12:45pm-1:30pm 10wks 52805 \$92.00

#### **\*NEW\*** Superkids 3 - 5 yrs

At least 3 but less than 6

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 Sep 24-Nov 26 11:15am-12:15pm 10wks 52875 \$110.00

Th Sep 26-Nov 28 12:00pm-1:00pm 10wks 52876 \$110.00

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

At least 3 but less than 5

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. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

Th Sep 26-Nov 28 3:15pm-4:00pm 10wks 52877 \$97.00

#### **Jumpin' Jax 3 - 4 yrs**

At least 3 but less than 5

# 2024 Fall Fitness & Leisure Programs

You child will learn basic movement patterns through music, exercise, gymnastics and play. They will start to develop balance, strength, flexibility and co-ordination, all without parental participation. A fun class to burn energy and meet new friends. Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

S	Sep 22-Nov 24	11:00am-12:00pm	10wks	52903	\$110.00
W	Sep 25-Nov 27	12:45pm-1:45pm	10wks	52904	\$110.00

## Junior Gymnastics 4 - 6 yrs

At least 4 but less than 7

This action packed program exposes children to fundamental gymnastic skills through emphasizing fun, fitness, and friendship! Only program participants will be permitted into the Program Area (parents/caregivers will only be permitted for Parent & Tot programs and unregistered siblings will not be permitted into the space).

CHDRC Mat Room

S	Sep 22-Nov 24	12:15pm-1:15pm	10wks	52836	\$104.00
M	Sep 23-Dec 2	4:00pm-5:00pm	10wks	52835	\$104.00
Sa	Sep 28-Nov 30	1:15pm-2:15pm	10wks	52834	\$104.00

## Ninja Kids 3-5 yrs

At least 3 but less than 6

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

T	Sep 24-Nov 26	4:30pm-5:30pm	10wks	52844	\$104.00
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## Ninja Kids 3-5 yrs.

At least 3 but less than 6

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	Sep 26-Nov 28	4:30pm-5:30pm	10wks	52845	\$104.00
Th	Sep 26-Nov 28	10:30am-11:30am	10wks	52846	\$104.00

## Pre-School Skating 4 - 5 yrs

At least 4 but less than 6

This program will focus on getting up unassisted and learning to move independently on the ice while following instructions and having fun playing games that will reinforce balance and gliding. Skaters must wear their own skates, CSA approved hockey helmet (no bike helmet) and gloves. Full face mask, and snow pants are strongly recommended.

# 2024 Fall Fitness & Leisure Programs

CHDRC Arena O'Brien - Ice

T Sep 24-Nov 26 4:10pm-4:40pm 10wks 52798 \$77.00

## 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 Sep 27-Nov 29 5:00pm-6:30pm 10wks 52556 \$181.00

#### 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 Sep 28-Nov 30 12:45pm-2:15pm 10wks 52771 \$83.00

## Teen

### Leadership

#### Babysitter Training Course 11 - 15 yrs

At least 11 but less than 16

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 Sep 28-Sep 28 9:00am-4:00pm 1wks 52652 \$77.00

# 2024 Fall Fitness & Leisure Programs

## 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 Sep 24-Oct 29 5:30pm-7:00pm 6wks 52618 \$109.00

#### 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 Sep 23-Dec 2 7:35pm-9:05pm 10wks 52655 \$215.00

#### 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 Sep 23-Dec 2 7:35pm-9:05pm 10wks 52656 \$215.00

#### HIGH FIVE (PHCD) 15+ - Virtual

15 and up

Principles of Healthy Child Development (PHCD) is a Virtual 4-hr Parks & Recreation program for youth 15 and older who are interested in working with children. The program focuses on understanding children and how to design programs and environments that support healthy child development. Many organizations require this certification for employment when working with children 6 - 12 years.

This program will be held on the Zoom Platform. Zoom link will be sent prior to the course.

Sa Oct 26-Oct 26 5:15pm-9:15pm 1wks 52827 \$86.50

# 2024 Fall Fitness & Leisure Programs

## 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	Sep 21-Sep 29	11:30am-1:00pm	2wks	52474	\$60.00
S,Sa	Oct 5-Oct 13	11:30am-1:00pm	2wks	52475	\$60.00
S,Sa	Oct 19-Oct 27	11:30am-1:00pm	2wks	52472	\$60.00
S,Sa	Nov 2-Nov 10	11:30am-1:00pm	2wks	52473	\$60.00
S,Sa	Nov 16-Nov 24	11:30am-1:00pm	2wks	52476	\$60.00

## Youth

#### Pre-teen Social - Glow In The Dark Dance Party - February 23

At least 10 but less than 14

It's glowing down! Get ready to light up the night and let your spirit shine at our spectacular Glow In The Dark Dance Party! This one-of-a-kind event is a captivating fusion of vibrant colours, thumping beats and an electrifying atmosphere. Join us for a thrilling night of illuminating prizes, live DJ and dancing, games and challenges. Come dressed in your boldest and brightest florescent attire! Participants must be in Grade 5, 6, 7, or 8 in order to attend. Please bring the QR code that you receive with your receipt to the dance. Attendees will be required to show the QR code in order to gain entry to the dance.

GALCC Paris and Franklin Rooms

F	Oct 11	7:00pm-10:00pm	1wks	52922	\$14.00
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#### Pre-Teen Social - Winter Festive Fun Formal- December 15

At least 10 but less than 14

Winter Festive Fun/Formal Theme: Enter through our red carpet and join us for a festive and fun social night full of music, games, dancing and some holiday surprises! Semi Formal or your best holiday attire. Participants must be in Grade 5, 6, 7, or 8 in order to attend. Please bring the QR code that you receive with your receipt to the dance. Attendees will be required to show the QR code in order to gain entry to the dance.

GALCC Paris and Franklin Rooms

# 2024 Fall Fitness & Leisure Programs

F      Dec 13   7:00pm-10:00pm   1wks      52864    \$14.00