

# playbook

recreation  
fitness  
museum  
swimming  
parks  
19 on the park  
stouffville celebrates

Spring 2024

# Spring into action right here in Stouffville!

Embark on a journey of renewal and joy with our spring program guide, where every event is a bloom of excitement waiting to unfold.

## mayor's message

As the vibrant colors of spring begin to bloom, I am thrilled to welcome you to the latest edition of the Play Book. It is with great excitement that we unveil a season filled with opportunities for connection, fun, and wellness right here in our community.

I encourage you to dive into the guide, explore the offerings, and make the most of this season's possibilities. Let's come together, embrace the season, and create lasting memories, Stouffville.

Be well, **Iain Lovatt, Mayor**

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### Spring 2024 Registration

#### Residents:

**Tuesday, February 27** at 12:00 noon

Flip to page 3 for more information.  
Most programs begin April 2, 2024



# Ready to start your wellness journey?



**Drop In Schedules are subject to change.**

Cancellations may occur for special events & holidays; cancellations can be found at [townofws.ca/dropin](https://townofws.ca/dropin) or by scanning the QR code provided. For more information contact the Leisure Centre at 905-642-PLAY (7529).



## Register at [townofws.ca/active](https://townofws.ca/active)

- **Have questions or need help with registrations?** Call 905-642-PLAY (7529)
- **Looking for fee subsidies?** Visit [townofws.ca/register](https://townofws.ca/register) for help in supporting your family's active lifestyle.
- **Everyone needs a login for access to register.** Create a login by completing the Online Account Form at [townofws.ca/register](https://townofws.ca/register), and emailing it to [leisure.services@townofws.ca](mailto:leisure.services@townofws.ca) along with proof of Stouffville residency.



**Quick tip!**

To speed up your family's registration, activate your family's account before registration opens on February 27. Once you apply, we will have your account ready for you within 48 hours.

### Spring 2024 Registration dates

#### Residents:

**Tuesday, February 27, 2024**  
at 12:00 noon  
Online and in-person registration open at 12:00 noon

#### Non-residents:

**Tuesday, March 5, 2024**  
at 12:00 noon  
Non-residents are subject to a 20% surcharge to register in Town programs

**Most programs begin April 2, 2024**

#### Something catch your eye?

If you or your family members spot a program that you'd like to take part in, we recommend registering sooner rather than later.

Not only will this secure your spot, but it will also help ensure that there are enough participants for the sessions to operate as planned. Any classes, times, costs or locations may change without notice as required due to low enrollment, change of policy, or availability of facilities or instructors.



# Town facilities



## Looking to book a facility?

Plan your next event at one of Stouffville's facilities, such as the museum, theatre or a community centre. Hold your outdoor sporting event or social gathering at one of our many parks, baseball diamonds, soccer fields, tennis courts, arenas, or pavilions.

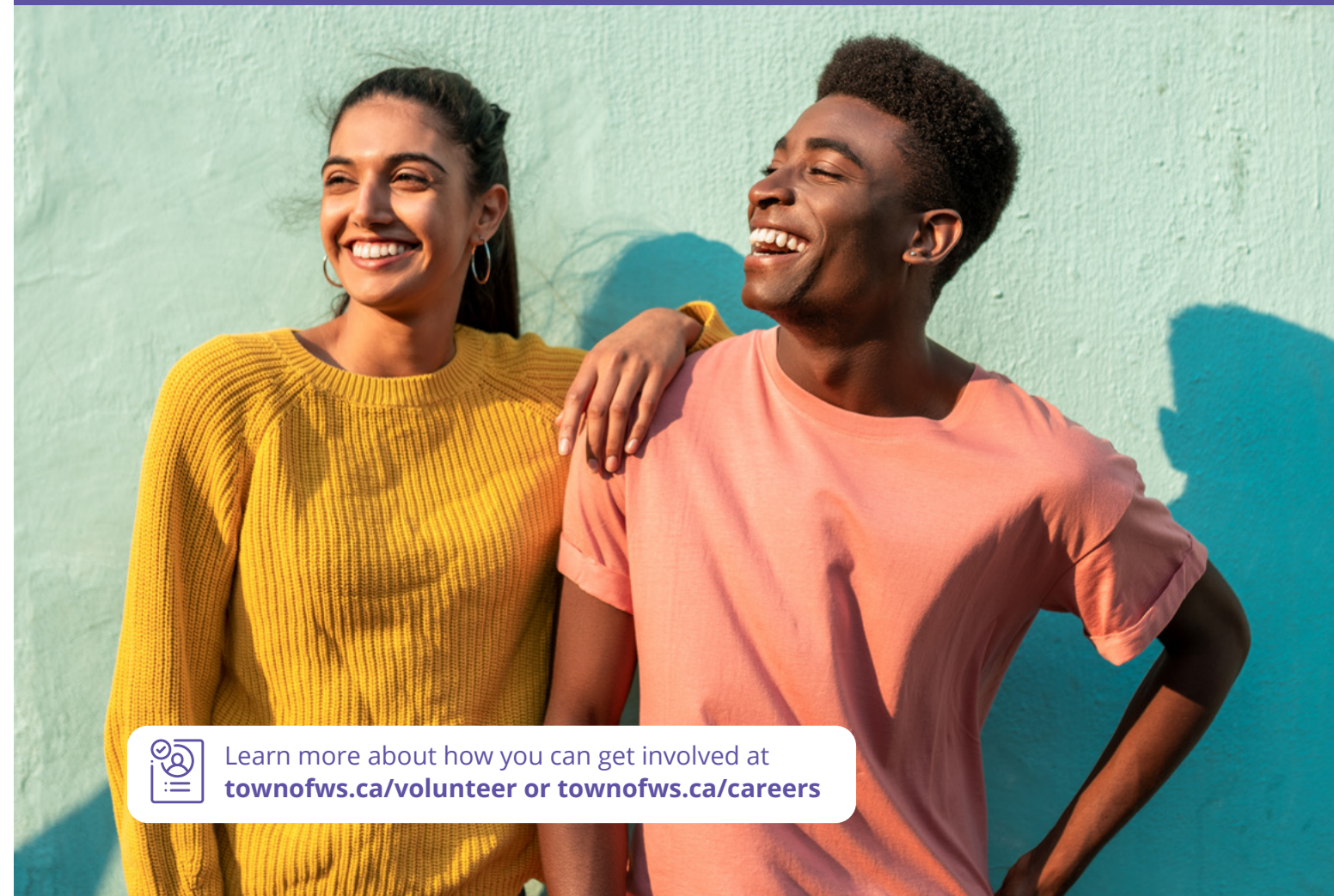
Drop us an email at [facilitybooking@townofws.ca](mailto:facilitybooking@townofws.ca) for general inquiries or call the facility number listed to the right.

- Whitchurch–Stouffville Leisure Centre**  
2 Park Dr  
905-642-PLAY (7529)
- Whitchurch–Stouffville Museum & Community Centre**  
14732 Woodbine Ave  
(905) 727-8954
- 19 on the Park**  
19 Civic Ave  
(905) 640-2322
- Stouffville Arena**  
12483 Ninth Line  
(905) 640-1900 ex. 2287
- Stouffville Clippers Sports Complex**  
120 Weldon Rd  
(905) 640-1900 ex. 2287
- Latcham Hall**  
8 Park Dr  
(905) 640-1900 ex. 2290
- Lemonville Community Centre**  
13453 McCowan Rd  
(905) 640-1900 ex. 2290
- Ballantrae Community Centre & Ballantrae Field House**  
5592 Aurora Sideroad  
(905) 640-1900 ex. 2290

# Opportunities are available in aquatics, recreation, museum, 19 on the Park, and events!

The Town of Stouffville offers a variety of volunteer and employment opportunities for individuals of all ages and backgrounds.

Whether you're interested in parks, recreation, local theatre, or museum and heritage services, there's a place for you here. With a strong focus on teamwork, innovation, and customer service, Stouffville is a great place to build skills and make a difference in your community.



Learn more about how you can get involved at [townofws.ca/volunteer](https://townofws.ca/volunteer) or [townofws.ca/careers](https://townofws.ca/careers)

## Leisure Centre

2 Park Drive, Stouffville, L4A 4K1  
905-642-PLAY (7529)

### Hours of Operation

Monday – Thursday	6:00 AM – 10:00 PM
Friday	6:00 AM – 9:00 PM
Saturday & Sunday	7:30 AM – 8:00 PM

[leisure.services@townofws.ca](mailto:leisure.services@townofws.ca)

## Drop-In Programs

In addition to many fun registered programs, the Town also offers a variety of drop-in activities



### Skating

We offer a variety of skating and shinny drop-in programs at our two indoor arenas, the Stouffville Arena and the Clippers Complex, both located in the community of Stouffville.



### Swimming

At the W-S Leisure Centre, we offer drop-in lane swims, leisure swims, family swims and aquafit classes. Consider one of our membership options for unlimited access to drop-in swim programs.



### Gymnasium

We offer a variety of drop-in recreational sports and activities for all ages and abilities, year-round, at the W-S Leisure Centre.



### Group Fitness

Let us help you meet your health and fitness goals... browse through our wide range of group fitness classes to find the right one for you. Consider one of our membership options for unlimited access to our Group Fitness classes.



### 55+ Club

Become a member and join us at 6240 Main Street for a variety of drop-in activities that suit your interests and lifestyle. New members are always welcome!



**Drop in to sports, games, and activities!**

View the full drop-in schedule at [townofws.ca/dropin](https://townofws.ca/dropin)

# adapted

## Cooking Healthy Meals

**Ages 18+** Ballantrae Community Centre **\$165**

Learn to make your favourite meals with healthy substitutions! Recipes will be a mix of meals and desserts. This is an adaptive cooking course in collaboration with Community Living York South.

Dates	Day	Time	Code
Apr 4 - Jun 6	Thu	5:00 PM - 7:00 PM	31700



## Social Club

**Ages 18+** Stouffville Arena **\$165**

Each week features themed recreational group activities in an informal setting. Chat about current events, play games like BINGO and, participate in creative crafts!

Dates	Day	Time	Code
Apr 3 - Jun 5	Wed	12:00 PM - 2:00 PM	31704

## Skating Lessons: Adapted

**Ages 5-12** Stouffville Clippers Sports Complex **\$115**

Make friends on the ice! Designed for individuals with intellectual exceptionalities, participants will learn the basics of skating in a safe and encouraging environment with our experienced staff. We will work with each child to help them learn how to skate forwards, backwards, and stop while they learn the etiquette of the skating arena so that they feel confident joining in other on-ice activities.

Dates	Day	Time	Code
Apr 8 - Jun 17	Mon	4:00 PM - 4:45 PM	31703

# preschool

**Caregiver Attendance Required**



## ABC's & 123's

**Ages 3-5** Leisure Centre **\$60**

Get a jump start on literacy and numeracy. Learn, practice and play with letters, numbers, colours and much more! Preschoolers will play games, sing songs, make crafts, write and draw their way to a love of learning. Please note, this is a drop off program. Participants must be toilet trained and independent in the washroom.

Dates	Day	Time	Code
Apr 5 - May 3	Fri	1:00 PM - 2:00 PM	31015
		5:30 PM - 6:30 PM	31016



## Cooking Up Fun

**Ages 3-5** Latcham Hall **\$150**

Join your mini chefs as they learn basic cooking skills such as stirring, measuring ingredients, food decoration and kitchen safety. Along with getting their start in the kitchen environment, your child will reinforce skills learned through games and activities. Caregiver participation is required in this program. Participants should wear clothes that they don't mind getting messy! Items created in this program may include egg, milk, nut and flour products.

Dates	Days	Time	Code
Apr 4 - Jun 6	Thu	5:00 PM - 5:45 PM	31029
		6:00 PM - 6:45 PM	31028
Apr 6 - Jun 8	Sat	10:30 AM - 11:15 AM	31027



## Dino Explorers

**Ages 3-5** Latcham Hall **\$120**

For your aspiring paleontologist! Join us for this interactive program where we'll learn about all things dinosaur through crafts, stories and co-operative play. Please note, this is a drop off program. Participants must be toilet trained and independent in the washroom.

Dates	Day	Time	Code
Apr 6 - Jun 8	Sat	9:00 AM - 10:00 AM	31030

## Get Ready for School

**Ages 3-5**      Stouffville Arena      **\$150**

In a fun and supportive environment, your little one will learn what school is all about as they explore art, letters, numbers, science at activity stations and through songs, stories and games. This is an unparented program to foster independence and prepare your child for school. Participants must be toilet trained and independent in the washroom.

Dates	Day	Time	Code
Apr 4 - Jun 6	Thu	9:30 AM - 11:30 AM	31036
Apr 5 - Jun 7	Fri	9:30 AM - 11:30 AM	31035

## Junior Scientists

**Ages 3-5**      Stouffville Arena      **\$140**

Do your child's eyes light up at the mention of slime, or an erupting volcano? Do they ask curious questions all the time? If, so this program is made for them - each week your child will learn a fun science concept through games, crafts, and experiments.

Dates	Day	Time	Code
Apr 3 - June 5	Wed	6:00 PM - 6:45 PM	31041



## Mini Masterpieces

**Ages 2-4**      Leisure Centre      **\$130**

Your little Picasso will get to spend time creating artwork that you will proudly want to display on your fridge! Children will work with a variety of mediums and materials to create new art each week. Participants should wear clothes that they don't mind getting messy. Caregiver participation is required.

Dates	Day	Time	Code
Apr 3 - June 5	Wed	6:00 PM - 6:45 PM	31046

## Playball: 2's Can Play Too

**Age 2**      Stouffville Arena      **\$180**

Playball is a gentle, safe, and fun introduction to sports while developing gross motor skills. With a wide range of activities to stimulate and improve your child's overall development, 2's Can Play Too builds a positive foundation for your child's future success in sports. This program is offered in partnership with Playball. Caregiver participation is required.

Dates	Day	Time	Code
Apr 6 - Jun 8	Sat	8:50 AM - 9:20 AM	31085
		9:30 AM - 10:00 AM	31084

## Playball for 3's

**Age 3**      Various Locations      **\$180**

This is a comprehensive program of games carefully devised and structured to teach a wide range of sports and social skills. With an emphasis on having fun while playing with a ball, your child's introduction to sport will be a happy and positive one. This program is offered in partnership with Playball.

### Glad Park Public School

Dates	Day	Time	Code
Apr 3 - June 5	Wed	6:00 PM - 6:45 PM	31087

### Stouffville Arena

Dates	Day	Time	Code
Apr 6 - Jun 8	Sat	10:10 AM - 10:55 AM	31086

## Playball for 4's and 5's

**Ages 4-5**      Various Locations      **\$180**

Provides "Playballers" with a solid grounding and basic ball skills. Children are given the opportunity to practice their newly acquired skills which will improve their confidence, encouraging them to continue their journey in sports and embrace the challenge of learning more advanced skills. This program is offered in partnership with Playball.

### Glad Park Public School

Dates	Day	Time	Code
Apr 3 - June 5	Wed	6:55 PM - 7:55 PM	31089

### Stouffville Arena

Dates	Day	Time	Code
Apr 6 - Jun 8	Sat	11:05 AM - 12:05 PM	31088

**Note**

**Holiday Closure**  
Please note that our programs will not run on **Monday, May 20**, for Victoria Day



## Playball Soccer: 2's Can Play Too

**Age 2**      TEVA - Fields      **\$175**

Introduce your preschooler to a gentle, non-competitive and fun time of playing soccer and developing gross motor skills. With a wide range of activities to stimulate and improve your children's overall development, this program builds the foundation for participant's successful future participation in soccer and team sports. This program is offered in partnership with Playball. Caregiver participation is required.

Dates	Day	Time	Code
Jun 11 - Aug 13	Tue	5:45 PM - 6:15 PM	31090
Jun 13 - Aug 15	Thu	5:45 PM - 6:15 PM	31091
Jun 15 - Aug 17*	Sat	9:00 AM - 9:30 AM	31092

**\*shorter session | \$157.50**



## Playball Soccer for 3's

**Ages 3**      TEVA - Fields      **\$175**

A fun, non-competitive and safe introduction to soccer and gross motor skills. With a wide range of activities to stimulate and improve your child's overall development, Playball Soccer is for everyone! This program is offered in partnership with Playball.

Dates	Day	Time	Code
Jun 11 - Aug 13	Tue	6:15 PM - 7:00 PM	31093
Jun 13 - Aug 15	Thu	6:15 PM - 7:00 PM	31094
Jun 15 - Aug 17*	Sat	9:30 AM - 10:15 AM	31095

**\*shorter session | \$157.50**

## Playball Soccer for 4's and 5's

**Ages 4-5** TEVA - Fields **\$175**

The perfect introduction to soccer skills and team participation for your child. Lots of fun, skill-building games in a positive, non-competitive and happy environment to ensure your child's future sports participation. This program is offered in partnership with Playball.

Dates	Day	Time	Code
Jun 11 - Aug 13	Tue	7:00 PM - 7:45 PM	31096
Jun 13 - Aug 15	Thu	7:00 PM - 7:45 PM	31097
Jun 15 - Aug 17*	Sat	10:15 AM - 11:00 AM	31098

\*shorter session | \$157.50

## Shake Your Sillies Out



**Ages 2-5** Leisure Centre **\$120**

Let's burn some energy and shake those sillies out with your little ones! Participants will enjoy unstructured play and structured activities all while improving gross and fine motor skills. Caregiver participation is required.

Dates	Day	Time	Code
Apr 14 - Jun 16	Sun	9:00 AM - 9:45 AM	31048

## Skating Lessons: Family



**Ages 3+** Stouffville Clippers Sports Complex **\$66**

Learn how to skate as a family! This is a beginner level skating program that will focus on forward skating and stopping. Lessons will be tailored to meet the need of each family. *Please see the information box to learn more about equipment requirements.*

Dates	Day	Time	Code
May 4 - Jun 15	Sat	9:45 AM - 10:30 AM	31119



## Skating Lessons: Preschool

**Ages 3-5** Stouffville Clippers Sports Complex **\$110**

Designed for preschoolers with little or no skating experience, we will introduce your child to basic skills to help them build their confidence on the ice. *Please see the information box below to learn more about equipment requirements.*

Dates	Day	Time	Code
Apr 2 - Jun 4	Tue	8:45 AM - 9:15 AM	31051
		9:15 AM - 9:45 AM	31052
Apr 3 - June 5	Wed	9:00 AM - 9:30 AM	31054
		9:30 AM - 10:00 AM	31053
May 4 - Jun 15*	Sat	9:15 AM - 9:45 AM	31120

\*shorter session | \$66

**Note**

**Please come prepared for your Skating Lessons**

Participants must have their own skates and be able to comfortably stand on their skates (without the use of a skate bar/aid). Children should be able to work independently (free from parents) in a group setting.

Children **MUST** wear a CSA approved hockey helmet with a face mask. Helmets are required for adults participating in Family Lessons as well. (Bicycle and ski helmets are not permitted.)

Gloves/mitts and warm clothing are also required. Failure to arrive with the proper safety equipment will result in non-participation.

## Sportball: Parent and Child



**Ages 2-3** Various Locations

Children are introduced to the fundamental skills of 8 different sports all in one program. With a play-based curriculum, these classes are a fantastic kick start for an active life. This program is offered in partnership with Sportball. Caregiver participation is required. Cost includes a ball.

**Stouffville Arena** **\$172**

Dates	Day	Time	Code
Apr 3 - May 22	Wed	4:45 PM-5:30 PM	31136
Apr 7 - May 12*	Sun	9:00 AM - 9:45 AM	31105

\*shorter session | \$132.75

**TEVA - Fields** **\$113.13**

Dates	Day	Time	Code
May 19 - Jun 16	Sun	9:00 AM - 9:45 AM	31106
May 29 - Jun 26	Wed	5:00 PM - 5:45 PM	31104



## Sportball: Multi-sport

**Ages 3-5** Various Locations

In this fun, stress-free, and non-competitive setting, children learn the fundamentals of 8 different sports. This class keeps children moving and engaged with a new skill highlighted every week. If you're looking for a way to give your child a well-rounded sports foundation that promotes their independence and leaves room for specialization later, look no further. This program is offered in partnership with Sportball. Cost includes a ball.

**Stouffville Arena** **\$172**

Dates	Day	Time	Code
Apr 3 - May 22	Wed	5:30 PM - 6:30 PM	31135
Apr 7 - May 12*	Sun	9:45 AM - 10:45 AM	31100
		10:45 AM - 11:45 AM	31103

\*shorter session | \$132.75

**TEVA - Fields** **\$113.13**

Dates	Day	Time	Code
May 19 - Jun 16	Sun	9:45 AM - 10:45 AM	31102
May 29 - Jun 26	Wed	5:45 PM - 6:45 PM	31099



NEW

### STEAM Creators: Design & Build Mini

Ages 4-6 Leisure Centre \$160

Explore. Discover. Play. Does your little one love to build things and tear them down? Do they show an interest in science, technology, engineering, arts and mathematics? This introductory STEAM program is a fun and exciting way to learn about basic science and technology concepts and to apply them to make creative projects. Turn your imagination into reality through hands-on activities using building blocks, K'nex, Makedo and more.

Dates	Day	Time	Code
Apr 6 - May 25	Sat	9:30 AM - 10:15 AM	31121

NEW

### Storybook Toddlers

Ages 1-3 19 on the Park \$55

Come to 19 on the Park for this weekly interactive toddler program! Varying from old favourites to new and exciting ones, Storybook Toddlers will focus on a different story each week, and will include developmental interactive play and snack time.

Dates	Day	Time	Code
Apr 17 - Jun 26	Wed	10:00 AM - 11:00 AM	31779



### Taekwon-Do: Little Dragons

Ages 4-6 Harry Bowes Public School \$274

Kids have fun getting fit and learning focus and self-control with Taekwondo training. Participants will work on exercise routines, kicking drills and self-defence techniques. This program is delivered in partnership with Woodbridge Taekwon-Do Inc. as part of the International Chang-Hon Taekwon-Do Federation. Uniforms are required for this program and are purchased from the instructors for the first two weeks of class. The cost of the uniform is \$85. Testing fees for level completion are an additional charge.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	6:00 PM - 6:45 PM	31070

Note

#### Drop into fun!

View the full drop-in schedule at [townofws.ca/dropin](http://townofws.ca/dropin)



### Tiny Dancers

Various Locations \$120

Does your little one dance around the house all day? This dance program is the perfect place for them to learn the basics of dance and how to creatively move to music. Watch your child combine their new skills into a short dance routine presented at the end of the session. Participants require running shoes or dance slippers.

Ages 3-4 Leisure Centre

Dates	Day	Time	Code
Apr 4 - Jun 6	Thu	5:30 PM - 6:15 PM	31078
Apr 8 - Jun 17	Mon	5:30 PM - 6:15 PM	31077

Ages 5-6 Lemonville Community Centre

Dates	Day	Time	Code
Apr 4 - Jun 6	Thu	6:15 PM - 7:00 PM	31080
Apr 8 - Jun 17	Mon	6:15 PM - 7:00 PM	31079



### Tot Spot



6 months - 6 yrs Stouffville Arena \$150

Get your little one out to meet others their own age and burn off some energy! This co-operative group program offers opportunities for free play and peer-to-peer social interaction, as well as structured activities that promote learning and encourage independence. With a focus on the development of gross and fine motor skills, this enriching environment promotes growth and development, led by experienced staff, and supervised by parents and guardians. Caregiver participation is required for this program. School aged children are not permitted to attend. Infants under 6 months do not need to register.

Dates	Day	Time	Code
Apr 3 - Jun 5	Wed	9:30 AM - 11:30 AM	31083

## Single Day Workshops

### Mini Masterpieces

**Ages 3-5** Latcham Hall **\$15**

Your little Picasso will get to spend time creating artwork that you will proudly want to display on your fridge! Participants will work with a variety of different mediums and materials to create a different art project.

Dates	Day	Time	Code
Apr 13	Sat	11:45 AM - 12:45 PM	31116

### Dress-up Party

**Ages 3-5** Latcham Hall **\$15**

Dust off your favourite costumes as we come together for a fun dress-up party! Participants will use their imaginations to explore the world of Super Heros, Knights and Princesses and other fantasy characters. The class includes games, crafts, story and a dance party!

Dates	Day	Time	Code
May 4	Sat	11:45 AM - 12:45 PM	31112



### We Dig Dinos

**Ages 3-5** Latcham Hall **\$15**

Bring your mini Jurassic Park Ranger to learn about different dinosaurs, complete a dinosaur themed craft and participate in a special dinosaur dig.

Dates	Day	Time	Code
May 25	Sat	11:45 AM - 12:45 PM	31114

## children ages 5 – 12

### Badminton: Instructional

Leisure Centre **\$120**

If you want your child to learn some new tricks, polish their skills, or get their start in the game, this is the program for them. Children will be introduced to badminton basics in a non-competitive and fun learning environment. Classes will focus on proper footwork, racquet handling and serving, through drills and games. Indoor running shoes and active wear are required. Racquets and birdies will be supplied.

#### Ages 6-8

Dates	Day	Time	Code
Apr 3 - Jun 5	Wed	6:00 PM - 7:00 PM	31018

#### Ages 9-11

Dates	Day	Time	Code
Apr 3 - Jun 5	Wed	7:00 PM - 8:00 PM	31017



Note

#### Holiday Closure

Please note that our programs will not run on **Monday, May 20**, for Victoria Day



### Basketball: Level 1

Leisure Centre **\$120**

Using age appropriate equipment to enhance your child's progression and learning, this entry level program focuses on fundamental skills including dribbling, passing, and shooting. This is the perfect starting point for beginner and novice players. Indoor running shoes and active wear are required.

#### Ages 5-6

Dates	Day	Time	Code
Apr 2 - Jun 4	Tue	5:30 PM - 6:30 PM	31021
		6:30 PM - 7:30 PM	31019

#### Ages 7-10

Dates	Day	Time	Code
Apr 2 - Jun 4	Tue	7:30 PM - 8:30 PM	31020
Apr 4 - Jun 6	Thu	5:30 PM - 6:30 PM	31022



## Basketball: Level 2

Leisure Centre \$120

This basketball program is designed for children who want to improve their defense, shooting, dribbling, footwork, speed, agility, and teamwork. Strategic play is introduced for children ready to bring their game to the next level. Indoor running shoes and active wear are required.

### Ages 5-6

Dates	Day	Time	Code
Apr 14 - Jun 16	Sun	10:00 AM - 11:00 AM	31023

### Ages 7-10

Dates	Day	Time	Code
Apr 14 - Jun 16	Sun	11:00 AM - 12:00 PM	31024

## Cookies & Cakes

Ages 7-10 Latcham Hall \$100

Measure, stir and bake! Participants will get a chance to bake a different confection every week.

Dates	Day	Time	Code
Apr 3 - May 1	Wed	6:45 PM - 8:15 PM	31026

## Dance: Hip Hop

Ages 6-9 Lemonville Community Centre \$120

Designed to get kids dancing and moving in their own way, children will develop the basic skills of hip hop dance. Your child will develop balance, coordination and improve their teamwork skills as they prepare a group dance routine to be presented at the end of the session. Participants require running shoes or dance slippers.

Dates	Day	Time	Code
Apr 8 - Jun 17	Mon	7:00 PM - 8:00 PM	31038



## Dance: Jazz

Ages 6-9 Leisure Centre \$120

Designed to get kids dancing and moving in their own way, children will develop the basic skills of jazz. Your child will develop balance, coordination and improve their teamwork skills as they prepare a group dance routine to be presented at the end of the session. Participants require running shoes or dance slippers.

Dates	Day	Time	Code
Apr 4 - Jun 6	Thu	7:00 PM - 8:00 PM	31040

Note

**Summer 2024 Camps**  
Registration has now opened! Check out our new guide at [townofws.ca/camps](http://townofws.ca/camps)



## DIY: Arts & Crafts

Ages 6-9 Leisure Centre \$130

If your child is crafty by nature, this is the go-to program to get their creative juices flowing. Children will create DIY projects using a variety of mediums including household objects, fabric, paint, and wood. Each week will feature a new project as participants learn unique ways to create masterpieces. All materials are supplied for this program. Participants should wear clothes that they don't mind getting messy.

Dates	Day	Time	Code
Apr 3 - Jun 5	Wed	7:00 PM - 8:00 PM	31031

## DIY: Jewelry

Ages 9-11 Stouffville Arena \$140

Participants will create their own custom jewelry in a variety of different mediums such as clay and beads!

Dates	Day	Time	Code
Apr 2 - Jun 4	Tue	6:00 PM - 7:00 PM	31032

## Dodgeball

Wendat Village Public School \$120

Dodge, dip, and dive and learn the inner workings of the school yard favourite: dodgeball. Kids will have the opportunity to play a variety of different dodgeball games, while working on fundamental movement skills such as throwing, catching, and strategy.

### Ages 6-8

Dates	Day	Time	Code
Apr 8 - Jun 17	Mon	6:00 PM - 7:00 PM	31033

### Ages 9-11

Dates	Day	Time	Code
Apr 8 - Jun 17	Mon	7:00 PM - 8:00 PM	31034

## Guitar Basics: Level 1

Ages 8-10 Leisure Centre \$130

Notes, chords, frets, picking, strumming, and more! Children can bring their guitar and learn the basics in this new entry level program.

Dates	Day	Time	Code
Apr 2 - Jun 4	Tue	6:30 PM - 7:15 PM	31037



## Intro to Soccer

**Ages 6-8** Leisure Centre **\$120**

Does your child want to be the next Ronaldo or Messi? Kids will develop their skills, confidence, and love for the most popular sport on the planet while also making new friends.

Dates	Day	Time	Code
Apr 14 - Jun 16	Sun	12:15 PM - 1:15 PM	31039

## Junior Scientists

**Ages 6-8** Stouffville Arena **\$140**

Do your child's eyes light up at the mention of slime, or an erupting volcano? Do they ask curious questions all the time? Then this program is made for them - each week, your child will learn a fun science concept through games, crafts, and experiments.

Dates	Day	Time	Code
Apr 3 - Jun 5	Wed	7:00 PM - 8:00 PM	31042



Note

### Drop into fun!

View the full drop-in schedule at [townofws.ca/dropin](http://townofws.ca/dropin)



## Kids' Kitchen!

**Ages 7-10** Latcham Hall **\$160**

Children will learn the basics of navigating the kitchen, explore new and interesting flavours, and enjoy the aroma of this exciting program. They'll need to bring their appetite so they can enjoy the fruits of their labour!

Dates	Day	Time	Code
Apr 4 - Jun 6	Thu	7:15 PM - 8:15 PM	31043



## Pickleball: Learn to Play

Memorial Park - Outdoor Pickleball Courts **\$78**

Serve, smash, rally! Participants will learn the basics of pickleball in a fun and supportive environment.

### Ages 7-9

Dates	Day	Time	Code
May 15 - Jun 19	Wed	5:00 PM - 6:00 PM	31126
May 18 - Jun 22	Sat	12:00 PM - 1:00 PM	31127

### Ages 10-12

Dates	Day	Time	Code
May 15 - Jun 19	Wed	6:00 PM - 7:00 PM	31124
May 18 - Jun 22	Sat	1:00 PM - 2:00 PM	31125



## Ringette: Learn to Play

**Ages 5-10** Stouffville Clippers Sports Complex **\$94.50**

Learn to Play Ringette is designed to teach children with little or no experience how to skate, while developing ringette skills at their own pace. As skating skills improve children will learn some of the fundamentals of ringette, with an emphasis on fun and games that promote balance, agility and strengthening. Ringette promotes teamwork, fun, fitness and friendship! This program is offered in partnership with Markham Stouffville Ringette Association. Prerequisite: Children must be able to participate in a group setting without assistance from parents. Participants are required to have their own hockey skates. All children must wear a Canadian Standard Association (C.S.A) approved hockey helmet with a cage and face mask. Warm clothing like snowpants, including mitts or gloves, is recommended. Ringette sticks will be supplied.

Dates	Day	Time	Code
Apr 6 - Jun 15	Sat	8:00 AM - 9:00 AM	31044

Note

### Please come prepared for your Skating Lessons

Participants must have their own skates and be able to comfortably stand on their skates (without the use of a skate bar/aid). Children should be able to work independently (free from parents) in a group setting.

Children MUST wear a CSA approved hockey helmet with a face mask. Helmets are required for adults participating in Family Lessons as well. (Bicycle and ski helmets are not permitted.)

Gloves/mitts and warm clothing are also required. Failure to arrive with the proper safety equipment will result in non-participation.

## Skating Lessons: Child

Stouffville Clippers Sports Complex **\$100**

This beginner level skating program is designed to introduce basic skating skills. Children will gain confidence through a variety of games and activities with a focus on skating fundamentals including starting, stopping, balancing and gliding. *Please see the information box below to learn more about equipment requirements.*

### Ages 6-8

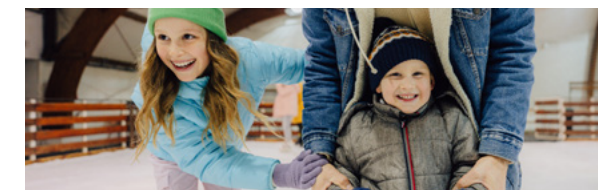
Dates	Day	Time	Code
Apr 3 - Jun 5	Wed	4:15 PM - 5:05 PM	31049
May 4 - Jun 15*	Sat	10:45 AM - 11:35 AM	31118

\*shorter session | \$60

### Ages 9-12

Dates	Day	Time	Code
Apr 3 - Jun 5	Wed	4:15 PM - 5:05 PM	31050
May 4 - Jun 15*	Sat	10:45 AM - 11:35 AM	31152

\*shorter session | \$60



## Skating Lessons: Family



**Ages 3+** Stouffville Clippers Sports Complex **\$66**

Learn how to skate as a family! This is a beginner level skating program that will focus on forward skating and stopping. Lessons will be tailored to meet the need of each family. *Please see the information box to learn more about equipment requirements.*

Dates	Day	Time	Code
May 4 - Jun 15	Sat	9:45 AM - 10:30 AM	31119

## Sportball: Multi-sport

Ages 5-8      Stouffville Arena      \$172

In this fun, stress-free, and non-competitive setting, children learn the fundamentals of 8 different sports. This class keeps children moving and engaged with a new skill highlighted every week. If you're looking for a way to give your child a well-rounded sports foundation that promotes their independence and leaves room for specialization later, look no further. This program is offered in partnership with Sportball. Course fee includes a ball.

Dates	Day	Time	Code
Apr 3 - May 22	Wed	6:30 PM - 7:30 PM	31134
Apr 7 - May 12*	Sun	11:45 AM - 12:45 PM	31101

\*shorter session | \$132.75

## Sportball: Soccer

Ages 5-8      TEVA - Fields      \$118.13

In this fun, stress-free, and non-competitive setting, children learn the fundamentals of soccer. This class keeps children moving and engaged and send them home with a new skill each week. If you're looking for a way to give your child a well-rounded sports foundation that promotes their independence, look no further. This program is offered in partnership with Sportball.

Dates	Day	Time	Code
May 19 - Jun 16	Sun	10:45 AM - 11:30 AM	31108
May 29 - Jun 26	Wed	6:45 PM - 7:30 PM	31107



NEW

## STEAM Creators: Design & Build

Ages 7-10      Leisure Centre      \$160

Explore. Discover. Play. Do you dream of becoming a designer, an inventor, or a builder? Do you love science, technology, engineering, arts and mathematics? This introductory STEAM program is a fun and exciting way to learn about science and technology concepts and to apply them to create your own prototypes. Turn your imagination into reality through hands-on activities using building blocks, K'nex, Makedo and more.

Dates	Day	Time	Code
Apr 6 - May 25	Sat	10:30 AM - 11:30 AM	31122



NEW

## STEAM Creators: Circuits & Bots

Ages 8-12      Leisure Centre      \$184

Explore. Discover. Play. Do you like to tinker with cool gadgets? Are you interested in robots, programming basics & circuits? This introductory STEAM program is a great way to discover the world of electronics and technology using Ozobots, Snap Circuits and more. Tinker with different components and watch how your creations come to life. Learn concepts like: logic, loops, switches, sensors, variables and much more.

Dates	Day	Time	Code
Apr 6 - May 25	Sat	11:45 AM - 12:45 PM	31123

## Taekwon-Do

Ages 7-12      Harry Bowes Public School      \$274

Kids have a lot of energy! This training gives them a healthy outlet while having fun, staying fit and learning focus, integrity, and confidence. This program is delivered in partnership with Woodbridge Taekwon-Do Inc. as part of the International ChangHon Taekwon-Do Federation. Uniforms are required for this program and are purchased from the instructors for the first two weeks of class. The cost of the uniform is \$85. Testing fees for level completion are an additional charge.

### White Belt

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31071

### Yellow Stripe

**Pre-requisite:** Successful completion of White Belt program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31075

### Yellow Belt

**Pre-requisite:** Successful completion of Yellow Stripe program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31073

### Green Stripe

**Pre-requisite:** Successful completion of Yellow Belt program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31068

### Green Belt

**Pre-requisite:** Successful completion of Green Stripe program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31066

## 2024 Summer Camps



Get ready to take summer fun to a whole new level!

Browse our brand new Camps Guide and see what we have to offer this summer in Stouffville.

Pick up your copy today or download one at [townofws.ca/camps](http://townofws.ca/camps)

Registration is now open!

### Blue Stripe

**Pre-requisite:** Successful completion of Green Belt program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31064

### Blue Belt

**Pre-requisite:** Successful completion of Blue Stripe program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31062

## Tennis: Beginner

Memorial Park \$132

Serve, volley, rally! Participants will learn the basics of tennis in a fun and supportive environment. Participants must bring their own racquet.

### Ages 7-9

Dates	Day	Time	Code
May 16 - Jun 20	Thu	5:00 PM - 6:00 PM	31130
May 18 - Jun 22	Sat	9:00 AM - 10:00 AM	31132

### Ages 10-12

Dates	Day	Time	Code
May 14 - Jun 18	Tue	5:00 PM - 6:00 PM	31129
May 18 - Jun 22	Sat	10:00 AM - 11:00 AM	31131

## Tennis: Intermediate

Memorial Park \$132

This program is designed to help participants who want to improve their game and strategic play. Participants will use drills and game play to take their tennis game to the next level. Participants must bring their own racquet.

### Ages 7-9

Dates	Day	Time	Code
May 16 - Jun 20	Thu	6:00 PM - 7:00 PM	31133

### Ages 10-12

Dates	Day	Time	Code
May 14 - Jun 18	Tue	6:00 PM - 7:00 PM	31128

Note

### Holiday Closure

Please note that our programs will not run on **Monday, May 20**, for Victoria Day



## Single Day Workshops

### Artsy Afternoon

Ages 6-10 Latcham Hall \$20

Send your creative kids for an afternoon of doing what they love and getting messy! Participants will work with different mediums to bring their imagination to life!

Dates	Day	Time	Code
Apr 13	Sat	1:15 PM - 3:15 PM	31109

### Spring Baking

Ages 6-10 Latcham Hall \$25

Get baking in the kitchen with spring inspired desserts and crafts!

Dates	Day	Time	Code
May 4	Sat	1:15 PM - 3:15 PM	31110



NEW

## Mother's Day Workshop: Herb Gardens

Ages 3+ 19 on the Park \$20

Treat yourself or someone you love with this special Mother's Day activity, suitable for the entire family! Participants will customize pots, and construct a miniature herb garden. Registration includes one activity kit with materials. Families may choose to build one together, or register separately for multiple kits.

Dates	Day	Time	Code
May 11	Sat	11:00 AM - 12:30 PM	31780

## LEGO Builders

Ages 6-10 Latcham Hall \$20

Participants will imagine, explore and create different structures using LEGO and other play building materials, while also engaging in various activities and building challenges.

Dates	Day	Time	Code
May 25	Sat	1:15 PM - 3:15 PM	31025

## Kid's Night Out

Ages 6-10 Latcham Hall \$20

Join us for a fun Friday night of games, crafts and other activities while caregivers can enjoy a night out!

### LEGOs and Structures

Dates	Day	Time	Code
Apr 19	Fri	6:30 PM - 8:30 PM	31111

### Arts & Crafts

Dates	Day	Time	Code
May 10	Fri	6:30 PM - 8:30 PM	31115



Explore. Discover. Play.

# Discovering possibilities through design, build, and play.



STEAM education integrates science, technology, engineering, art and math in a hands-on way through fun and creative activities.

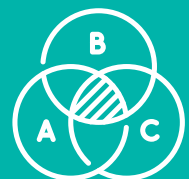


It's a learning adventure where you get to discover, experiment, and express yourself through your ideas. Unleash your imagination to design, build, and create interesting and innovative projects.



STEAM education has many benefits for kids, such as:

- It develops critical thinking, problem-solving skills, and teamwork. STEAM education encourages kids to ask questions, explore, experiment, and find solutions to real-world challenges.
- It increases science literacy and awareness. STEAM education helps kids understand how science and technology affect their lives and the world around them.
- It also fosters curiosity and creativity in learning.
- It equips kids with the skills and knowledge they will use in the future.



With STEAM you can be anything you want to be. See page 22 for our new STEAM Programs!

## youth ages 11 – 18

### Basketball: Get in the Game

Ages 11-17 Leisure Centre \$75

Does your child dream of shooting like NBA star Steph Curry? Perhaps they want to make the team at school or join a league. Whatever their goal, this program is designed to help them improve and develop their skills as a beginner, expand their abilities, build confidence on the court, and have fun! Indoor running shoes and active wear are required.

Dates	Day	Time	Code
Apr 4 - May 2	Thu	6:30 PM - 7:30 PM	31697
May 9 - Jun 6	Thu	6:30 PM - 7:30 PM	31696

### Basketball: Skill Development Clinic

Ages 11-17 Leisure Centre \$95

Focus on advanced skill development through intense training sessions. Our coaches provide opportunities in one-to-one and small group settings to improve your youth's game. Perfect for the intermediate or advanced player intending to level up their basketball game.

Dates	Day	Time	Code
Apr 4 - May 2	Thu	7:30 PM - 8:30 PM	31699
May 9 - Jun 6	Thu	7:30 PM - 8:30 PM	31698



### Curtain Call

Ages 8-16 19 on the Park \$90

Calling all future stars! Whether this is your first time at Curtain Call or you're a returning fan, this class is for kids who love the dramatic arts! Kids will learn the basics from running lines to set production and putting on a play of their very own at the end for family to enjoy.

Dates	Day	Time	Code
Apr 7 - Jun 23	Sun	10:00 AM - 11:30 AM	31858

\*No sessions on Apr 21, May 26 and Jun 9

### Job Preparation: 101

Ages 11-17 Leisure Centre \$15

Welcome to our Youth Job Preparation Class, a transformative program designed to empower young individuals with the skills and confidence needed to navigate the professional world. In this comprehensive course, participants will embark on a journey of self-discovery and skill development to craft compelling resumes, persuasive cover letters, and present themselves effectively in job interviews.

Dates	Day	Time	Code
Apr 2	Tue	7:30 PM - 9:00 PM	31709
Jun 4	Tue	7:30 PM - 9:00 PM	31710

## Masterchef Junior

Ages 11-17 Latcham Hall \$125

Take your culinary skills to the next level in our new cooking program. Youth will explore new techniques, experience new flavours and work toward developing a dish of their own!

Dates	Day	Time	Code
May 7 - Jun 4	Tue	6:00 PM - 8:00 PM	31702

NEW

## Rising Bakers

Ages 11-17 Latcham Hall \$115

Welcome to Rising Bakers Academy, where the sweet journey of baking begins for our budding chefs! Our youth baking classes are specially designed to ignite the passion for creating delectable treats among aspiring young bakers.

Dates	Day	Time	Code
Apr 2 - Apr 30	Tue	6:00 PM - 8:00 PM	31701



## Taekwon-Do

Ages 13-18 Harry Bowes Public School \$274

Kids have a lot of energy! This training gives them a healthy outlet while having fun, staying fit and learning focus, integrity, and confidence. This program is delivered in partnership with Woodbridge Taekwon-Do Inc. as part of the International ChangHon Taekwon-Do Federation. Uniforms are required for this program and are purchased from the instructors for the first two weeks of class. The cost of the uniform is \$85. Testing fees for level completion are an additional charge.

### White Belt

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31072

### Yellow Stripe

**Pre-requisite:** Successful completion of White Belt program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31076

### Yellow Belt

**Pre-requisite:** Successful completion of Yellow Stripe program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31074

### Green Stripe

**Pre-requisite:** Successful completion of Yellow Belt program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31069

### Green Belt

**Pre-requisite:** Successful completion of Green Stripe program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31067

### Blue Stripe

**Pre-requisite:** Successful completion of Green Belt program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31065

### Blue Belt

**Pre-requisite:** Successful completion of Blue Stripe program and test.

Dates	Day	Time	Code
Apr 2 - Jun 6	Tue & Thu	7:00 PM - 8:00 PM	31063

## Top 4 Reasons to start volunteering today

### #1 It's rewarding

Volunteering gives you a chance to discover new things about yourself but also by getting involved where you live you can learn more about your community and its resources.

### #2 Giving back feels good.

As a volunteer you get to be a part of something bigger and work together with other like-minded people in your community towards a common goal and that feels amazing.

### #3 Good for your health.

Volunteering provides both physical and mental incentives from reduced stress to the mood enhancement you get from seeking out opportunities to help.

### #4 It can boost your career.

You can test the waters for different careers you might be interested in while gaining experience to boost your resume.

Visit [townofws.ca/volunteer](http://townofws.ca/volunteer) for more information

Note

## Volleyball: Get in the Game

Ages 11-16 Leisure Centre \$75

Learn and brush up on your basic skills, rules, and strategies for game play. Players will learn to bump, serve, volley, and spike as we teach the foundations of the game. Indoor running shoes and active wear are required.

Dates	Day	Time	Code
Apr 8 - May 6	Mon	6:00 PM - 7:00 PM	31705
May 13 - Jun 17	Mon	6:00 PM - 7:00 PM	31706



## Volleyball: Skill Development Clinic

Ages 11-17 Leisure Centre \$85

Dominate the court with this next-level program that focuses on advanced skill development through intense training sessions. Coaches provide one-to-one and small group coaching to improve your youth's volleyball game. Designed for the intermediate or advanced player who wants to land that spot on the team or become their team's MVP! Indoor running shoes and active wear are required.

Dates	Day	Time	Code
Apr 8 - May 6	Mon	7:00 PM - 8:00 PM	31707
May 13 - Jun 17	Mon	7:00 PM - 8:00 PM	31708



# adults

## Adult Hockey: Get in the Game

**Ages 18+** Stouffville Clippers Sports Complex **\$120**

Want to learn to play hockey, or brush up your skills? This program will help you improve your skating, stickhandling, passing and shooting while you have fun and get fit. All adult beginners are welcome.

Dates	Day	Time	Code
Apr 3 - May 22	Wed	9:00 AM - 10:00 AM	31673



## York Adult Hockey League

**Ages 18+** Team fees start at \$4100  
Stouffville Clippers Sports Complex **Individual fees \$315**

The York Adult Hockey League returns April 16th for another season of Summer hockey through August. Individual and Team entries are accepted with divisions aligned throughout the season to offer the best playing experience in the best value league in York Region! Please contact [leagues@townofws.ca](mailto:leagues@townofws.ca) prior to registering or if you have any questions.

Dates	Day	Time	Code
Apr 16 - Aug 15	Tue	6:45 PM - 11:45 PM	31782
	Wed	6:45 PM - 11:45 PM	31782
	Thu	6:45 PM - 11:45 PM	31782



**NEW**

## Return to Salsa

**Ages 18+** 19 on the Park **\$105**

Get moving on the dance floor with this fiery Salsa course! During this sizzling 8-week program you'll enjoy a fun workout and boost your confidence as you further your Salsa skills. Basic Salsa experience recommended.

Dates	Day	Time	Code
Apr 30 - Jun 18	Tue	7:00 PM - 8:00 PM	31821



**Note** Please note that HST applies to all adult & family programs

# Join the excitement: York Adult Hockey League Welcomes Players of All Levels!



The York Adult Hockey League (YAHL) is the best value-added league in York Region for the number of games offered! Teams are guaranteed 15 regular season games and 2 playoff games, with an opportunity for bonus games (teams available for extra games on alternative nights will be able to do so, when possible).

Individual and Team applications are accepted with divisions aligned throughout the season to offer the best playing experience.

Visit [townofws.ca/YAHL](https://townofws.ca/YAHL) for more details.

## Pickleball: Learn to Play

**Ages 18+** Leisure Centre **\$72**

Are you interested in learning to play pickleball, but aren't sure where to start? If you've ever wondered what this fast-growing sport is all about, our "Learn to Play" sessions are for you. You will learn the rules of play and game etiquette while having fun with other beginners. Paddles will be provided.

Dates	Day	Time	Code
Apr 5 - May 10	Fri	11:00 AM - 12:15 PM	31671
Apr 14 - May 12*	Sun	1:45 PM - 3:00 PM	31669
May 24 - June 21*	Fri	11:00AM - 12:15 PM	31672
May 26 - Jun 23*	Sun	1:45 PM - 3:00 PM	31670

\*shorter session | \$60



## Pickleball: Level 2 Drills

**Ages 18+** Leisure Centre **\$84**

Are you interested in expanding your current Pickleball skills? You will learn the finer points of play and game etiquette while having fun with other intermediate players. Sporting equipment will be provided.

Dates	Day	Time	Code
Apr 3 - May 15	Wed	12:00 PM - 1:15 PM	31667
May 22 - Jun 26*	Wed	12:00 PM - 1:15 PM	31668

\*shorter session | \$72

## Pickleball: Level 3 Drills

**Ages 18+** Leisure Centre **\$84**

Are you interested in expanding your current Pickleball skills? You will learn the finer points of play and game etiquette while having fun with other intermediate players. Sporting equipment will be provided.

Dates	Day	Time	Code
Apr 3 - May 15	Wed	1:15 PM - 2:30 PM	32183
May 22 - Jun 26*	Wed	1:15 PM - 2:30 PM	32185

\*shorter session | \$72

## Trivia Night

**Ages 19+** 19 on the Park **\$8.85**

A full-service, fun Trivia Challenge event at 19 on the Park with your friends to take bragging rights! Prizes for trivia champions and raffle draws throughout for more excitement! Alcohol service available for purchase on-site.

Dates	Day	Time	Code
Apr 11	Thu	7:30 PM - 9:30 PM	30021

## Wine and Paint Night

**Ages 19+** Latcham Art Centre **\$30**

Enjoy a relaxing setting with a brush and a glass and take pride in your growing painting skills at the Latcham Art Centre. Supplies provided along with an instructor who will guide you during your new favorite night out. This is a 19+ event with wine available for purchase - government issued ID is required.

Dates	Day	Time	Code
Apr 18	Thu	7:00 PM - 9:00 PM	31674
May 16	Thu	7:00 PM - 9:00 PM	31675

# older adult

## 55+ Hearing Clinic

**Ages 55+** 6240 Main Street **Free for members**

Register for a free appointment with an audiologist from HEAR Canada for hearing loss screening, hearing aid battery change and ear wax removal. Spaces are limited. Register by visiting the front desk of 6240 Main Street or emailing 55plus@townofws.ca. Your appointment time will be confirmed by phone one week in advance.

Dates	Day	Time
Apr 4	Thu	9:30 AM - 12:00 PM
May 2	Thu	9:30 AM - 12:00 PM
Jun 6	Thu	9:30 AM - 12:00 PM



## Afternoon Book Club

**Ages 55+** 6240 Main Street **Free for members**

There's nothing better than a good book to engage conversation and meet new friends. Book of the month will be determined by the group prior to meeting in person at 6240. This activity is supported by 55+ Club Membership. Registration is required.

### Book Club 1

Dates	Day	Time	Code
Apr 26	Fri	1:30 PM - 3:00 PM	31714
May 24	Fri	1:30 PM - 3:00 PM	31715
Jun 28	Fri	1:30 PM - 3:00 PM	31716

### Book Club 2

Dates	Day	Time	Code
Apr 19	Fri	1:30 PM - 3:00 PM	31717
May 17	Fri	1:30 PM - 3:00 PM	31718
Jun 21	Fri	1:30 PM - 3:00 PM	31719

### Book Club 3


Dates	Day	Time	Code
Apr 12	Fri	1:30 PM - 3:00 PM	31720
May 10	Fri	1:30 PM - 3:00 PM	31721
Jun 14	Fri	1:30 PM - 3:00 PM	31722


# Explore what the 55+ Club has to offer!




## Embrace the vitality of life at the Stouffville 55+ Club!

**FREE Stouffville 55+ Club memberships** give Stouffville's older adult residents discounts on registered programs at 6240 Main Street and access to free Drop-In Programs.

 Our FREE Drop-In Programs are the perfect way to stay active, boost your well-being, and make lasting friendships.

 Dive into a world of fitness, laughter, and connection as you explore our tailored activities, from gentle yoga to engaging card games and social gatherings.

 Unleash the power of community as you meet like-minded individuals and enjoy a vibrant atmosphere filled with shared experiences.

Visit [townofws.ca/55plus](https://townofws.ca/55plus) for more details.

## DIY: Crafty Creations

**Ages 55+** **\$52.50 members**  
**\$62.50 non-members**  
6240 Main Street

Experiment with both new and familiar crafting techniques and learn how to upcycle common objects into art pieces and home décor.

Dates	Day	Time	Code
Apr 2 - May 7	Tue	10:00 AM - 11:00 AM	31727
May 14 - Jun 18	Tue	10:00 AM - 11:00 AM	31728



## Evening Book Club

**Ages 55+** 6240 Main Street **Free for members**

There's nothing better than a good book to engage conversation and meet new friends. Book of the month will be determined by the group prior to meeting in person at 6240. This activity is supported by 55+ Club Membership. Registration is required.

Dates	Day	Time	Code
Apr 24	Wed	7:00 PM - 10:00 PM	31741
May 22	Wed	7:00 PM - 10:00 PM	31742
Jun 26	Wed	7:00 PM - 10:00 PM	31743

## Cooking for Happiness & Health

**Ages 55+** **\$96.25 members**  
**\$115.50 non-members**  
6240 Main Street

Get creative in the kitchen and learn to plan and cook tasty meals which will support a healthy lifestyle.

Dates	Day	Time	Code
Apr 8 - May 6	Mon	10:00 AM - 12:00 PM	31725
Apr 8 - May 6	Mon	6:30 PM - 8:30 PM	31751
May 13 - Jun 17	Mon	10:00 AM - 12:00 PM	31726
May 13 - Jun 17	Mon	6:30 PM - 8:30 PM	31752

**NEW**

## Introduction to Gardening

**Ages 55+** **\$105 members**  
**\$126 non-members**  
6240 Main Street

Get your hands dirty with this introductory class focusing on the basics of home gardening.

Dates	Day	Time	Code
Apr 2 - May 7	Tue	7:00 PM - 8:00 PM	31755
May 14 - Jun 18	Tue	7:00 PM - 8:00 PM	31756





NEW

## Introduction to Painting

**Ages 55+** **\$105 members**  
6240 Main Street **\$126 non-members**

Learn basics of painting with acrylics and watercolours in this introductory class.

Dates	Day	Time	Code
Apr 5 - May 10	Fri	1:30 PM - 2:30 PM	31753
May 17 - Jun 21	Fri	1:30 PM - 2:30 PM	31754

## Line Dancing

**Ages 55+** **\$52.50 members**  
6240 Main Street **\$62.50 non-members**

Traditional line dancing based on ballroom style steps, is a gentle and fun way to exercise your body and mind while making new friends! The music is lively and upbeat - you'll have so much fun you won't even realize you're exercising!

### Beginner

Dates	Day	Time	Code
Apr 3 - May 8	Wed	12:00 PM - 1:00 PM	31744
May 15 - Jun 19	Wed	12:00 PM - 1:00 PM	31745

### Intermediate

Dates	Day	Time	Code
Apr 3 - May 8	Wed	1:00 PM - 2:00 PM	31746
May 15 - Jun 19	Wed	1:00 PM - 2:00 PM	31747

## Practice Bridge

**Ages 55+** 6240 Main Street **Free for members**

These sessions provide an opportunity for those who know some basics of contract bridge to brush up on bidding and playing skills. Participants may join at any time and are encouraged to register to aid in class planning.

Dates	Day	Time	Code
Apr 4 - Jun 20	Thu	10:00 AM - 11:30 AM	31748

## Tap Dancing

**Ages 55+** 6240 Main Street **Free for members**

Join in and learn to tap your toes and share the joy of dance. All are welcome to come and learn together. Hard soled shoes are required for this activity. Tap shoes are not mandatory. This activity is adapted for participants to sit while taking part. While this is a "drop-in" activity, registration is strongly encouraged.

### Seated

Dates	Day	Time	Code
Apr 2 - Jun 18	Tue	11:00 AM - 11:30 AM	31749

### Standing

Dates	Day	Time	Code
Apr 2 - Jun 18	Tue	11:30 AM - 12:00 PM	31750



## Fitness



## Forever Fit

**Ages 55+** **\$52.50 members**  
6240 Main Street **\$62.50 non-members**

Cardio components will enhance heart and lung function while strengthening components improve balance, flexibility, bone density and coordination. Great for those that wish to improve and maintain health and wellness.

Dates	Day	Time	Code
Apr 5 - May 10	Fri	11:00 AM - 12:00 PM	31173
May 17 - Jun 21	Fri	11:00 AM - 12:00 PM	31174

## Osteo Fit

**Ages 55+** **\$52.50 members**  
6240 Main Street **\$62.50 non-members**

If you have been diagnosed with bone degeneration, this class has been developed with your needs in mind. This low impact cardio class includes weight bearing exercises and resistance conditioning to help support your bone mass and density.

Dates	Day	Time	Code
Apr 8 - May 13	Mon	11:00 AM - 12:00 PM	31191
May 27 - Jun 24*	Mon	11:00 AM - 12:00 PM	31192

\*Five week session \$43.75 | \$52.50 (non-members)

## Pilates Restore

**Ages 55+** **\$52.50 members**  
6240 Main Street **\$62.50 non-members**

This beginners Pilates class helps reduce muscle and joint soreness and increase physical performance to reduce the risk of injury.

Dates	Day	Time	Code
Apr 5 - May 10	Fri	9:30 AM - 10:30 AM	31206
May 17 - Jun 21	Fri	9:30 AM - 10:30 AM	31207



Note

Please note that HST applies to all adult & family programs



### Seated Fitness: Strength & Balance

**Ages 55+** **\$52.50 members**  
6240 Main Street **\$62.50 non-members**

Build strength and muscle tone while also working towards improving balance and stability, all from a seated position. This class is appropriate for individuals who may require assistive devices for mobility.

Dates	Day	Time	Code
Apr 4 - May 9	Thu	11:00 AM - 12:00 PM	31480
May 16 - Jun 20	Thu	11:00 AM - 12:00 PM	31481

### Stretch 'n' Core

**Ages 55+** **\$52.50 members**  
6240 Main Street **\$62.50 non-members**

This gentle class offers weight bearing and resistance exercises that stretch and strengthen the whole body. Participants will see improvements in their balance, efficiency of movement, and mobility while building strong, lean muscles.

Dates	Day	Time	Code
Apr 3 - May 8	Wed	11:00 AM - 12:00 PM	31532
May 15 - Jun 19	Wed	11:00 AM - 12:00 PM	31533

### Yoga

#### Yoga: Gentle

**Ages 55+** **\$52.50 members**  
6240 Main Street **\$62.50 non-members**

A gentle class for those who can get up and down from the floor. All are welcome - beginners through to intermediate. Modifications are offered for each posture, based on your level of yoga experience, mobility and flexibility. Participants should bring a mat with them to each class.

Dates	Day	Time	Code
Apr 2 - May 7	Tue	8:30 AM - 9:30 AM	31175
Apr 4 - May 9	Thu	8:30 AM - 9:30 AM	31177
May 14 - Jun 18	Tue	8:30 AM - 9:30 AM	31176
May 16 - Jun 20	Thu	8:30 AM - 9:30 AM	31178



### Yoga: Relaxation

**Ages 55+** **\$52.50 members**  
6240 Main Street **\$62.50 non-members**

A restorative class with a focus on slow movement. Emphasis will be placed on relaxation and stress relief. All are welcome. Modifications are offered for each posture, based on your level of yoga experience, mobility and flexibility.

Dates	Day	Time	Code
Apr 2 - May 7	Tue	7:00 PM - 8:00 PM	31645
May 14 - Jun 18	Tue	7:00 PM - 8:00 PM	31646



### Yoga: Seated

**Ages 55+** **\$52.50 members**  
6240 Main Street **\$62.50 non-members**

Gentle yoga is adapted to be done while seated. Chair yoga can improve flexibility, circulation, strength, and concentration while boosting your mood, reducing stress, joint strain and chronic pain. Everyone is welcome and modifications are offered for individual levels of flexibility and mobility.

Dates	Day	Time	Code
Apr 2 - May 7	Tue	9:45 AM - 10:45 AM	31165
Apr 4 - May 9	Thu	9:45 AM - 10:45 AM	31167
May 16 - Jun 20	Thu	9:45 AM - 10:45 AM	31168
May 14 - Jun 18	Tue	9:45 AM - 10:45 AM	31166



### Yoga: Tamil Language Supported

**Ages 55+** **\$30 members**  
6240 Main Street **\$36 non-members**

All are welcome for this traditional yoga class - beginners through to intermediate. Modifications are offered for each posture, based on your level of yoga experience, mobility and flexibility. Instructor will provide teaching support in English and Tamil. Participants should bring a mat with them to each class. \*Specially priced large group class.

Dates	Day	Time	Code
Apr 7 - May 12	Sun	9:45 AM - 10:45 AM	31647
May 19 - Jun 23	Sun	9:45 AM - 10:45 AM	31648

### 55+ Drop-in Programs

Note



Become a member and join us at 6240 Main Street for a variety of drop-in activities that suit your interests and lifestyle.

View the full drop-in schedule by scanning the QR code provided at [townofws.ca/dropin](https://townofws.ca/dropin)

## fitness club

Whitchurch–Stouffville Leisure Centre  
 2 Park Drive, Stouffville, L4A 4K1  
 905-642-PLAY (7529)

### Hours of Operation

Monday – Thursday	6:00 AM – 10:00 PM
Friday	6:00 AM – 9:00 PM
Saturday & Sunday	7:30 AM – 5:00 PM

leisure.services@townofws.ca  
 Quality programming by certified fitness professionals

## Membership plans let you customize a wellness plan that best meets your needs.

Drop-in for a day, sign up for a month, or commit to fit for the year! Our plans include access to all fitness classes, the training area and all swim drop-in classes.

Membership	Single Visit	10 Visits	Monthly	3 Month	1 Year
Student full-time (12-25)	\$8.25	\$72.00	\$39.50	\$118.00	\$428.00
Adult (18+)	\$10.75	\$92.00	\$52.50	\$157.25	\$570.50
Senior (60+)	\$8.25	\$72.00	\$39.50	\$118.00	\$428.00

\*Prices include tax

### Certified Personal Training

- Enhances the quality and effectiveness of workouts
- Increase motivation and streamlines time efficiency
- Appointments scheduled at your convenience
- Group training available, contact fitness centre for rate details

# of sessions	30 Minute	60 Minute
1	\$39.50	\$62.00
5	\$189.00	\$295.00
10	\$350.00	\$560.00

\*Prices include tax



### Group Fitness, Cycle Fit & AquaFit Classes

- Classes for all levels led by certified instructors
- Monthly, 3-month, annual, and pay as you go options are available
- Seasonal schedule with no pre-booking required
- Discounts on active living programs

# fitness programs

## Family

### Cycle Fit: Family

**Ages 10+** **\$52.50 per person**  
Leisure Centre **\$105 per family**

For the family with a more adventurous side. Join us on a stationary cycling journey like no other. Varied tempo and intensity levels allow each participant to challenge themselves but stay with the group. Cruise in the saddle, sprint or stand to climb hills as you make your journey with upbeat music.

Dates	Day	Time	Code
Apr 6 - May 4	Sat	10:30 AM - 11:20 AM	31171
May 11 - Jun 8	Sat	10:30 AM - 11:20 AM	31172

### Mom & Babies: Boot Camp

**Ages 18+** Leisure Centre **\$52.50**

Bring your baby with you to class and enjoy the company of other new moms. This fun class uses simple athletic moves to build strength, improve coordination, posture and energy.

Dates	Day	Time	Code
Apr 8 - May 6	Mon	11:30 AM - 12:30 PM	31187
May 13 - Jun 17	Mon	11:30 AM - 12:30 PM	31188

Note

#### Are you a new parent?

New parents should check with their physician to get permission to resume activity post pregnancy.



### Mom & Babies: Yogalates

**Ages 18+** Leisure Centre **\$52.50**

This active program is designed to strengthen your postnatal body by using classic movements from both Yoga and Pilates. Baby can be incorporated into the movements of the workout or can sleep/lay besides mom.

Dates	Day	Time	Code
Apr 3 - May 1	Wed	11:30 AM - 12:30 PM	31189
May 8 - Jun 5	Wed	11:30 AM - 12:30 PM	31190

### Sporty Moms & Babies

**Ages 18+** Leisure Centre **\$52.50**

This is an active program for Mom and baby. For Mom, the class includes a cardiovascular aerobic workout and muscle conditioning segment that can use the baby as resistance; for baby, the class is followed by an interactive play program.

Dates	Day	Time	Code
Apr 2 - 30	Tue	11:30 AM - 12:30 PM	31529
Apr 4 - May 2	Thu	11:30 AM - 12:30 PM	31528
May 7 - Jun 4	Tue	11:30 AM - 12:30 PM	31531
May 9 - Jun 6	Thu	11:30 AM - 12:30 PM	31530

### Yoga: Family

**Ages 6+** **\$52.50 per person**  
Leisure Centre **\$105 per family**

A gentle way to exercise where the whole family can participate and have fun. Work at your own pace to learn how to release tension with relaxation techniques; tone and strengthen the body; and boost energy and self-esteem.

Dates	Day	Time	Code
Apr 7 - May 5	Sun	10:30 AM - 11:20 AM	31643
May 12 - Jun 9	Sun	10:30 AM - 11:20 AM	31644



## Youth & Adult

### Cardio Kickboxing

**Ages 12+** Leisure Centre **\$52.50**

This exciting, progressive class will have you kicking and punching your way to better fitness. Our instructor will work on your technique and provide modifications to ensure the enjoyment and safety of the whole class. Each session is comprised of a warm-up, shadow boxing, agility sequence, and a resistance circuit with bag and pad work.

Dates	Day	Time	Code
Apr 8 - May 6	Mon	5:30 PM - 6:20 PM	31161
May 13 - Jun 17	Mon	5:30 PM - 6:20 PM	31162

### Cardio Salsa

**Ages 12+** Ballantrae Field House **\$52.50**

This exciting, easy-to-follow cardio dance class blends fiery Latin moves with heart-pounding Caribbean and World rhythms. Come prepared to be inspired, burn calories, and dance your stress away. No dance experience necessary.

Dates	Day	Time	Code
Apr 2 - 30	Tue	6:30 PM - 7:20 PM	31163
May 7 - Jun 4	Tue	6:30 PM - 7:20 PM	31164

NEW

### Learn to CycleFit

**Ages 12+** Leisure Centre **\$52.50**

If you've never been to a CycleFit class, don't be intimidated. Everyone has been a beginner at one point or another! Join us on a stationary cycling journey like no other. Varied tempo and intensity levels allow each participant to challenge themselves but stay with the group. Cruise in the saddle, sprint or stand to climb hills as you make your journey with upbeat music.

Dates	Day	Time	Code
Apr 7 - May 5	Sun	9:30 AM - 10:20 AM	32186
May 12 - Jun 9	Sun	9:30 AM - 10:20 AM	32187

### Learn to Run

**Ages 12+** Leisure Centre **\$52.50**

Looking for a running buddy or thinking of trying a 5k run? Great for all levels, we will use a run and walk regimen to gradually build up to 5k.

Dates	Day	Time	Code
Apr 2 - Apr 30	Tue	6:30 PM - 7:30 PM	31185
May 7 - Jun 4	Tue	6:30 PM - 7:30 PM	31186

## TeenFit for Life

**Ages 10-15** Leisure Centre **\$52.50**

This program is designed as an introduction to fitness in a non-competitive environment. Led by qualified exercise professionals, participants will learn how to work out safely and effectively inspiring body awareness and self-confidence. Each week there will be a short lesson followed by exercise instruction and free workout time where participants can work on what they have been taught.

Dates	Day	Time	Code
Apr 4 - May 2	Thu	5:20 PM - 6:20 PM	31640
Apr 6 - May 4	Sat	10:30 AM - 11:30 AM	31638
May 9 - Jun 6	Thu	5:20 PM - 6:20 PM	31641
May 11 - Jun 8	Sat	10:30 AM - 11:30 AM	31639



## Together In Movement & Exercise

**Ages 18+** Leisure Centre **\$105**

Having difficulty with balance, coordination or mobility caused by a medical condition? This community-based program was developed by the Toronto Rehabilitation Institute, for those living with, or recovering from, neurological conditions such as stroke, MS, Parkinson's or acquired brain injury. Led by trained instructors, in a safe supportive environment, the program will help participants reclaim their bodies to be able to perform daily tasks.

Dates	Day	Time	Code
Apr 4 - Jun 6	Thu	1:00 PM - 2:00 PM	31642

## Youth Fitness Orientation

**Ages 12-15** Leisure Centre **\$31**

Whether your goal is to increase fitness, increase energy, lessen stress or train for sport, this provides a foundation for success. Certified exercise professionals will provide support in a small, group training atmosphere.

Dates	Day	Time	Code
Apr 4 & 11	Thu	7:00 PM - 8:30 PM	31650
Apr 6 & 13	Sat	1:30 PM - 3:00 PM	31653
Apr 7 & 14	Sun	1:30 PM - 3:00 PM	31656
Apr 18 & 25	Thu	7:00 PM - 8:30 PM	31651
Apr 20 & 27	Sat	1:30 PM - 3:00 PM	31654
Apr 21 & 28	Sun	1:30 PM - 3:00 PM	31657
May 2 & 9	Thu	7:00 PM - 8:30 PM	31652
May 4 & 11	Sat	1:30 PM - 3:00 PM	31655
May 5 & 12	Sun	1:30 PM - 3:00 PM	31658
May 16 & 23	Thu	7:00 PM - 8:30 PM	31659
May 18 & 25	Sat	1:30 PM - 3:00 PM	31662
May 19 & 25	Sun	1:30 PM - 3:00 PM	31665
May 30 & Jun 6	Thu	7:00 PM - 8:30 PM	31660
Jun 1 & 8	Sat	1:30 PM - 3:00 PM	31663
Jun 2 & 9	Sun	1:30 PM - 3:00 PM	31666
Jun 13 & 20	Thu	7:00 PM - 8:30 PM	31661
Jun 15 & 22	Sat	1:30 PM - 3:00 PM	31664
Jun 16 & 23	Sun	1:30 PM - 3:00 PM	31757



## Youth Fitness Drop-in

**Ages 12-15** Leisure Centre **\$62**

Get off the couch and start being active! The program is available Friday, Saturday and Sunday but you choose the days that you want to come. Our CSEP certified fitness staff will oversee the program and be on hand to help you set goals and create your own personal work out routine. For those wanting to take part in the program, who have not completed a session of the Youth Fitness Program, 3 orientation visits will be scheduled at the beginning of the program prior to drop-in. Whether you have a specific goal, like training for a sport, or are just looking to get out and get active, this program is for you.

Dates	Day	Time	Code
Apr 5 - Jun 22	Fri	6:00 PM - 9:00 PM	31649
	Sat	1:00 PM - 5:00 PM	
	Sun	1:00 PM - 5:00 PM	

## Yoga

### Yoga: Chair

**Ages 12+** Leisure Centre **\$52.50**

Gentle yoga adapted to be done while seated. Chair yoga can improve flexibility, circulation, strength, and concentration while boosting your mood, reducing stress, joint strain and chronic pain. Everyone is welcome and modifications are offered for individual levels of flexibility and mobility.

Dates	Day	Time	Code
Apr 3 - May 1	Tue	10:30 AM - 11:20 AM	31169
May 8 - Jun 5	Tue	10:30 AM - 11:20 AM	31170

### Yoga: Hatha Style

**Ages 12+** Ballantrae Field House **\$52.50**

Feeling stressed, overloaded? Release tension, reduce stress and build your strength and energy. Hatha yoga utilizes poses and breathing techniques to contribute to a strong foundation of wellness.

Dates	Day	Time	Code
Apr 2 - 30	Tue	7:30 PM - 8:20 PM	31179
May 7 - Jun 4	Tue	7:30 PM - 8:20 PM	31180



**Note**

Please note that HST applies to all adult & family programs



## Whitchurch-Stouffville Museum & Community Centre

14732 Woodbine Ave, Stouffville, L4A 2K9  
905-727-8954

### Hours:

Wednesday – Saturday

10:00 AM – 4:00 PM

### Questions?

Contact us by email at [wsmuseum@townofws.ca](mailto:wsmuseum@townofws.ca) or by phone at 905-727-8954 or 1-888-290-0337.



The Whitchurch-Stouffville Museum and Community Centre provides programs and services that showcase our community's history.

Since opening in 1971, the site has grown from the original museum building - the Bogartown Schoolhouse (1857) - and now includes six historic buildings, exhibition galleries, and modern amenities.

With engaging exhibits, interactive programs, and a collection of over 18,000 artifacts, the Whitchurch-Stouffville Museum is a must-visit destination.

**Admission is FREE!**

**Visit [wsmuseum.ca](http://wsmuseum.ca) for open hours, upcoming events, virtual exhibits, and more!**

### Local Research

If you are interested in researching your family history or the history of a heritage home in our Town, staff would be happy to provide access to the historic documents and photographs in our archives. The Research Room is available by appointment only. Contact staff at [wsmuseum@townofws.ca](mailto:wsmuseum@townofws.ca) to book your appointment.

# museum

NEW

## The York Regional Forest: A Growing Legacy

All Ages    Whitchurch-Stouffville Museum    FREE

This year marks an important milestone as the Forest turns 100! The York Regional Forest is the heart of the Region's natural landscape, but it was once devastated by deforestation. After a century of restoration, today's Forest offers a wide array of ecological and economic benefits to the Region. Learn about the Forest's history, restoration, and all of the amazing things that happen there. Take in the sights and sounds of the forest, and learn about its growing legacy.

### Dates

January 17 - December 14

NEW

## Springtime in the Forest

Ages 3-10    Whitchurch-Stouffville Museum    \$10

What happens in the forest during spring? This program will include themed activities and crafts. Required adult chaperones free.

Dates	Day	Time	Code
Apr 13	Sat	12:30 PM - 2:00 PM	32408



## Museum Open House

All Ages    Whitchurch-Stouffville Museum    FREE

Celebrate International Museum Day at your local Museum! Fun for all ages, this afternoon will introduce you to what the WS Museum has to offer.

Dates	Day	Time
May 18	Sat	10:00 AM - 4:00 PM

## Doors Open Whitchurch-Stouffville

All Ages    Whitchurch-Stouffville Museum    FREE

Celebrating 20 years of Doors Open in Whitchurch-Stouffville by exploring the community for FREE. Each attraction will offer a unique experience. Participate in behind-the-scenes tours, activities, and more. For more information or a complete list of this year's sites, visit [doorsopenontario.on.ca](http://doorsopenontario.on.ca).

Dates	Day	Time
Jun 1	Sat	10:00 AM - 4:00 PM



# York Regional Forest: A Growing Legacy



Learn about the York Regional Forest's journey over the last century

Travel through time with an educational exhibit that reflects on First Nations' teachings and history.



**Whitchurch-Stouffville Museum**  
14732 Woodbine Avenue, Whitchurch-Stouffville

January 17 to December 14

## aquatic centre

Whitchurch–Stouffville Leisure Centre  
 2 Park Drive, Stouffville, L4A 4K1  
 905-642-PLAY (7529)

### Hours:

Monday – Thursday	6:00 AM – 10:00 PM
Friday	6:00 AM – 9:00 PM
Saturday & Sunday	7:30 AM – 8:00 PM



Membership plans let you customize a wellness plan that best meets your needs.

Drop-in for a day, sign up for a month, or commit to swim for the year! Our plans include access to all public swims and drop-in classes.

Membership	Single Visit	10 Visits	Monthly	3 Month	1 Year
Tot (5 Years and under)	\$2.25	\$20.25	\$10.00	\$29.25	\$109.25
Student full-time (6-25)	\$4.50	\$40.00	\$22.50	\$65.25	\$247.00
Adult (18+)	\$6.50	\$60.00	\$33.50	\$97.00	\$368.25
Senior (60+)	\$4.50	\$40.00	\$22.50	\$65.25	\$247.00
Family	\$12.50	\$112.00	\$63.00	\$180.50	\$692.25

\*Prices include tax

# Swim for Life: Programming Guide & Checklist


*Splish, Splash, Safety:*

## Dive into Fun, Swim with Care!

Here are 5 friendly tips to keep you safe and happy while swimming in the water:

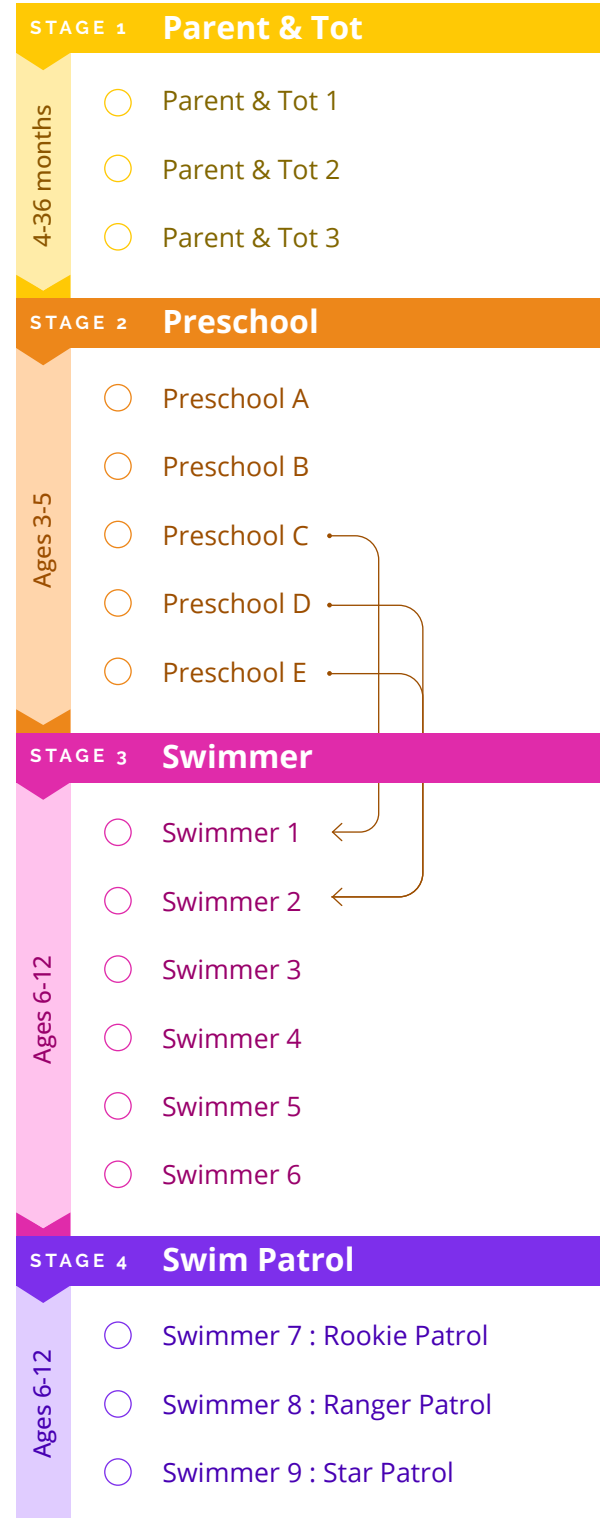
- 1. Learn to Swim:** Take some time to learn basic swimming skills and become comfortable in the water. It'll be a lot of fun!
- 2. Stick to Designated Areas:** Swim in places where there are lifeguards or signs saying it's safe. They're there to help you stay safe!
- 3. Buddy Up:** Swimming with a friend is awesome! Having someone to splash around with makes it even more enjoyable.
- 4. Check Water Depths:** Make sure the water is deep enough before diving in.
- 5. Know Your Limits:** Swimming is all about having fun. If you feel tired, take a break and relax. You'll be back to your water adventures in no time!

**Note** **Drop in for a swim!**  
View our drop-in schedules at [townofws.ca/dropin](http://townofws.ca/dropin)



**Note** **Do you want to register your child for swimming lessons, but don't know where to begin?**

Stop in during one of our leisure swims and speak to a Deck Supervisor – they will set up a swim assessment, so you will be confident you are registering your child in the right level.



**Youth Leadership** (Ages 6-12)

- Bronze Star
- Junior Lifeguard: Intro (Ages 9-12)

*Flip to page 69 to see what other leadership programs we have to offer!*

**Adult/Teen** (Ages 13+)

- Adult/Teen 1
- Adult/Teen 2

**Note** **Parent's days run from May 21 - 26, and on June 3 for Monday classes**

During the last 5 minutes of the class, the instructor will provide you with your child's progress slip. If you want to take a picture with your child, please ask the Deck Supervisor first.

# adapted aquatics



## Adapted Aquatics

**All Ages** Leisure Centre **\$172.50**

Designed to give individuals with exceptionalities opportunities to experience the benefits of swimming. With the assistance of qualified staff and volunteers, participants will work on improving their comfort in the water in a progressive format based on their needs. swimmer will gather in a positive and supportive environment, while interacting with peers and having fun! Contact leisure.services@townofws.ca for more information on how to register.

Dates	Days	Time	Code
Apr 2 - Jun 4	Tue	7:00 PM - 7:45 PM	31154
Apr 7 - Jun 9	Sun	12:30 PM - 1:15 PM	31153

# babies and preschoolers

## Parent & Tot: Level 1 & 2

**Ages 4-24 months** Leisure Centre **\$147.50**

Assisted by their parents, children will float and kick on their front and back, learn to get their faces wet, and blow bubbles underwater.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:30 PM - 6:00 PM	31193
Apr 3 - Jun 5	Wed	5:30 PM - 6:00 PM	31198
Apr 6 - Jun 8	Sat	11:00 AM - 11:30 AM	31194
		4:30 PM - 5:00 PM	
Apr 7 - Jun 9	Sun	11:00 AM - 11:30 AM	31197



## Parent & Tot: Level 2 & 3

**Ages 12-36 months** Leisure Centre **\$147.50**

Parents will help their child jump into water and learn to submerge and hold breath underwater. They will also aim to do starfish and pencil floats, as well as kick on both their front and back.

Dates	Days	Time	Code
Apr 2 - Jun 4	Tue	5:30 PM - 6:00 PM	31205
Apr 4 - Jun 6	Thu	5:30 PM - 6:00 PM	31204
Apr 5 - Jun 7	Fri	5:30 PM - 6:00 PM	31199
Apr 6 - Jun 8	Sat	12:00 PM - 12:30 PM	31200
Apr 7 - Jun 9	Sun	12:00 PM - 12:30 PM	31201
		4:30 PM - 5:00 PM	

## Preschool A

**Ages 3-5** Leisure Centre **\$147.50**

Preschoolers will have fun learning to get in and out of the water and start to get comfortable jumping into chest-deep water. They will float and glide on their front and backs, learn to get their faces wet, and blow bubbles underwater.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:00 PM - 5:30 PM	31211
		6:00 PM - 6:30 PM	
Apr 2 - Jun 4	Tue	5:00 PM - 5:30 PM	31227
		6:00 PM - 6:30 PM	
Apr 3 - Jun 5	Wed	5:00 PM - 5:30 PM	31230
		6:00 PM - 6:30 PM	
Apr 4 - Jun 6	Thu	5:00 PM - 5:30 PM	31224
		6:00 PM - 6:30 PM	
Apr 5 - Jun 7	Fri	5:00 PM - 5:30 PM	31208
		6:00 PM - 6:30 PM	
Apr 6 - Jun 8	Sat	10:30 AM - 11:00 AM	31214
		11:30 AM - 12:00 PM	
		12:30 PM - 1:00 PM	
		5:00 PM - 5:30 PM	
Apr 7 - Jun 9	Sun	10:30 AM - 11:00 AM	31219
		11:30 AM - 12:00 PM	
		12:30 PM - 1:00 PM	
		5:00 PM - 5:30 PM	

Note

### Holiday Closure

Please note that our programs will not run on **Monday, May 20**, for Victoria Day



## Preschool B

**Ages 3-5** Leisure Centre **\$147.50**

Preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They also begin to submerge and exhale underwater. Wearing a lifejacket, kids will glide both front and back, and learn to kick while on their backs.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:00 PM - 5:30 PM	31236
		6:00 PM - 6:30 PM	
Apr 2 - Jun 4	Tue	5:00 PM - 5:30 PM	31252
		6:00 PM - 6:30 PM	
Apr 3 - Jun 5	Wed	5:00 PM - 5:30 PM	31255
		6:00 PM - 6:30 PM	
Apr 4 - Jun 6	Thu	5:00 PM - 5:30 PM	31249
		6:00 PM - 6:30 PM	
Apr 5 - Jun 7	Fri	5:00 PM - 5:30 PM	31233
		6:00 PM - 6:30 PM	
Apr 6 - Jun 8	Sat	10:30 AM - 11:00 AM	31239
		11:30 AM - 12:00 PM	
		12:30 PM - 1:00 PM	
		5:30 PM - 6:00 PM	
		6:00 PM - 6:30 PM	
		6:00 PM - 6:30 PM	
Apr 7 - Jun 9	Sun	10:30 AM - 11:00 AM	31245
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	



## Preschool C

**Ages 3-5** Leisure Centre **\$147.50**

Try both jumping and sideways entries into deep water while wearing a lifejacket! Preschoolers will retrieve objects from the bottom of the pool in waist-deep water, and work on kicking and gliding through the water on both their front and backs.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:00 PM - 5:30 PM	31261
		6:00 PM - 6:30 PM	
Apr 2 - Jun 4	Tue	5:00 PM - 5:30 PM	31279
		6:00 PM - 6:30 PM	
Apr 3 - Jun 5	Wed	5:00 PM - 5:30 PM	31282
		6:00 PM - 6:30 PM	
Apr 4 - Jun 6	Thu	5:00 PM - 5:30 PM	31276
		6:30 PM - 7:00 PM	
		6:30 PM - 7:00 PM	
Apr 5 - Jun 7	Fri	5:00 PM - 5:30 PM	31258
		6:30 PM - 7:00 PM	
		6:30 PM - 7:00 PM	
Apr 6 - Jun 8	Sat	9:30 AM - 10:00 AM	31264
		12:00 PM - 12:30 PM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
		6:00 PM - 6:30 PM	
Apr 7 - Jun 9	Sun	9:30 AM - 10:00 AM	31270
		11:30 AM - 12:00 PM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
		6:00 PM - 6:30 PM	

## Preschool D

**Ages 3-5** Leisure Centre **\$147.50**

These advanced preschoolers will learn to do solo jumps into deeper water and get out all by themselves. Kids will complete sideways entries, open their eyes underwater, master a short swim wearing a lifejacket, and gliding and kicking on their side.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:30 PM - 6:00 PM	31288
		6:30 PM - 7:00 PM	
Apr 2 - Jun 4	Tue	5:30 PM - 6:00 PM	31304
		6:30 PM - 7:00 PM	
Apr 3 - Jun 5	Wed	5:30 PM - 6:00 PM	31307
		6:30 PM - 7:00 PM	
Apr 4 - Jun 6	Thu	5:30 PM - 6:00 PM	31301
		7:00 PM - 7:30 PM	
Apr 5 - Jun 7	Fri	5:30 PM - 6:00 PM	31285
		7:00 PM - 7:30 PM	
Apr 6 - Jun 8	Sat	10:00 AM - 10:30 AM	31291
		12:30 PM - 1:00 PM	
		5:00 PM - 5:30 PM	
Apr 7 - Jun 9	Sun	10:00 AM - 10:30 AM	31296
		12:00 PM - 12:30 PM	
		5:00 PM - 5:30 PM	
Apr 7 - Jun 9	Sun	6:30 PM - 7:00 PM	31296
		6:30 PM - 7:00 PM	

Note

**Drop in for a swim!**  
View our drop-in schedules at [townofws.ca/dropin](http://townofws.ca/dropin)



## Preschool E

**Ages 3-5** Leisure Centre **\$147.50**

Kids can get more adventurous with a forward roll entry into the pool while wearing a lifejacket and holding their breath underwater for up to 10 seconds. They will practice front and back crawl, interval training, and get a giggle out of whip kick.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	7:00 PM - 7:30 PM	31311
Apr 3 - Jun 5	Wed	7:00 PM - 7:30 PM	31315
Apr 4 - Jun 6	Thu	7:30 PM - 8:00 PM	31314
Apr 5 - Jun 7	Fri	7:30 PM - 8:00 PM	31310
Apr 6 - Jun 8	Sat	11:00 AM - 11:30 AM	31312
Apr 7 - Jun 9	Sun	11:00 AM - 11:30 AM	31313

# children and youth



## Swimmer 1

**Ages 6-12** Leisure Centre **\$147.50**

Kids will become comfortable jumping into water with and without lifejackets, learning to open their eyes, exhale, and hold their breath underwater. Students will work on floats, glides, and kicking through the water on their front and back.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:30 PM - 6:00 PM	31538
		6:30 PM - 7:00 PM	
Apr 2 - Jun 4	Tue	5:30 PM - 6:00 PM	31558
		6:30 PM - 7:00 PM	
Apr 3 - Jun 5	Wed	5:00 PM - 5:30 PM	31561
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Apr 4 - Jun 6	Thu	5:30 PM - 6:00 PM	31555
		7:00 PM - 7:30 PM	
Apr 5 - Jun 7	Fri	5:30 PM - 6:00 PM	31534
		7:00 PM - 7:30 PM	
		7:30 PM - 8:00 PM	

Dates	Days	Time	Code
Apr 6 - Jun 8	Sat	9:30 AM - 10:00 AM	31541
		11:00 AM - 11:30 AM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
		6:30 PM - 7:00 PM	
		Apr 7 - Jun 9	
11:00 AM - 11:30 AM			
12:00 PM - 12:30 PM			
4:30 PM - 5:00 PM			
6:00 PM - 6:30 PM			
6:30 PM - 7:00 PM			



## Swimmer 2

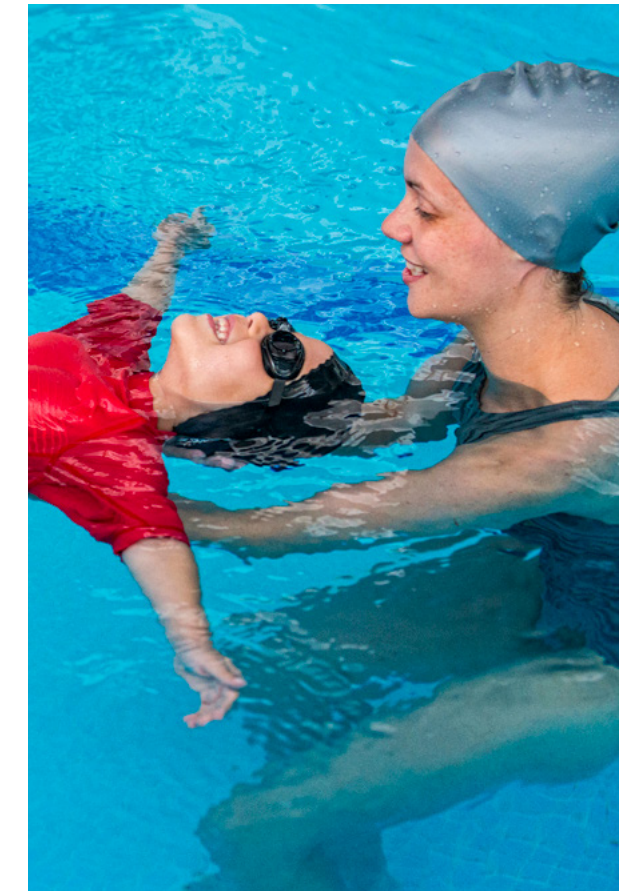
**Ages 6-12** Leisure Centre **\$147.50**

Jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. Children will be able to support themselves at the surface without an aid, learn whip kick, swim 10m on their front and backs, and be introduced to flutter kick interval training.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:30 PM - 6:00 PM	31569
		7:00 PM - 7:30 PM	
Apr 2 - Jun 4	Tue	6:30 PM - 7:00 PM	31588
		7:00 PM - 7:30 PM	
		7:30 PM - 8:00 PM	
Apr 3 - Jun 5	Wed	5:30 PM - 6:00 PM	31592
		6:30 PM - 7:00 PM	
		7:00 PM - 7:30 PM	
Apr 4 - Jun 6	Thu	6:30 PM - 7:00 PM	31585
		7:30 PM - 8:00 PM	
Apr 5 - Jun 7	Fri	5:30 PM - 6:00 PM	31565
		6:30 PM - 7:00 PM	
		7:30 PM - 8:00 PM	

\*8 lesson session | \$114.56

Dates	Days	Time	Code
Apr 6 - Jun 8	Sat	10:00 AM - 10:30 AM	31572
		12:00 PM - 12:30 PM	
		1:00 PM - 1:30 PM	
		5:00 PM - 5:30 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
		Apr 7 - Jun 9	
12:00 PM - 12:30 PM			
5:00 PM - 5:30 PM			
5:30 PM - 6:00 PM			
6:30 PM - 7:00 PM			



## Swimmer 3

Ages 6-12 Leisure Centre \$172.50

Dive in and do in-water front somersaults and handstands! Kids will work on 15m of front and back crawl and 10m of whip kick. Flutter kick interval training increases to 4 x 15m.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	6:00 PM - 6:45 PM	31597
Apr 2 - Jun 4	Tue	5:30 PM - 6:15 PM	31601
Apr 3 - Jun 5	Wed	6:00 PM - 6:45 PM	31602
Apr 4 - Jun 6	Thu	6:15 PM - 7:00 PM	31600
Apr 5 - Jun 7	Fri	6:15 PM - 7:00 PM	31596
Apr 6 - Jun 8	Sat	10:30 AM - 11:15 AM	31598
Apr 7 - Jun 9	Sun	10:30 AM - 11:15 AM	31599



## Swimmer 3: Small Group

Ages 6-12 Leisure Centre \$195

Dive in and do in-water front somersaults and handstands! Kids will work on 15m of front and back crawl and 10m of whip kick. Flutter kick interval training increases to 4 x 15m.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:30 PM - 6:00 PM	31483
Apr 2 - Jun 4	Tue	6:30 PM - 7:00 PM	31491
Apr 3 - Jun 5	Wed	5:30 PM - 6:00 PM	31492
Apr 4 - Jun 6	Thu	7:00 PM - 7:30 PM	31490
Apr 5 - Jun 7	Fri	7:00 PM - 7:30 PM	31482
Apr 6 - Jun 8	Sat	12:00 PM - 12:30 PM	31484
		4:30 PM - 5:00 PM	
Apr 7 - Jun 9	Sun	1:00 PM - 1:30 PM	31487
		4:30 PM - 5:00 PM	

Note

### Holiday Closure

Please note that our programs will not run on **Monday, May 20**, for Victoria Day



## Swimmer 4

Ages 6-12 Leisure Centre \$172.50

Kids swim 5m underwater, 25m of front and back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. Cap it all off with front crawl sprints over 25m and 4 x 25m front or back crawl interval training.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	6:45 PM - 7:30 PM	31604
Apr 2 - Jun 4	Tue	6:15 PM - 7:00PM	31608
Apr 3 - Jun 5	Wed	6:45 PM - 7:30 PM	31609
Apr 4 - Jun 6	Thu	5:30 PM - 6:15 PM	31607
Apr 5 - Jun 7	Fri	5:30 PM - 6:15 PM	31603
Apr 6 - Jun 8	Sat	11:15 AM - 12:00 PM	31605
Apr 7 - Jun 9	Sun	11:15 AM - 12:00 PM	31606



## Swimmer 4: Small Group

Ages 6-12 Leisure Centre \$195

Kids swim 5m underwater, 25m of front and back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. Cap it all off with front crawl sprints over 25m and 4 x 25m front or back crawl interval training.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	6:00 PM - 6:30 PM	31494
Apr 2 - Jun 4	Tue	5:30 PM - 6:00 PM	31502
Apr 3 - Jun 5	Wed	6:00 PM - 6:30 PM	31503
Apr 4 - Jun 6	Thu	7:30 PM - 8:00 PM	31501
Apr 5 - Jun 7	Fri	7:30 PM - 8:00 PM	31493
Apr 6 - Jun 8	Sat	12:30 PM - 1:00 PM	31495
		5:00 PM - 5:30 PM	
Apr 7 - Jun 9	Sun	12:30 PM - 1:00 PM	31498
		5:00 PM - 5:30 PM	



## Swimmer 5

Ages 6-12 Leisure Centre \$172.50

Master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. Refine front and back crawl over 50m swims of each, and breaststroke over 25m. Next, kids will pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front or back crawl and 4 x 15m breaststroke.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	6:15 PM - 7:00 PM	31611
Apr 2 - Jun 4	Tue	6:15 PM - 7:00 PM	31615
Apr 3 - Jun 5	Wed	6:15 PM - 7:00 PM	31616
Apr 4 - Jun 6	Thu	5:30 PM - 6:15 PM	31614
Apr 5 - Jun 7	Fri	6:00 PM - 6:45 PM	31610
Apr 6 - Jun 8	Sat	10:15 AM - 11:00 AM	31612
Apr 7 - Jun 9	Sun	10:15 AM - 11:00 AM	31613



### Swimmer 5: Small Group

Ages 6-12 Leisure Centre \$195

Master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. Refine front and back crawl over 50m swims of each, and breaststroke over 25m. Next, kids will pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front or back crawl and 4 x 15m breaststroke.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	7:00 PM - 7:30 PM	31505
Apr 2 - Jun 4	Tue	7:00 PM - 7:30 PM	31513
Apr 3 - Jun 5	Wed	7:00 PM - 7:30 PM	31514
Apr 4 - Jun 6	Thu	7:30 PM - 8:00 PM	31512
Apr 5 - Jun 7	Fri	5:00 PM - 5:30 PM	31504
Apr 6 - Jun 8	Sat	11:30 AM - 12:00 PM	31506
		5:30 PM - 6:00 PM	
Apr 7 - Jun 9	Sun	11:30 AM - 12:00 PM	31509
		5:30 PM - 6:00 PM	



## Swimmer 6

Ages 6-12 Leisure Centre \$172.50

Rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps, and lifesaving kicks like eggbeater and scissor kick. Kids develop strength and power in head-up breaststroke sprints over 25m. Learn to easily swim lengths of front crawl, back crawl, and breaststroke.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:30 PM - 6:15 PM	31618
Apr 2 - Jun 4	Tue	5:30 PM - 6:15 PM	31622
Apr 3 - Jun 5	Wed	5:30 PM - 6:15 PM	31623
Apr 4 - Jun 6	Thu	6:15 PM - 7:00 PM	31621
Apr 5 - Jun 7	Fri	6:45 PM - 7:30 PM	31617
Apr 6 - Jun 8	Sat	9:30 AM - 10:15 AM	31619
Apr 7 - Jun 9	Sun	9:30 AM - 10:15 AM	31620



### Swimmer 6: Small Group

Ages 6-12 Leisure Centre \$195

Rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps, and lifesaving kicks like eggbeater and scissor kick. Kids develop strength and power in head-up breaststroke sprints over 25m. Learn to easily swim lengths of front crawl, back crawl, and breaststroke!

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	6:30 PM - 7:00 PM	31516
Apr 2 - Jun 4	Tue	7:30 PM - 8:00 PM	31524
Apr 3 - Jun 5	Wed	6:30 PM - 7:00 PM	31525
Apr 4 - Jun 6	Thu	7:00 PM - 7:30 PM	31523
Apr 5 - Jun 7	Fri	6:00 PM - 6:30 PM	31515
Apr 6 - Jun 8	Sat	10:30 AM - 11:00 AM	31517
		6:00 PM - 6:30 PM	
Apr 7 - Jun 9	Sun	10:30 AM - 11:00 AM	31520
		6:00 PM - 6:30 PM	





## Swimmer 7 & 8: Rookie & Ranger Patrol

**Ages 6-12** Leisure Centre **\$172.50**

### Swimmer 7: Rookie Patrol

Continue stroke development with 50m swims of front crawl, back crawl, and breaststroke. Lifesaving Sport skills include a 25m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.

### Swimmer 8: Ranger Patrol

Develop better strokes over 75m swims of each stroke. Tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:00 PM - 5:45 PM	31625
Apr 2 - Jun 4	Tue	7:15 PM - 8:00 PM	31629
Apr 3 - Jun 5	Wed	5:00 PM - 5:45 PM	31630
Apr 4 - Jun 6	Thu	7:15 PM - 8:00 PM	31628
Apr 5 - Jun 7	Fri	7:15 PM - 8:00 PM	31624
Apr 6 - Jun 8	Sat	11:00 AM - 11:45 AM	31626
Apr 7 - Jun 9	Sun	11:45 AM - 12:30 PM	31627

## Swimmer 9 & Bronze Star

**Ages 6-12** Leisure Centre **\$172.50**

### Swimmer 9: Star Patrol

Swimmers are challenged with 600m workouts; 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.

### Bronze Star

Develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, learn self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for Bronze Medallion and provides a fun introduction to lifesaving sport.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:45 PM - 6:30 PM	31632
Apr 2 - Jun 4	Tue	6:30 PM - 7:15 PM	31636
Apr 3 - Jun 5	Wed	5:45 PM - 6:30 PM	31637
Apr 4 - Jun 6	Thu	6:30 PM - 7:15 PM	31635
Apr 5 - Jun 7	Fri	6:30 PM - 7:15 PM	31631
Apr 6 - Jun 8	Sat	11:45 AM - 12:30 PM	31633
Apr 7 - Jun 9	Sun	11:00 AM - 11:45 AM	31634



## Private Swim Lessons

**Ages 3+** **Private: \$320**  
Leisure Centre **Semi Private: \$220**

Ideal for children who have struggled with a swim level, kids benefit from focusing on completing specific skills to progress to the next level, one-on-one with an instructor during 30 minute sessions. To turn a private swim lesson into a semi-private lesson, register your first child in a private lesson then contact the aquatic supervisor to add the second child. Both children must be in the same swim level or have similar swim ability. Call (905) 642-PLAY (7529) for registration assistance.

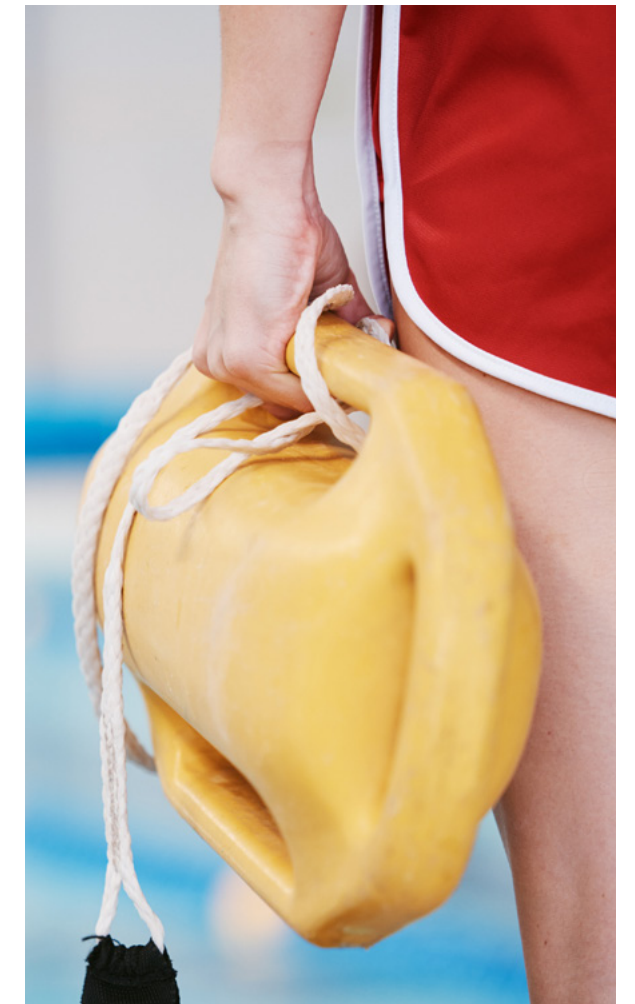
Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	5:00 PM - 8:00 PM	31342
Apr 2 - Jun 4	Tue	5:30 PM - 8:30 PM	31442
Apr 3 - Jun 5	Wed	5:00 PM - 8:00 PM	31468
Apr 4 - Jun 6	Thu	5:30 PM - 8:30 PM	31415
Apr 5 - Jun 7	Fri	5:00 PM - 7:30 PM	31316
Apr 6 - Jun 8	Sat	9:30 AM - 6:30 PM	31357
Apr 7 - Jun 9	Sun	9:30 AM - 6:30 PM	31387

## Junior Lifeguard

**Ages 9-12** Leisure Centre **\$190**

Junior Lifeguard engages youth in physical activity and participation in lifesaving sport. Participants will develop fitness, lifesaving skills, stroke correction, endurance and speed. This program will bridge the gap between swimming lessons and leadership courses.

Dates	Days	Time	Code
Apr 2 - Jun 4	Tue	8:00 PM - 9:00 PM	31182
Apr 4 - Jun 6	Thu	8:00 PM - 9:00 PM	31181
Apr 6 - Jun 8	Sat	6:00 PM - 7:00 PM	31758
Apr 7 - Jun 9	Sun	6:00 PM - 7:00 PM	31759



# teen and adult



## Adult/Teen 1

**Ages 13+** Leisure Centre **\$147.50**

Work towards a 10-15m swim on your front and back. Complete jump entries from the side and recover an object from the bottom of chest-deep water. Improve overall fitness and flutter kicking with 4 x 9-12m interval training.

Dates	Days	Time	Code
Apr 8 - Jun 17	Mon	7:00 PM - 7:30 PM	31155
Apr 3 - Jun 5	Wed	7:00 PM - 7:30 PM	31157
Apr 6 - Jun 8	Sat	6:30 PM - 7:00 PM	31156

## Adult/Teen 2

**Ages 13+** Leisure Centre **\$147.50**

Kick it up a notch working on two interval training workouts of 4 x 25m kicking and front or back crawl. Perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. Participants support themselves at the surface for 1-2 minutes and complete handstands in shallow water.

Dates	Days	Time	Code
Apr 2 - Jun 4	Tue	7:30 PM - 8:00 PM	31160
Apr 4 - Jun 6	Thu	7:30 PM - 8:00 PM	31159
Apr 7 - Jun 9	Sun	12:30 PM - 1:00 PM	31158



**Note**

### Drop in for a swim!

View our drop-in schedules at [townofws.ca/dropin](http://townofws.ca/dropin)



# Dive in to volunteering with the aquatics team!

**It's a fun way to get experience working in the industry.**

Volunteers help us with swim lessons and camp programs, including:

- Practicing skills with swimmers
- Tidy the pool deck
- Playing games and singing songs
- Report safety issues
- Organizing equipment
- Assist with participant supervision

**Visit [townofws.ca/volunteer](http://townofws.ca/volunteer) for more information.**

# Interested in becoming a lifeguard or swim instructor?

This fun rewarding part time or summer job provides opportunities to develop personally and professionally.

Visit [townofws.ca/careers](http://townofws.ca/careers) to see open positions on our aquatics team.



## Leadership

### Become a Lifeguard or Swim Instructor!

Take your first steps into the exciting world of aquatics with our Aquatic Leadership Courses. All Leadership Courses are recognized by the Lifesaving Society of Canada.



### Bronze Medallion & Emergency First Aid CPR B

Ages 13+ Leisure Centre \$232

This course challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Dates	Day	Time	Code
Apr 8 - Jun 17	Mon	5:00 PM - 7:30 PM	31760
Apr 7 - Jun 9	Sun	11:00 AM - 1:30 PM	31761

### Bronze Cross

Ages 13+ Leisure Centre \$191

Begin the transition from lifesaving to lifeguarding and prepare for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies; it is a prerequisite for advanced training in the National Lifeguard and leadership certification programs.

Dates	Day	Time	Code
Apr 3 - Jun 5	Wed	5:00 PM - 7:30 PM	31762
Apr 6 - Jun 8	Sat	11:00 AM - 1:30 PM	31763

### Standard First Aid & CPR C

Ages 12+ Leisure Centre \$170

Comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including, legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies.

Dates	Days	Time	Code
Apr 20 & 21	Sat	11:30 AM - 8:00 PM	31764
	Sun	9:30 AM - 6:00 PM	
May 25 & 26	Sat	11:30 AM - 8:00 PM	31765
	Sun	9:30 AM - 6:00 PM	

Note

Have a friend who might enjoy exploring a swim leadership program with you? Reach out and encourage them to sign up too!

## Standard First Aid & CPR C Recertification

**Ages 12+** Leisure Centre **\$93**

Reviews a candidate's existing Standard First Aid & CPR skills. Successful completion renews the award for 3 years.

Date	Day	Time	Code
Apr 28	Sun	9:30 AM - 6:00 PM	31766
Jun 2	Sun	11:30 AM - 8:00 PM	31767

## Assistant Instructor

**Ages 14+** Leisure Centre **\$134**

Through classroom learning and in-water practice, this Lifesaving Society course prepares candidates to help instructors with swimming and lifesaving classes. Candidates learn roles and responsibilities of instructors and are introduced to key principles of learning and teaching while mastering basic progressions.

Dates	Days	Time	Code
May 11 & 12	Sat	11:30 AM - 8:00 PM	31768
	Sun	9:30 AM - 6:00 PM	



## Instructors: Swim, Lifesaving & Emergency First Aid

**Ages 15+** Leisure Centre **\$310**

Prepares the instructors to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in-water practice, candidates explore teaching methods, learning strategies and activities, a variety of stroke and skill drills, correction techniques, and evaluation criteria. Practice teaching is emphasized throughout.

Dates	Day	Time	Code
Jun 14 - 16 & 21 - 23	Fri	5:00 PM - 9:00 PM	31769
	Sat	10:30 AM - 7:00 PM	
	Sun	10:30 AM - 7:00 PM	

## National Lifeguard

**Ages 15+** Leisure Centre **\$258**

Designed to develop sound understanding of lifeguarding principles, good judgement, and mature, responsible attitude toward the role of the lifeguard. The program emphasizes teamwork, leadership, communications, prevention of accidents and treatment of medical emergencies. Participants are taught advanced lifeguarding skills in a lecture format and are required to demonstrate competency in managing a variety of emergency situations within an aquatic environment. Successful completion of this course will certify the candidate in the only recognized lifeguarding award in Canada.

Dates	Days	Time	Code
Jun 14 - 16 & 21 - 23	Fri	5:00 PM - 9:00 PM	31770
	Sat	11:30 AM - 8:00 PM	
	Sun	11:30 AM - 8:00 PM	

**Note** Once you're certified, join our team! View our job openings at [townofws.ca/careers](http://townofws.ca/careers)

## National Lifeguard Recertification

**Ages 15+** Leisure Centre **\$93**

Designed for those who need to requalify to be a lifeguard, renewing the certification for 2 years upon completion.

Date	Day	Time	Code
Jun 16	Sun	9:30 AM - 3:30 PM	31771

## Aquatic Supervisor Training

**Ages 15+** Leisure Centre **\$140**

For deck-level supervisory staff, this 10-hour course provides the knowledge and skills beyond National Lifeguard certification to manage a safe environment.

Dates	Day	Time	Code
May 31	Fri	5:00 PM - 9:00 PM	31773
Jun 1	Sat	9:00 AM - 6:30 PM	



## Examiners

**Ages 15+** Leisure Centre **\$88**

The first in a 3-step process, preparing candidates to successfully apprentice as an Examiner on the exam of their choice. This course builds on the evaluation experience that candidates have attained in the instructor-evaluated content. Examiners are experienced instructors that must have teaching experience: they must have taught or co-taught at least one course in the stream(s) in which they are seeking certification as an examiner.

Dates	Day	Time	Code
Jun 2	Sun	10:00 AM - 5:00 PM	31774

## SEE (Supervision Evaluation and Enhancement) Auditor

**Ages 15+** Leisure Centre **\$62**

Designed to give participants the knowledge, training, and tools required to evaluate the effectiveness of lifeguard and instructor supervision using Lifesaving Society SEE checklists.

Date	Day	Time	Code
May 30	Thu	5:00 PM - 9:00 PM	31772



# parks & parkettes

## Amenities

- |                   |   |                   |
|-------------------|---|-------------------|
| Parking           | Basketball Court  | Cricket Pitch     |
| Washrooms         | Tennis Court  | Community Garden  |
| Playground        | Ball Diamond  | Fitness Equipment |
| Picnic/Rest Area  | Soccer Pitch  | Oval Track        |
| Open Area         | Ball Hockey Pad   | Toboggan Hill     |
| Trails            | Skate Park  | Spray Pad         |
| Pickle Ball Court | *Open in winter months, subject to weather conditions. If you'd like to volunteer help maintain your local rink, contact <a href="mailto:leisure.services@townofws.ca">leisure.services@townofws.ca</a> |                   |
| *Skating Rink     |   |                   |

## Neighbourhood Parks

- |  |   |  |
|--|---|--|
| <b>Byer's Pond Park</b><br>Byer's Pond Way<br>South of Hoover Park Dr) | <b>Greenwood Park</b><br>Greenwood Rd<br>& Alderwood St       | <b>Sunnyridge Park</b><br>Sunnyridge Ave<br>& Hoover Park Dr |
| <b>Felcher Park</b><br>Felcher Blvd & Iroquois Dr                      | <b>Lehman's Pond</b><br>Willow Way St<br>(East of Millard St) | <b>Wheler's Mill Park</b><br>Hoover Park Dr<br>& Mostar Dr   |
| <b>Gar Lehman Park</b><br>Reeves Way & Joseph Todd                     | <b>Madori Park</b><br>Millard St & Winlane Dr                 |  |

**Note** Our Neighbourhood Parks & Parkettes also have a wide variety of amenities! Visit [townofws.ca/parks](http://townofws.ca/parks) for more details.

## Community Parks

- |   |  |  |
|---|--|--|
| <b>Rupert Park</b><br>Rupert Ave & West Lawn Cres                             | <b>Stouffville Arena &amp; Connell-Franklin Track</b><br>Ninth Line (North of Main St) | <b>Ballantrae Park</b><br>Aurora Rd (East of Hwy 48)             |
|   |  |  |
| <b>Stouffville Reservoir</b><br>Millard St (East of Ninth Line)               | <b>Coultice Park</b><br>Mussleman's Lake East side of Ninth Line                       | <b>Bethesda Sport Fields</b><br>Bethesda Rd (East of Ninth Line) |
|   |  |  |
| <b>Memorial Park &amp; Wayne Emerson Skatepark</b><br>Burkholder St & Park Dr | <b>Vandorf Park</b><br>Vandorf Sideroad & Woodbine Ave                                 | <b>Dog Park</b><br>Rougeview Ave (Behind Staples)                |
|   |  |  |

## Parkettes

- |  |   |   |   |
|--|---|---|---|
| <b>Summerfield</b><br>Summerfield Ave            | <b>Aspen Crescent</b><br>Aspen Cres                               | <b>Loretta</b><br>Katherine Cres                  | <b>Miltrose</b><br>Miltrose Crt (South of Sunset Blvd & East of Ninth Line) |
| <b>Waite Crescent</b><br>Waite Cres              | <b>Greenforest</b><br>Reeves Way & Joseph Todd                    | <b>Fairlee</b><br>Fairlee Circle                  | <b>Lemonville</b><br>McCowan Rd (South of Bloomington Rd)                   |
| <b>Dougherty</b><br>Dougherty Rd                 | <b>Shane Court</b><br>Shane Ct                                    | <b>Summitview</b><br>Thicketwood Blvd & Stuart Dr | <b>Savoia</b><br>Grayfield Dr   |
| <b>Bramble Crescent</b><br>Bramble Cres          | <b>Boadway</b><br>Boadway Dr                                      | <b>Reeves Way</b><br>Reeves Way                   | <b>Dannor</b><br>Sandiford Dr & Dannor Ave                                  |
| <b>Bayberry</b><br>West of Stouffville Reservoir | <b>Stouffer Street (accessible)</b><br>Stouffer St & Hawthorne St | <b>Baker Hill</b><br>Baker Hill Ave & Millard St  | <b>Tresttown</b><br>Sunnyridge Ave & Filbert Ct                             |

## 19 on the park

19 Civic Avenue, Stouffville, L4A 1G5  
905-640-2322



### Looking to purchase tickets?

Visit [19onthePark.ca](http://19onthePark.ca) or call (888) 655-9090 to purchase tickets today!

### For rentals or other inquiries:

Please email us at [19onthePark@townofws.ca](mailto:19onthePark@townofws.ca)

## Theatre Events

19 on the Park offers an incredible Concert Series which includes comedy shows, seasonal performances, tribute to beloved bands, and award winning artists. Tickets on sale now!

### Yuk Yuk's on Tour!

Friday, February 16 8:00 pm

Three hilarious Yuk Yuk's comics performing right here in Stouffville!

### ABBA Revisited

Friday, March 22 7:30 pm

ABBA Revisited recreates the magic of ABBA with authentic costumes, spectacular harmonies and note-perfect musicianship taking their audience on a musical journey back in time. This show is a MUST SEE!



### Jason Wilson & Ashara

Saturday, April 27 7:00 pm

Scotland meets Jamaica in Canada! The brainchild of Scottish-Canadian and award-winning visionary Jason Wilson (Wilson & Swarbrick), Ashara presents a joyful blend of Scottish folk, global roots and reggae.

### Practically Hip

Friday, May 10 7:30 pm

Canada's number one Tragically Hip Tribute For over 20 years! Established in Southern Ontario in 1997, Practically Hip has been performing the music its members love for over 20 years at clubs, festivals, universities and colleges, and private events throughout North America and beyond.



Note

### Package Show Deal

Receive 15% off when you buy tickets to 3 or more shows within the Concert Series

# Stouffville Events

Events run by the Town offer residents a wide range of family-friendly programming from festive celebrations to live music and performances, to large multi-day festivals.

All of these events share the common goal of showcasing our beautiful town and providing an opportunity for residents and visitors to celebrate our community. Save these dates!



We would like to give a huge thank you to the following 2023 Stouffville Celebrates Holiday Series Sponsors:

Presenting Sponsor



Series Sponsor



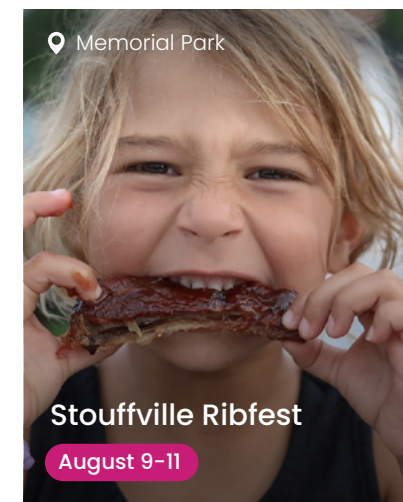
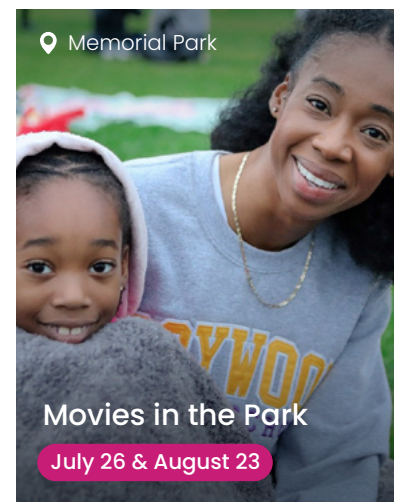
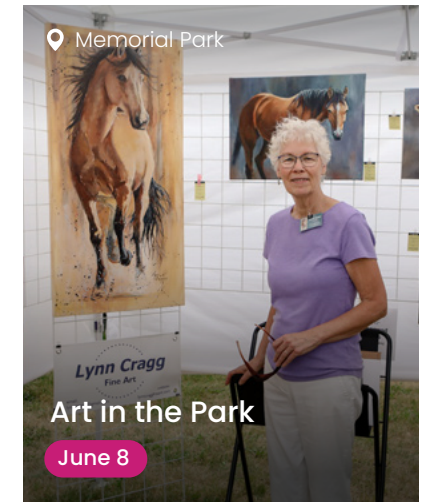
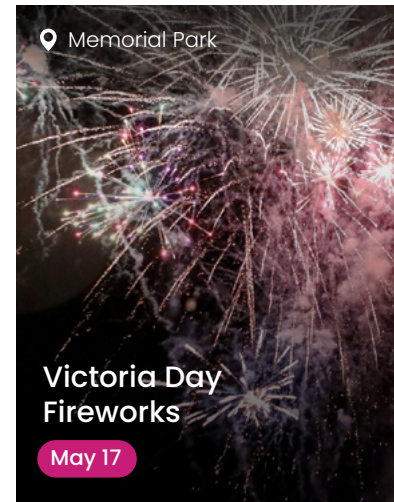
Celebration Sponsors

- Forest Group
- Pine Valley Corporation
- RICE Group
- Schell Lumber Home Building Centre
- Tim Hortons
- Times Group
- Treasure Hill
- Trentadue Torres Group

Note

Want the to stay up to date on event details? Visit [townofws.ca/events](https://townofws.ca/events) and also find out how to sponsor or volunteer!

## 2024 Spring/Summer:



events





**Register for programs by scanning,**  
or at [townofws.ca/active](https://townofws.ca/active)

\*Memberships, activities, and programs are subject to HST. Non-residents are subject to a 20% surcharge to register in Town of Whitchurch–Stouffville programs.

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## Whitchurch–Stouffville Leisure Centre

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2 Park Dr  
Stouffville, ON  
L4A 4K1  
905-642-PLAY (7529)  
[townofws.ca](https://townofws.ca)

 [leisure.services@townofws.ca](mailto:leisure.services@townofws.ca)

 [@wstouffville](https://www.facebook.com/wstouffville)

 [@townofws](https://www.instagram.com/townofws)

 [@townofws](https://twitter.com/townofws)

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## Spring Hours

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Monday – Thursday

6:00 AM – 10:00 PM

Friday

6:00 AM – 9:00 PM

Saturday & Sunday

7:30 AM – 8:00 PM

Registration for residents opens February 27, 2024.

**See page 3 for details.**

