

Stouffville



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contents

welcome	2
registration	4
facilities	6
drop in to fun	8
recreation	10
adapted	13
preschool	14
children	20
pa day and winter camps	28
youth	30
adults	34
older adults	36
55+ drop-in	42
fitness	44
museum	54
swimming	58
parks & parkettes	80
19 on the park	82
stouffville celebrates	84

Fall 2023 Registration

Residents: Tuesday, August 22 at 12:00 noon

Flip to page 4 for more information Most programs begin September 25, 2023 Fall for programming of all kinds, right here in Stouffville!

No matter the age, skill level, or interest, there's something for everyone at home in Whitchurch-Stouffville.

Keep the excitement of summer going strong, even as the leaves start to change, by registering for a fun, inclusive, and accessible programs that support overall physical and mental wellness. Learn how to play Pickleball (one of the fastest growing sports in North America!), mix it up in a cooking class, jump start your fitness goals with a new membership, and more!



you all out and about!

Be well, lain Lovatt, Mayor

mayor's message

On behalf of Council, thank you for diving into the Fall 2023 Play Book, filled with fun programming for residents of all ages. Here, you will find information on the many programs and services being offered in Whitchurch-Stouffville this Fall. I hope it will inspire you and your family to be active, engaged, and have fun right here in our beautiful community. Enjoy the sights and sounds of the season, and I hope to see you at our annual Holiday Market, taking place this year on November 24 & 25. It's going to be spectacular! I encourage everyone to get out and make the most of what our Town has to offer - and I look forward to seeing

Ready to start your wellness journey?

Schedules are subject to change based on demand. Cancellations may occur for special events & holidays; cancellations can be found at townofws.ca/dropin. For more information contact the Leisure Centre at 905-642-PLAY (7529).



Register at townofws.ca/active

- Have questions or need help with registrations? Call 905-642-PLAY (7529)
- Looking for fee subsidies? Visit townofws.ca/register for help in • supporting your family's active lifestyle.
- Every family needs a login for access to register. Create a login • by completing the Family Account Form at townofws.ca/register, and emailing it to 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 August 22nd. Once you apply, we will have your account ready for you within 48 hours.

Fall 2023 Registration dates

Residents:

Tuesday, August 22, 2023 at 12:00 noon

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

Non-residents:

Tuesday, August 29, 2023 at 12:00 noon

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

Most programs begin September 25, 2023

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** for general inquires 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.





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.





55+ Club

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.







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.



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

Leisure Centre

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

Hours of Operation

Monday – Thursday Friday Saturday & Sunday

6:00 AM - 10:00 PM 6:00 AM - 9:00 PM 7:30 AM - 8:00 PM

leisure.services@townofws.ca

Drop in to sports, games, and activities!

View the full drop-in schedule at townofws.ca/dropin



Join us for some PA Day fun this fall!

We offer a variety of day camps and drop in activities for children of all ages and interests. Come for a swim or a skate, or register for a full-day PA Camp.

Visit townofws.ca/recreation to book PA day fun!

adapted



Cooking in the Chef's Corner

Ages 18+ Ballantrae Community Centre \$165

Get cooking in this adapted program where participants will prepare a deliciously healthy dinner each class with the help of experienced staff. Participants will learn how to prepare and cook food safely and learn table etiquette in an environment that encourages a healthy independent lifestyle. These new chefs will find they quickly make new friends and socialize as they prepare a meal together and enjoy the meal they have prepared.

Dates	Day	Time	Code
Sep 28 - Nov 30	Thu	5:00 PM - 7:00 PM	29897

NEW

Intro to Pickleball: Mixed Ability

Ages 11-15 Memorial Park - Pickleball Courts \$75

Gear up for a fun-filled session of mixed ability pickleball! This session focuses on the development of basic pickleball skills in a safe, welcoming and inclusive environment. Partipants of all abilities are encouraged to support one another in this small-group, introductory session. Register with a family member or friend - or join us in making new friends in this fun and engaging session.

Dates	Day	Time	Code
Sep 13 - Oct 18	Wed	7:00 PM - 8:00 PM	29907



Skating Lessons: Adapted

Ages 5-12 Stouffville Clippers Sports Complex \$110

reation

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.

Day	Time	Code
Mon	4:00 PM - 4:45 PM	29900

Social Club

Ages 18+	Stouffville Arena	\$165

Each week features themed recreational group activities in an informal setting. Activities include functional fitness, memory games, art and life skills. Everyone will improve their social, mental, emotional and physical talents while working towards achieving personal goals.

Dates	Day	Time	Code
Sep 27 - Nov 29	Wed	12:00 PM - 2:00 PM	29901

preschool

ក្ត្រាំ Caregiver Attendance Required

ABC's & 123's

Ages 3-5 Leisure Centre

Get a jump start on literacy and numeracy through 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.

\$50

Dates	Day	Time	Code
Sep 29 - Nov 3	Fri	1:00 PM - 2:00 PM	28436
		5:30 PM - 6:30 PM	28437





Cooking Up Fun		ំំំាំ
Ages 3–5	Latcham Hall	\$140

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
Sep 28 - Dec 7	Thu	5:00 PM - 5:45 PM	28452
		6:00 PM - 6:45 PM	28451
Sep 30 - Dec 9	Sat	10:30 AM - 11:15 AM	28450



Ages 3-5	Leisure Centre	\$90
-	a palaaptalagist laip us far this	intoractivo
For your aspirin	g paleontologist! Join us for this	sinteractive
	we'll learn about all things dino	
program where		saur

Dates	Day	Time	Code
Sep 30 - Nov 25	Sat	9:00 AM - 10:00 AM	28453

Get Ready for School

trained.

ges 3-5	Stouffville Arena	\$13

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 potty-trained.

Dates	Day	Time	Code
Sep 28 - Nov 30	Thu	9:30 AM - 11:30 AM	28459
Sep 29 - Dec 1	Fri	9:30 AM - 11:30 AM	28458

Junio Ages 3-5

Date

Sep 2

Mir

Ages



or Scient	ists
5	Latcham Hall

Recreation

\$110

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.

es	Day	Time	Code
27 - Nov 29	Wed	6:00 PM - 6:45 PM	28465

ni Mast	erpieces	ំំំាំ
5 2-4	Leisure Centre	\$110

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
Sep 27 - Nov 29	Wed	6:00 PM - 6:45 PM	28476





Playbal	l: 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
Sep 30 - Dec 9	Sat	8:50 AM - 9:20 AM	28479
		9:30 AM - 10:00 AM	28478

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.

Glad Park Public School

Dates	Day	Time	Code
Sep 27 - Nov 29	Wed	6:00 PM - 6:45 PM	28481
Stouffville Ar	ena		
Dates	Day	Time	Code
Sep 30 - Dec 9	Sat	10:10 AM - 10:55 AM	28480

Playball for 4's and 5's

Ages 4-5	Various Locations	\$180

This program 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.

Glad Park Public School

Dates	Day	Time	Code
Sep 27 - Nov 29	Wed	6:55 PM - 7:55 PM	28483
Stouffville Ar	ena		
Dates	Day	Time	Code
Sep 30 - Dec 9	Sat	11:05 AM - 12:05 PM	28482



Ages 2-5 Leisure Centre \$10

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
Sep 27 - Nov 29	Wed	10:00 AM - 10:45 AM	28486
Oct 1 - Dec 3	Sun	9:00 AM - 9:45 AM	28487





Skating Lessons: Preschool

Ages 2.5-5	Stouffville Clippers Complex	\$110
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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. Participants are required to have their own skates. All children (12 and under) MUST wear a CSA approved hockey helmet and face mask. Warm clothing, including mitts or gloves, is recommended. Children without the proper safety equipment will not be able to participate.

Dates	Day	Time	Code
Sept 26 - Nov 28	Tue	8:45 AM - 9:15 AM	28490
		9:15 AM - 9:45 AM	28491
Sep 27 - Nov 29	Wed	9:00 AM - 9:30 AM	28493
		9:30 AM - 10:00 AM	28492

Sportball: Multi-sport

Ages 3-5

Stouffville Arena

\$175

Recreation

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 and carrying bag. Location subject to change.

Dates	Day	Time	Code
Oct 1 - Nov 26	Sun	9:45 AM - 10:45 AM	28504
		10:45 AM - 11:45 PM	28507



Programs will not run on the following days:



Monday October 9 for Thanksgiving Tuesday October 31 after 4:00 pm for Halloween (preschool, child & adult programs only)

Sportbal	ំំំំា	
Ages 2-3	Stouffville Arena	\$175

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 and carrying bag. Location subject to change.

Dates	Day	Time	Code
Oct 1 - Nov 26	Sun	9:00 AM - 9:45 AM	28509



Taekwon-Do: Little Dragons

Ages 3-5	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
Sep 26 - Dec 5	Tue & Thu	6:00 PM - 6:45 PM	28513

Tiny Dancers

/arious Locations	\$100

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 2.5-3		Lemonville Cor	Lemonville Community Centre		
Dates	Day	Time	Code		
Sep 25 - Dec 4	Mon	5:30 PM - 6:15 PM	28526		
Ages 4-5		Lemonville Cor	nmunity Centre		
Dates	Day	Time	Code		
Sep 25 - Dec 4	Mon	6:15 PM - 7:00 PM	28528		
Ages 2.5-3			Leisure Centre		
Dates	Day	Time	Code		
Sep 28 - Nov 30	Thu	5:30 PM - 6:15 PM	28527		
Ages 4-5			Leisure Centre		
Dates	Day	Time	Code		
Sep 28 - Nov 30	Thu	6:15 PM - 7:00 PM	28529		





Tot Spot	<mark></mark> ሰብ	
6 months - 6 yrs	Stouffville Arena	\$126

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
Sep 25 - Dec 4	Mon	9:30 AM - 11:30 AM	28531
Sept 26 - Nov 28	Tue	9:30 AM - 11:30 AM	28530
Sep 27 - Nov 29	Wed	9:30 AM - 11:30 AM	28532

Dates

Oct 28

Ages

Date

Dec 2



Workshop: Dress Up Party

Ages 3-5 Latcham Hall

Dust off your favourite costume! 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!

Recreation

\$15

es	Day	Time	Code
8	Sat	11:15 AM - 12:15 PM	28484

Workshop: Safari Adventures

s 3-5	Latcham Hall	\$15

Learn all about the different animals that crawl, fly, swim, and slither in the jungle! Participants will do crafts, read stories, participate in sensory activities and play games with a jungle theme.

es	Day	Time	Code
2	Sat	11:15 AM - 12:15 PM	28485



children ages 5 - 12

Badminton: Instructional

Leisure Centre

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.

\$110

Ages 6-8

Dates	Day	Time	Code
Sep 27 - Nov 29	Wed	6:00 PM - 7:00 PM	28439
Ages 9-11			
Dates	Day	Time	Code
Sep 27 - Nov 29	Wed	7:00 PM - 8:00 PM	28438





Basketball: Level 1

Leisure Centre	\$110

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
Sep 26 - Dec 5	Tue	5:30 PM - 6:30 PM	28442
Sep 26 - Dec 5	Tue	6:30 PM - 7:30 PM	28440
Ages 7-10			
Dates	Day	Time	Code
Sep 26 - Dec 5	Tue	7:30 PM - 8:30 PM	28441
Sep 28 - Nov 30	Thu	5:30 PM - 6:30 PM	28443

Basketball: Level 2

Leisure Centre

\$110

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
Oct 1 - Dec 3	Sun	10:00 AM - 11:00 AM	28444
Ages 7-10			
Dates	Day	Time	Code
Oct 1 - Dec 3	Sun	11:00 AM - 12:00 PM	28445

Cookies & Cakes

Ages 7-10	Latcham Hall	\$75

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

Dates	Day	Time	Code
Sep 27 - Oct 25	Wed	6:45 PM - 8:15 PM	28449



messy.





DIY: Arts & Crafts

Leisure Centre

\$125

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 wearing clothes they don't mind getting

Dates	Day	Time	Code
Sep 27 - Nov 29	Wed	7:00 PM - 8:00 PM	28454

DIY: Jewelry

Sep 26 - Oct 17

Tues

Ages 9-11	L	atcham Hall	\$60
			om jewelry in a lay and beads!
Dates	Day	Time	Code

6:00 PM - 7:00 PM

28455

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	C. Stra	
K V	-	8.
USS	- CI	16

Dodgeball

Wendat Village Public School	\$100
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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
Sep 25 - Dec 4	Mon	6:00 PM - 7:00 PM	28456
Ages 9-11			
Dates	Day	Time	Code
Sep 25 - Dec 4	Mon	7:00 PM - 8:00 PM	28457

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
Sep 26 - Dec 5	Tue	6:30 PM - 7:15 PM	28461

Hip Hop Dance

Ages 6-9	Lemonville Community Centre	\$115
Ages 0 5	Echlorivine continuity centre	<i>w</i>11<i>w</i>

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 routine to be presented at the end of the session. Participants require running shoes or dance slippers.

Dates	Day	Time	Code
Sep 25 - Dec 4	Mon	7:00 PM - 8:00 PM	28462

Intro to Soccer

\$110

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

Dates	Day	Time	Code
Oct 1 - Dec 3	Sun	12:15 PM - 1:15 PM	28463

The more the merrier!

Know a buddy who might enjoy joining a workshop with you? Encourage them to sign up too!

Jazz Dance

Ages 6-9	Leisure Centre	\$115

Designed to get kids dancing and moving in their own way, children will develop the basic skills of jazz. Your child will learn balance and coordination while developing 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
Sep 28 - Nov 30	Thu	7:00 PM - 8:00 PM	28464
Junior Sc	ientis	ts	
Ages 6-8	Latcham Hall \$110		
Do your child's	eyes light	t up at the mention of	slime, or an
erupting volcan	o? Do the	ey ask curious questio	ons all the
time? Then this	interacti	ve program is made fo	or them; each
week children le	earn a fui	n science concept thro	ough games,
crafts, and mos	t importa	antly - experiments.	

Dates	Day	Time	Code
Sep 27 - Nov 29	Wed	7:00 PM - 8:00 PM	28466







Kid's Night Out

Ages 6-10	Latcham Hall	\$15

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
Oct 13	Fri	6:30 PM - 8:30 PM	28467

Minion Madness

Dates	Day	Time	Code
Nov 10	Fri	6:30 PM - 8:30 PM	28468

Riddles and Puzzles

Dates	Day	Time	Code
Dec 1	Fri	6:30 PM - 8:30 PM	28469

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
Sep 28 - Dec 7	Thu	7:15 PM - 8:15 PM	28470

Learn to Play: Pickleball

Memorial Park - Pickleball Courts

\$110

Serve, smash, rally! Participants will learn the basics of pickleball in a fun and supportive environment. This program is delivered in partnership with Elevation Athletics.

Ages 7-9

Dates	Day	Time	Code
Sep 13 - Oct 11	Wed	5:00 PM - 6:00 PM	28473
Sep 16 - Oct 14	Sat	12:00 PM - 1:00 PM	28474

Ages 10-12

Dates	Day	Time	Code
Sep 13 - Oct 11	Wed	6:00 PM - 7:00 PM	28471
Sep 16 - Oct 14	Sat	1:00 PM - 2:00 PM	28472





Learn to Play: Ringette

Stouffville Clippers Sports Complex **\$105** Ages 5-10

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
Oct 7 - Dec 9	Sat	8:00 AM - 9:00 AM	28475

Skating Lessons: Child

Stouffville Clippers Sports Complex

\$94.50

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. All children (12 and under) MUST wear a CSA approved hockey helmet and face mask. Warm clothing, including mitts or gloves, is recommended. Children without the proper safety equipment will not be able to participate. Prerequisite: Children must be able to participant in a group setting without assistance from parents. Participants are required to have their own skates.

Ages 6-8

Dates	Day	Time	Code
Sep 27 - Nov 29	Wed	4:15 PM - 5:05 PM	28488
Ages 9-12			
Dates	Day	Time	Code
Sep 27 - Nov 29	Wed	4:15 PM - 5:05 PM	28489



Dates

Oct 1





Sportball: Multi-sport

Ages 5-8

Stouffville Arena

\$175

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 and carrying bag. Location subject to change.

es	Day	Time	Code
- Nov 26	Sun	11:45 AM - 12:45 PM	28505

Taekwon-Do

Ages 6-12 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
Sep 26 - Dec 5	Tue & Thu	7:00 PM - 8:00 PM	28514

Yellow Stripe

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

Dates	Day	Time	Code
Sep 26 - Dec 5	Tue & Thu	7:00 PM - 8:00 PM	28518

Yellow Belt

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

Dates	Day	Time	Code
Sep 26 - Dec 5	Tue & Thu	7:00 PM - 8:00 PM	28516

Green Stripe

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

Dates	Day	Time	Code
Sep 26 - Dec 5	Tue & Thu	7:00 PM - 8:00 PM	29300

Green Belt

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

Dates	Day	Time	Code
Sep 26 - Dec 5	Tue & Thu	7:00 PM - 8:00 PM	29298



Tennis: Beginner

Serve, volley, rally! Through drills and game play, participants will learn the basics of tennis in a fun and supportive environment. This program is delivered in partnership with Lander Management Team. Participants must bring their own racquet.

Ages 7-9	Memorial I	\$110	
Dates	Day	Time	Code
Sep 14 - Oct 12	Thu	5:00 PM - 6:00 PM	28522
Sat 16 - Oct 14	Sat	9:00 AM - 10:00 AM	28524
Ages 10-12	Memorial	Park - Tennis Courts	\$110
Dates	Day	Time	Code
Sep 12 - Oct 10	Tue	5:00 PM - 6:00 PM	28521
Sat 16 - Oct 14	Sat	10:00 AM - 11:00 AM	28523

Tennis: Intermediate

This program is designed to help participants who want to improve their game and strategic play. Participants will use more advanced drills and game play to take their tennis game to the next level. This program is delivered in partnership with Lander Management Team. Participants must bring their own racquet.

Ages 7-9	Memorial Park - Tennis Courts		\$110	
Dates	Day	Time	Code	
Sep 14 - Oct 12	Thu	6:00 PM - 7:00 PM	28525	
Ages 10-12	Memorial	Park - Tennis Courts	\$110	
Dates	Day	Time	Code	
Sep 12 - Oct 10	Tue	6:00 PM - 7:00 PM	28520	



Workshop: Artsy Afternoon

ges 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
Oct 14	Sat	1:00 PM - 3:00 PM	28446

Workshop: Lego Builders

Dates

Nov 4

NEW

Date

Nov 1



Ages 6-10 Latcham Hall

Participants will spend the afternoon with other Legoloving kids as they explore different ways to work with Lego. Your child's imagination will be ignited as they complete build challenges and create structures.

Recreation

\$20

S	Day	Time	Code
Ļ	Sat	1:00 PM - 3:00 PM	28447

Workshop: Autumn Delights Baking

Ages 6-9	Latcham Hall	\$20

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

es	Day	Time	Code
18	Sat	1:00 PM - 3:00 PM	28448



PA days & winter camps



PA Day: Multi-Sport Camp

Ages 6-12Leisure Centre\$80	Ages 6-12	Leisure Centre	\$80
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Get active and burn some energy! Participants will enjoy a variety of their favourite indoor and outdoor camp activities, including games, and several sports.

Dates	Day	Time	Code
Sep 22	Fri	8:00 AM - 5:00 PM	29282

NEW

PA Day: Harvest Kitchen

Ages 6-12 Whitchurch-Stouffville Museum \$70

Split your time between our modern and historic kitchens to cook and bake your way through this exciting day! Using the museum's gardens as a guide, campers will stir up some exciting recipes to take home at the end of the day.

Dates	Day	Time	Code
Sep 22	Fri	9:00 AM - 4:00 PM	29909

PA Day: Camp Classics

Ages 6-12	Leisure Centre	\$80

Take a trip back to summer! Participants can pretend they are back at camp by enjoying some of their favourite camp activities, including games and sports, getting messy with a science experiment, and feeding their creative sides with crafts.

Dates	Day	Time	Code
Oct 20	Fri	8:00 AM - 5:00 PM	28375

NEW

PA Day: Magic Academy

Ages 6-12	Whitchurch-Stouffville Museum	\$70
-ges e in		

Calling all witches and wizards for this spellbinding program! Campers will spend their time conducting science experiments, playing games and doing crafts to learn about the wonderful world of magic.

Dates	Day	Time	Code
Oct 20	Fri	9:00 AM - 4:00 PM	28923





Nov 17

Fri

Date

Dec 2 \$165 Jan 2

\$220

PA Day: Let's LEGO®		Winte	r Break: S	Skating Camp	I.		
Ages 6-12		Leisure Centre	\$80	Ages 7-12	:	Stouffville Arena	\$240
interesting th	ings they ng compe	eir P.A. Day exploring can do with LEGO®, titions, LEGO® group	including	Camp! Thi introduce through a	s beginner leve basic skating s variety of gam	n our new Winter Brea I program is designed kills. Campers will gair es and activities with a	to n confidence a focus
Dates	Day	Time	Code	-		including starting, sto f-ice activities includes	
Nov 17	Fri	8:00 AM - 5:00 PM	28376	crafts and	much more.		
				Dates	Day	Time	Code
NEW				Jan 2 - 5	Tues - Fri	8:00 AM - 4:00 PM	29092
Ages 6-12 Calling elves o tour of the her	Whitch of all kinds ritage bui	in the Works hurch-Stouffville Muse s! Head out on a holid ildings, decorate seas d get crafty to start th	eum \$70 lay traditions onal cookies,				
Dates	Day	Time	Code	- Cold			



9:00 AM - 4:00 PM

28924

Winter Break: Camp Stouffville

Ages 4-12

Recreation

Arts, sports, science experiments and more! We are excited to welcome your camper for an unforgettable camp session this holiday season, enjoying a variety of amazing camp experiences. Campers will participate in activities with their camp teams, arranged by age, and geared to their skill level and abilities.

es	Day	Time	Code
27 - 29 (3 days)	Wed - Fri	9:00 AM - 4:00 PM	29094
- 5 (4 days)	Tues - Fri	9:00 AM - 4:00 PM	29093



youth ages 12 - 18

Basketball: Get in the Game

Ages 11-17	Leisure Centre	\$7

Does your child dream of shooting like an NBA star? 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!

Dates	Day	Time	Code
Sep 28 - Oct 26	Thu	6:30 PM - 7:30 PM	29893
Nov 9 - Dec 7	Thu	6:30 PM - 7:30 PM	29894





Basketball: Skill Development Clinic

Ages 11-17Leisure Centre\$70	0
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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
Sep 28 - Oct 26	Thu	7:30 PM - 8:30 PM	29895
Nov 9 - Dec 7	Thu	7:30 PM - 8:30 PM	29896

NEW

Intro to Pickleball

Ages 11-17	Memoria	al Park - Pickleball Co	urts \$75
		ith will learn the basi pportive environmer	
Dates	Day	Time	Code
Sep 13 - Oct 18	Wed	6:00 PM - 7:00 PM	29906

Learn, Cook & Dine!

Ages 11-17	Latcham Hall	\$100

Travel around the globe through cooking in this delicious program. Youth 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
Sep 26 - Oct 24	Tue	6:00 PM - 8:00 PM	29898



Dates





Masterchef Junior

Ages 11-17 Latcham Hall \$120

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!

es	Day	Time	Code
7 - Dec 5	Tue	6:00 PM - 8:00 PM	29899

Taekwon-Do

Ages 13-18Harry 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
Sep 26 - Dec 5	Tue & Thu	7:00 PM - 8:00 PM	28515

Yellow Stripe

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

Dates	Day	Time	Code
Sep 26 - Dec 5	Tue & Thu	7:00 PM - 8:00 PM	28519

Yellow Belt

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

Dates	Day	Time	Code
Sep 26 - Dec 5	Tue & Thu	7:00 PM - 8:00 PM	28517

Green Stripe

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

Dates	Day	Time	Code
Sep 26 - Dec 5	Tue & Thu	7:00 PM - 8:00 PM	29301

Green Belt

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

Dates	Day	Time	Code
Sep 26 - Dec 5	Tue & Thu	7:00 PM - 8:00 PM	29299



Volleyball: Get in the Game

Ages 11-17	Leisure Centre	\$70
Learn and brush up on y	our 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.

Dates	Day	Time	Code
Sep 25 - Oct 30	Mon	6:00 PM - 7:00 PM	29902
Nov 6 - Dec 4	Mon	6:00 PM - 7:00 PM	29903

Volleyball: Skill Development Clinic

Ages 11-17 Lei

Leisure Centre

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!

Dates	Day	Time	Code
Sep 25 - Oct 30	Mon	7:00 PM - 8:00 PM	29904
Nov 6 - Dec 4	Mon	7:00 PM - 8:00 PM	29905





\$70

Workshop: Resume & Cover Letters				
Ages 11-17	Leisure Centre	\$15		

Recreation

Join us in developing your resume and cover letter that will help you stand out among the crowd!

Dates	Day	Time	Code
Oct 4	Wed	7:30 PM - 9:00 PM	29932
Dec 6	Wed	7:30 PM - 9:00 PM	29933



Programs will not run on the following days:



Monday October 9 for Thanksgiving

Tuesday October 31 after 4:00 pm for Halloween (preschool, child & adult programs only)

adults

Adult Hockey: Get in the Game

Ages 18+ Stouffville Clippers Sports Complex \$140 + HST

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
Sep 27 - Dec 6	Wed	9:00 AM – 10:00 AM	28430

Adult Indoor Volleyball League

Ages 16+	\$1	00 + HST

Volleyball enthusiasts: grab your kneepads and join our Fall Indoor Volleyball League for Monday nights of 6-on-6 social and active fun!

Recreational Leisure Cent			isure Centre
Dates	Day	Time	Code
Sep 25 - Dec 18	Mon	8:00 PM - 10:00 PM	28533
Competitive		Stouffvil	le District SS
Dates	Day	Time	Code
Sep 26 - Dec 12	Tue	6:00 PM - 10:00 PM	28534





Learn to Play: Pickleball

Ages 18+

Leisure Centre

Are you interested in learning to play pickleball, but aren't sure where to start? If you've ever wondered what this fastgrowing 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
Sep 24 - Oct 29 \$66 + HST	Sun	1:45 PM – 3:00 PM	28423
Sep 29 - Nov 3 \$66 + HST	Fri	11:00 AM - 12:15 PM	28425
Nov 5 - Dec 17 \$77 + HST	Sun	1:45 PM – 3:00 PM	28424
Nov 10 - Dec 22 \$77 + HST	Fri	11:00 AM - 12:15 PM	28426

Pickleball: Level 2 Drills

Ages 18+

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
Sep 27 - Nov 1 \$72 + HST	Wed	12:00 PM - 1:30 PM	28427
Nov 8 - Dec 20 \$84 + HST	Wed	12:00 PM - 1:30 PM	28428



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



Leisure Centre

Dates

Sep 1

Oct 25 Dec 6

Ages

Dates

Sep 7 Oct 5 Nov 2 _____ Dec 7



Socials: Paint Night

Ages 19+

Latcham Art Centre

\$30 + HST

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.

es	Day	Time	Code
4	Thu	7:00 PM – 9:00 PM	27615
!5	Wed	7:00 PM – 9:00 PM	28540
5	Wed	7:00 PM – 9:00 PM	28541

Socials: Trivia Night

s 19+	19 on the Park	\$8.85 + HST

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.

S	Day	Time	Code
	Thu	7:30 PM – 9:30 PM	27614
	Thu	7:30 PM – 9:30 PM	28433
2	Thu	7:30 PM – 9:30 PM	28434
,	Thu	7:30 PM – 9:30 PM	28435

older adult

FREE 55+ Club memberships give Stouffville's older adult residents access to special deals on registered programs, and free daily dropsins at 6240 Main Street.

Visit **townofws.ca/55plus** for more details.

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
Sep 7	Thu	9:30 AM - 12:00 PM
Oct 5	Thu	9:30 AM - 12:00 PM
Nov 2	Thu	9:30 AM - 12:00 PM
Dec 7	Thu	9:30 AM - 12:00 PM





Baking Blitz

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

Practice tried and true techniques while experimenting with new skills in the kitchen. These classes will be a social, hands-on opportunity for group collaboration and creativity, all with delicious results.

Dates	Day	Time	Code
Sep 21 - Oct 26	Thu	7:00 PM - 9:00 PM	28951
Nov 9 - Dec 14	Thu	7:00 PM - 9:00 PM	28952

Friends don't let friends miss a class!

Accountability buddies are a great way to keep you coming back to each class and meeting your wellness goals. Plus, more participants helps the Town keep affordable fitness programs running in your community.

Book Club Afternoons

Ages 55+	6240 Main Street	Free for members

There's nothing better than a good book to help engage in conversation and meet new friends. Note: a new book will be discussed each month. Registration is required by emailing 55plus@townofws.ca or visiting the front desk of 6240 Main Street.

Book Club 1

Dates	Day	Time	Code
Sep 29	Fri	1:30 PM - 3:00 PM	28945
Oct 27	Fri	1:30 PM - 3:00 PM	28946
Nov 24	Fri	1:30 PM - 3:00 PM	28947

Book Club 2

Dates	Day	Time	Code
Sept 22	Fri	1:30 PM - 3:00 PM	28948
Oct 20	Fri	1:30 PM - 3:00 PM	28949
Nov 17	Fri	1:30 PM - 3:00 PM	28950





Dates

Sep 20 Oct 25

_____ Nov 22

Ch

Age 6240

Dates

Book Club Evenings

Ages 55+ 6240 Main Street Free for members

There's nothing better than a good book to help engage in conversation and meet new friends. Note: a new book will be discussed each month. Registration is required by emailing 55plus@townofws.ca or visiting the front desk of 6240 Main Street.

es	Day	Time	Code
20	Wed	7:00 PM - 10:00 PM	28985
:5	Wed	7:00 PM - 10:00 PM	28986
22	Wed	7:00 PM - 10:00 PM	28987

air Yoga	
s 55+	\$52.50 members
0 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
Sep 19 - Oct 24	Tue	9:45 AM - 10:45 AM	28954
Sep 21 - Oct 26	Thu	9:45 AM - 10:45 AM	28956
Nov 7 - Dec 12	Tue	9:45 AM - 10:45 AM	28955
Nov 9 - Dec 14	Thu	9:45 AM - 10:45 AM	28957



NEW

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
Sep 18 - Oct 23*	Mon	10:00 AM - 12:00 PM	29813
Nov 6 - Dec 11	Mon	10:00 AM - 12:00 PM	29814

*Five week session \$115.50 | \$96.25 (55+ Club Members)

NEW

Crafting: Tamil Language Supported

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

All are welcome for this crafting class to try their hand at a variety of activities from knitting to decopage. Instructor will provide teaching support in Tamil and English. *Specially priced large group class.

Dates	Day	Time	Code
Sep 17 - Oct 22*	Sun	11:00 AM - 12:00 PM	29811
Nov 5 - Dec 10	Sun	11:00 AM - 12:00 PM	29812

*Five week session \$30 | \$25 (55+ Club Members)

NEW

DIY Crafty Creations

Ages 55+	
6240 Main Street	

\$52.50 members \$62.50 non-members

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
Sep 19 - Oct 24	Tue	10:00 AM - 11:00 AM	29815
Nov 7 - Dec 12	Tue	10:00 AM - 11:00 AM	29816

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
Sep 22 - Oct 27	Fri	11:00 AM - 12:00 PM	28988
Nov 10 - Dec 15	Fri	11:00 AM - 12:00 PM	28989





6240

Beginner

Dates Sep 20

Gentle Yoga

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
Sep 19 - Oct 24	Tue	8:30 AM - 9:30 AM	28991
Sep 21 - Oct 26	Thu	8:30 AM - 9:30 AM	28993
Nov 7 - Dec 12	Tue	8:30 AM - 9:30 AM	28992
Nov 9 - Dec 14	Thu	8:30 AM - 9:30 AM	28994

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

Line Dancing

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

Θ

Recreation

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!

Dates	Day	Time	Code
Sep 20 - Oct 25	Wed	12:00 PM - 1:00 PM	29007
Nov 8- Dec 13	Wed	12:00 PM - 1:00 PM	29023

Intermediate

Dates	Day	Time	Code
Sep 20 - Oct 25	Wed	1:00 PM - 2:00 PM	29962
Nov 8- Dec 13	Wed	1:00 PM - 2:00 PM	29963



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
Sep 18 - Oct 23*	Mon	11:00 AM - 12:00 PM	29032
Nov 6 - Dec 11	Mon	11:00 AM - 12:00 PM	29033

*Five week session \$52.50 | \$43.75 (55+ Club Members)



Practice Bridge

	Ages 55+	6240 Main Street	Free for members
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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
Sep 7 - Dec 21	Thu	10:00 AM - 11:30 AM	29964

NEW

Seated Fitness: Strength & Balance

Ages 55+	
6240 Main Street	

\$52.50 members \$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
Sep 21 - Oct 26	Thu	11:00 AM - 12:00 PM	29809
Nov 9 - Dec 14	Thu	11:00 AM - 12:00 PM	29810

Stepping Together

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

Work towards your daily step count in an upbeat group setting while incorporating gentle movements to build strength. This fun, low impact, walking-based program will help improve your cardiovascular health.

Dates	Day	Time	Code
Sep 20 - Oct 25	Wed	12:00 PM - 1:00 PM	29059
Nov 8- Dec 13	Wed	12:00 PM - 1:00 PM	29060





Ages 55+		\$52.	50 members
6240 Main Stre	et	\$62.50 nc	on-members
This gentle clas	s offers	weight bearing and resi	stance
exercises that s	stretch a	nd strengthen the whol	e
body. Participa	nts will s	ee improvements in the	eir balance,
		ee improvements in the , and mobility while bui	
efficiency of mo			
efficiency of mo lean muscles.	ovement	, and mobility while bui	lding strong,

Sweet Songs \$52.50 members Ages 55+

6240 Main Street

452.50 members
\$62.50 non-members

Gather to learn simple songs and enjoy performing them with a group. A fantastic place to start if you have not sung with a group recently or ever.

Dates	Day	Time	Code
Sep 22 - Oct 27	Fri	1:30 PM - 3:00 PM	29817
Nov 10 - Dec 15	Fri	1:30 PM - 3:00 PM	29818





Ages 6240

flexibility.

Online registration opens August 22 at townofws.ca/active. See page 4 for details.

Yoga: for Relaxation

\$ 55+	\$52.50 members
5.551	
) Main Street	\$62.50 non-members

 \bigcirc

Recreation

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

Dates	Day	Time	Code
Sep 19 - Oct 24	Tue	7:00 PM - 8:00 PM	29082
Nov 7 - Dec 12	Tue	7:00 PM - 8:00 PM	29083

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
Sep 17 - Oct 22*	Sun	9:45 AM - 10:45 AM	29071
Nov 5 - Dec 10	Sun	9:45 AM - 10:45 AM	29080

*Five class session \$30 | \$25 (55+ Club Members)

55+ Club drop-in programs

Fall Schedule: September 5 through December 22

FREE 55+ Club memberships give Stouffville's older adult residents access to special deals on registered programs, and free daily drops-ins at 6240 Main Street. Memberships for non-residents are available for \$26/year.

Visit townofws.ca/55plus for details on full member benefits.

Monday

Billiards, Snooker, Table Tennis & Darts 9:30 AM - 4:00 PM

Chinese Public Square Dancing 9:30 AM - 11:00 AM

Art: Painting 1:00 PM - 4:00 PM

Colouring Circle 1:00 PM - 4:00 PM

Thursday

Cribbage 1:00 PM – 4:00 PM

Mahjong 1:00 PM - 4:00 PM

Tuesday

Canasta: Hand & Foot 1:00 PM - 4:00 PM

Duplicate Bridge 1:00 PM - 4:00 PM

Seated Tap Dancing 11:00 AM - 11:30 AM

Tap Dancing (Standing) 11:30 AM - 12:00 PM

Milk Bag Weaving 1:00 PM - 4:00 PM

1:00 PM - 4:00 PM

Wednesday

Billiards, Snooker,

Table Tennis & Darts

9:30 AM - 11:00 AM

Chinese Public

Square Dancing

Contract Bridge

Knitting Circle

1:00 PM - 4:00 PM

9:30 AM - 11:00 AM

Friday

Billiards, Snooker, Table Tennis & Darts 9:30 AM - 11:00 AM

Chinese Public Square Dancing 9:30 AM - 11:00 AM

Euchre 1:00 PM – 4:00 PM Contract Bridge 1:00 PM - 4:00 PM

Evening Bid Euchre 6:30 PM - 10:00 PM

Fall Program Descriptions

Art (Painting)	Dup
Come with your own supplies to create, socialize, and share artistic perspectives.	Regula registi
Billiards, Snooker, Table Tennis & Darts	Eucł
Enjoy access to billiards, snooker, darts and table tennis. Equipment is provided and you may bring your own if you wish.	Enjoy
,	Ever
Canasta: Hand & Foot	Enjoy
Hand and Foot games with friends.	Knit
Chinese Public Square Dancing	Bring
This low–impact dance is open to all 55+ Club	projec
members at no cost. While group members will predominantly lead the movements with Chinese	Mah
instruction, everyone is welcome and able to follow along, exercise and meet new friends.	Орро
Colouring Circle	Milk
Work on personal colouring projects together. Bring your own colouring materials and books. Some pages will be available for those in need.	Join in into sl
	Seat
Contract Bridge	Learn
Join in for contract (kitchen) bridge.	seated shoes
Cribbage	Тар
Enjoy meeting with friends new and old to play Cribbage.	Learn recom



licate Bridge

ar partners will be paired together but no ration is required.

nre

Euchre with friends. Cards will be supplied.

ning Bid Euchre

Bid Euchre with friends!

ting & Crocheting Circle

your needles and yarn to work on your personal ts with others.

jong

rtunities for traditional and American play.

Bag Weaving

this volunteer program to help turn milk bags eep mats for those experiencing hardship.

ed Tap Dancing

to tap your toes away from a comfortable d position. Hard soled shoes recommended. Tap not required.

Dancing (Standing)

Learn to tap your toes away. Hard soled shoes recommended. Tap shoes not required.

fitness club

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

S S

Hours of Operation

Monday – Thursday Friday Saturday & Sunday

44

6:00 AM - 10:00 PM 6:00 AM - 9:00 PM 7:30 AM - 8:00 PM

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







Stouffville 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	Monthly	3 Month	1 Year
Adult (18+)	\$45.00	\$132.00	\$490.00
Student full–time (14–25)	\$33.75	\$99.00	\$367.50
Senior (60+)	\$33.75	\$99.00	\$367.50
Locker Rental (Fitness)	\$4.10	\$12.00	\$45.00



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 center for rate details •

# of sessions	30 Minute	60 Minute
1	\$33.63	\$53.10
5	\$162.16	\$252.96
10	\$300.29	\$481.14



Aquatic Centre

- 25m swimming pool
- Heated therapy pool with hydro-jets
- Lane and leisure swims
- Water slide (height minimum 42")



Membership

Adult (18+) Student full-time (6-25)

Senior (60+)

Tot (5 years and under)

Family

Group Fitness, Cycle Fit & Aquafit Classes

- Discounts on active living programs

Monthly	3 Month	1 Year
\$28.78	\$83.00	\$316.20
\$19.27	\$56.00	\$212.16
\$19.27	\$56.00	\$212.16
\$8.54	\$25.00	\$93.84
\$54.01	\$155.00	\$594.66

- 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

fitness programs

Family

NEW

Mom & Babies: Boot Camp

Ages 18+	Leisure Centre	\$50 + HST
Ages 18+	Leisure Centre	\$50 + HST

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
Sep 25 - Oct 30	Mon	11:30 AM - 12:30 PM	28915
Nov 6 - Dec 4	Mon	11:30 AM - 12:30 PM	28916



2	Please note that HST applies to all adult
2	& family programs

Stroller Fit

Ages 18+	Leisure Centre	\$50 + HST
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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
Sep 26 - Oct 24	Tue	11:30 AM - 12:30 PM	28544



NEW

Mom & Babies: Yogalates

Ages 18+	Leisure Centre	\$50 + HST

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
Sep 27 - Oct 25	Wed	11:30 AM - 12:30 PM	28823
Nov 1 - 29	Wed	11:30 AM - 12:30 PM	28824

Sporty Moms & Babies

Ages 18+

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
Sep 28 - Nov 30 \$100 + HST	Thu	11:30 AM - 12:30 PM	28543
Oct 31 - Nov 28 \$50 + HST	Tue	11:30 AM - 12:30 PM	28917

NEW

Cycle Fit: Family

Ages 10+	
Leisure Centre	

\$50 per person \$100 per family

Leisure Centre

NEW

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
Sep 30 - Oct 28	Sat	10:30 AM - 11:20 AM	28920
Nov 4 - Dec 2	Sat	10:30 AM - 11:20 AM	28921





Yoga: Family

Ages 6+	\$50 per person
Leisure Centre	\$100 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 selfesteem.

Dates	Day	Time	Code
Oct 1 - 29	Sun	10:30 AM - 11:20 AM	28918
Nov 5 - Dec 3	Sun	10:30 AM - 11:20 AM	28919

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

Youth



Youth Fitness Orientation

Ages 12-15	Leisure Centre	\$30

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
Sep 7 - 21	Thu	7:00 PM - 8:30 PM	28546
Sep 9 - 23	Sat	1:30 PM - 3:00 PM	28551
Sep 10 - 24	Sun	1:30 PM - 3:00 PM	28572
Sep 28 - Oct 12	Thu	7:00 PM - 8:30 PM	28547
Sep 30 - Oct 14	Sat	1:30 PM - 3:00 PM	28552
Oct 1 - 15	Sun	1:30 PM - 3:00 PM	28635
Oct 19 - Nov 2	Thu	7:00 PM - 8:30 PM	28548
Oct 21 - Nov 4	Sat	1:30 PM - 3:00 PM	28553
Oct 22 - Nov 5	Sun	1:30 PM - 3:00 PM	28641
Nov 9 - 23	Thu	7:00 PM - 8:30 PM	28549
Nov 11 - 25	Sat	1:30 PM - 3:00 PM	28554
Nov 12 - 26	Sun	1:30 PM - 3:00 PM	28687
Nov 30 - Dec 14	Thu	7:00 PM - 8:30 PM	28550
Dec 2 - 16	Sat	1:30 PM - 3:00 PM	28563
Dec 3 - 17	Sun	1:30 PM - 3:00 PM	28722

NEW

Youth Fitness Drop-in

Ages 12-15	Leisure Centre	\$60

Get off the couch and start being active! The program is available Friday 6:00pm - 9:00pm, Saturday and Sunday 1:00pm - 5:00pm from Sep 8 - Dec 31 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
Sep 8 - Dec 31	Fri	6:00 PM - 9:00 PM	28545
	Sat	1:00 PM - 5:00 PM	
	Sun	1:00 PM - 5:00 PM	



NEW **Sport Conditioning:** Faster, Higher, Stronger

Perfect for all athletes looking to improve stamina, strength and power. Classes will start with spin to increase endurance, power, and quickness and will finish with a strength workout using body weight exercises, tubing and light dumbbells.

Dates	Day	Time	Code
Sep 25 - Oct 30	Mon	5:15 PM - 6:15 PM	28814
Nov 6 - Dec 4	Mon	5:15 PM - 6:15 PM	28820



Cardio Salsa				
Ages 12+	Ballantrae Field House	\$100		
Join Giselle fo	r easy-to-follow dance moves. Hav	/e an		
absolute blas	while moving to tunes that energ	gize your		
body and bur	n calories and stress.			

Dates	Day	Time	Code
Sep 26 - Nov 28	Tue	6:30 PM - 7:20 PM	28726

Ages 12+

\$50

Dates

Sep 26

NEW

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.



Yoga: Hatha Style

Ballantrae Field House

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.

\$100

es	Day	Time	Code
26 - Nov 28	Tue	7:30 PM - 8:20 PM	28746

TeenFit for Life

Ages 10-15	Leisure Centre	\$50
0		

Dates	Day	Time	Code
Sep 30 - Oct 28	Sat	10:30 AM - 11:30 AM	28821
Nov 4 - Dec 2	Sat	10:30 AM - 11:30 AM	28822

We now offer Cardio Kickboxing for those aged 12+! See the following page for more details.



Adult

NEW

Cardio Kickboxing

Ages 12+ Leisure Centre	\$100
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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
Sep 25 – Dec 4	Mon	5:30 PM – 6:20 PM	29967



NEW

Introduction to Yoga

Ages 18+	19 on the Park	\$52.50 + HST
-		

During this progressive 6-week course, you will learn the foundations of Yoga. Connect with mind and body, learn different breathing techniques and try several Yoga postures. Each class will begin with meditation and breath, rise to an energetic flow and finish with meditation. This course is suitable for all levels.

*Please remember to bring your yoga mat.

Dates	Day	Time	Code	
Oct 16 - Nov 20	Mon	10:00 AM - 11:00 AM	28539	



Learn to Run

Ages 18+	Leisure Centre	\$100 + HST

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

Dates	Day	Time	Code
Sep 26 - Nov 28	Tue	6:30 PM - 7:30 PM	28542



NEW		
Outdoor	Yoga	
Ages 18+	19 on the Park	\$8.75 + HST

During this 1-hour outdoor class, you will connect with mind and body, learn different breathing techniques and try a variety of Yoga postures. Class will begin with meditation and breath, rise to an energetic flow and finish with meditation. This course is suitable for all levels. Class will take place in the Civic Square and may be moved indoors to 19 on the Park in the case of inclement weather. *Please remember to bring your yoga mat.

Dates	Day	Time	Code
Sep 11	Mon	10:00 AM - 11:00 AM	28538
Oct 2	Mon	10:00 AM - 11:00 AM	28537

Note

Together In Movement & Exercise

Ages 18+

Leisure Centre

\$100 + HST

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
Sep 28 - Nov 30	Thu	1:00 PM - 2:00 PM	28779



Please note that HST applies to all adult & family programs

Whitchurch-Stouffville Museum & Community Centre

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

S N U

Our open-hours change with the seasons

Please visit townofws.ca/museum for up to date schedules.

Questions?

Contact us by email at 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 Bogarttown 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 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 to book your appointment.

museum



NEW

An Evening with Arlene Chan: A Wok in Time

Whitchurch-Stouffville Museum \$60 + HST Ages 16+

Spend an evening with Arlene Chan, award-winning author & Chinatown historian, as she shares stories about the development of Toronto's Chinese community, including local stories. Enjoy a catered meal as Arlene discusses the tasty evolution of Chinese food. Also featured, popup exhibit, Standing in the Doorway: Lived Histories and Experiences of the Chinese Community. Please contact the Museum at (905) 727-8954 or wsmuseum@townofws.ca for tickets.

Dates	Day	Time
Nov 4	Sat	6:30 PM - 10:00 PM

Candlelight Christmas

All Ages	\$10 per child
Whitchurch-Stouffville Museum	\$15 per adult

Decorated for the season, the Museum comes to life with the traditions of Christmas past! Join our costumed staff and volunteers on this charming evening tour.

Dates	Day	Time	Code
Dec 9	Sat	6:00 PM - 9:00 PM	28935

Creepy Crafts

Ages 3-10 Whitchurch-Stouffville Museum \$10 per child

Get into the Halloween spirit with this registered program! Participants will enjoy all things creepy with staff-led crafts and science experiments, including pumpkin painting and mask making.

Dates	Day	Time	Code
Oct 21	Sat	12:30 PM - 2:00 PM	28925

NEW **Dianne Brown-Green:** Kinship to Turtle Island

All Ages Whitchurch-Stouffville Museum Free

Stouffville-based artist Dianne Brown-Green presents a selection of works which include a birchbark basket, hand carved canoe paddle and acrylic paintings. Together, they highlight the relationship between the many creatures of Turtle Island and the water in which we depend on. Drawn from the artist's Cree heritage and experiences with culture and nature this exhibition focuses on the beauty of Turtle Island, and reminds us the importance of caring for her.

Dates	Day	Time
Sep 9 - Dec 9	Wed - Sat	Regular Open Hours



9	Spend PA Days at the Museum!
Note	Flip to page 28 to keep curious minds busy with magic, cooking, and crafty historic programming



NEW			
KAIRO	S Blar	nket Exercise	
Ages 16+	Whit	church-Stouffville Museu	m Free
		Exercise is a free, in-pers tion-to-nation relationshi	
		Indigenous peoples in Ca	
Blankets ar	ranged o	n the floor represent land	d and
participant	s are invit	ed to step into the roles	of First
Nations, In	uit, and N	létis peoples.	
Dates	Day	Time	Code
Sep 16	Sat	10:00 AM - 12:30 PM	28922

The Jean-Baptiste Lainé Site: In conversation with Dr. Ron Williamson

Ages 16+	Virtual Event	Free

Join archaeologist Dr. Ron Williamson as he describes the Jean-Baptiste Lainé Site. Dr. Williamson is regarded as an expert in Wendat archaeology and has developed close ties with the Wendat Nation over his career. Brought to you by the Library and Museum, join us for this opportunity to learn more about the history of the land that we now call Stouffville.

Dates	Day	Time	Code
Sep 28	Thu	7:00 PM – 8:00 PM	29111

The Jean-Baptiste Lainé Site: Tour

Ages 16+

On September 30, join the Library and Museum as we reflect on the Jean-Baptiste Lainé Site, home to a remarkable late-16th century ancestral Wendat community, located in Stouffville. Staff will guide participants from the Library to the archaeological site, where participants will engage in a self-guided tour using onsite interpretive signage. Questions and visitor feedback encouraged.

Dates

Sep 3

Dates Nov 1





Library - Adult Program Room

museum

Free

es	Day	Time	Barcode
30	Sat	10:00 AM - 12:00 PM	29112

43rd Annual Victorian Tea

All Ages	Whitchurch-Stouffville Museum	\$30 + HST
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A delicious taste of Christmas past, featuring a traditional catered tea and a festive tour of the Museum's buildings. Please contact the Museum at (905) 727-8954 or wsmuseum@townofws.ca.

25	Day	Time
18	Sat	11:30 AM & 1:30 PM

aquatic centre

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

Hours:

58

Monday – Thursday Friday Saturday & Sunday

6:00 AM - 10:00 PM 6:00 AM - 9:00 PM 7:30 AM - 8:00 PM

Aquatic Centre Memberships

Membership	Monthly	3 Month	1 Year
Adult (18+)	\$28.78	\$83.00	\$316.20
Student full–time (6–25)	\$19.27	\$56.00	\$212.16
Senior (60+)	\$19.27	\$56.00	\$212.16
Tot (5 years and under)	\$8.54	\$25.00	\$93.84
Family	\$54.01	\$155.00	\$594.66



View the full drop-in schedule at townofws.ca/dropin





Public Swims

The pool at the Whitchurch–Stouffville Leisure Centre is a 6 lane, 25m pool that includes a therapy pool with HydroJets and a slide with 1½ turns.

Lane Swim

Find the lane that suits your speed and hop in the pool to swim some laps. Lane swim is dedicated to those wanting to swim for fitness and is open to patrons 10+ years.

Leisure Swim

Time to have fun in the pool with your family and friends. The slide is open during this all ages swim and water toys can be used in the pool.

Family Swim

Provides the perfect time for families with small children to enjoy the warmth of the therapy pool. Toys and lifejackets are available for use during family swim.

Aquafit

A low impact aerobics class is a great way to work on your cardio and muscle training, and is easy on your joints. Aquafit is included in our fitness programming; see pg. 22 for details.

Swim Admission Policy

Red, yellow and green wristbands are provided based on the age of the swimmer and their ability to pass the swim test. Wristbands must always be worn while in the pool or on the pool deck. The Swim Admission Policy is in place to keep all patrons safe.



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.



The facility swim test must be completed to the satisfaction of the lifeguard on duty. The swimmer must be able to jump from the deck into shallow water and swim to the middle of the pool, turn around and return to the side of the pool.

	Distance	Wristband
eguardian hildren otions)	Always within arms' reach	Red
e guardian hildren not ifejackets otions) guardian dren wearing	Always within arms' reach	Yellow
	_	
	_	Green



Drop in to swim!

View the full drop-in schedule at townofws.ca/dropin

adapted aquatics

Adapted Aquatics

All Ages	Leisure Centre	\$166.80
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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
Sep 26 - Dec 5	Tues	7:00 PM - 7:45 PM	28429
Oct 1 - Dec 3	Sun	5:30 PM - 6:00 PM	28422



babies and preschoolers



Parent & Tot 1/2

Ages 4-24 months	Leisure Centre	\$143.20

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
Sep 25 - Dec 4	Mon	5:30 PM - 6:00 PM	29350
Sep 27 - Nov 29	Wed	5:30 PM - 6:00 PM	29355
Sep 30 - Dec 2	Sat	11:00 AM - 11:30 AM	29351
		4:30 PM - 5:00 PM	
Oct 1 - Dec 3	Sun	11:00 AM - 11:30 AM	29354

Fall 2023 Stouffville PLAY Book: Swimming

Parent & Tot 2/3

Ages 12-36 months

Leisure Centre \$143.20

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
Sep 26 - Dec 5	Tue	5:30 PM - 6:00 PM	29362
Sep 28 - Nov 30	Thu	5:30 PM - 6:00 PM	29361
Sep 29 - Dec 1	Fri	5:30 PM - 6:00 PM	29356
Sep 30 - Dec 2	Sat	12:00 PM - 12:30 PM	29357
Oct 1 - Dec 3	Sun	12:00 PM - 12:30 PM	29358
		4:30 PM - 5:00 PM	



Ages 3-5

Preschool A

Leisure Centre

\$143.20

Swimming

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
Sep 25 - Dec 4	Mon	5:00 PM - 5:30 PM	29366
		6:00 PM - 6:30 PM	
Sep 26 - Dec 5	Tue	5:00 PM - 5:30 PM	29383
		6:00 PM - 6:30 PM	
Sep 27 - Nov 29	Wed	5:00 PM - 5:30 PM	29386
		6:00 PM - 6:30 PM	
Sep 28 - Nov 30	Thu	5:00 PM - 5:30 PM	29380
		6:00 PM - 6:30 PM	
Sep 29 - Dec 1	Fri	5:00 PM - 5:30 PM	29363
		6:00 PM - 6:30 PM	
Sep 30 - Dec 2	Sat	10:30 AM - 11:00 AM	29370
		11:30 AM - 12:00 PM	
		12:30 PM - 1:00 PM	
		5:00 PM - 5:30 PM	
Oct 1 - Dec 3	Sun	10:30 AM - 11:00 AM	29375
		12:30 PM - 1:00 PM	
		5:00 PM - 5:30 PM	

Know a buddy who might enjoy a workshop or exploring a new activity with you?

Reach out and encourage them to sign up too!

Preschool B

Ages 3-5	Leisure Centre	\$143.20
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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
Sep 25 - Dec 4	Mon	5:00 PM - 5:30 PM	29392
		6:00 PM - 6:30 PM	
Sep 26 - Dec 5	Tue	5:00 PM - 5:30 PM	29407
		6:00 PM - 6:30 PM	
Sep 27 - Nov 29	Wed	5:00 PM - 5:30 PM	29410
		6:00 PM - 6:30 PM	
ep 28 - Nov 30	Thu	5:00 PM - 5:30 PM	29404
		6:00 PM - 6:30 PM	
ep 29 - Dec 1	Fri	5:00 PM - 5:30 PM	29389
		6:00 PM - 6:30 PM	
ep 30 - Dec 2	Sat	10:30 AM - 11:00 AM	29395
		11:30 AM - 12:00 PM	
		12:30 PM - 1:00 PM	
		5:30 PM - 6:00 PM	
		6:00 PM - 6:30 PM	
oct 1 - Dec 3	Sun	10:30 AM - 11:00 AM	29400
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	



Preschool C

Ages 3-5	Leisure Centre	\$143.20

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.

tes	Days	Time	Code
25 - Dec 4	Mon	5:00 PM - 5:30 PM	29416
		6:00 PM - 6:30 PM	
26 - Dec 5	Tue	5:00 PM - 5:30 PM	29434
		6:00 PM - 6:30 PM	
27 - Nov 29	Wed	5:00 PM - 5:30 PM	29437
		6:00 PM - 6:30 PM	
28 - Nov 30	Thu	5:00 PM - 5:30 PM	29431
		6:30 PM - 7:00 PM	
29 - Dec 1	Fri	5:00 PM - 5:30 PM	29413
		6:30 PM - 7:00 PM	
30 - Dec 2	Sat	9:30 AM - 10:00 AM	29419
		12:00 PM - 12:30 PM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
1 - Dec 3	Sun	9:30 AM - 10:00 AM	29425
		11:30 AM - 12:00 PM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	

Preschool D

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
Sep 25 - Dec 4	Mon	5:30 PM - 6:00 PM 29443
		6:30 PM - 7:00 PM
Sep 26 - Dec 5	Tue	5:30 PM - 6:00 PM 29459
		6:30 PM - 7:00 PM
Sep 27 - Nov 29	Wed	5:30 PM - 6:00 PM 29462
		6:30 PM - 7:00 PM
Sep 28 - Nov 30	Thu	5:30 PM - 6:00 PM 29456
		7:00 PM - 7:30 PM
Sep 29 - Dec 1	Fri	5:30 PM - 6:00 PM 29440
		7:00 PM - 7:30 PM
Sep 30 - Dec 2	Sat	10:00 AM - 10:30 AM 29446
		12:30 PM - 1:00 PM
		5:00 PM - 5:30 PM
		6:30 PM - 7:00 PM
Oct 1 - Dec 3	Sun	10:00 AM - 10:30 AM 29451
		12:00 PM - 12:30 PM
		5:00 PM - 5:30 PM
		6:30 PM - 7:00 PM





Preschool E

Ages 3-5	Leisure Centre	\$143.20	

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
Sep 25 - Dec 4	Mon	7:00 PM - 7:30 PM	29466
Sep 26 - Dec 5	Tue	7:30 PM - 8:00 PM	29470
Sep 27 - Nov 29	Wed	7:00 PM - 7:30 PM	29471
Sep 28 - Nov 30	Thu	7:30 PM - 8:00 PM	29469
Sep 29 - Dec 1	Fri	7:30 PM - 8:00 PM	29465
Sep 30 - Dec 2	Sat	11:00 AM - 11:30 AM	29467
Oct 1 - Dec 3	Sun	11:00 AM - 11:30 AM	29468

children and youth



Programs will not run on the following days:

Monday October 9 for Thanksgiving

Tuesday October 31 after 4:00 pm for Halloween (preschool, child & adult programs only)

Swimmer 1

Ages 6-12	Leisure Centre	\$143.20

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
Sep 25 - Dec 4	Mon	5:30 PM - 6:00 PM	29685
		6:30 PM - 7:00 PM	
Sep 26 - Dec 5	Tue	5:30 PM - 6:00 PM	29705
		6:30 PM - 7:00 PM	
Sep 27 - Nov 29	Wed	5:30 PM - 6:00 PM	29708
		6:30 PM - 7:00 PM	
Sep 28 - Nov 30	Thu	5:30 PM - 6:00 PM	29702
		7:00 PM - 7:30 PM	
Sep 29 - Dec 1	Fri	5:30 PM - 6:00 PM	29681
		7:00 PM - 7:30 PM	
		7:30 PM - 8:00 PM	
Sep 30 - Dec 2	Sat	9:30 AM - 10:00 AM	29688
		11:00 AM - 11:30 AN	I
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
Oct 1 - Dec 3	Sun	9:30 AM - 10:00 AM	29695
		11:00 AM - 11:30 AM	I
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	

Swimmer 2

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
Sep 25 - Dec 4	Mon	5:30 PM - 6:00 PM	29716
		7:00 PM - 7:30 PM	
Sep 26 - Dec 5	Tue	6:30 PM - 7:00 PM	29734
		7:00 PM - 7:30 PM	
Sep 27 - Nov 29	Wed	5:30 PM - 6:00 PM	29738
		7:00 PM - 7:30 PM	
Sep 28 - Nov 30	Thu	6:30 PM - 7:00 PM	29731
		7:30 PM - 8:00 PM	
Sep 29 - Dec 1	Fri	6:30 PM - 7:00 PM	29712
		7:30 PM - 8:00 PM	
Sep 30 - Dec 2	Sat	10:00 AM - 10:30 AM	1 29719
		12:00 PM - 12:30 PM	1
		1:00 PM - 1:30 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Oct 1 - Dec 3	Sun	10:00 AM - 10:30 AM	1 29726
		12:00 PM - 12:30 PM	1
		5:00 PM - 5:30 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	

Re





Swimmer 3 Ages 6-12 Leisure Centre \$166.80

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
Sep 25 - Dec 4	Mon	6:00 PM - 6:45 PM	29743
Sep 26 - Dec 5	Tue	5:30 PM - 6:15 PM	29747
Sep 27 - Nov 29	Wed	6:00 PM - 6:45 PM	29748
Sep 28 - Nov 30	Thu	6:15 PM - 7:00 PM	29746
Sep 29 - Dec 1	Fri	6:15 PM - 7:00 PM	29742
Sep 30 - Dec 2	Sat	10:30 AM - 11:15 AM	29744
Oct 1 - Dec 3	Sun	10:30 AM - 11:15 AM	29745

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!





Date Sep 2 Sep 2 Sep 2

Sep 2 Sep 2

Swimmer 3: Small Group

Ages 6-12	Leisure Centre	\$188.50
Ages o 12	Leisure centre	¢100.50

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.

Days	Time	Code
Mon	5:30 PM - 6:00 PM	29637
Tue	6:30 PM - 7:00 PM	29645
Wed	5:30 PM - 6:00 PM	29647
Thu	7:00 PM - 7:30 PM	29644
Fri	7:00 PM - 7:30 PM	29636
Sat	12:00 PM - 12:30 PM	29638
	4:30 PM - 5:00 PM	
Sun	1:00 PM - 1:30 PM	29641
	4:30 PM - 5:00 PM	
	Mon Tue Wed Thu Fri Sat	Mon 5:30 PM - 6:00 PM Tue 6:30 PM - 7:00 PM Wed 5:30 PM - 6:00 PM Thu 7:00 PM - 7:30 PM Fri 7:00 PM - 7:30 PM Sat 12:00 PM - 12:30 PM Sun 1:00 PM - 1:30 PM

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	Days	Time	Code
Sep 25 - Dec 4	Mon	6:45 PM - 7:30 PM	29750
Sep 26 - Dec 5	Tue	6:15 PM - 7:00PM	29754
Sep 27 - Nov 29	Wed	6:45 PM - 7:30 PM	29755
Sep 28 - Nov 30	Thu	5:30 PM - 6:15 PM	29753
Sep 29 - Dec 1	Fri	5:30 PM - 6:15 PM	29749
Sep 30 - Dec 2	Sat	11:15 AM - 12:00 PM	29751
Oct 1 - Dec 3	Sun	11:15 AM - 12:00 PM	29752



\$166.80



Swimmer 4: Small Group

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
Sep 25 - Dec 4	Mon	6:00 PM - 6:30 PM	29649
Sep 26 - Dec 5	Tue	5:30 PM - 6:00 PM	29657
Sep 27 - Nov 29	Wed	6:00 PM - 6:30 PM	29658
Sep 28 - Nov 30	Thu	7:30 PM - 8:00 PM	29656
Sep 29 - Dec 1	Fri	7:30 PM - 8:00 PM	29648
Sep 30 - Dec 2	Sat	12:30 PM - 1:00 PM	29650
		5:00 PM - 5:30 PM	
Oct 1 - Dec 3	Sun	12:30 PM - 1:00 PM	29653
		5:00 PM - 5:30 PM	

Swimmer 5

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
Sep 25 - Dec 4	Mon	6:15 PM - 7:00 PM	29757
Sep 26 - Dec 5	Tue	6:15 PM - 7:00 PM	29761
Sep 27 - Nov 29	Wed	6:15 PM - 7:00 PM	29762
Sep 28 - Nov 30	Thu	5:30 PM - 6:15 PM	29760
Sep 29 - Dec 1	Fri	6:00 PM - 6:45 PM	29756
Sep 30 - Dec 2	Sat	10:15 AM - 11:00 AM	29758
Oct 1 - Dec 3	Sun	10:15 AM - 11:00 AM	29759





Swimmer 5: Small Group

Ages 6-12	Leisure Centre	\$188.50

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
Sep 25 - Dec 4	Mon	7:00 PM - 7:30 PM	29660
Sep 26 - Dec 5	Tue	7:00 PM - 7:30 PM	29668
Sep 27 - Nov 29	Wed	7:00 PM - 7:30 PM	29669
Sep 28 - Nov 30	Thu	7:30 PM - 8:00 PM	29667
Sep 29 - Dec 1	Fri	5:00 PM - 5:30 PM	29659
Sep 30 - Dec 2	Sat	11:30 AM - 12:00 PM	29661
		5:30 PM - 6:00 PM	
Oct 1 - Dec 3	Sun	11:30 AM - 12:00 PM	29664
		5:30 PM - 6:00 PM	

Swimmer 6

Ages 6-12

Leisure Centre

Swimming

\$166.80

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
Sep 25 - Dec 4	Mon	5:30 PM - 6:15 PM	29764
Sep 26 - Dec 5	Tue	5:30 PM - 6:15 PM	29768
Sep 27 - Nov 29	Wed	5:30 PM - 6:15 PM	29769
Sep 28 - Nov 30	Thu	6:15 PM - 7:00 PM	29767
Sep 29 - Dec 1	Fri	6:45 PM - 7:30 PM	29763
Sep 30 - Dec 2	Sat	9:30 AM - 10:15 AM	29765
Oct 1 - Dec 3	Sun	9:30 AM - 10:15 AM	29766



Swimmer 6: Small Group

Ages 6-12	Leisure Centre	\$188.50
Ages 0 12	Ecisare certifie	\$100.50

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
Sep 25 - Dec 4	Mon	6:30 PM - 7:00 PM	29671
Sep 26 - Dec 5	Tue	7:30 PM - 8:00 PM	29679
Sep 27 - Nov 29	Wed	6:30 PM - 7:00 PM	29680
Sep 28 - Nov 30	Thu	7:00 PM - 7:30 PM	29678
Sep 29 - Dec 1	Fri	6:00 PM - 6:30 PM	29670
Sep 30 - Dec 2	Sat	10:30 AM - 11:00 AM	29672
		6:00 PM - 6:30 PM	
Oct 1 - Dec 3	Sun	10:30 AM - 11:00 AM	29675
		6:00 PM - 6:30 PM	





Swimmer 7 & 8: **Rookie & Ranger Patrol**

Ages 6-12	Leisure Centre	\$166.80

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
Sep 25 - Dec 4	Mon	5:00 PM - 5:45 PM	29771
Sep 26 - Dec 5	Tue	7:45 PM - 8:30 PM	29775
Sep 27 - Nov 29	Wed	5:00 PM - 5:45 PM	29776
Sep 28 - Nov 30	Thu	7:15 PM - 8:00 PM	29774
Sep 29 - Dec 1	Fri	7:15 PM - 8:00 PM	29770
Sep 30 - Dec 2	Sat	11:00 AM - 11:45 AM	29772
Oct 1 - Dec 3	Sun	11:45 AM - 12:30 PM	29773

Swimmer 9 & Bronze Star

Ages 6-12	Leisure Centre

\$166.80

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
Sep 25 - Dec 4	Mon	5:45 PM - 6:30 PM	29778
Sep 26 - Dec 5	Tue	7:00 PM - 7:45 PM	29782
Sep 27 - Nov 29	Wed	5:45 PM - 6:30 PM	29783
Sep 28 - Nov 30	Thu	6:30 PM - 7:15 PM	29781
Sep 29 - Dec 1	Fri	6:30 PM - 7:15 PM	29777
Sep 30 - Dec 2	Sat	11:45 AM - 12:30 PM	29779
Oct 1 - Dec 3	Sun	11:00 AM - 11:45 AM	29780



Private Swim Lessons

Age Leis

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

Sep 25

Sep 26

Sep 27

Sep 28

Sep 29

Sep 30 Oct 1

NEW

Junior Lifeguard: Intro

Ages

Intro to 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.



s 6-12	Private: \$308.40
ure Centre	Semi Private: \$213.00

25	Days	Time	Code
5 - Dec 4	Mon	5:00 PM - 8:00 PM	29498
6 - Dec 5	Tue	5:30 PM - 8:30 PM	29597
7 - Nov 29	Wed	5:00 PM - 8:00 PM	29623
8 - Nov 30	Thu	5:30 PM - 8:30 PM	29566
9 - Dec 1	Fri	5:00 PM - 7:30 PM	29472
0 - Dec 2	Sat	9:30 AM - 6:30 PM	29513
- Dec 3	Sun	9:30 AM - 6:30 PM	29541

9-12	Leisure Centre	\$185

Dates	Days	Time	Code
Sep 26 - Dec 5	Tue	8:00 PM - 9:00 PM	29349
Sep 28 - Nov 30	Thu	8:00 PM - 9:00 PM	29784

teen and adult



Adult/Teen 1

Ages 13+	Leisure Centre	\$143

.20

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
Sep 25 - Dec 4	Mon	7:00 PM - 7:30 PM	29343
Sep 27 - Nov 29	Wed	7:00 PM - 7:30 PM	29345
Sep 30 - Dec 2	Sat	6:30 PM - 7:00 PM	29344

Adult/Teen 2

Ages 13+	Leisure Centre	\$143.20
0		

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
Sep 26 - Dec 5	Tue	8:30 PM - 9:00 PM	29348
Sep 28 - Nov 30	Thu	8:00 PM - 8:30 PM	29347
Oct 1 - Dec 3	Sun	12:30 PM - 1:00 PM	29346





Tuesday October 31 after 4:00 pm for Halloween (preschool, child & adult programs only)

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
- Playing games and singing songs
- Organizing equipment

Visit townofws.ca/volunteer for more information.

• Tidy the pool deck • Report safety issues Assist with participant supervision

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 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	\$225

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
Sep 25 - Dec 4	Mon	5:00 PM – 7:30 PM	28926
Oct 1 - Dec 3	Sun	11:00 AM - 1:30 PM	28927

Bro Ages

Date

Sep 2

Sep 3

Ages

Dates



nze Cross		
13+	Leisure Centre	\$185

Swimming

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.

es	Day	Time	Code
27 - Nov 29	Wed	5:00 PM - 7:30 PM	28928
80 - Dec 2	Sat	11:00 AM - 1:30 PM	28929

Standard First Aid & CPR C

s 12+	Leisure Centre	\$165

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
Sep 23 - 24	Sat & Sun	9:30 AM - 6:00 PM	28930
Dec 2 - 3	Sat & Sun	9:30 AM – 6:00 PM	28931

Standard First Aid & CPR C Recertification

Ages 12+	Leisure Centre	\$90
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Reviews a candidate's existing Standard First Aid & CPR skills. Successful completion renews the award for 3 years.

Date	Day	Time	Code
Dec 16	Sat	9:30 AM – 6:00 PM	28932
Sep 17	Sun	9:30 AM – 6:00 PM	28933



Assistant Instructor

Ages 14+	Leisure Centre	\$130

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
Dec 3 & 10	Sun	9:30 AM - 7:00 PM	28934

Instructors: Swim, Lifesaving & Emergency First Aid

Ages 15+	Leisure Centre	\$300
Ages 15+	Leisure Centre	\$300

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
Dec 8 & 15	Fri	5:00 PM - 8:00 PM	28936
Dec 9 & 16	Sat	9:30 AM - 7:00 PM	
Dec 10 & 17	Sun	9:30 AM - 7:00 PM	

National Lifeguard

Ages 15+	Leisure Centre	\$250
Ages 15+	Leisure Centre	\$ 2 50

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	Day	Time	Code
Dec 27 - 29	Wed - Fri	10:00 AM - 9:00 PM	28938
Dec 30	Sat	9:30 AM - 7:00 PM	



National Lifeguard Recertification

Ages 15+		Leisure Centre	\$90
0		o need to requal ion for 2 years up	ify to be a lifeguard, oon completion.
Data	Dav	Time	Cada

Date	Day	Time	Code
Dec 28	Thu	9:00 AM - 3:00 PM	28937

Aquatic Supervisor Training

Ages 16+	L	eisure Centre	\$90
For deck-leve	l superviso	ry staff, this 10-hour c	course
provides the	knowledge	and skills beyond Nat	tional
Lifeguard cer	tification to	o manage a safe enviro	onment.
Dates	Day	Time	Code
Dec 8	Fri	5:00 PM - 9:00 PM	28939



Ages

Date

Dec 1

SEE (Supervision Evaluation and Enhancement) Auditor

Ages

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 Dec 1



Examiners

s 16+	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 instructorevaluated 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.

es	Day	Time	Code
17	Sun	12:00 PM - 7:00 PM	28941

5 16+	Leisure Centre	\$60

e	Day	Time	Code
15	Fri	5:00 PM - 9:00 PM	28940



parks & parkettes

Amenities



Neighbourhood Parks

Wheler's Mill Park Hoover Park Dr & Mostar Dr

Lehman's Pond Willow Way St (East of Millard St)

Madori Park Millard St & Winlane Dr Sunnyridge Park Sunnyridge Ave & Hoover Park Dr

Felcher Park Felcher Blvd & Iroquois Dr

Greenwood Park Greenwood Rd

Gar Lehman Park

Reeves Way & Joseph Todd

& Alderwood St

Byer's Pond Park Byer's Pond Way South of Hoover Park Dr)

Our Neighbourhood Parks & Parkettes also have a wide variety of amenities! Visit townofws.ca/parks for more details.

Community Parks

Millard St (East of Ninth Line)

Burkholder St & Park Dr

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<u>A</u>

Memorial Park & Wayne

Emmerson Skatepark

Rupert Park Rupert Ave & West Lawn Cres P Stouffville Reservoir

Stouffville Arena & Connell–Franklin Track Ninth Line (North of Main St)

P

Coultice Park Mussleman's Lake East side of Ninth Line

P (kes) 711

Vandorf Park Vandorf Sideroad & Woodbine Ave

P 69 03

Parkettes

Summerfield Summerfield Ave

Aspen Crescent Aspen Cres

Waite Crescent Waite Cres

Dougherty Dougherty Rd

Bramble Crescent Bramble Cres

Bayberry West of Stouffville Reservoir

Greenforest Reeves Way & Joseph Todd

Shane Court Shane Ct

Boadway Boadway Dr

Stouffer Street (accessible) Stouffer St & Hawthorne St

Baker Hill Baker Hill Ave & Millard St

80



Katherine Cres

Loretta

Fairlee

Fairlee Circle

Reeves Way

Miltrose

Miltrose Crt (South of Sunset Blvd & East of Ninth Line)

Lemonville McCowan Rd (South of Bloomington Rd)

Summitview Thicketwood Blvd & Stuart Dr

Savoia Grayfield Dr

Reeves Way

Dannor Sandiford Dr & Dannor Ave

Tresstown Sunnyridge Ave & Filbert Ct

19 on the park

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



Box Office Hours

Saturday

12:00 PM - 4:00 PM

Looking to purchase tickets?

See what we currently have available at tows.ticketpro.ca or call (888) 655-9090 to purchase tickets today!

For rental or other Inquiries: Please email us at 19onthepark@townofws.ca

Theatre Events

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

David Myles

Thursday, October 12 7:30 pm

Award-winning and critically acclaimed Canadian singersongwriter David Myles.

Halloween Kids' Movie

Saturday, October 28 3:00pm – 5:00pm

A spooky afternoon with a Halloween film and delicious treats, right in Stouffville's local theatre. No registration required.

Yuk Yuk's on Tour!

Friday, November 10 & February 16 8:00 pm

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

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.



Bluesy Christmas

Friday, December 1 7:30 p.m.

An evening where longtime friends get together and sing some of their (and your) favourite Christmas songs, with a Blues & Roots tinge.

ABBA Revisited

Friday, March 22 7:30 p.m.

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 7:30 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

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



Stouffville Celebrates

Events run by the Town offer residents a wide range of family-friendly programming from historical and heritage 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!





Visit townofws.ca/events for full event details as they become available and find out how to sponsor or volunteer!



Halloween in the Village October 28

Dress up for Halloween and make your way though Stouffville Main Street for entertainment, trick or treating, and local vendors.

11:00am - 3:00pm Main Street



Light up the Village November 23

Join your Mayor and Council on Main Street Stouffville in front of the Clock Tower for the Annual Tree Lighting Ceremony, featuring local vendors and holiday activations.

Civic Square, Main Street, 19 on the Park 5:00pm - 9:00pm



Stouffville Holiday Market November 24-25

Experience live entertainment, visits with Santa, light displays, artisanal and handmade goods, roaming holiday characters, horse drawn carriage rides and more! Stouffville's award-winning winter wonderland also features Latcham Art Centre's Beyond Craft fair, with extended hours November 23-26.

Friday 5:00pm - 9:00pm, Saturday 12:00pm - 9:00pm Memorial Park, 19 on the Park, Civic Square



Santa Claus Parade December 2

Santa is coming to Whitchurch-Stouffville! Celebrate the season with your community as a parade of lights, entertainment, and characters, makes its way down Main Street.

Main Street Starting at 6:00pm from Ninth Line



New Years Eve December 31

Bring the whole family to Memorial Park for entertainment, food and the most spectacular fireworks display of the year.

Memorial Park 6:00pm - 7:00pm, Fireworks at 7:00pm

Stouffville



Register for programs by scanning, or at 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.

Whitchurch-Stouffville Leisure Centre

2 Park DrSeisure.services@townofws.caStouffville, ONImage: Services@townofws.caL4A 4K1Image: Services@townofws905-642-PLAY (7529)Image: Services@townofwstownofws.caImage: Services@townofws

Fall Hours

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

Registration for residents opens August 22, 2023. See page 4 for details.

