

# playbook

recreation  
fitness  
swimming  
museum  
19 on the park  
parks  
stouffville events

Summer 2024

# Soak up summer in Stouffville!

Whether you're looking to try something new, advance your fitness, or make new friends, our Play Book will guide you to your ideal summer season.

## mayor's message

It's summertime in Stouffville, and we couldn't be more excited! In this edition of the Play Book, you'll discover a treasure trove of programs and events carefully crafted by our dedicated staff just for our community. Look through these pages and plan a fun, adventure-filled summer. Let's embrace the warmth of summer together in this vibrant town. Get out there, Stouffville – I can't wait to see you around.

Be well, **Iain Lovatt, Mayor**

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### Summer 2024 Registration

#### Residents:

**Tuesday, June 4** at 12:00 noon

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



# Ready to start your wellness journey?



**Drop-in Schedules are subject to change.**

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



## Summer 2024 Registration dates

### Residents:

**Tuesday, June 4, 2024**

at 12:00 noon

Online and in-person registration open at 12:00 noon

### Non-residents:

**Tuesday, June 11, 2024**

at 12:00 noon

Non-residents are subject to a 20% surcharge to register in Town programs

**Most programs begin July 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.



## 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 June 4. Once you apply, we will have your account ready for you within 48 hours.

# 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

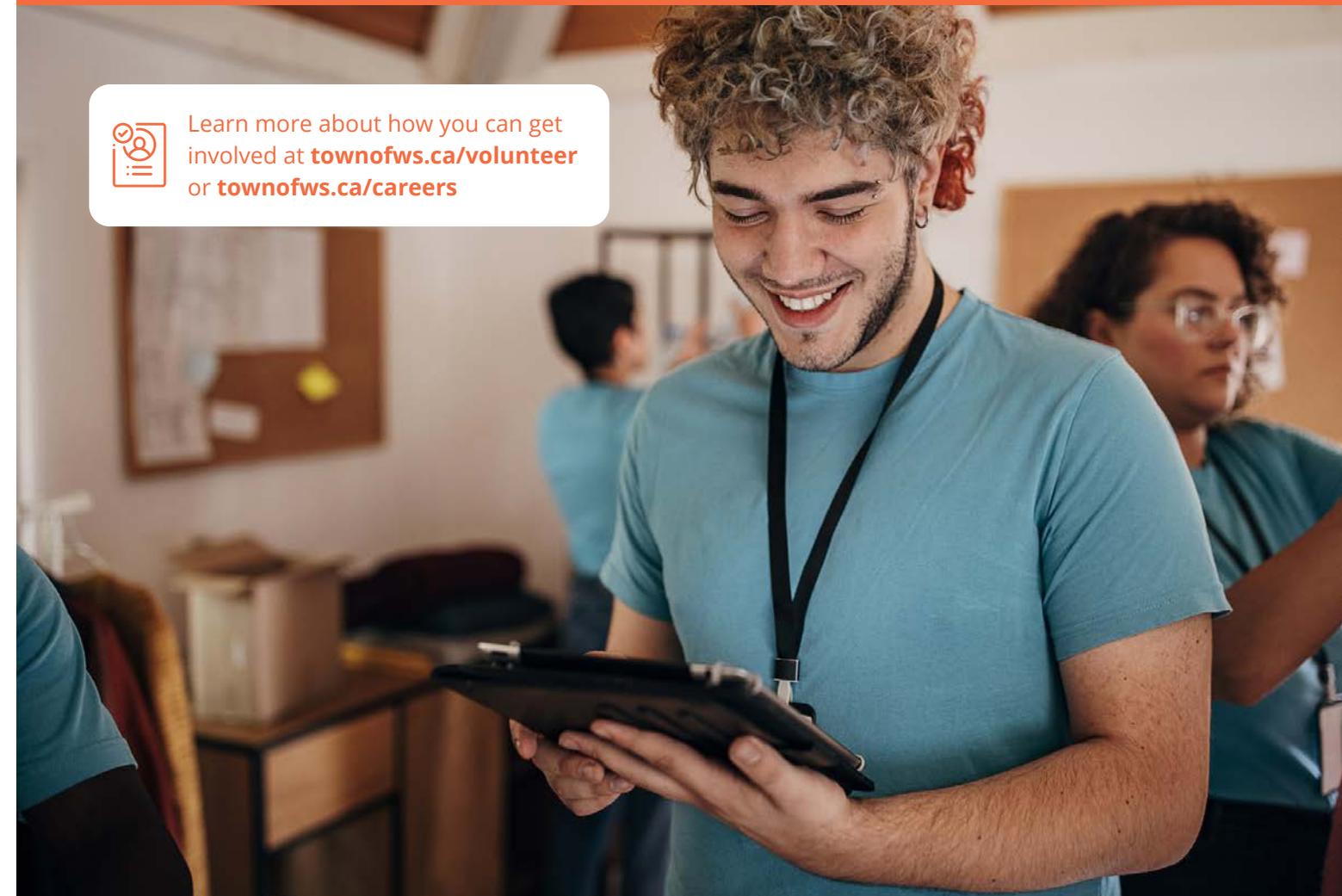
# Opportunities are available in aquatics, recreation, museum, 19 on the Park, and events!

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)

### Summer Hours of Operation: July 2 – Sept 1

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



### Stouffville 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 all drop-in schedules at [townofws.ca/dropin](https://townofws.ca/dropin)

# preschool

 Caregiver Attendance Required

## Skating Lessons: Preschool

**Ages 3-5**    **Stouffville Clippers Sports Complex**    **\$55**

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 to learn more about equipment requirements.*

Dates	Day	Time	Code
Jul 8 - Jul 12	Mon - Fri	8:45 AM - 9:15 AM	31799
Jul 15 - Jul 19	Mon - Fri	8:45 AM - 9:15 AM	31797
Aug 12 - Aug 16	Mon - Fri	9:00 AM - 9:30 AM	32976
Aug 26 - Aug 30	Mon - Fri	9:00 AM - 9:30 AM	31798

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. Those who fail to arrive with the proper safety equipment will not be permitted to participate.

## Skating Lessons: Family

**Ages 3+**    **Stouffville Clippers Sports Complex**    **\$55**

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
Jul 8 - Jul 12	Mon - Fri	9:15 AM - 10:00 AM	32173
Jul 8 - Jul 12	Mon - Fri	2:00 PM - 2:45 PM	31793
Jul 15 - Jul 19	Mon - Fri	9:15 AM - 10:00 AM	31795
Jul 15 - Jul 19	Mon - Fri	2:00 PM - 2:45 PM	31794
Aug 12 - Aug 16	Mon - Fri	12:15 PM - 1:00 PM	32975
Aug 26 - Aug 30	Mon - Fri	12:15 PM - 1:00 PM	31796

Note

Please note that HST applies to all adult and family programs

## Sportball: Multi-sport

**Ages 3-5**    **TEVA - Fields**    **\$191**

In this fun, stress-free, and non-competitive setting, children learn the fundamentals of 8 different sports. This class keeps children moving and engaged and sends 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 and leaves room for specialization later, look no further. This program is offered in partnership with Sportball. Cost includes a ball. Location subject to change.

Dates	Day	Time	Code
Jul 3 - Aug 28	Wed	5:45 PM - 6:45 PM	31803
Jul 7 - Aug 25*	Sun	9:45 AM - 10:45 AM	31802

\*shorter session | \$152

## Sportball: Parent & Child

**Ages 2-3**    **TEVA - Fields**    **\$191**

Children are introduced to fundamental skills in eight different sports. With a play-based curriculum, these classes are a fantastic kick start for an active life. This program is offered in partnership with Sportball. Course fee includes a ball. Location subject to change.

Dates	Day	Time	Code
Jul 3 - Aug 28	Wed	5:00 PM - 5:45 PM	31804
Jul 7 - Aug 25*	Sun	9:00 AM - 9:45 AM	31805

\*shorter session | \$152

NEW

## Sportball: Parent & Child Soccer

**Ages 2-3**    **TEVA - Fields**    **\$157**

In this fun, stress-free, and non-competitive setting, children learn the fundamentals of soccer. This class keeps children moving and engaged and sends them home with a new skill each week. This program is offered in partnership with Sportball. Course fee includes a soccer ball. Location subject to change.

Dates	Day	Time	Code
Jul 8 - Aug 26	Mon	5:00 PM - 5:45 PM	32412



NEW

## Sportball: Soccer

**Ages 3-5**    **TEVA - Fields**    **\$157**

In this fun, stress-free, and non-competitive setting, children learn the fundamentals of soccer. This class keeps children moving and engaged and sends 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. Course fee includes a soccer ball. Location subject to change.

Dates	Day	Time	Code
Jul 8 - Aug 26	Mon	5:45 PM - 6:45 PM	32411



## Taekwon-Do: Little Dragons

**Ages 4-6**    **Stouffville Arena-Multi-Purpose Room**    **\$246**

Kids have fun getting fit and learning focus and self-control with Taekwondo training. Participants will work on exercise routines, kicking drills and self-defense 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 during 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
Jul 2 - Aug 29	Tue & Thu	6:00 PM - 6:45 PM	31808

## Single Day Workshops

### Junior Scientist

Ages 3-6 Latcham Hall \$15

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 interactive workshop is for them!

Dates	Day	Time	Code
Jul 13	Sat	9:30 AM - 10:30 AM	31788

### We Dig Dinos

Ages 3-6 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
Jul 24	Wed	5:15 PM - 6:15 PM	31790



### Mini Masterpieces

Ages 3-6 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
Aug 21	Wed	5:15 PM - 6:15 PM	31789

Note

#### Holiday Closures

Please note that programs will not be running on **Monday, July 1**, for Canada Day, or **Monday, August 5**, for the Civic Holiday.



## children ages 5 – 12

### Pickleball: Learn to Play

Memorial Park - Pickleball Courts \$117

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

#### Ages 7-9

Dates	Day	Time	Code
Jul 3 - Aug 28	Wed	5:00 PM - 6:00 PM	31787

#### Ages 10-12

Dates	Day	Time	Code
Jul 3 - Aug 28	Wed	6:00 PM - 7:00 PM	31786



### Sportball: Soccer

Ages 5-8 TEVA - Fields \$196

In this fun, stress-free, and non-competitive setting, children learn the fundamentals of soccer. This class keeps children moving and engaged and sends 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
Jul 3 - Aug 28	Wed	6:45 PM - 7:45 PM	31800
Jul 7 - Aug 25*	Sun	10:45 AM - 11:45 AM	31801
Jul 8 - Aug 26*	Mon	6:45 PM - 7:45 PM	32410

\*shorter session | \$157



### Skating Lessons: Child

Ages 6-12 Stouffville Clippers Sports Complex \$50

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 to learn more about equipment requirements.*

Dates	Day	Time	Code
Jul 8 - Jul 12	Mon - Fri	1:00 PM - 1:50 PM	31791
Jul 15 - Jul 19	Mon - Fri	1:00 PM - 1:50 PM	31792

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. Those who fail to arrive with the proper safety equipment will not be permitted to participate.

## Tennis: Beginner

Memorial Park \$198

Serve, volley, rally! Participants will learn the basics of tennis in a fun and supportive environment. This program is offered in partnership with Lander Management Group.

### Ages 7-9

Dates	Day	Time	Code
Jul 2 - Aug 27	Tue	5:00 PM - 6:00 PM	31816
Jul 4 - Aug 29	Thu	5:00 PM - 6:00 PM	31817
Jul 6 - Aug 24*	Sat	9:00 AM - 10:00 AM	32200

\*shorter session | \$154

### Ages 10-12

Dates	Day	Time	Code
Jul 2 - Aug 27	Tue	6:00 PM - 7:00 PM	31818
Jul 4 - Aug 29	Thu	6:00 PM - 7:00 PM	31819
Jul 6 - Aug 24*	Sat	10:00 AM - 11:00 AM	32199

\*shorter session | \$154

NEW

## Tennis: Beginner Plus

Memorial Park \$330

Serve, volley, rally! This extended tennis beginners program will introduce participants to foundational skills in a supportive learning environment. If you're interested in accelerating your tennis skills and knowledge then this program is for you. This program is offered in partnership with Lander Management Group.

### Ages 7-12

Dates	Day	Time	Code
Jul 8 - Aug 28	Mon & Wed	5:00 PM - 6:30 PM	32977



## Tennis: Intermediate

Memorial Park \$198

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. This program is offered in partnership with Lander Management Group.

### Ages 7-9

Dates	Day	Time	Code
Jul 2 - Aug 27	Tue	7:00 PM - 8:00 PM	31815

### Ages 10-12

Dates	Day	Time	Code
Jul 4 - Aug 29	Thu	7:00 PM - 8:00 PM	31820

Note

### Required equipment

All tennis programs require participants to bring their own racquet.



## Taekwon-Do

Ages 7-12 Stouffville Arena \$246

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 during 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
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	31809

### Yellow Stripe

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	31813

### Yellow Belt

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	31811

### Green Stripe

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	31806

### Green Belt

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	32195

### Blue Stripe

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	32193

### Blue Belt

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	32191

## Stouffville Day Camps



## Looking for a last minute summer camp?

Browse our brand new Camps Guide and see what we have to offer this summer in Stouffville. Pick up your copy today or view it online at [townofws.ca/camps](https://townofws.ca/camps)

**Register today to start your summer adventure with us!**

## Single Day Workshops

### Junior Scientists

Ages 6-10 Latcham Hall \$20

Let your little scientist move forward with their thirst for knowledge with our Junior Scientist workshop. Kids will make a science-themed craft, make a mess with science experiments and meet other science-minded kids in this one day program.

Dates	Day	Time	Code
Jul 13	Sat	11:00 AM - 1:00 PM	31784

### Riddles and Puzzles

Ages 6-10 Latcham Hall \$20

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

Dates	Day	Time	Code
Jul 24	Wed	6:30 PM - 8:30 PM	32198



### Summer Baking

Ages 6-10 Latcham Hall \$25

Get your young chef baking in the kitchen with summer inspired desserts and crafts.

Dates	Day	Time	Code
Jul 31	Wed	6:00 PM - 8:00 PM	31785



### Arts and Crafts

Ages 6-10 Latcham Hall \$20

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

Dates	Day	Time	Code
Aug 21	Wed	6:30 PM - 8:30 PM	31783

## youth ages 11 – 18

### Taekwon-Do

Ages 13-18 Stouffville Arena \$246

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 during 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
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	31810

#### Yellow Stripe

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	31814

#### Yellow Belt

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	31812

#### Green Stripe

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	31807



#### Green Belt

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	32196

#### Blue Stripe

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	32194

#### Blue Belt

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

Dates	Day	Time	Code
Jul 2 - Aug 29	Tue & Thu	7:00 PM - 8:00 PM	32192

Got spare time on your hands?

# Top 4 reasons to start volunteering with us



## 1 It's rewarding.

Volunteering not only provides an opportunity to discover new things about yourself but also allows you to become more familiar with your community and its resources by getting involved locally.



## 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 It's 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](https://townofws.ca/volunteer) for more information.

## adults

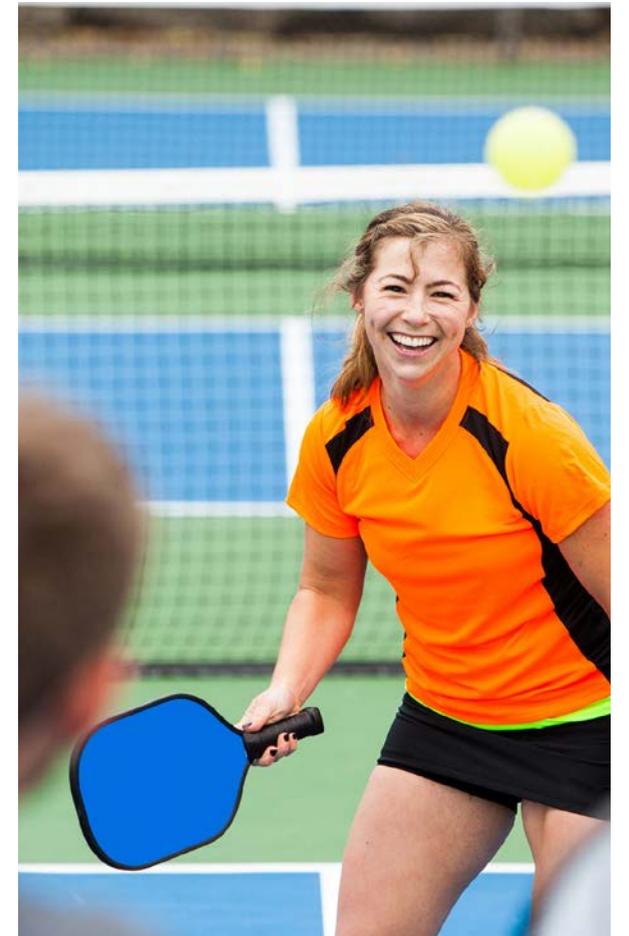
### Pickleball: Learn to Play

Ages 18+ Memorial Park – Pickleball Courts \$56

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.

Dates	Day	Time	Code
July 8 - July 29	Mon	3:30 PM - 5:00 PM	33286
Aug 12 - Aug 26*	Mon	3:30 PM - 5:00 PM	33287

\*shorter session | \$42



NEW

### Volleyball: Skill Development Clinic

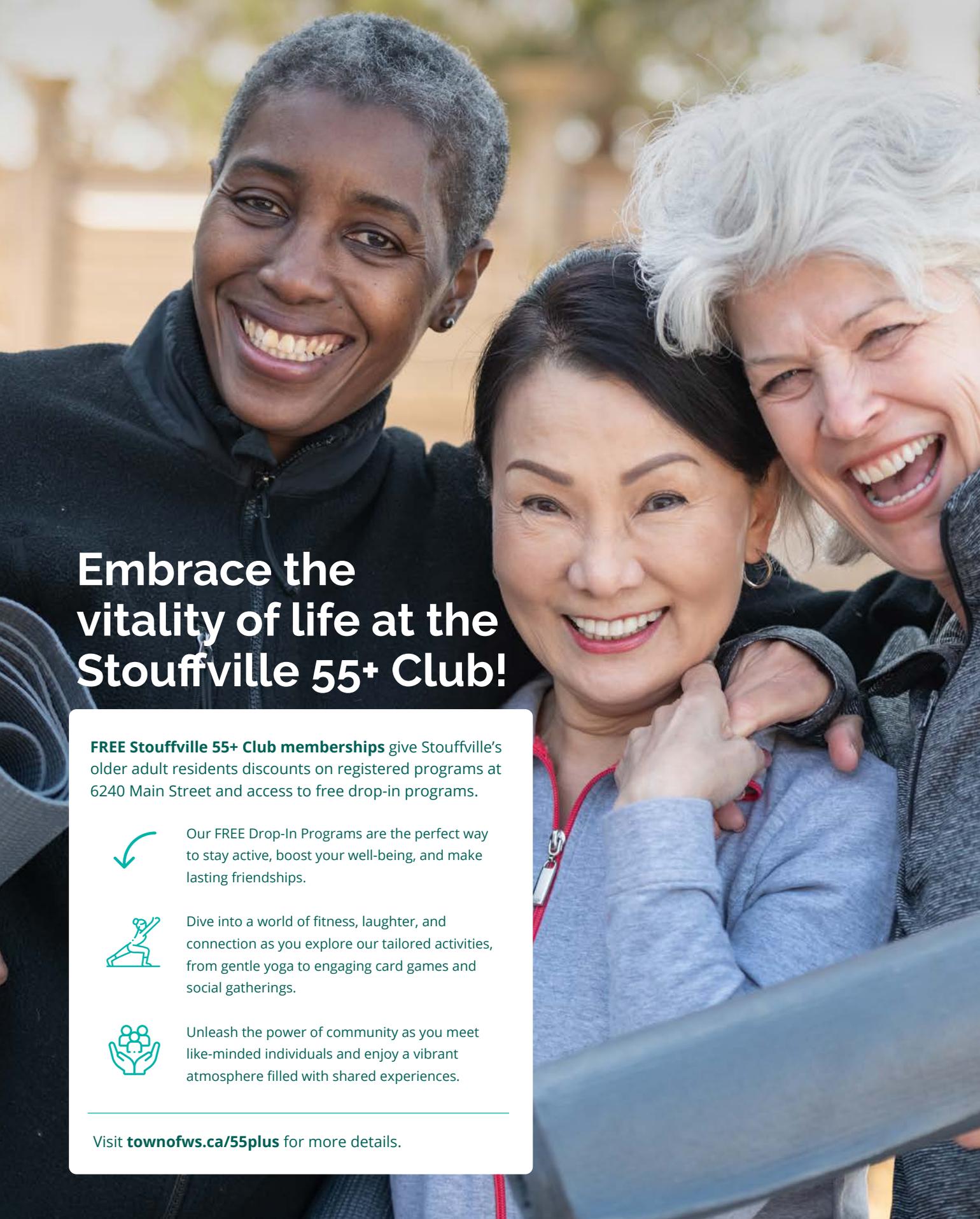
Ages 18+ Leisure Centre Gymnasium \$105

A new adult volleyball program designed to develop players in all aspects of the game, including net play, bumping, and setting, as well as overhand and underhand serving. Players will learn to apply these skills to a team scenario focusing on offensive and defensive play. Recommended for beginner to intermediate players.

Dates	Day	Time	Code
Jul 8 - Aug 26	Mon	8:30 PM - 10:00 PM	33285

Note

Please note that HST applies to all adult and family programs.



# 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.

## 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](mailto:55plus@townofws.ca). Your appointment time will be confirmed by phone one week in advance.

Dates	Day	Time	Code
July 4	Thu	9:30 AM - 12:00 PM	32980
Aug 1	Thu	9:30 AM - 12:00 PM	32981



### 55+ Foot Care Clinic

**Ages 55+** 6240 Main Street **\$60**

Register for a footcare appointment with a trained nurse from Memories + Group Home Healthcare Services. Spaces are limited. Register by visiting the front desk of 6240 Main Street or emailing [55plus@townofws.ca](mailto:55plus@townofws.ca). Your appointment time will be confirmed by phone one week in advance. \$60 cost for services will be paid at time of appointment, directly to the nurse.

Dates	Day	Time	Code
July 18	Thu	9:00 AM - 11:00 AM	32978
Aug 15	Thu	9:00 AM - 11:00 AM	32979



### 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.

#### Afternoon Book Club 1

Dates	Day	Time	Code
July 26	Fri	1:30 PM - 3:00 PM	32982
Aug 30	Fri	1:30 PM - 3:00 PM	33293

#### Afternoon Book Club 2

Dates	Day	Time	Code
July 19	Fri	1:30 PM - 3:00 PM	32984
Aug 16	Fri	1:30 PM - 3:00 PM	32985

#### Afternoon Book Club 3

Dates	Day	Time	Code
July 12	Fri	1:30 PM - 3:00 PM	32986
Aug 9	Fri	1:30 PM - 3:00 PM	32987

#### Evening Book Club

Dates	Day	Time	Code
July 24	Wed	7:00 PM - 10:00 PM	33012
Aug 28	Wed	7:00 PM - 10:00 PM	33013

## Cooking for Happiness & Health

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

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

Dates	Day	Time	Code
Jul 8 - Aug 19	Mon	10:00 AM - 12:00 PM	32990
Jul 8 - Aug 19	Mon	6:30 PM - 8:30 PM	32992



## Practice Bridge

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

This program is suitable for those who know some basics of contract bridge but want to brush up on bidding and playing skills and learn what is new in bridge. Participants may join at any time and are encouraged to register to aid in class planning. Activity fee is supported by 55+ Club membership.

Dates	Day	Time	Code
Jul 4 - Aug 29	Thu	10:00 AM - 11:30 AM	33011



## 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
Jul 12 - Aug 16	Fri	1:30 PM - 2:30 PM	33007

## Line Dancing

**Ages 55+** **\$52 members**  
6240 Main Street **\$62 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
Jul 10 - Aug 14	Wed	12:00 PM - 1:00 PM	33009

### Intermediate

Dates	Day	Time	Code
Jul 10 - Aug 14	Wed	1:00 PM - 2:00 PM	33010

## Introduction to Gardening

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

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

Dates	Day	Time	Code
Jul 9 - Aug 13	Tue	7:00 PM - 8:00 PM	33005



## Save big by signing up for a FREE membership!

Note

Members receive exclusive discounts on many 55+ programs. By joining, you also gain complimentary access to our Stouffville 55+ Club drop-in programs where you can try something new or come and make new friends.

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

## Fitness

### Forever Fit

**Ages 55+** **\$42.50 members**  
6240 Main Street **\$52.50 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
Jul 5 - 26*	Fri	11:00 AM - 12:00 PM	33040
Aug 2 - 30	Fri	11:00 AM - 12:00 PM	33041

\*Four week session \$32.50 | \$42.50 (non-members)

### Osteo Fit

**Ages 55+** **\$32.50 members**  
6240 Main Street **\$42.50 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
Jul 8 - 29	Mon	11:00 AM - 12:00 PM	33046
Aug 12 - 26*	Mon	11:00 AM - 12:00 PM	33047

\*Three week session \$22.50 | \$32.50 (non-members)



## Seated Fitness: Strength & Balance

**Ages 55+** **\$32.50 members**  
6240 Main Street **\$42.50 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
Jul 11 - Aug 1	Thu	11:00 AM – 12:00 PM	33048



## Stretch 'n' Core

**Ages 55+** **\$42.50 members**  
6240 Main Street **\$52.50 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
Jul 3 - 31	Wed	11:00 AM – 12:00 PM	33050
Aug 7 - 28*	Wed	11:00 AM – 12:00 PM	33051

\*Four week session \$32.50 | \$42.50 (non-members)

## Yoga

### Yoga: Gentle

**Ages 55+** **\$42.50 members**  
6240 Main Street **\$52.50 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
Jul 2 - 30	Tue	8:30 AM – 9:30 AM	33042
Jul 4 - 25*	Thu	8:30 AM – 9:30 AM	33044
Aug 1 - 29	Thu	8:30 AM – 9:30 AM	33045
Aug 6 - 27*	Tue	8:30 AM – 9:30 AM	33043

\*Four week session \$32.50 | \$42.50 (non-members)



## Yoga: Relaxation

**Ages 55+** **\$42.50 members**  
6240 Main Street **\$52.50 non-members**

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

Dates	Day	Time	Code
Jul 2 - 30	Tue	7:00 PM – 8:00 PM	33052
Aug 6 - 27*	Tue	7:00 PM – 8:00 PM	33053

\*Four week session \$32.50 | \$42.50 (non-members)



## Yoga: Seated

**Ages 55+** **\$42.50 members**  
6240 Main Street **\$52.50 non-members**

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
Jul 2 - 30	Tue	9:45 AM – 10:45 AM	33036
Jul 4 - 25*	Thu	9:45 AM – 10:45 AM	33038
Aug 1 - 29	Thu	9:45 AM – 10:45 AM	33039
Aug 6 - 27*	Tue	9:45 AM – 10:45 AM	33037

\*Four week session \$32.50 | \$42.50 (non-members)



## Yoga: Tamil Language Supported

**Ages 55+** **\$20 members**  
6240 Main Street **\$24 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 Tamil and English. Special pricing for large group class.

Dates	Day	Time	Code
Jul 7 - 28	Sun	9:45 AM – 10:45 AM	33054
Aug 11 - 25*	Sun	9:45 AM – 10:45 AM	33055

\*Three week session \$15 | \$18 (non-members)

### 55+ Drop-in Programs

Note



Become a member for free and join us 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 or [townofws.ca/dropin](https://townofws.ca/dropin)

## fitness club

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

### Summer Hours of Operation: July 2 – Sept 1

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

### Annual Maintenance Closure

Please note, the Fitness Centre will be closed from Monday, August 26 – Friday, August 30 for annual maintenance and equipment replacement.

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

Quality programming by certified fitness professionals

## A membership lets 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
- Increases 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 fitness programs

# fitness programs

## Family

### Sporty Moms & Babies

**Ages 18+** Leisure Centre **\$42**

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
Jul 2 - 23	Tues	11:30 AM - 12:30 PM	33024
Jul 30 - Aug 20	Tues	11:30 AM - 12:30 PM	33025

### Stroller Fit

**Ages 18+** Leisure Centre **\$42**

Classes led by an instructor will include brisk walking or jogging with your stroller as well as muscle conditioning activities using tubing or your body weight. Class is for all fitness levels.

Dates	Day	Time	Code
Jul 4 - 25	Thurs	10:30 AM - 11:30 AM	33026
Aug 1 - 22	Thurs	10:30 AM - 11:30 AM	33027



### Mom & Babies: Yogalates

**Ages 18+** Leisure Centre **\$42**

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 beside mom.

Dates	Day	Time	Code
Jul 3 - 24	Wed	11:30 AM - 12:30 PM	33022
Jul 31 - Aug 21	Wed	11:30 AM - 12:30 PM	33023

#### Note

### Doing fitness as a family is a real win-win!

Parents get quality time with their children while also helping their kids form healthy habits. Meanwhile, when kids have a role model and learn to integrate physical activity into their lives at a young age, they are more likely to stay active throughout their lives. Make it fun and your kids will want to keep up the habits for life! What's not to love?

## Youth & Adult

**NEW**

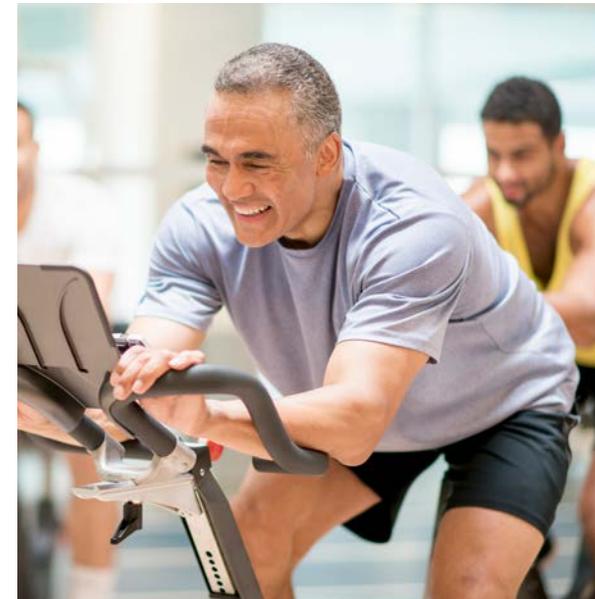
### Cycle Fit: Learn to Ride

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

If you've never been to a Cycle Fit 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
Jul 7 - 28*	Sun	9:30 AM - 10:20 AM	33020
Aug 4 - Sep 1	Sun	9:30 AM - 10:20 AM	33021

\*Four week session | \$42



#### Note

The Fitness Centre will be closed from **Monday, August 26 – Friday, August 30** for annual maintenance and equipment replacement.



**NEW**

### Cardio Salsa

**Ages 12+** Leisure Centre **\$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
Jul 2 - 30	Tue	5:30 PM - 6:20 PM	33297
Aug 6 - 27*	Tue	5:30 PM - 6:20 PM	33298

\*Four week session \$42

### Learn to Run

**Ages 18+** 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
Jul 2 - 30	Tues	7:00 PM - 7:50 PM	32951
Aug 6 - 27*	Tues	7:00 PM - 7:50 PM	33017

\*Four week session | \$42

## 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 inspire 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
Jul 4 - 25*	Thurs	5:20 PM - 6:20 PM	33296
Jul 6 - 27*	Sat	10:30 AM - 11:30 AM	33033
Aug 1 - 22*	Thurs	5:20 PM - 6:20 PM	33035
Aug 3 - 31	Sat	10:30 AM - 11:30 AM	33034

\*Four week session | \$42



Note

### Fitness matters at every age!

Keep your body strong, your mind sharp, and your mood positive with regular exercise. Reduce the risk of illness and boost your energy—start moving now for a healthier, happier future!



## Together In Movement & Exercise

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

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
Jul 4 - Aug 22	Thu	1:00 PM - 2:00 PM	33032

## 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
Jul 4 & 11	Thu	7:00 PM - 8:30 PM	32952
Jul 6 & 13	Sat	1:30 PM - 3:00 PM	32954
Jul 7 & 14	Sun	1:30 PM - 3:00 PM	32960
Jul 18 & 25	Thu	7:00 PM - 8:30 PM	32953
Jul 20 & 27	Sat	1:30 PM - 3:00 PM	32957
Jul 21 & 28	Sun	1:30 PM - 3:00 PM	32961
Aug 1 & 8	Thu	7:00 PM - 8:30 PM	32955
Aug 3 & 10	Sat	1:30 PM - 3:00 PM	32958
Aug 4 & 11	Sun	1:30 PM - 3:00 PM	32962
Aug 15 & 22	Thu	7:00 PM - 8:30 PM	32956
Aug 17 & 24	Sat	1:30 PM - 3:00 PM	32959
Aug 18 & 25	Sun	1:30 PM - 3:00 PM	32963

## Yoga: Youth

**Ages 7-11** Leisure Centre **\$52.50**

A gentle way to exercise. 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
Jul 7 - 28*	Sun	10:30 AM - 11:20 AM	33028
Aug 4 - Sep 1	Sun	10:30 AM - 11:20 AM	33029

\*Four week session | \$42



## Off the Barre

**Ages 12+** Leisure Centre **\$42**

No props? No problem! This class incorporates movements derived from ballet and combines these classical dance movements and positions with those drawn from yoga and Pilates. Off the Barre classes focus on small, pulsing movements with emphasis on form, alignment and core engagement. Bands, yoga straps, exercise balls and light hand weights may be used, making this a great workout for all.

Dates	Day	Time	Code
Jul 8 - 29	Mon	5:30 PM - 6:20 PM	33030
Aug 12 - 26*	Mon	5:30 PM - 6:20 PM	33031

\*Three week session | \$31.50

Note

Programs will not run on **Monday, July 1** for Canada Day, or **Monday, August 5** for the Civic Holiday.



## aquatic centre

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

### Summer Hours of Operation: July 2 – Sept 1

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

### Annual Pool Closure

Please note, the pool will be closed from Monday, September 2 – Thursday, September 19 for annual maintenance.

## Aquatic Membership Fees

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



## Summer Sessions Snapshot

Session Type	Start Date	Parent's Day	End Date	Cancellations
<b>Daily Sessions</b>	Tues. July 2	Wed. July 10	Fri. July 12	Mon. July 1
	Mon. July 15	Wed. July 24	Fri. July 26	
	Mon. July 29	Wed. Aug. 7	Fri. Aug. 9	Mon. Aug 5
	Mon. Aug. 12	Mon. Aug. 19	Fri. Aug. 23	
<b>Saturdays</b>	Sat. July 6	Sat. Aug 17	Sat. Aug 24	
<b>Sundays</b>	Sun. July 7	Sun Aug 18	Sun. Aug 25	
<b>Mon/Wed Bi-Weekly Sessions</b>	Wed. July 3	Mon. July 22	Wed. July 24	
	Mon. July 29	Mon. Aug. 19	Wed. Aug. 21	Mon. Aug 5
<b>Tue/Thu Bi-Weekly Sessions</b>	Tues. July 2	Tues. July 23	Thurs. July 25	
	Tues. July 30	Thurs. Aug. 15	Thurs. Aug. 22	

*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!

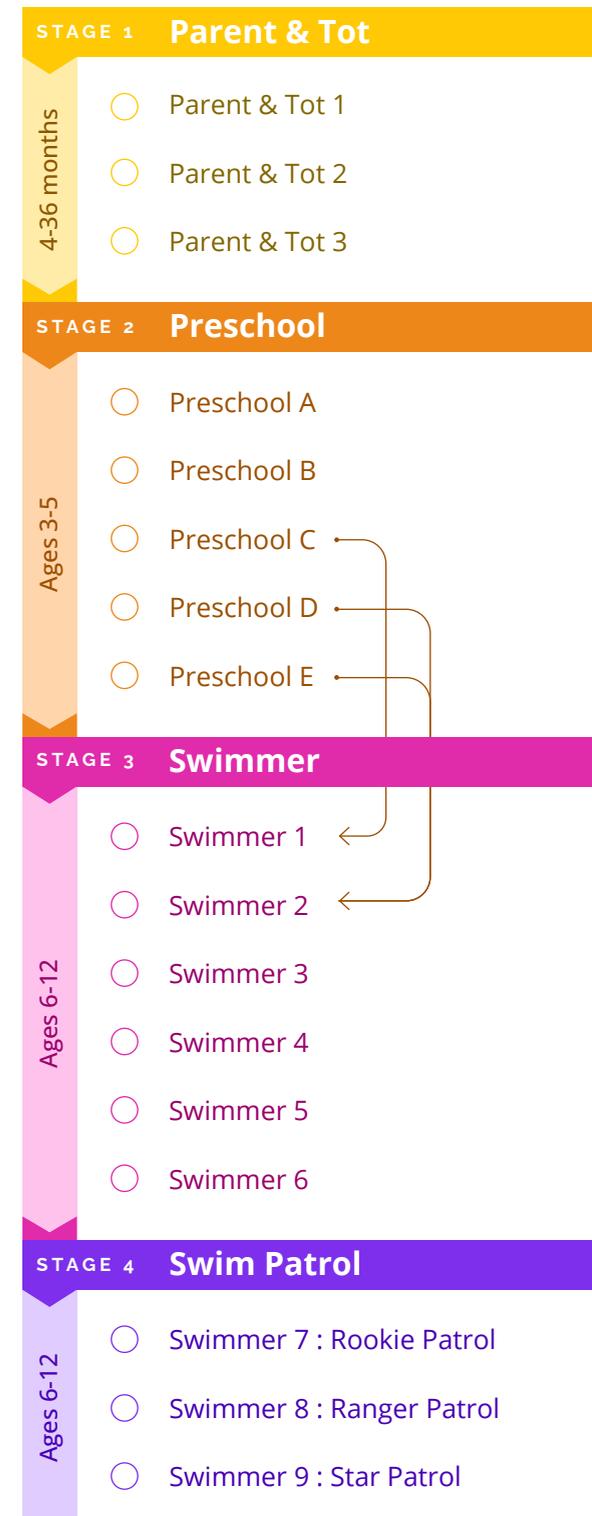
View our drop-in schedules at [townofws.ca/dropin](http://townofws.ca/dropin)



**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 can be confident that you are registering your child in the right level.



### Youth Leadership

- Age 6-12
- Bronze Star
  - Junior Lifeguard: Intro (Ages 9-12)
- Flip to page 49 to see what other leadership programs we have to offer!*

### Adult/Teen

- Age 13+
- Adult/Teen 1
  - Adult/Teen 2

### Parent's Days

**Note**

During the last five minutes of class, the instructor will provide you with your child's progress slip. If you want to take a picture of/with your child, please ask the Deck Supervisor first. See page 31 for dates.

# babies and preschoolers

## Parent & Tot: Level 1 & 2

Ages 4-24 months

Leisure Centre

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	Day	Time	Code
Jul 2 - 12*	Mon - Fri	10:30 AM - 11:00 AM	32422
\$132.75 / 9 Lessons			
Jul 15 - 26	Mon - Fri	10:30 AM - 11:00 AM	32538
\$147.50 / 10 Lessons			
Jul 29 - Aug 9*	Mon - Fri	10:30 AM - 11:00 AM	32638
\$132.75 / 9 Lessons			
Aug 12 - 23	Mon - Fri	10:30 AM - 11:00 AM	32756
\$147.50 / 10 Lessons			
Jul 6 - Aug 24	Sat	10:30 AM - 11:00 AM	32849
\$118 / 8 Lessons			
Jul 7 - Aug 25	Sun	10:30 AM - 11:00 AM	32850
\$118 / 8 Lessons			

\*No lessons on holiday Monday



## Parent & Tot: Level 2 & 3

Ages 12-36 months

Leisure Centre

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	Day	Time	Code
Jul 2 - 12*	Mon - Fri	9:30 AM - 10:00 AM	32423
\$132.75 / 9 Lessons			
		5:30 PM - 6:00 PM	
Jul 15 - 26	Mon - Fri	9:30 AM - 10:00 AM	32539
\$147.50 / 10 Lessons			
		5:30 PM - 6:00 PM	
Jul 29 - Aug 9*	Mon - Fri	9:30 AM - 10:00 AM	32639
\$132.75 / 9 Lessons			
		5:30 PM - 6:00 PM	
Aug 12 - 23	Mon - Fri	9:30 AM - 10:00 AM	32757
\$147.50 / 10 Lessons			
		5:30 PM - 6:00 PM	
Jul 6 - Aug 24	Sat	11:00 AM - 11:30 AM	32851
\$118 / 8 Lessons			
Jul 7 - Aug 25	Sun	11:00 AM - 11:30 AM	32852
\$118 / 8 Lessons			

\*No lessons on holiday Monday

## Preschool A

Ages 3-5

Leisure Centre

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	Day	Time	Code
Jul 2 - 12*	Mon - Fri	10:00 AM - 10:30 AM	32426
\$132.75 / 9 Lessons			
		11:00 AM - 11:30 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Jul 15 - 26	Mon - Fri	10:00 AM - 10:30 AM	32542
\$147.50 / 10 Lessons			
		11:00 AM - 11:30 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Jul 29 - Aug 9*	Mon - Fri	10:00 AM - 10:30 AM	32642
\$132.75 / 9 Lessons			
		11:00 AM - 11:30 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Aug 12 - 23	Mon - Fri	10:00 AM - 10:30 AM	32760
\$143.20 / 10 Lessons			
		11:00 AM - 11:30 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Jul 6 - Aug 24	Sat	11:30 AM - 12:00 PM	32853
\$118 / 8 Lessons			
		12:00 PM - 12:30 PM	
Jul 7 - Aug 25	Sun	11:30 AM - 12:00 PM	32856
\$118 / 8 Lessons			
		12:00 PM - 12:30 PM	

\*No lessons on holiday Monday

Note

Know someone who might enjoy trying a new activity with you? Sign up together!



## Preschool B

Ages 3-5

Leisure Centre

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	Day	Time	Code
Jul 2 - 12*	Mon - Fri	10:00 AM - 10:30 AM	32431
\$132.75 / 9 Lessons			
		11:00 AM - 11:30 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Jul 15 - 26	Mon - Fri	10:00 AM - 10:30 AM	32547
\$147.50 / 10 Lessons			
		11:00 AM - 11:30 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Jul 29 - Aug 9*	Mon - Fri	10:00 AM - 10:30 AM	32647
\$132.75 / 9 Lessons			
		11:00 AM - 11:30 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Aug 12 - 23	Mon - Fri	10:00 AM - 10:30 AM	32765
\$143.20 / 10 Lessons			
		11:00 AM - 11:30 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Jul 6 - Aug 24	Sat	11:30 AM - 12:00 PM	32859
\$118 / 8 Lessons			
		12:00 PM - 12:30 PM	
Jul 7 - Aug 25	Sun	11:30 AM - 12:00 PM	32862
\$118 / 8 Lessons			
		12:00 PM - 12:30 PM	

\*No lessons on holiday Monday



## Preschool C

Ages 3-5 Leisure Centre

Preschoolers will try both jumping and sideways entries into deep water while wearing a lifejacket, retrieving 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	Day	Time	Code
Jul 2 - 12* \$132.75 / 9 Lessons	Mon - Fri	9:30 AM - 10:00 AM	32436
		10:30 AM - 11:00 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Jul 15 - 26 \$147.50 / 10 Lessons	Mon - Fri	9:30 AM - 10:00 AM	32552
		10:30 AM - 11:00 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Jul 29 - Aug 9* \$132.75 / 9 Lessons	Mon - Fri	9:30 AM - 10:00 AM	32652
		10:30 AM - 11:00 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	
Aug 12 - 23 \$143.20 / 10 Lessons	Mon - Fri	9:30 AM - 10:00 AM	32770
		10:30 AM - 11:00 AM	
		5:00 PM - 5:30 PM	
		6:00 PM - 6:30 PM	

\*No lessons on holiday Monday

Dates	Day	Time	Code
Jul 6 - Aug 24 \$118 / 8 Lessons	Sat	9:30 AM - 10:00 AM	32865
		10:30 AM - 11:00 AM	
		12:00 PM - 12:30 PM	
Jul 7 - Aug 25 \$118 / 8 Lessons	Sun	9:30 AM - 10:00 AM	32869
		10:30 AM - 11:00 AM	
		12:00 PM - 12:30 PM	



**Note** **Holiday Closures**

Please note that our programs will not run on **Monday, July 1**, for Canada Day, or **Monday, August 5**, for the Civic Holiday.

## Preschool D

Ages 3-5 Leisure Centre

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	Day	Time	Code
Jul 2 - 12* \$132.75 / 9 Lessons	Mon - Fri	10:00 AM - 10:30 AM	32441
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Jul 15 - 26 \$147.50 / 10 Lessons	Mon - Fri	10:00 AM - 10:30 AM	32557
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Jul 29 - Aug 9* \$132.75 / 9 Lessons	Mon - Fri	10:00 AM - 10:30 AM	32657
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Aug 12 - 23 \$143.20 / 10 Lessons	Mon - Fri	10:00 AM - 10:30 AM	32775
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Jul 6 - Aug 24 \$118 / 8 Lessons	Sat	10:00 AM - 10:30 AM	32873
		11:00 AM - 11:30 AM	
		12:30 PM - 1:00 PM	
Jul 7 - Aug 25 \$118 / 8 Lessons	Sun	10:00 AM - 10:30 AM	32877
		11:00 AM - 11:30 AM	
		12:30 PM - 1:00 PM	

\*No lessons on holiday Monday



## Preschool E

Ages 3-5 Leisure Centre

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	Day	Time	Code
Jul 2 - 12* \$132.75 / 9 Lessons	Mon - Fri	12:00 PM - 12:30 PM	32446
		7:00 PM - 7:30 PM	
Jul 15 - 26 \$147.50 / 10 Lessons	Mon - Fri	12:00 PM - 12:30 PM	32562
		7:00 PM - 7:30 PM	
Jul 29 - Aug 9* \$132.75 / 9 Lessons	Mon - Fri	12:00 PM - 12:30 PM	32662
		7:00 PM - 7:30 PM	
Aug 12 - 23 \$143.20 / 10 Lessons	Mon - Fri	12:00 PM - 12:30 PM	32780
		7:00 PM - 7:30 PM	

\*No lessons on holiday Monday

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

# children and youth



## Swimmer 1

Ages 6-12

Leisure Centre

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	Day	Time	Code
Jul 2 - 12* \$132.75 / 9 Lessons	Mon - Fri	9:30 AM - 10:00 AM	32507
		10:30 AM - 11:00 AM	
		12:00 PM - 12:30 PM	
		5:30 PM - 6:00 PM	
		7:00 PM - 7:30 PM	
Jul 15 - 26 \$147.50 / 10 Lessons	Mon - Fri	9:30 AM - 10:00 AM	32607
		10:30 AM - 11:00 AM	
		12:00 PM - 12:30 PM	
		5:30 PM - 6:00 PM	
		7:00 PM - 7:30 PM	

\*No lessons on holiday Monday

Dates	Day	Time	Code
Jul 29 - Aug 9* \$132.75 / 9 Lessons	Mon - Fri	9:30 AM - 10:00 AM	32725
		10:30 AM - 11:00 AM	
		12:00 PM - 12:30 PM	
		5:30 PM - 6:00 PM	
		7:00 PM - 7:30 PM	
Aug 12 - 23 \$147.50 / 10 Lessons	Mon - Fri	9:30 AM - 10:00 AM	32819
		10:30 AM - 11:00 AM	
		12:00 PM - 12:30 PM	
		5:30 PM - 6:00 PM	
		7:00 PM - 7:30 PM	
Jul 6 - Aug 24 \$118 / 8 Lessons	Sat	10:30 AM - 11:00 AM	32939
		12:00 PM - 12:30 PM	
Jul 7 - Aug 25 \$118 / 8 Lessons	Sun	10:30 AM - 11:00 AM	32942
		12:00 PM - 12:30 PM	

\*No lessons on holiday Monday



## Swimmer 2

Ages 6-12

Leisure Centre

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	Day	Time	Code
Jul 2 - 12* \$132.75 / 9 Lessons	Mon - Fri	10:00 AM - 10:30 AM	32513
		10:30 AM - 11:00 AM	
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Jul 15 - 26 \$147.50 / 10 Lessons	Mon - Fri	10:00 AM - 10:30 AM	32613
		10:30 AM - 11:00 AM	
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	

\*No lessons on holiday Monday

Dates	Day	Time	Code
Jul 29 - Aug 9* \$132.75 / 9 Lessons	Mon - Fri	10:00 AM - 10:30 AM	32731
		10:30 AM - 11:00 AM	
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Aug 12 - 23 \$147.50 / 10 Lessons	Mon - Fri	10:00 AM - 10:30 AM	32825
		10:30 AM - 11:00 AM	
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Jul 6 - Aug 24 \$118 / 8 Lessons	Sat	11:00 AM - 11:30 AM	32945
		12:30 PM - 1:00 PM	
Jul 7 - Aug 25 \$118 / 8 Lessons	Sun	11:00 AM - 11:30 AM	32948
		12:30 PM - 1:00 PM	

\*No lessons on holiday Monday



## Swimmer 3

Ages 6-12

Leisure Centre

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	Day	Time	Code
Jul 2 - 12* \$155.25 / 9 Lessons	Mon - Fri	11:00 AM - 11:45 AM 6:00 PM - 6:45 PM	32519
Jul 15 - 26 \$172.50 / 10 Lessons	Mon - Fri	11:00 AM - 11:45 AM 6:00 PM - 6:45 PM	32619
Jul 29 - Aug 9* \$155.25 / 9 Lessons	Mon - Fri	11:00 AM - 11:45 AM 6:00 PM - 6:45 PM	32737
Aug 12 - 23 \$172.50 / 10 Lessons	Mon - Fri	11:00 AM - 11:45 AM 6:00 PM - 6:45 PM	32831

\*No lessons on holiday Monday



Note

### Holiday Closures

Please note that our programs will not run on **Monday, July 1**, for Canada Day, or **Monday, August 5**, for the Civic Holiday.



## Swimmer 3: Small Group

Ages 6-12

Leisure Centre

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	Day	Time	Code
Jul 2 - 12* \$175.50 / 9 Lessons	Mon - Fri	12:00 PM - 12:30 PM 5:00 PM - 5:30 PM	32495
Jul 15 - 26 \$195 / 10 Lessons	Mon - Fri	12:00 PM - 12:30 PM 5:00 PM - 5:30 PM	32595
Jul 29 - Aug 9* \$175.50 / 9 Lessons	Mon - Fri	12:00 PM - 12:30 PM 5:00 PM - 5:30 PM	32713
Aug 12 - 23 \$195 / 10 Lessons	Mon - Fri	12:00 PM - 12:30 PM 5:00 PM - 5:30 PM	32807
Jul 6 - Aug 24 \$156 / 8 Lessons	Sat	10:30 AM - 11:00 AM 11:30 AM - 12:00 PM	32915
Jul 7 - Aug 25 \$156 / 8 Lessons	Sun	10:30 AM - 11:00 AM 11:30 AM - 12:00 PM	32918

\*No lessons on holiday Monday

## Swimmer 4

Ages 6-12

Leisure Centre

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	Day	Time	Code
Jul 2 - 12* \$155.25 / 9 Lessons	Mon - Fri	11:45 AM - 12:30 PM 6:45 PM - 7:30 PM	32522
Jul 15 - 26 \$172.50 / 10 Lessons	Mon - Fri	11:45 AM - 12:30 PM 6:45 PM - 7:30 PM	32622
Jul 29 - Aug 9* \$155.25 / 9 Lessons	Mon - Fri	11:45 AM - 12:30 PM 6:45 PM - 7:30 PM	32740
Aug 12 - 23 \$172.50 / 10 Lessons	Mon - Fri	11:45 AM - 12:30 PM 6:45 PM - 7:30 PM	32834

\*No lessons on holiday Monday



## Swimmer 4: Small Group

Ages 6-12

Leisure Centre

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	Day	Time	Code
Jul 2 - 12* \$175.50 / 9 Lessons	Mon - Fri	11:30 AM - 12:00 PM 7:00 PM - 7:30 PM	32498
Jul 15 - 26 \$195 / 10 Lessons	Mon - Fri	11:30 AM - 12:00 PM 7:00 PM - 7:30 PM	32598
Jul 29 - Aug 9* \$175.50 / 9 Lessons	Mon - Fri	11:30 AM - 12:00 PM 7:00 PM - 7:30 PM	32716
Aug 12 - 23 \$195 / 10 Lessons	Mon - Fri	11:30 AM - 12:00 PM 7:00 PM - 7:30 PM	32810
Jul 6 - Aug 24 \$156 / 8 Lessons	Sat	11:00 AM - 11:30 AM 12:00 PM - 12:30 PM	32921
Jul 7 - Aug 25 \$156 / 8 Lessons	Sun	11:00 AM - 11:30 AM 12:00 PM - 12:30 PM	32924

\*No lessons on holiday Monday

## Swimmer 5

Ages 6-12

Leisure Centre

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	Day	Time	Code
Jul 2 - 12*	Mon - Fri	10:15 AM - 11:00 AM	32525
<a href="#">\$155.25 / 9 Lessons</a>			
		6:15 PM - 7:00 PM	
Jul 15 - 26	Mon - Fri	10:15 AM - 11:00 AM	32625
<a href="#">\$172.50 / 10 Lessons</a>			
		6:15 PM - 7:00 PM	
Jul 29 - Aug 9*	Mon - Fri	10:15 AM - 11:00 AM	32743
<a href="#">\$155.25 / 9 Lessons</a>			
		6:15 PM - 7:00 PM	
Aug 12 - 23	Mon - Fri	10:15 AM - 11:00 AM	32837
<a href="#">\$172.50 / 10 Lessons</a>			
		6:15 PM - 7:00 PM	

\*No lessons on holiday Monday



## Swimmer 5: Small Group

Ages 6-12

Leisure Centre

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	Day	Time	Code
Jul 2 - 12*	Mon - Fri	11:30 AM - 12:00 PM	32501
<a href="#">\$175.50 / 9 Lessons</a>			
		5:00 PM - 5:30 PM	
Jul 15 - 26	Mon - Fri	11:30 AM - 12:00 PM	32601
<a href="#">\$195 / 10 Lessons</a>			
		5:00 PM - 5:30 PM	
Jul 29 - Aug 9*	Mon - Fri	11:30 AM - 12:00 PM	32719
<a href="#">\$175.50 / 9 Lessons</a>			
		5:00 PM - 5:30 PM	
Aug 12 - 23	Mon - Fri	11:30 AM - 12:00 PM	32813
<a href="#">\$195 / 10 Lessons</a>			
		5:00 PM - 5:30 PM	
Jul 6 - Aug 24	Sat	9:30 AM - 10:00 AM	32927
<a href="#">\$156 / 8 Lessons</a>			
		11:30 AM - 12:00 PM	
Jul 7 - Aug 25	Sun	9:30 AM - 10:00 AM	32930
<a href="#">\$156 / 8 Lessons</a>			
		11:30 AM - 12:00 PM	

\*No lessons on holiday Monday

## Swimmer 6

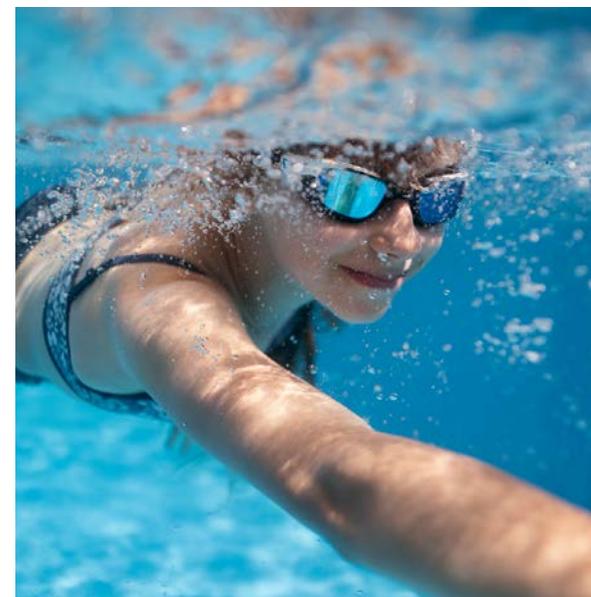
Ages 6-12

Leisure Centre

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	Day	Time	Code
Jul 2 - 12*	Mon - Fri	9:30 AM - 10:15 AM	32528
<a href="#">\$155.25 / 9 Lessons</a>			
		5:30 PM - 6:15 PM	
Jul 15 - 26	Mon - Fri	9:30 AM - 10:15 AM	32628
<a href="#">\$172.50 / 10 Lessons</a>			
		5:30 PM - 6:15 PM	
Jul 29 - Aug 9*	Mon - Fri	9:30 AM - 10:15 AM	32746
<a href="#">\$155.25 / 9 Lessons</a>			
		5:30 PM - 6:15 PM	
Aug 12 - 23	Mon - Fri	9:30 AM - 10:15 AM	32840
<a href="#">\$172.50 / 10 Lessons</a>			
		5:30 PM - 6:15 PM	

\*No lessons on holiday Monday



## 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	Day	Time	Code
Jul 2 - 12*	Mon - Fri	11:30 AM - 12:00 PM	32504
<a href="#">\$175.50 / 9 Lessons</a>			
		6:30 PM - 7:00 PM	
Jul 15 - 26	Mon - Fri	11:30 AM - 12:00 PM	32604
<a href="#">\$195 / 10 Lessons</a>			
		6:30 PM - 7:00 PM	
Jul 29 - Aug 9*	Mon - Fri	11:30 AM - 12:00 PM	32722
<a href="#">\$175.50 / 9 Lessons</a>			
		6:30 PM - 7:00 PM	
Aug 12 - 23	Mon - Fri	11:30 AM - 12:00 PM	32816
<a href="#">\$195 / 10 Lessons</a>			
		6:30 PM - 7:00 PM	
Jul 6 - Aug 24	Sat	10:00 AM - 10:30 AM	32933
<a href="#">\$156 / 8 Lessons</a>			
		12:00 PM - 12:30 PM	
Jul 7 - Aug 25	Sun	10:00 AM - 10:30 AM	32936
<a href="#">\$156 / 8 Lessons</a>			
		12:00 PM - 12:30 PM	

\*No lessons on holiday Monday



## Swimmer 7 & 8: Rookie & Ranger Patrol

Ages 6-12 Leisure Centre

### 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	Day	Time	Code
Jul 2 - 12* \$155.25 / 9 Lessons	Mon - Fri	10:00 AM - 10:45 AM 5:00 PM - 5:45 PM	32531
Jul 15- 26 \$172.50 / 10 Lessons	Mon - Fri	10:00 AM - 10:45 AM 5:00 PM - 5:45 PM	32631
Jul 29 - Aug 9* \$155.25 / 9 Lessons	Mon - Fri	10:00 AM - 10:45 AM 5:00 PM - 5:45 PM	32749
Aug 12 - 23 \$172.50 / 10 Lessons	Mon - Fri	10:00 AM - 10:45 AM 5:00 PM - 5:45 PM	32843

\*No lessons on holiday Monday

## Swimmer 9 & Bronze Star

Ages 6-12 Leisure Centre

### 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	Day	Time	Code
Jul 2 - 12* \$155.25 / 9 Lessons	Mon - Fri	10:45 AM - 11:30 AM 5:45 PM - 6:30 PM	32534
Jul 15- 26 \$172.50 / 10 Lessons	Mon - Fri	10:45 AM - 11:30 AM 5:45 PM - 6:30 PM	32634
Jul 29 - Aug 9* \$155.25 / 9 Lessons	Mon - Fri	10:45 AM - 11:30 AM 5:45 PM - 6:30 PM	32752
Aug 12 - 23 \$172.50 / 10 Lessons	Mon - Fri	10:45 AM - 11:30 AM 5:45 PM - 6:30 PM	32846

\*No lessons on holiday Monday



## Private & Semi Private Lessons

Ages 3+ Leisure Centre

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. 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	Price	Day	Time	Code
Jul 2 - 12* 9 Lessons	Private: \$288 Semi Private: \$198	Mon - Fri	9:30 AM - 7:30 PM	32468
Jul 15 - 26 10 Lessons	Private: \$320 Semi Private: \$220	Mon - Fri	9:30 AM - 7:30 PM	32565
Jul 29 - Aug 9* 9 Lessons	Private: \$288 Semi Private: \$198	Mon - Fri	9:30 AM - 7:30 PM	32684
Aug 12 - 23 10 Lessons	Private: \$320 Semi Private: \$220	Mon - Fri	9:30 AM - 7:30 PM	32783
Jul 6 - Aug 24 8 Lessons	Private: \$256 Semi Private: \$176	Sat	9:30 AM - 1:00 PM	32881
Jul 7 - Aug 25 8 Lessons	Private: \$256 Semi Private: \$176	Sun	9:30 AM - 1:00 PM	32898
Jul 3 - 24* 7 Lessons	Private: \$224 Semi Private: \$154	Mon & Wed	5:00 PM - 8:30 PM	32449
Jul 2 - 25 8 Lessons	Private: \$256 Semi Private: \$176	Tue & Thu	5:00 PM - 8:30 PM	32461
Jul 29 - Aug 21* 7 Lessons	Private: \$224 Semi Private: \$154	Mon & Wed	5:00 PM - 8:30 PM	32665
Jul 30 - Aug 22 8 Lessons	Private: \$256 Semi Private: \$176	Tue & Thu	5:00 PM - 8:30 PM	32677

\*No lessons on holiday Monday

# teen and adult



## Adult/Teen 1

Ages 13+

Leisure Centre

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	Day	Time	Code
Jul 2 - 12*	Mon - Fri	12:00 PM - 12:30 PM	32417
\$132.75 / 9 Lessons			
Jul 15 - 26	Mon - Fri	7:00 PM - 7:30 PM	32418
\$147.50 / 10 Lessons			
Jul 29 - Aug 9*	Mon - Fri	12:00 PM - 12:30 PM	32419
\$132.75 / 9 Lessons			
Aug 12 - 23	Mon - Fri	7:00 PM - 7:30 PM	32420
\$147.50 / 10 Lessons			

\*No lessons on holiday Monday

Note

### Drop in for a swim!

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



## Adult/Teen 2

Ages 13+

Leisure Centre

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	Day	Time	Code
Jul 2 - 12*	Mon - Fri	7:00 PM - 7:30 PM	32421
\$132.75 / 9 Lessons			
Jul 15 - 26	Mon - Fri	12:00 PM - 12:30 PM	32537
\$147.50 / 10 Lessons			
Jul 29 - Aug 9*	Mon - Fri	7:00 PM - 7:30 PM	32637
\$132.75 / 9 Lessons			
Aug 12 - 23	Mon - Fri	12:00 PM - 12:30 PM	32755
\$147.50 / 10 Lessons			

\*No lessons on holiday Monday



# 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
- Tiding the pool deck
- Playing games and singing songs
- Reporting safety issues
- Organizing equipment
- Assisting 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	Days	Time	Code
Jul 2 - 12*	Mon - Fri	5:00 PM - 7:30 PM	33058
Jul 29 - Aug 9*	Mon - Fri	5:00 PM - 7:30 PM	33059
Jul 6 - Aug 24	Sat	10:30 AM - 1:00 PM	33061

\*No lessons on holiday Monday

### Bronze Cross

Ages 13+ Leisure Centre \$191

Swimmers begin transitioning 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	Days	Time	Code
Jul 15 - 26	Mon - Fri	5:00 PM - 7:30 PM	33060
Aug 12 - 23	Mon - Fri	5:00 PM - 7:30 PM	33062
Jul 7 - Aug 25	Sun	10:30 AM - 1:00 PM	33063

### 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
Jul 6 - 7	Sat & Sun	9:30 AM - 6:00 PM	33064
Aug 17 - 18	Sat & Sun	9:30 AM - 6:00 PM	33070

Note

**Have a friend who might want to explore a swim leadership program with you?**

Take the plunge together and dive into training with your friend by your side. Encourage them to sign up with you!

## Standard First Aid & CPR C Recertification

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

This course reviews a candidate's existing Standard First Aid and CPR skills. Successful completion renews the award for three years.

Date	Day	Time	Code
Jul 20	Sat	9:30 AM - 6:00 PM	33065

## 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
Aug 10 - 11	Sat & Sun	9:00 AM - 6:30 PM	33069



## 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	Days	Time	Code
Aug 23 & 30	Fri	5:00 PM - 8:00 PM	33071
Aug 24 & 31	Sat	9:30 AM - 7:00 PM	
Aug 25 & Sep 1	Sun	9:30 AM - 7:00 PM	

**Note**

**Join our team once you are certified!**  
View our job openings at [townofws.ca/careers](https://townofws.ca/careers)

## National Lifeguard

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

This course is designed to develop a sound understanding of lifeguarding principles, good judgement, and a 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 various emergency situations within an aquatic environment. Successful completion of this course will certify the candidate in Canada's only recognized lifeguarding award.

Dates	Days	Time	Code
Aug 26 - 30	Mon - Thu	9:30 AM - 7:30 PM	33072
Aug 31	Fri	9:30 AM - 2:30 PM	



## 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
Aug 2	Fri	5:45 PM - 8:45 PM	33067
Aug 3	Sat	9:00 AM - 7:30 PM	



## Examiners

**Ages 15+** Leisure Centre **\$85**

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 with teaching experience: they must have taught or co-taught at least one course in the stream(s) in which they seek certification as an examiner.

Dates	Day	Time	Code
Aug 4	Sun	10:00 AM - 5:00 PM	33068

## 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
Aug 1	Thu	5:45 PM - 9:45 PM	33066

## Whitchurch-Stouffville Museum & Community Centre

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

### Hours of Operation:

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 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.

NEW

### Standing in the Doorway: Lived Histories and Experiences of the Chinese Community

All Ages    Whitchurch-Stouffville Museum    FREE

In commemoration of the 100th anniversary of the Chinese Exclusion Act (1923), this exhibition tells the story of resistance, resilience, and the many accomplishments of York Region's residents of Chinese descent.

Dates

May 18 - Jul 27



NEW

### The Chinese Community in York Region

Ages 12+    Whitchurch-Stouffville Museum    FREE

In honour of Asian Heritage Month, join Arlene Chan, award-winning author and Chinatown historian, as she shares stories about the development of Toronto's Chinese Community, including local stories from Whitchurch-Stouffville. Also featuring the touring exhibit Standing in the Doorway: Lived Histories and Experiences of the Chinese Community. Register at [townofws.ca/arlene](http://townofws.ca/arlene)

Dates	Day	Time
May 18	Sat	10:00 AM - 11:30 AM

### Museum Open House

All Ages    Whitchurch-Stouffville Museum    FREE

Celebrate International Museum Day at your local Museum! Tour the Museum, visit the new exhibits, enjoy crafts, and more. Fun for all ages!

Dates	Day	Time
May 18	Sat	12:00 PM - 4:00 PM

### Doors Open Whitchurch-Stouffville

All Ages    Various Sites    FREE

Celebrate 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



### Teddy Bear Tea

Ages 1-7    Whitchurch-Stouffville Museum    \$10

Bring your children and their favourite teddy bears for a fun morning. Enjoy bear-themed activities, including a story, craft, and snack! Children must be accompanied by an adult (adults do not need to purchase tickets to attend this program).

Date	Day	Time	Barcode
Jul 11	Thu	10:00 AM - 11:30 AM	33074

Note

#### Host your event or book a tour!

We accept bookings for education programs, group tours, and all types of rentals (including corporate rentals and weddings).



### 51st Annual Antique and Classic Car Show

All Ages    Whitchurch-Stouffville Museum    FREE

Join us as exhibitors from across southern Ontario display their prized antique and classic cars at the Museum's 51st Annual Antique & Classic Car Show! This long-running, award-winning family favourite includes hundreds of cars, food vendors, demonstrations, and more.

Dates	Day	Time
Aug 11	Sun	11:00 AM - 4:00 PM

### 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

Until Dec 14

## 19 on the park

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



### Looking to purchase tickets?

Visit [19onthepark.ca](https://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 Summer Patio Series which includes three exciting experience-driven musical performances.

### FREE Summer Concerts

Join us for our upcoming Patio Series this summer at 19 on the Park! Patio Shows are FREE to attend, and no registration is required. Reserved seating is on a first-come, first-served basis. Gates open one hour prior to each performance – arrive early to secure your seat!

### 🎵 Country on the Patio featuring Ben Hudson

Thursday, June 27

Patio opens at 7:00 pm, music starts at 8:00 pm

Don your best Western hats and kick the mud off your boots for an unforgettable night of country music! Ben Hudson returns to the 19 on the Park patio for a show you won't want to miss.



### 🎵 Jazz on the Patio featuring Lady Be Good

Saturday, July 27

Patio opens at 7:00 pm, music starts at 8:00 pm

Immerse yourself in the musical stylings of Lady Be Good! Enjoy the latest pop hits and classics in the signature style of jazz.

### 🎵 '90s on the Patio featuring Big Shiny '90s

Saturday, August 17

Patio opens at 7:00 pm, music starts at 8:00 pm

Dial up your crew, throw on your favourite band tee and relive the nostalgia of the 1990s! Big Shiny '90s electrifies the stage with the best rock and alternative hits of the decade.



Note

### The show must go on!

Performances will be moved indoors in the case of inclement weather.



# 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		
*Skating Rink		

\*Open in winter months, subject to weather conditions. If you'd like to volunteer help maintain your local rink, contact [leisure.services@townofws.ca](mailto:leisure.services@townofws.ca)

## Neighbourhood Parks

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

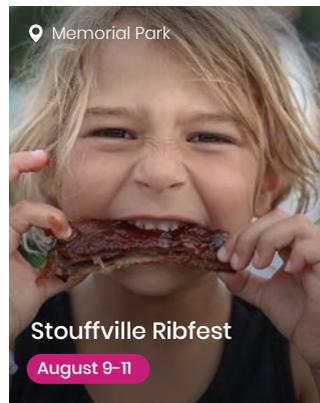
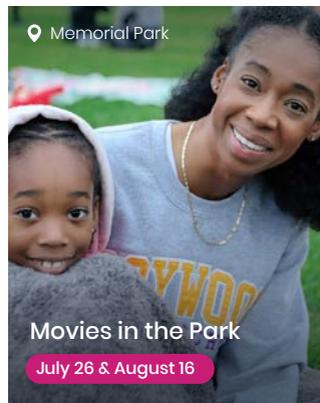
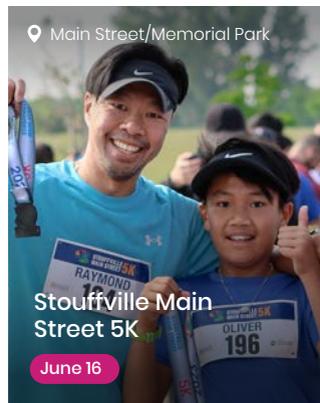
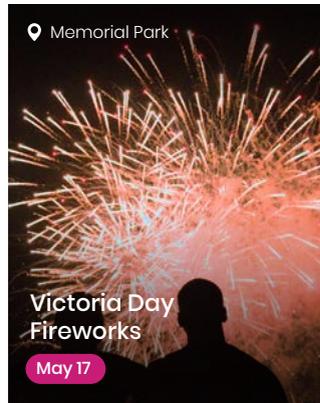
<b>Rupert Park</b> Rupert Ave & West Lawn Cres	<b>Stouffville Arena &amp; Connell-Franklin Track</b> Ninth Line (North of Main St)	<b>Ballantrae Park</b> Aurora Rd (East of Hwy 48)
<b>Stouffville Reservoir</b> Millard St (East of Ninth Line)	<b>Coultyce Park</b> Mussleman's Lake East side of Ninth Line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

## Parkettes

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

# Spring/Summer 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.



**Note** Want 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!

# STOUFFVILLE DAY CAMPS

## ADVENTURE STARTS HERE!



**REGISTER NOW**  
[townofws.ca/camps](https://townofws.ca/camps)



**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

📷 @townofws

✂ @townofws

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### Summer Hours (July 2 – Sept 1)

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Monday – Thursday

6:00 AM – 10:00 PM

Friday

6:00 AM – 9:00 PM

Saturday & Sunday

7:30 AM – 7:00 PM

Registration for residents opens June 4, 2024.

**See page 3 for details.**

