

recreation
day camps
older adults
fitness
swimming
museum
19 on the park
parks
stouffville events

look play

Winter 2025



Winter is here, and so are new programs for all ages and interests, right here in Stouffville!

Whether you're looking to stay active, get creative, or learn something new, there's something for everyone this season.

mayor's message

On behalf of Council, I'm excited to introduce the Winter 2024 edition of the Play Book! Inside, you'll find an exciting mix of programs and activities for all ages and interests. Whether you're looking to stay active, make new connections, or simply have fun, there's something here for everyone.

A big shout-out to our Community Services Commission for putting together this season's incredible line-up. And don't forget – the Holiday Market is back on November 29 & 30! It's a free, festive event that's always a hit with families, so be sure to stop by.

I hope to see you out and about this winter!

Be well, **Iain Lovatt, Mayor**



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Winter 2025 Registration

Residents:
Tuesday, November 26 at 12:00 noon

Flip to page 3 for more information.
Most programs begin January 6, 2025



Ready to start your wellness journey?



Drop-in Schedules are subject to change.
Cancellations may occur for special events and holidays; cancellations can be found at townofws.ca/dropin or by scanning the QR code provided. Contact the Leisure Centre at 905-642-PLAY (7529) for more information.



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.
- **Everyone needs a login for access to register.** Create a login by completing the Online 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 November 26. Once you apply, we will have your account ready for you within 48 hours.

Winter 2025 Registration dates

Residents:

Tuesday, November 26, 2024
at 12:00 noon

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

Non-residents:

Tuesday, December 3, 2024
at 12 noon

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

**Most programs begin
January 6, 2025**

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 inquiries or call the facility number listed to the right.

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

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

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

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



 Learn more about how you can get involved at townofws.ca/volunteer or townofws.ca/careers

Leisure Centre

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

Hours of Operation

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

leisure.services@townofws.ca

Drop-In Programs

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



Skating

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



Swimming

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



Gymnasium

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



Group Fitness

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



Stouffville 55+ Club

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



Drop in to sports, games, and activities!

View all drop-in schedules at townofws.ca/dropin

adapted

Flavour Fusion: Cooking in the Chef's Corner

Ages 18+ Ballantrae CC **\$170**

Get cooking in this adapted program where participants will prepare a delicious meal 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
Jan 9 - Mar 6	Thu	5:00 PM- 7:00 PM	34848

Skating: Adapted

Ages 5-12 Stouffville Clippers Sports Complex **\$88**

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

Dates	Day	Time	Code
Jan 6 - Mar 3	Mon	4:00 PM - 4:45 PM	34853



Social Club

Ages 18+ Stouffville Arena **\$170**

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
Jan 8 - Mar 5	Wed	1:00 PM - 3:00 PM	34854

Note

Please come prepared for your Skating Lessons

Participants must have their own skates. Children should be able to work independently (free from parents) in a group setting.

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

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

preschool

: Caregiver Attendance Required
 : Drop-off Program
Participants must be potty-trained.

ABC's & 123's

Ages 3-5 Stouffville Arena **\$90**

Get a jump start on literacy and numeracy. Learn, practice and play with letters, numbers, colours and much more! Preschoolers will play games, sing songs, make crafts, write and draw their way to a love of learning.

Dates	Day	Time	Code
Jan 7 - Mar 4	Tue	9:30 AM - 10:30 AM	32204

Cooking Up Fun

Ages 3-5 Latcham Hall **\$135**

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, participants will also participate in games and activities that reinforce the skills learned in the kitchen. *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	Day	Time	Code
Jan 9 - Mar 6	Thu	6:00 PM - 6:45 PM	32218
Jan 11 - Mar 8	Sat	10:30 AM - 11:15 AM	32219
		11:30 AM - 12:15 PM	32217

Note

Drop into fun!

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

Get Ready for School

Ages 3-5 Stouffville Arena **\$145**

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. To foster independence and prepare them for school, this program is a drop off program.

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	9:30 AM - 11:30 AM	32225
Jan 9 - Mar 6	Thu	9:30 AM - 11:30 AM	32226

NEW

Gymnastics: Parent & Me

Ages 2-4 Leisure Centre **\$147**

This program introduces children to basic body movement and guides them through circuits and obstacle courses using real gymnastics equipment! All coaches are fully trained by the National Coaching Certification Program. This program is run in partnership with the Pulsars Gymnastics Club.

Dates	Day	Time	Code
Jan 12 - Mar 9	Sun	8:45 AM - 9:15 AM	34866
		9:15 AM - 9:45 AM	34867



Gymnastics: Tiny Tumblers

Ages 4-6Leisure Centre\$147

This independent program is designed to develop basic gymnastic skills in a safe and fun environment. Participants will be guided through circuits and obstacle courses using real gymnastics equipment. All coaches are fully trained by the National Coaching Certification Program. This program is run in partnership with the Pulsars Gymnastics Club.

Dates	Day	Time	Code
Jan 12 - Mar 9	Sun	9:50 AM - 10:20 AM	34865
		10:20 AM - 10:50 AM	35067



Junior Scientists

Ages 3-5Stouffville Arena\$125

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 interactive program is made for them – each week, children learn a fun new science concept through games, crafts, and experiments.

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	6:00 PM - 6:45 PM	32235

NEW Little Learners

Ages 6 months - 6 yearsStouffville Arena\$120

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 for your child that promote learning and encourage independence. With a focus on the development of gross and fine motor skills, this program provides an enriching environment for growth and development that is led by experienced staff and safely supervised by parents and guardians. Caregiver participation is required. Infants under 6 months do not need to register.

Dates	Day	Time	Code
Jan 6 - Mar 3	Mon	9:30 AM - 11:30 AM	32290

Mini Masterpieces

Ages 2-4Leisure Centre\$115

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

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	6:00 PM - 6:45 PM	32241



Playball: 2’s Can Play Too

Age 2Stouffville Arena\$162

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.

Dates	Day	Time	Code
Jan 11 - Mar 8	Sat	8:50 AM - 9:20 AM	32244
		9:30 AM - 10:00 AM	32243

Playball for 3’s

Age 3Stouffville Arena\$162

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

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	6:00 PM - 6:45 PM	32246

Dates	Day	Time	Code
Jan 11 - Mar 8	Sat	10:10 AM - 10:55 AM	32245

Playball for 4’s and 5’s

Ages 4-5Various Locations\$162

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. This program is offered in partnership with Playball.

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	6:55 PM - 7:55 PM	32248

Dates	Day	Time	Code
Jan 11 - Mar 8	Sat	11:05 AM - 12:05 PM	32247





Powerplay Hockey

Ages 3-6 **Stouffville Clippers Sports Complex** **\$110**

This entry level program offers participants the opportunity to experience the sport of hockey in a fun, safe, and engaging environment. Participants will be introduced to a variety of basic hockey skills and techniques through activities that focus on the fundamentals of hockey. **PREREQUISITE:** Participants must have previously participated in 1-2 sessions of learn to skate lessons. Children **MUST** wear: a CSA approved hockey helmet with a face mask, shin and elbow pads, gloves, a neck guard, hockey skates, and have a hockey stick. Failure to arrive with proper safety equipment will result in non-participation.

Dates	Day	Time	Code
Jan 7 - Mar 4	Tue	8:45 AM - 9:30 AM	34868

NEW

Rainbow Rockers

Ages 2-3 **Leisure Centre** **\$120**

Children will jump, dance, spin and move to new songs and fun favourites in English and French. They will play ukuleles, guitars, keyboards, percussion and hand drums. Lots of participation, singings and rhythmic patterns to engage your child, helping to develop cognitive functions, creativity, fine and gross motor skills, social skills and speech. This program is run in partnership with Shari Tallon.

Dates	Day	Time	Code
Jan 11 - Mar 8	Sat	9:30 AM - 10:00 AM	35070

NEW

Saturday Safari

Ages 3-5 **Latcham Hall** **\$105**

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

Dates	Day	Time	Code
Jan 11 - Mar 8	Sat	9:00 AM - 10:00 AM	32220



Shake Your Sillies Out

Ages 2-4 **Leisure Centre** **\$95**

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.

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	10:00 AM - 10:45 AM	32251

Note

Programs will not run on Monday, February 17 for the Family Day Holiday

Calendar icon

Skating Lessons: All Ages (Holiday Break)

Ages 3+ **Stouffville Arena** **\$48**

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

Dates	Day	Time	Code
Dec 30 - Jan 3	M, T, TH, F	12:00 PM-12:45 PM	32255

Note

Please come prepared for your Skating Lessons

Participants must have their own skates. Children should be able to work independently (free from parents) in a group setting.

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

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



Skating Lessons: Preschool

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

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

Dates	Day	Time	Code
Jan 7 - Mar 4	Tue	8:45 AM - 9:15 AM	32257
Jan 7 - Mar 4	Tue	9:15 AM - 9:45 AM	32258
Jan 8 - Mar 5	Wed	9:00 AM - 9:30 AM	32260
Jan 8 - Mar 5	Wed	9:30 AM - 10:00 AM	32259

Holiday Break **Stouffville Arena** **\$48**

Dates	Day	Time	Code
Dec 30 - Jan 3	M, T, Th, F	9:00 AM - 9:30 AM	32261

NEW

Sound Explorers

Ages 4-5 **Leisure Centre** **\$120**

Children will play a variety of instruments including guitars, ukuleles, keyboard, percussion and hand drums, while jamming along with original songs in French and English. They will explore tempos, dynamics and learn rhythmic patterns. Open ended songs inspire participation and help your child develop socially, cognitively, creatively, physically and emotionally. This program is in partnership with Shari Tallon.

Dates	Day	Time	Code
Jan 11 - Mar 8	Sat	10:00 AM - 10:30 AM	35071

Sportball: Multi-sport

Ages 3-5

Stouffville Arena

\$195

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 send them home with a new skill each week. If you're looking for a way to give your child a well-rounded sports foundation that promotes their independence and leaves room for specialization later, look no further. This program is offered in partnership with Sportball. Cost includes a ball only (one-time purchase).

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	5:30 PM - 6:30 PM	32267
Jan 12 - Mar 9*	Sun	9:45 AM - 10:45 AM	32263
Jan 12 - Mar 9*	Sun	11:45 AM - 12:45 PM	32264

* shorter session | \$172

Sportball: Parent & Child

Ages 2-3

Stouffville Arena

\$195

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

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	4:45 PM - 5:30 PM	32269
Jan 12 - Mar 9*	Sun	9:00 AM - 9:45 AM	32268

* shorter session | \$172



STEAM Creators: Design & Build Mini

Ages 4-6

Leisure Centre

\$150

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

Dates	Day	Time	Code
Jan 6 - Mar 3	Mon	5:30 PM - 6:15 PM	32294



Taekwon-Do: Little Dragons

Ages 4-6

Harry Bowes PS

\$265

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 during the first two weeks of class. The cost of the uniform is \$77. Testing fees for level completion are an additional charge.

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	6:00 PM - 6:45 PM	32278

Tiny Dancers

Various Locations

\$112

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

Ages 3-4

Stouffville Arena

Dates	Day	Time	Code
Jan 6 - Mar 3*	Mon	5:30 PM - 6:15 PM	32285

Ages 3-4

Leisure Centre

Dates	Day	Time	Code
Jan 9 - Mar 6	Thu	5:30 PM - 6:15 PM	32286

Ages 5-6

Stouffville Arena

Dates	Day	Time	Code
Jan 6 - Mar 3*	Mon	6:15 PM - 7:00 PM	32287

Ages 5-6

Leisure Centre

Dates	Day	Time	Code
Jan 9 - Mar 6	Thu	6:15 PM - 7:00 PM	32288

* shorter session | \$100



NEW

Toddler Tunes

Ages 6-24 months

Leisure Centre

\$120

Little ones move to music and play along with egg shakers, tambourines, hand drums, ukuleles, guitars and keyboards. Lots of easy action songs, favourites and originals will stimulate both sides of your child's brain and help them develop cognitively, socially, physically and creatively and assist with language development. This program is run in partnership with Shari Tallon.

Dates	Day	Time	Code
Jan 11 - Mar 8	Sat	9:00 AM - 9:30 AM	35069



Badminton: Instructional

Leisure Centre \$110

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

Ages 6-8

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	6:00 PM - 7:00 PM	32207

Ages 9-11

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	7:00 PM - 8:00 PM	32206

Note

Drop into fun!

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

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
Jan 7 - Mar 4	Tue	5:30 PM - 6:30 PM	32210
		6:30 PM - 7:30 PM	32208

Ages 7-10

Dates	Day	Time	Code
Jan 7 - Mar 4	Tue	7:30 PM - 8:30 PM	32209
Jan 9 - Mar 6	Thu	5:30 PM - 6:30 PM	32211



Basketball: Level 2

Leisure Centre \$110

This 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.

Dates	Day	Time	Code
Jan 12 - Mar 9	Sun	11:00 AM - 12:00 PM	32213

Bollywood for Kids

Ages 6-12 19 on the Park \$105

Participants will have fun and make friends as they learn fundamentals of Bollywood dancing from a skilled instructor! This class is for children of all skill levels.

Dates	Day	Time	Code
Jan 14 - Mar 4	Tues	5:30 PM - 6:30 PM	34900

Cookies and Cakes

Ages 7-10 Latcham Hall \$80

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

Dates	Day	Time	Code
Jan 8 - Feb 5	Wed	6:45 PM - 8:15 PM	32216

Curtain Call Kids

Ages 7-11 19 on the Park \$108

Calling all future stars! Whether this is your first time at Curtain Call or you're back for another round, this class is for kids aged 7-11 who love the dramatic arts! Kids will learn the basics from running lines to set production and putting on a performance of their very own at the end for family to enjoy. No class on February 16.

Dates	Day	Time	Code
Jan 19 - Mar 30	Sun	11:00 AM - 12:30 AM	34898



Dance: Hip Hop

Ages 6-9 Stouffville Arena \$95

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

Dates	Day	Time	Code
Jan 6 - Mar 3	Mon	7:00 PM - 8:00 PM	32228



DIY: Arts & Crafts

Ages 6-9 Leisure Centre \$120

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

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	7:00 PM - 8:00 PM	32221

DIY: Jewelry Making

Ages 9-11 Stouffville Arena \$120

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

Dates	Day	Time	Code
Jan 7 - Feb 25	Tue	6:00 PM - 7:00 PM	32222



Dodgeball

Wendat Village Public School \$110

Dodge, dip, and dive and learn the inner workings of the schoolyard 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 in a safe and positive environment.

Ages 6-8

Dates	Day	Time	Code
Jan 6 - Mar 3	Mon	6:00 PM - 7:00 PM	32223

Ages 9-11

Dates	Day	Time	Code
Jan 6 - Mar 3	Mon	7:00 PM - 8:00 PM	32224

Intro to Soccer

Ages 6-8 Leisure Centre \$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
Jan 12 - Mar 9	Sun	12:15 PM - 1:15 PM	32233

NEW

Intro to Rugby

Ages 8-10 Leisure Centre \$80

This program offers a fun and dynamic way to build teamwork and fitness while learning a new sport. Partnering with The Markham Irish Rugby Club, the sessions are designed to engage kids with exciting, fast-paced action that keeps them actively involved. By participating, they gain new skills and experience the thrill of a sport that combines strategy, athleticism, respect and teamwork. Indoor running shoes and active wear are required.

Dates	Day	Time	Code
Jan 11 - Mar 1	Sat	10:30 AM - 11:30 AM	35068



Note

Drop into fun!

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



Jazz Dance

Ages 6-9 Leisure Centre \$110

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 for families and guests at the end of the session. Participants require running shoes or dance slippers.

Dates	Day	Time	Code
Jan 9 - Mar 6	Thu	7:00 PM - 8:00 PM	32234

Junior Scientists

Ages 6-8 Stouffville Arena \$120

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

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	7:00 PM - 8:00 PM	32236

Kids' Kitchen!

Ages 7-10 Latcham Hall \$120

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
Jan 9 - Mar 6	Thu	7:15 PM - 8:15 PM	32238

NEW

Musical Marvels

Ages 6-9 Leisure Centre \$200

Children will have fun playing a variety of keyboards, ukuleles, guitars, hand drums and percussion. They will learn to read music, charts, improvise, explore rhythmic patterns and compose original works. They will learn how to play in groups and individually. The session culminates in a concert for family and friends. This program is in partnership with Shari Tallon. The cost of this course includes a music book.

Dates	Day	Time	Code
Jan 11 - Mar 8	Sat	10:30 AM - 11:15 AM	35072



Note

Programs will not run on Monday, February 17 for the Family Day Holiday



Ringette: Learn to Play

Ages 5-10 Stouffville Clippers Sports Complex \$108

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
Jan 11 - Mar 8	Sat	8:00 AM - 9:00 AM	32239

Skating Lessons: All Ages (Holiday Break)

Ages 3+ Stouffville Arena \$48

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

Dates	Day	Time	Code
Dec 30 - Jan 3	M, T, TH, F	12:00 PM-12:45 PM	32255



Skating Lessons: Child

Ages 6-12 Stouffville Clippers Sports Complex \$110

Skater 1:
For individuals who have never skated before or for skaters who may have been on the ice only a few times. Skaters in this level will work on being able to stand independently on the ice and move without assistance.

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	4:15 PM - 5:05 PM	32253

Skater 2:
For skaters who can stand and move independently on the ice and are able to fall and get up on their own. Skaters will work on skating forward, backwards and stopping.

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	4:15 PM - 5:05 PM	32254

Skater 3:
For individuals who are comfortable skating forwards, backwards and stopping on the ice without assistance. Participants will work on more advanced skating skills.

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	4:15 PM - 5:05 PM	35066

Note

Please come prepared for your Skating Lessons

Participants must have their own skates. Children should be able to work independently (free from parents) in a group setting.

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

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

Sportball: Multi-sport

Ages 5-8 Stouffville Arena \$198

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 rooms for specialization later, look no further. This program is offered in partnership with Sportball.

Dates	Day	Time	Code
Jan 8 - Mar 5	Wed	6:30 PM - 7:30 PM	32266
Jan 12 - Mar 9	Sun	10:45 AM - 11:45 AM	32265



Taekwon-Do

Ages 7-12 Harry Bowes Public School \$265

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 \$87. Testing fees for level completion are an additional charge.

White Belt

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32279

Yellow Stripe

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32283

Yellow Belt

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32281

Green Stripe

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32276

Green Belt

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32274

Blue Stripe

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32272

Blue Belt

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32270

Red Stripe

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	34863

STOUFFVILLE DAY CAMPS

PA Day Camps

PA Day: Ooey Gooley Science Camp

Ages 4-12 Leisure Centre **\$80**

It's time to get messy with science! Campers will also participate in science-themed games, crafts and other co-operative activities. An ooey gooey time will be had by all!

Dates	Day	Time	Code
Jan 31	Fri	8:00 AM - 5:00 PM	32242



Note **Extended Camp Hours**
For your convenience some camp hours have been extended outside of regular camp hours to include early drop-off and late pick-up.



NEW

PA Day Workshop: Into the Enchanted Theatre

Ages 6-12 19 on the Park **\$80**

This PA Day workshop promises to be a day full of magic, creativity, and learning opportunities! Participants will use their imaginations to create their own original fairy tale character and use them throughout the day. Participants will create stories, improvise magical scenes and immerse themselves in a mystical world of their own making.

Dates	Day	Time	Code
Jan 17	Fri	9:00 AM - 4:00 PM	34906

PA Day: The Magic of Maple

Ages 6-12 Whitchurch-Stouffville Museum **\$80**

Calling all maple lovers! Explore the magic of maple. From baking sweet treats to touring the log cabin, campers will embark on a sweet journey focusing on a Canadian favourite – maple syrup!

Dates	Day	Time	Code
Jan 31	Fri	8:30 AM - 4:30 PM	34918

March Break Camps

March Break: Mini Campers

Ages 4-5 Latcham Hall **\$295**

Mini Camp provides a great introduction to camp for our younger friends. Campers will engage in lots of fun activities including arts, crafts, games, dance, and more in a safe and encouraging environment.

Dates	Day	Time	Code
Mar 10 - Mar 14	Mon - Fri	8:00 AM - 5:00 PM	34850



March Break: Sports Camp

Ages 6-12 Leisure Centre **\$295**

This camp offers an action-packed week of sports and physical activity. Soccer, basketball, pickleball, adapted sport and much more! Campers will participate in activities with their camp teams, arranged by age, and geared to their skill level and abilities.

Dates	Day	Time	Code
Mar 10 - Mar 14	Mon - Fri	8:00 AM - 5:00 PM	34851

March Break Camp: Game On!

Ages 6-12 Whitchurch-Stouffville Museum **\$295**

Join us for a week full of fun and games! Enjoy board games, card games, scavenger hunts, and I Spy. Are you ready for the challenge? Additional activities include Museum tours, themed-crafts, and outdoor time.

Dates	Day	Time	Code
Mar 10 - Mar 14	Mon - Fri	8:30 AM - 4:30 PM	34919

Behind the Curtain: Discover Drama and STEAM

Ages 6-12 19 on the Park **\$350**

Unleash your creativity at Behind the Curtain: Discover Drama and STEAM with Whitchurch-Stouffville Public Library and 19 on the Park. This year, we will welcome The Travelling Stage, who will lead campers through a creative writing workshop one afternoon. Campers will participate in a variety of art and STEAM activities that will culminate in a final performance for friends and family at the Theatre on Friday, March 14, 2025.

Dates	Day	Time	Code
Mar 10 - Mar 14	Mon - Fri	8:30 AM - 4:30 PM	34907



Basketball: Get in the Game

Ages 11-17 Leisure Centre **\$126**

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
Jan 9 - Mar 6	Thu	6:30 PM – 7:30 PM	34845



Basketball: Skill Development Clinic

Ages 11-17 Leisure Centre **\$126**

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
Jan. 9 - Mar 6	Thu	7:30 PM – 8:30 PM	34847

Curtain Call Youth

Ages 12-17 19 on the Park **\$108**

Calling all future stars! Whether this is your first time at Curtain Call or you're back for another round, this class is for youth aged 12-17 who love the dramatic arts! Participants will learn the basics from running lines to set production and putting on a performance of their very own at the end for family to enjoy. No class on February 16.

Dates	Day	Time	Code
Jan 19 - Mar 30	Sun	1:00 PM - 2:30 PM	34899

Learn, Cook & Dine!

Ages 11-17 Latcham Hall **\$125**

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
Jan 7 - Feb 4	Tue	6:00 PM – 8:00 PM	34849

Masterchef Junior

Ages 11-17 Latcham Hall **\$125**

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

Dates	Day	Time	Code
Feb 18 - Mar 25	Tue	6:00 PM – 8:00 PM	34852

Note

Drop into fun!

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



NEW

Pickleball Basics: Youth

Ages 11-17 Leisure Centre **\$80**

This program is designed to introduce young players to the exciting sport of pickleball. Participants will learn the fundamental rules, techniques, and strategies of the game through engaging drills and friendly matches. With a focus on skill development, teamwork, and fun, this program is perfect for beginners eager to explore pickleball and enhance their coordination and sportsmanship in a supportive and energetic setting.

Dates	Day	Time	Code
Jan 10 - Mar 7	Fri	3:45 PM - 4:45 PM	34870

Public Speaking: The Confident Speaker

Ages 11-17 Leisure Centre **\$130**

This course is designed to boost confidence and communication skills. The goals of the program are to teach teens to overcome their anxiety, make a good impression, and successfully deliver large or small presentations in front of any audience. Expert skills, pointers and tips can make giving a speech a breeze.

Dates	Day	Time	Code
Jan 21 - Feb 11	Wed	7:00 PM - 8:00 PM	34321
Mar 18 - Apr 8	Wed	7:00 PM - 8:00 PM	34322



NEW

Intro to Rugby

Ages 11-15 Leisure Centre **\$80**

This program offers a fun and dynamic way to build teamwork and fitness while learning a new sport. Partnering with The Markham Irish Rugby Club, the sessions are designed to engage kids with exciting, fast-paced action that keeps them actively involved. By participating, they gain new skills and experience the thrill of a sport that combines strategy, athleticism, respect and teamwork.

Dates	Day	Time	Code
Jan 11 - Mar 1	Sat	11:30 AM - 12:30 PM	35014

NEW

Social Media Safety Workshop

Ages 8-18 19 on the Park **\$10**

Tailored for youth and led by a local social media influencer, this workshop will touch on key safety practices when it comes to all things TikTok, Instagram and more.

Dates	Day	Time	Code
Mar 27	Thu	6:00 PM - 7:30 PM	34905

NEW

STEAM Creators

Ages 11 - 17 Leisure Centre \$160

Unleash your creativity and curiosity with STEAM Creators, an engaging recreation program designed for youth interested in Science, Technology, Engineering, Arts, and Mathematics. Participants will explore exciting hands-on projects, solve real-world problems, and collaborate with peers to bring their innovative ideas to life. Whether building robots, designing art, or conducting experiments, STEAM Creators fosters critical thinking and creativity while making learning fun and interactive. Join us to discover the exciting possibilities of STEAM and become a creator of tomorrow!

Dates	Day	Time	Code
Jan 13 - Feb 10	Mon	7:00 PM - 8:00 PM	34869

Taekwon-Do

Ages 13-18 Harry Bowes Public School \$265

This training gives youth 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 \$87. Testing fees for level completion are an additional charge.

White Belt

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32280

Yellow Stripe

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32284

Yellow Belt

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32282

Green Stripe

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32277

Green Belt

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32275

Blue Stripe

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32273

Blue Belt

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	32271

Red Stripe

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

Dates	Day	Time	Code
Jan 7 - Mar 6	Tue & Thu	7:00 PM - 8:00 PM	34864



Volleyball: Get in the Game

Ages 11-17 Leisure Centre \$112

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

Dates	Day	Time	Code
Jan 6 - Mar 3	Mon	6:00 PM - 7:00 PM	34855



Volleyball: Skill Development Clinic

Ages 11-17 Leisure Centre \$112

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
Jan. 6 - Mar 3	Mon	7:00 PM - 8:00 PM	34857

Intro to Rugby



Ready to try something new?

Looking for a fun and dynamic way to boost your child's fitness and teamwork skills?

Join our Intro to Rugby Program!

This exciting program engages youth with fast-paced action, designed to keep them active and involved from start to finish. Rugby combines strategy, athleticism, respect, and teamwork — the perfect blend for any young athlete!

What They'll Learn:

- New skills to challenge their limits
- Teamwork and strategy on the field
- The thrill of rugby's fast-paced play

Get in on the action and sign up today!

See **page 25** for more details.

Got spare time on your hands?

Top 4 reasons to start volunteering with us

- 

1

It's rewarding.

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

2

Giving back feels good.

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

3

It's good for your health.

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

4

It can boost your career.

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

Visit townofws.ca/volunteer for more information.

adults

Adult Hockey: Get in the Game

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

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

Dates	Day	Time	Code
Jan 15 - Mar 5	Wed	9:00 AM - 10:00 AM	34222



NEW

Country Line Dancing: Step 1

Ages 18+ **6240 Main Street** **\$55**

Designed for beginners, this program offers a fun and energetic atmosphere where participants can learn a variety of line dance styles. Whether you're looking to learn new moves, stay active, or simply enjoy the joy of dancing, our Line Dancing program promises a lively and enjoyable experience for all ages.

Dates	Day	Time	Code
Jan 20 - Feb 10*	Mon	7:00 PM - 8:00 PM	34288
Feb 24 - Mar 24	Mon	7:00 PM - 8:00 PM	34289

* shorter session | \$44

NEW

Country Line Dancing: Step 2

Ages 18+ **6240 Main Street** **\$55**

For dancers with some experience, this session combines choreographed sequences with upbeat tunes, fostering a sense of community and camaraderie among dancers. Whether you're looking to learn new moves, stay active, or simply enjoy the joy of dancing, this program promises a lively and enjoyable experience for adults.

Dates	Day	Time	Code
Jan 20 - Feb 10*	Mon	8:00 PM - 9:00 PM	34290
Feb 24 - Mar 24	Mon	8:00 PM - 9:00 PM	34291

* shorter session | \$44

Introduction to Salsa

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

Get moving on the dance floor with this introductory Salsa course! During this fiery 8-week program you'll enjoy a fun workout and boost your confidence as you will learn the basics of Salsa Dancing from a skilled instructor.

Dates	Day	Time	Code
Jan 14 - Mar 4	Tues	7:00 PM - 8:00 PM	34904





Pickleball: Learn to Play

Ages 18+ Leisure Centre **\$112**

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

Dates	Day	Time	Code
Jan 12 - Feb 9*	Sun	1:45 PM - 3:00 PM	34227
Jan 17 - Mar 7	Fri	11:00 AM - 12:15 PM	34229
Feb 23 - Mar 23*	Sun	1:45 PM - 3:00 PM	34228

*shorter session | \$70

Pickleball: Level 2 Drills

Ages 18+ Leisure Centre **\$112**

Led by experienced instructors, this class offers technical guidance, strategic tips, and plenty of time to practice. Join a supportive group of players at your skill level and improve your game in a fun and engaging environment. Paddles will be provided.

Dates	Day	Time	Code
Jan 15 - Mar 5	Wed	12:00 PM - 1:15 PM	34230

Note

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

Pickleball: Level 3 Drills

Ages 18+ Leisure Centre **\$112**

Take your game to new heights with our Level 3 program where seasoned players can refine their skills and reach their full potential. Each session is dedicated to advanced techniques and strategies, ensuring you elevate your game with every play.

Dates	Day	Time	Code
Jan 15 - Mar 5	Wed	1:15 PM - 2:30 PM	34318



Public Speaking: The Confident Speaker

Ages 18+ Leisure Centre **\$104**

Join our Public Speaking Course, a transformative journey tailored for adults seeking to enhance their confidence and communication prowess. Participants will overcome stage fright, hone content creation skills, refine delivery techniques, adeptly engage diverse audiences, and benefit from constructive feedback. Led by seasoned instructors, our supportive environment fosters growth, empowering individuals to become persuasive communicators poised to excel in any scenario.

Dates	Day	Time	Code
Jan 21 - Feb 11	Tue	8:00 PM - 9:00 PM	34319
Mar 18 - Apr 8	Tue	8:00 PM - 9:00 PM	34320

Stouffville Adult Volleyball League

Ages 18+ **\$170**

Calling all volleyball enthusiasts! Get your kneepads and dive into the action with our Indoor Volleyball League. Join us for social and active fun with exhilarating 6-on-6 matches.

Recreational Leisure Centre

Dates	Day	Time	Code
Jan 20 - May 26	Mon	8:05 PM - 10:00 PM	34221

Competitive Stouffville District SS

Dates	Day	Time	Code
Jan 21 - May 13	Tue	6:45 PM - 9:45 PM	34220



Note

Programs will not run on Monday, February 17 for the Family Day Holiday



Trivia Night

Ages 18+ 19 on the Park **\$8.85**

Let the games begin! Back by popular demand, you don't want to miss this exciting full-service event at 19 on the the Park. Gather your closest friends for some friendly competiton, prizes for trivia champions and doors prizes throught for added excitement. Cash bar available onsite.

Dates	Day	Time	Code
Feb 6	Thu	7:00 PM - 9:00 PM	34901
Mar 6	Thu	7:00 PM - 9:00 PM	34902
Apr 10	Thu	7:00 PM - 9:00 PM	34903

Stouffville 55+ Club

6240 Main Street, Stouffville, L4A 1E2

905-642-7529 ext. 5332

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



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



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



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

Hours of Operation

Monday	9:30 AM – 4:00 PM 6:00 PM – 9:00 PM
Tuesday	9:30 AM – 4:00 PM 6:00 PM – 9:00 PM
Wednesday	9:30 AM – 4:00 PM
Thursday	9:30 AM – 4:00 PM
Friday	9:30 AM – 4:00 PM 6:00 PM – 10:00 PM
Saturday	Closed
Sunday	9:30 AM – 1:00 PM

Visit townofws.ca/55plus or email 55plus@townofws.ca for more details.

older adults

Book Club

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. Activity is supported by 55+ Club Membership. Registration is required by emailing 55plus@townofws.ca or visiting the front desk of 6240 Main Street.

Afternoon Book Club 1

Dates	Day	Time	Code
Jan 24	Fri	1:30 PM - 3:00 PM	34252
Feb 28	Fri	1:30 PM - 3:00 PM	34253
Mar 28	Fri	1:30 PM - 3:00 PM	34254

Afternoon Book Club 2

Dates	Day	Time	Code
Jan 17	Fri	1:30 PM - 3:00 PM	34255
Feb 21	Fri	1:30 PM - 3:00 PM	34256
Mar 21	Fri	1:30 PM - 3:00 PM	34257



Afternoon Book Club 3

Dates	Day	Time	Code
Jan 10	Fri	1:30 PM - 3:00 PM	34258
Feb 14	Fri	1:30 PM - 3:00 PM	34259
Mar 14	Fri	1:30 PM - 3:00 PM	34260

Afternoon Book Club 4

Dates	Day	Time	Code
Jan 3	Fri	1:30 PM - 3:00 PM	34261
Feb 7	Fri	1:30 PM - 3:00 PM	34262
Mar 7	Fri	1:30 PM - 3:00 PM	34263

Evening Book Club 1

Dates	Day	Time	Code
Jan 22	Wed	7:00 PM - 9:30 PM	34270
Feb 26	Wed	7:00 PM - 9:30 PM	34271
Mar 26	Wed	7:00 PM - 9:30 PM	34272

Evening Book Club 2

Dates	Day	Time	Code
Jan 15	Wed	7:00 PM - 9:30 PM	34273
Feb 19	Wed	7:00 PM - 9:30 PM	34274
Mar 19	Wed	7:00 PM - 9:30 PM	34275



Card Making

Ages 55+ **\$108 members**
6240 Main Street **\$129 non-members**

Learn paper-crafting techniques to create stunning, personalized cards for every occasion.

Dates	Day	Time	Code
Jan 7 - Feb 11	Tue	10:00 AM - 11:00 AM	34264
Feb 18 - Mar 25	Tue	10:00 AM - 11:00 AM	34265

Introduction to Painting

Ages 55+ **\$108 members**
6240 Main Street **\$129 non-members**

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

Dates	Day	Time	Code
Jan 10 - Feb 14	Fri	1:30 PM - 3:00 PM	34282
Feb 21 - Mar 28	Fri	1:30 PM - 3:00 PM	34283

Line Dancing

Ages 55+ **\$54 members**
6240 Main Street **\$62 non-members**

Join in for a toe-tapping, boot-scootin' good time as you learn classic line dances set to country music you love. Whether you're new to the floor for our beginner class or ready for the next level in intermediate, our welcoming atmosphere and easy-to-follow instruction will have you dancing in no time.

Beginner

Dates	Day	Time	Code
Jan 8 - Feb 12	Wed	12:00 PM - 1:00 PM	34284
Feb 19 - Mar 26	Wed	12:00 PM - 1:00 PM	34285

Intermediate

Dates	Day	Time	Code
Jan 8 - Feb 12	Wed	1:00 PM - 2:00 PM	34286
Feb 19 - Mar 26	Wed	1:00 PM - 2:00 PM	34287

Practice Bridge

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

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

Dates	Day	Time	Code
Jan 9 - Mar 27	Thu	10:00 AM – 11:30 AM	34298

Note

Programs will not run on Monday, February 17 for the Family Day Holiday

Savoury Baking

Ages 55+ **\$108 members**
6240 Main Street **\$129 non-members**

Learn tasty recipes to warm your home and inspire your inner chef during the cool fall weather.

Dates	Day	Time	Code
Jan 7 - Feb 11	Tue	7:00 PM - 9:00 PM	34299
Feb 18 - Mar 25	Tue	7:00 PM - 9:00 PM	34300



Writing Club

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

Enjoy discussion, learning and sharing around topics of literary interest to help inspire and create written work. Activity is supported by 55+ Club Membership. Registration is required by emailing 55plus@townofws.ca or visiting the front desk of 6240 Main Street.

Dates	Day	Time	Code
Jan 28	Tue	7:00 PM - 9:30 PM	34305
Feb 25	Tue	7:00 PM - 9:30 PM	34306
Mar 25	Tue	7:00 PM - 9:30 PM	34307

Fitness

Forever Fit

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 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
Jan 7 - Feb 11	Tue	6:00 PM - 7:00 PM	34280
Jan 10 - Feb 14	Fri	11:00 AM – 12:00 PM	34276
Jan 10 - Feb 14	Fri	7:00 PM - 8:00 PM	34278
Feb 18 - Mar 25	Tue	6:00 PM - 7:00 PM	34281
Feb 21 - Mar 28	Fri	11:00 AM - 12:00 PM	34277
Feb 21 - Mar 28	Fri	7:00 PM - 8:00 PM	34279

Osteo Fit

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 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
Jan 6 - Feb 10	Mon	11:00 AM – 12:00 PM	34292
Jan 7 - Feb 11	Tue	9:30 AM - 10:30 AM	34294
Feb 18 - Mar 25	Tue	9:30 AM - 10:30 AM	34295
Feb 24 - Mar 24*	Mon	11:00 AM – 12:00 PM	34293

*shorter session | \$46.25 members, \$55 non-members



Pilates: Gentle

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 non-members**

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

Dates	Day	Time	Code
Jan 10 - Feb 14	Fri	9:30 AM - 10:30 AM	34296
Feb 21 - Mar 28	Fri	9:30 AM - 10:30 AM	34297

Seated Fitness: Strength & Balance

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 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
Jan 9 - Feb 13	Thu	11:00 AM – 12:00 PM	34301
Feb 20 - Mar 27	Thu	11:00 AM – 12:00 PM	34302

Stretch 'n' Core

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 non-members**

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

Dates	Day	Time	Code
Jan 8 - Feb 12	Wed	11:00 AM – 12:00 PM	34303
Feb 19 - Mar 26	Wed	11:00 AM – 12:00 PM	34304



Yoga

Yoga: Gentle

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 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
Jan 9 - Feb 13	Thu	8:30 AM – 9:30 AM	34308
Feb 20 - Mar 27	Thu	8:30 AM – 9:30 AM	34309



55+ Drop-in Programs

Note Become a member for free and join us for a variety of drop-in activities that suit your interests and lifestyle.

View the full drop-in schedule by scanning the QR code provided or townofws.ca/dropin



Yoga: Relaxation

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 non-members**

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

Dates	Day	Time	Code
Jan 7 - Feb 11	Tue	7:00 PM – 8:00 PM	34310
Feb 18 - Mar 25	Tue	7:00 PM – 8:00 PM	34311

Yoga: Seated

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 non-members**

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

Dates	Day	Time	Code
Jan 9 - Feb 13	Thu	9:45 AM – 10:45 AM	34312
Feb 20 - Mar 27	Thu	9:45 AM – 10:45 AM	34313

Yoga: Seated, Strength & Stretch

Ages 55+ \$55.50 members
6240 Main Street \$66 non-members

Use your breath to work towards a sense of calm. Participants will engage in a variety of seated and standing postures that improve stability, strength and length of muscles. Stay steady on your feet, strengthen your core and improve balance. This class will use breath-work to enhance mobility and strength for improved mental, physical and spiritual well-being.

Dates	Day	Time	Code
Jan 8 - Feb 12	Wed	9:30 AM - 10:30 AM	34314
Feb 19 - Mar 26	Wed	9:30 AM - 10:30 AM	34315



Yoga: Tamil Language Supported

Ages 55+ \$33 members
6240 Main Street \$39 non-members

All are welcome for this traditional yoga class - beginners through to intermediate. Modifications are offered for each posture based on your level of yoga experience, mobility and flexibility. Instructor will provide teaching support in Tamil and English. Special pricing for large group class.

Dates	Day	Time	Code
Jan 5 - Feb 9	Sun	9:45 AM – 10:45 AM	34316
Feb 16 - Mar 23	Sun	9:45 AM – 10:45 AM	34317

Cooking & Baking Workshops



NEW

Baking Workshop: Quick Breads

Ages 55+ \$30 members
6240 Main Street \$35 non-members

Quick breads are simple and delightful baked goods that come together swiftly without the need for yeast or lengthy rising times. These breads, such as chocolate zucchini and banana snickerdoodle will be new additions to your baking repertoire!

Dates	Day	Time	Code
Feb 23	Sun	1:00 PM - 4:00 PM	34239
Feb 24	Mon	10:00 AM - 1:00 PM	35063

NEW

Baking Workshop: Baking Fun

Ages 55+ \$30 members
6240 Main Street \$35 non-members

Baking new recipes opens up a world of creative possibilities in the kitchen! From mini donuts to cookie cups, they will satisfy flavours for all palates!

Dates	Day	Time	Code
Mar 23	Sun	1:00 PM - 4:00 PM	35064
Mar 24	Mon	10:00 AM - 1:00 PM	35065

NEW

Cooking Workshop: Easy Meals

Ages 55+ \$30 members
6240 Main Street \$35 non-members

Enjoy quick and satisfying meals with our easy-to-make dishes! These meals require minimal ingredients and time, making them perfect for busy days.

Dates	Day	Time	Code
Jan 5	Sun	1:00 PM - 4:00 PM	35059
Jan 6	Mon	10:00 AM - 1:00 PM	35060



Note

Save big by signing up for a FREE membership!

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

Visit us at townofws.ca/55plus for more details.

NEW

Cooking Workshop: Breakfast Dishes

Ages 55+ \$30 members
6240 Main Street \$35 non-members

Discover the joy of Breakfast with our selection of delicious and satisfying dishes! From bread pudding to French toast and bacon and egg muffins, something for everyone to enjoy!

Dates	Day	Time	Code
Jan 19	Sun	1:00 PM - 4:00 PM	35061
Jan 20	Mon	10:00 AM - 1:00 PM	35062

NEW

Cooking Workshop: Soups & Sandwiches

Ages 55+ \$30 members
6240 Main Street \$35 non-members

Delight in the comforting combination of soups and sandwiches, where classic pairings come alive with fresh and delicious ingredients!

Dates	Day	Time	Code
Feb 9	Sun	1:00 PM - 4:00 PM	34237
Feb 10	Mon	10:00 AM - 1:00 PM	34238



fitness club

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

Hours of Operation

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

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

A membership lets you
customize a wellness plan that
best meets your needs.

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

Membership	Single Visit	10 Visits	Monthly	3 Month	1 Year
Youth (12-17 years) / F-T Student (valid ID required)	\$8.50	\$76.50	\$42.50	\$119.00	\$446.25
Adult (18+)	\$11.00	\$99.00	\$55.50	\$155.40	\$582.75
Senior (60+)	\$8.50	\$76.50	\$42.50	\$119.00	\$446.25

*Prices include tax

Certified Personal Training

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

# of sessions	30 Minute	60 Minute
1	\$40.50	\$64.00
5	\$192.40	\$304.00
10	\$343.50	\$576.00

*Prices include tax



Group Fitness, Cycle Fit & AquaFit Classes

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

fitness programs

Child & Family

Boot Camp: Moms & Babies

Ages 18+ Leisure Centre \$52.50

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

Dates	Day	Time	Code
Jan 7 - Feb 4	Tue	11:30 AM – 12:20 PM	34331
Jan 9 - Feb 6	Thu	11:30 AM – 12:20 PM	34333
Feb 11 - Mar 11	Tue	11:30 AM – 12:20 PM	34332
Feb 13 - Mar 13	Thu	11:30 AM – 12:20 PM	34334



Yoga: Moms & Babies

Ages 18+ Leisure Centre \$52.50

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

Dates	Day	Time	Code
Jan 8 - Feb 5	Wed	11:30 AM – 12:20 PM	34814
Feb 12 - Mar 12	Wed	11:30 AM – 12:20 PM	34815



NEW

Yoga: Prenatal

Ages 18+ Leisure Centre \$52.50

This Yoga is a form of exercise and mediation where breath and specific body positions are used to help connect the mind and body. In addition to modifying positions for pregnancy, prenatal yoga also emphasizes breathing stretches and strengthening moves that help your body prepare for labour. *Participants should check with their physician before enrolling.*

Dates	Day	Time	Code
Jan 8 - Feb 5	Wed	12:30 PM - 1:20 PM	35081
Feb 12 - Mar 12	Wed	12:30 PM - 1:20 PM	35082

Note

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

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

Youth

Cycle Fit: Learn To Ride

Ages 12+ Leisure Centre \$52.50

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

Dates	Day	Time	Code
Jan 12 - Feb 9	Sun	9:30 AM - 10:20 AM	34343
Feb 16 - Mar 16	Sun	9:30 AM - 10:20 AM	34344

Intro to Powerlifting: Youth

Ages 12-17 Leisure Centre \$105

Interested in powerlifting or Olympic weightlifting but not sure where to start? Join our program to learn great technique in the main power lifts (squat, bench press, deadlift) and start to explore the Olympic lifts (clean and jerk, snatch). Gain strength and confidence in a fun, safe, small group atmosphere.

Dates	Day	Time	Code
Jan 8 - Feb 5	Wed	5:00 PM - 6:00 PM	34337
Feb 12 - Mar 5*	Wed	5:00 PM - 6:00 PM	34338

*shorter session | \$84 (4 lessons)

Note

Are you a new parent?

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

✓

TeenFit for Life

Ages 10-15 Leisure Centre \$52.50

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

Dates	Day	Time	Code
Jan 9 - Feb 6	Thurs	5:20 PM - 6:20 PM	34811
Jan 11 - Feb 8	Sat	10:30 AM - 11:30 AM	34809
Feb 13 - Mar 6*	Thurs	5:20 PM - 6:20 PM	34812
Feb 15 - Mar 8*	Sat	10:30 AM - 11:30 AM	34810

*shorter session | \$42 (4 lessons)



NEW

Yoga: Youth

Ages 7-11 Leisure Centre \$52.50

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

Dates	Day	Time	Code
Jan 12 - Feb 9	Sun	10:30 AM - 11:20 AM	34818
Feb 16 - Mar 9*	Sun	10:30 AM - 11:20 AM	34819

*shorter session | \$42 (4 lessons)



Youth Fitness Drop-in

Ages 12-15 Leisure Centre **\$65**

This program is a great way to get off the couch and start being active. Available Friday 6:00pm - 9:00pm, Saturday and Sunday 1:00pm - 5:00pm, you choose the day 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 Orientation, 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
Jan 10 - Mar 30	Fri	6:00 PM - 9:00 PM	34820
	Sat	1:00 PM - 5:00 PM	
	Sun	1:00 PM - 5:00 PM	

Youth Fitness Orientation

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

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

Dates	Day	Time	Code
Jan 9 & 16	Thu	7:00 PM - 8:30 PM	34821
Jan 11 & 18	Sat	1:30 PM - 3:00 PM	34824
Jan 12 & 19	Sun	1:30 PM - 3:00 PM	34827
Jan 23 & 30	Thu	7:00 PM - 8:30 PM	34822
Jan 25 & Feb 1	Sat	1:30 PM - 3:00 PM	34825
Jan 26 & Feb 2	Sun	1:30 PM - 3:00 PM	34828
Feb 6 & 13	Thu	7:00 PM - 8:30 PM	34823
Feb 8 & 15	Sat	1:30 PM - 3:00 PM	34826
Feb 9 & 16	Sun	1:30 PM - 3:00 PM	34829
Feb 20 & 27	Thu	7:00 PM - 8:30 PM	34830
Feb 22 & Mar 1	Sat	1:30 PM - 3:00 PM	34833
Feb 23 & Mar 2	Sun	1:30 PM - 3:00 PM	34836
Mar 6 & 13	Thu	7:00 PM - 8:30 PM	34831
Mar 8 & 15	Sat	1:30 PM - 3:00 PM	34834
Mar 9 & 16	Sun	1:30 PM - 3:00 PM	34837
Mar 20 & 27	Thu	7:00 PM - 8:30 PM	34832
Mar 22 & 29	Sat	1:30 PM - 3:00 PM	34835
Mar 23 & 30	Sun	1:30 PM - 3:00 PM	34838



NEW

Zumba: Youth

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

Zumba® Youth classes feature youth-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

Dates	Day	Time	Code
Jan 10 - Feb 7	Fri	5:00 PM - 5:50 PM	34842
Feb 14 - Mar 7 *	Fri	5:00 PM - 5:50 PM	34843

*shorter session | \$42 (4 lessons)

Adult

Cardio Dance

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

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

Dates	Day	Time	Code
Jan 7 - Feb 4	Tue	6:30 PM - 7:20 PM	34876
Feb 11 - Mar 11	Tue	6:30 PM - 7:20 PM	34877

Indoor Walking Club

Ages 12+ Tue: \$50, Thu: \$50
Stouffville Sportplex *Both Days: \$90

Walk inside at the Stouffville Sportplex. Climate controlled, state of the art field surface is level and cushioned. Fully staffed for support and urban poles provided for those that wish to use them. Pole walking will increase your heart rate and burn 20% more calories than simply walking. You need comfortable clothing, running shoes, and your water bottle. Please note, you will be signing a Stouffville Sportplex waiver on the first day of the program. Don't wish to commit to the full season? Ask about our 10-ticket option - \$27 for 10 visits.

Dates	Day	Time	Code
Nov 5 - Apr 29	Tue	8:30 AM - 10:30 AM	34216
Nov 7 - May 1	Thu	8:30 AM - 10:30 AM	34217
Nov 5 - May 1*	Tue & Thu	8:30 AM - 10:30 AM	34219



Learn to Run

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

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

Dates	Day	Time	Code
Jan 7 - Feb 4	Tue	6:30 PM - 7:30 PM	34345
Feb 11 - Mar 11	Tue	6:30 PM - 7:30 PM	34346

NEW

Off the Barre

Ages 12+ Leisure Centre \$52.50

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

Dates	Day	Time	Code
Jan 6 - Feb 10	Mon	5:30 PM - 6:20 PM	34347
Feb 24 - Mar 17	Mon	5:30 PM - 6:20 PM	34348

Together In Movement & Exercise

Ages 18+ Leisure Centre \$105

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

Dates	Day	Time	Code
Jan 9 - Mar 13	Thu	1:00 PM – 2:00 PM	34813



Yoga: Seated

Ages 12+ Leisure Centre \$52.50

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

Dates	Day	Time	Code
Jan 8 - Feb 5	Wed	10:45 AM - 11:35 AM	34816
Feb 12 - Mar 12	Wed	10:45 AM - 11:35 AM	34817

Yoga: Hatha Style

Ages 12+ Ballantrae Field House \$52.50

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

Dates	Day	Time	Code
Jan 7 - Feb 4	Tue	7:30 PM - 8:20 PM	34878
Feb 11 - Mar 11	Tue	7:30 PM - 8:20 PM	34879



Calling All Moms with Little Ones!
Stay Active, Connect,
and Bond with Baby!

Looking for a way to stay fit while bonding with your baby? Join our Mom & Babies Fitness Programs, designed just for you!



Why join?

1 Stay Active

Get moving with exercises tailored for postpartum bodies, with your baby right by your side.

2 Make Connections

Meet and connect with other moms who understand the joys and challenges of motherhood.

3 Bond with Baby

Strengthen that special connection as you engage in activities designed to include your little one.

Join us today and make memories that last a lifetime!

aquatic centre

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

Hours of Operation

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

Aquatic Membership Fees

Membership	Single Visit	10 Visits	Monthly	3 Month	1 Year
Tot (5 years and under)	\$2.50	\$22.50	\$12.50	\$35.00	\$131.25
Youth (6-17 years) / F-T Student (valid ID required)	\$4.50	\$40.50	\$24.50	\$68.60	\$257.25
Adult (18+)	\$6.50	\$58.50	\$36.00	\$100.80	\$378.00
Senior (60+)	\$4.50	\$40.50	\$24.50	\$68.60	\$257.25
Family	\$12.50	\$112.50	\$68.00	\$190.40	\$714.00

*Prices include tax



Winter Sessions Snapshot

Session Type	Start Date	Parent's Day	End Date	No Lesson
Monday	Jan 6	Feb 24	Mar 3	Feb 17 - Family Day
Tuesday	Jan 7	Feb 18	Mar 4	
Wednesday	Jan 8	Feb 19	Mar 5	
Thursday	Jan 9	Feb 20	Mar 6	
Friday	Jan 10	Feb 21	Mar 7	
Saturday	Jan 11	Feb 22	Mar 8	
Sundays	Jan 12	Feb 23	Mar 9	

Splash, Splash, Safety:

Dive into Fun,
Swim with Care!

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

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

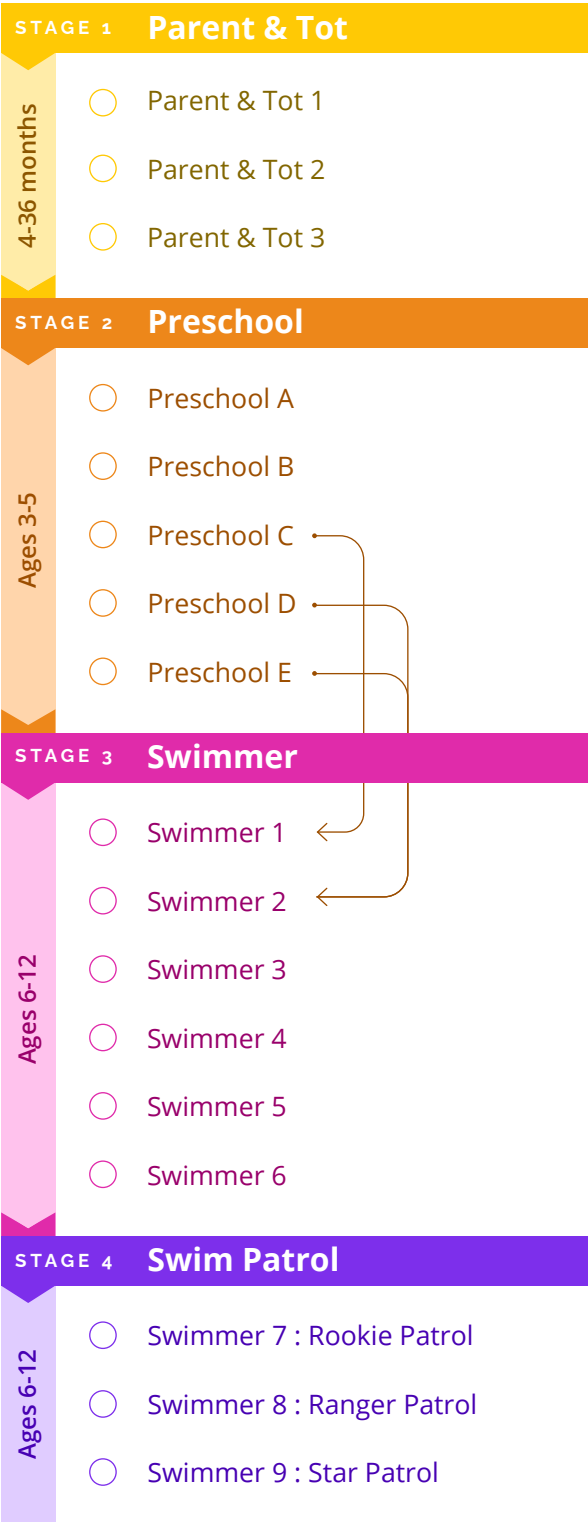
Note

Drop in for a swim!
View our drop-in schedules at townofws.ca/dropin

Note

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

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



Youth Leadership

Ages 6-12

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

Flip to page 66 to see what other leadership programs we have to offer!

Adult/Teen

Ages 13+

- Adult/Teen 1
- Adult/Teen 2

Note

Parent's Days

During the last five minutes of class, the instructor will provide you with your child's progress slip. If you want to take a picture of/with your child, please ask the Deck Supervisor first. See page 49 for dates.

adapted aquatics



Adapted Aquatics

All Ages Leisure Centre \$155.25

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
Jan 7 - Mar 4	Tue	7:00 PM - 7:45 PM	34324
Jan 12 - Mar 9	Sun	12:30 PM - 1:15 PM	34323

babies and preschoolers

Parent & Tot: Level 1 & 2

Ages 4-24 months Leisure Centre \$132.75

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
Jan 6 - Mar 3*	Mon	5:30 PM - 6:00 PM	34349
Jan 8 - Mar 5	Wed	5:30 PM - 6:00 PM	34354
Jan 11 - Mar 8	Sat	11:00 AM - 11:30 AM	34350
		4:30 PM - 5:00 PM	
Jan 12 - Mar 9	Sun	11:00 AM - 11:30 AM	34353

*shorter session | \$118 (8 lessons)



Parent & Tot: Level 2 & 3

Ages 12-36 months Leisure Centre \$132.75

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
Jan 7 - Mar 4	Tue	5:30 PM - 6:00 PM	34364
Jan 9 - Mar 6	Thu	5:30 PM - 6:00 PM	34363
Jan 10 - Mar 7	Fri	5:30 PM - 6:00 PM	34358
Jan 11 - Mar 8	Sat	12:00 PM - 12:30 PM	34359
Jan 12 - Mar 9	Sun	12:00 PM - 12:30 PM	34360
		4:30 PM - 5:00 PM	

Parent & Tot: Level 1 - 3

Ages 12-36 months Leisure Centre \$132.75

Assisted by their parents, children will float and kick on their front and back, learn to get their faces wet, and blow bubbles underwater. 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
Jan 6 - Mar 3*	Mon	9:30 AM - 10:00 AM	34356
Jan 8 - Mar 5	Wed	9:30 AM - 10:00 AM	34357
Jan 10 - Mar 7	Fri	9:30 AM - 10:00 AM	34355

*shorter session | \$118 (8 lessons)

Preschool A

Ages 3-5 Leisure Centre \$132.75

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
Jan 6 - Mar 3*	Mon	5:00 PM - 5:30 PM	34368
		6:00 PM - 6:30 PM	
Jan 7 - Mar 4	Tue	5:00 PM - 5:30 PM	34384
		6:00 PM - 6:30 PM	
Jan 8 - Mar 5	Wed	5:00 PM - 5:30 PM	34387
		6:00 PM - 6:30 PM	
Jan 9 - Mar 6	Thu	5:00 PM - 5:30 PM	34381
		6:00 PM - 6:30 PM	
Jan 10 - Mar 7	Fri	5:00 PM - 5:30 PM	34365
		6:00 PM - 6:30 PM	
Jan 11 - Mar 8	Sat	10:30 AM - 11:00 AM	34371
		11:30 AM - 12:00 PM	
		12:30 PM - 1:00 PM	
		5:00 PM - 5:30 PM	
Jan 12 - Mar 9	Sun	10:30 AM - 11:00 AM	34376
		11:30 AM - 12:00 PM	
		12:30 PM - 1:00 PM	
		5:00 PM - 5:30 PM	

*shorter session | \$118 (8 lessons)

Note

Programs will not run on Monday, February 17 for the Family Day Holiday

Preschool B

Ages 3-5Leisure Centre\$132.75

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
Jan 6 - Mar 3*	Mon	5:00 PM - 5:30 PM	34393
		6:00 PM - 6:30 PM	
Jan 7 - Mar 4	Tue	5:00 PM - 5:30 PM	34409
		6:00 PM - 6:30 PM	
Jan 8 - Mar 5	Wed	5:00 PM - 5:30 PM	34412
		6:00 PM - 6:30 PM	
Jan 9 - Mar 6	Thu	5:00 PM - 5:30 PM	34406
		6:00 PM - 6:30 PM	
Jan 10 - Mar 7	Fri	5:00 PM - 5:30 PM	34390
		6:00 PM - 6:30 PM	
Jan 11 - Mar 8	Sat	10:30 AM - 11:00 AM	34396
		11:30 AM - 12:00 PM	
		12:30 PM - 1:00 PM	
		5:30 PM - 6:00 PM	
		6:00 PM - 6:30 PM	
Jan 12 - Mar 9	Sun	10:30 AM - 11:00 AM	34402
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	

*shorter session | \$118 (8 lessons)



Preschool C

Ages 3-5Leisure Centre\$132.75

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

Dates	Days	Time	Code
Jan 6 - Mar 3*	Mon	5:00 PM - 5:30 PM	34418
		6:00 PM - 6:30 PM	
Jan 7 - Mar 4	Tue	5:00 PM - 5:30 PM	34436
		6:00 PM - 6:30 PM	
Jan 8 - Mar 5	Wed	5:00 PM - 5:30 PM	34439
		6:00 PM - 6:30 PM	
Jan 9 - Mar 6	Thu	5:00 PM - 5:30 PM	34433
		6:30 PM - 7:00 PM	
Jan 10 - Mar 7	Fri	5:00 PM - 5:30 PM	34415
		6:30 PM - 7:00 PM	
Jan 11 - Mar 8	Sat	9:30 AM - 10:00 AM	34421
		12:00 PM - 12:30 PM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
Jan 12 - Mar 9	Sun	9:30 AM - 10:00 AM	34427
		11:30 AM - 12:00 PM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	

*shorter session | \$118 (8 lessons)

Preschool D

Ages 3-5Leisure Centre\$132.75

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
Jan 6 - Mar 3*	Mon	5:30 PM - 6:00 PM	34445
		6:30 PM - 7:00 PM	
Jan 7 - Mar 4	Tue	5:30 PM - 6:00 PM	34460
		6:30 PM - 7:00 PM	
Jan 8 - Mar 5	Wed	5:30 PM - 6:00 PM	34463
		6:30 PM - 7:00 PM	
Jan 9 - Mar 6	Thu	5:30 PM - 6:00 PM	34457
		7:00 PM - 7:30 PM	
Jan 10 - Mar 7	Fri	5:30 PM - 6:00 PM	34442
		7:00 PM - 7:30 PM	
Jan 11 - Mar 8	Sat	10:00 AM - 10:30 AM	34448
		12:30 PM - 1:00 PM	
		5:00 PM - 5:30 PM	
		6:30 PM - 7:00 PM	
Jan 12 - Mar 9	Sun	10:00 AM - 10:30 AM	34453
		12:00 PM - 12:30 PM	
		5:00 PM - 5:30 PM	

*shorter session | \$118 (8 lessons)

Note

Drop in for a swim!

View our drop-in schedules at townofws.ca/dropin



Preschool E

Ages 3-5Leisure Centre\$132.75

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
Jan 6 - Mar 3*	Mon	7:00 PM - 7:30 PM	34467
Jan 8 - Mar 5	Wed	7:00 PM - 7:30 PM	34471
Jan 9 - Mar 6	Thu	7:30 PM - 8:00 PM	34470
Jan 10 - Mar 7	Fri	7:30 PM - 8:00 PM	34466
Jan 11 - Mar 8	Sat	11:00 AM - 11:30 AM	34468
Jan 12 - Mar 9	Sun	11:00 AM - 11:30 AM	34469

*shorter session | \$118 (8 lessons)

children and youth



Swimmer 1

Ages 6-12 **Leisure Centre** **\$132.75**

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
Jan 6 - Mar 3*	Mon	5:30 PM - 6:00 PM	34663
		6:30 PM - 7:00 PM	
Jan 7 - Mar 4	Tue	5:30 PM - 6:00 PM	34683
		6:30 PM - 7:00 PM	
Jan 8 - Mar 5	Wed	5:00 PM - 5:30 PM	34686
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Jan 9 - Mar 6	Thu	5:30 PM - 6:00 PM	34680
		7:00 PM - 7:30 PM	
Jan 10 - Mar 7	Fri	5:30 PM - 6:00 PM	34659
		7:00 PM - 7:30 PM	
		7:30 PM - 8:00 PM	

*shorter session | \$118 (8 lessons)

Dates	Days	Time	Code
Jan 11 - Mar 8	Sat	9:30 AM - 10:00 AM	34666
		11:00 AM - 11:30 AM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
		6:30 PM - 7:00 PM	
Jan 12 - Mar 9	Sun	9:30 AM - 10:00 AM	34673
		11:00 AM - 11:30 AM	
		12:00 PM - 12:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
		6:30 PM - 7:00 PM	



Swimmer 2

Ages 6-12 **Leisure Centre** **\$132.75**

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
Jan 6 - Mar 3*	Mon	5:30 PM - 6:00 PM	34695
		7:00 PM - 7:30 PM	
Jan 7 - Mar 4	Tue	6:30 PM - 7:00 PM	34714
		7:00 PM - 7:30 PM	
		7:30 PM - 8:00 PM	
Jan 8 - Mar 5	Wed	5:30 PM - 6:00 PM	34718
		6:30 PM - 7:00 PM	
		7:00 PM - 7:30 PM	
Jan 9 - Mar 6	Thu	6:30 PM - 7:00 PM	34711
		7:30 PM - 8:00 PM	
Jan 10 - Mar 7	Fri	5:30 PM - 6:00 PM	34691
		6:30 PM - 7:00 PM	
		7:30 PM - 8:00 PM	

*shorter session | \$118 (8 lessons)

Dates	Days	Time	Code
Jan 11 - Mar 8	Sat	10:00 AM - 10:30 AM	34698
		12:00 PM - 12:30 PM	
		1:00 PM - 1:30 PM	
		5:00 PM - 5:30 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Jan 12 - Mar 9	Sun	10:00 AM - 10:30 AM	34705
		12:00 PM - 12:30 PM	
		5:00 PM - 5:30 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	





Swimmer 3

Ages 6-12Leisure Centre\$155.25

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
Jan 6 - Mar 3*	Mon	6:00 PM - 6:45 PM	34723
Jan 7 - Mar 4	Tue	5:30 PM - 6:15 PM	34727
Jan 8 - Mar 5	Wed	6:00 PM - 6:45 PM	34728
Jan 9 - Mar 6	Thu	6:15 PM - 7:00 PM	34726
Jan 10 - Mar 7	Fri	6:15 PM - 7:00 PM	34722
Jan 11 - Mar 8	Sat	10:30 AM - 11:15 AM	34724
Jan 12 - Mar 9	Sun	10:30 AM - 11:15 AM	34725

*shorter session | \$138 (8 lessons)

Note

Programs will not run on Monday, February 17 for the Family Day Holiday

Swimmer 3: Small Group

Ages 6-12Leisure Centre\$ 175.50

Participants will learn and practice all the content of Swimmer 3, but in a smaller class setting.

Dates	Days	Time	Code
Jan 6 - Mar 3*	Mon	5:30 PM - 6:00 PM	34730
Jan 7 - Mar 4	Tue	6:30 PM - 7:00 PM	34738
Jan 8 - Mar 5	Wed	5:30 PM - 6:00 PM	34739
Jan 9 - Mar 6	Thu	7:00 PM - 7:30 PM	34737
Jan 10 - Mar 7	Fri	7:00 PM - 7:30 PM	34729
Jan 11 - Mar 8	Sat	12:00 PM - 12:30 PM	34731
		4:30 PM - 5:00 PM	

Jan 12 - Mar 9	Sun	1:00 PM - 1:30 PM	34734
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		4:30 PM - 5:00 PM	
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*shorter session | \$156 (8 lessons)



Swimmer 4

Ages 6-12Leisure Centre\$155.25

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
Jan 6 - Mar 3*	Mon	6:45 PM - 7:30 PM	34741
Jan 7 - Mar 4	Tue	6:15 PM - 7:00PM	34745
Jan 8 - Mar 5	Wed	6:45 PM - 7:30 PM	34746
Jan 9 - Mar 6	Thu	5:30 PM - 6:15 PM	34744
Jan 10 - Mar 7	Fri	5:30 PM - 6:15 PM	34740
Jan 11 - Mar 8	Sat	11:15 AM - 12:00 PM	34742
Jan 12 - Mar 9	Sun	11:15 AM - 12:00 PM	34743

*shorter session | \$138 (8 lessons)

Swimmer 4: Small Group

Ages 6-12Leisure Centre\$ 175.50

Participants will learn and practice all the content of Swimmer 4, but in a smaller class setting.

Dates	Days	Time	Code
Jan 6 - Mar 3*	Mon	6:00 PM - 6:30 PM	34749
Jan 7 - Mar 4	Tue	5:30 PM - 6:00 PM	34757
Jan 8 - Mar 5	Wed	6:00 PM - 6:30 PM	34758
Jan 9 - Mar 6	Thu	7:30 PM - 8:00 PM	34756
Jan 10 - Mar 7	Fri	7:30 PM - 8:00 PM	34748
Jan 11 - Mar 8	Sat	12:30 PM - 1:00 PM	34750
		5:00 PM - 5:30 PM	

Jan 12 - Mar 9	Sun	12:30 PM - 1:00 PM	34753
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		5:00 PM - 5:30 PM	
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*shorter session | \$156 (8 lessons)



Swimmer 5

Ages 6-12Leisure Centre\$155.25

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
Jan 6 - Mar 3*	Mon	6:15 PM - 7:00 PM	34760
Jan 7 - Mar 4	Tue	6:15 PM - 7:00 PM	34764
Jan 8 - Mar 5	Wed	6:15 PM - 7:00 PM	34765
Jan 9 - Mar 6	Thu	5:30 PM - 6:15 PM	34763
Jan 10 - Mar 7	Fri	6:00 PM - 6:45 PM	34759
Jan 11 - Mar 8	Sat	10:15 AM - 11:00 AM	34761
Jan 12 - Mar 9	Sun	10:15 AM - 11:00 AM	34762

*shorter session | \$138 (8 lessons)



Swimmer 5: Small Group

Ages 6-12Leisure Centre\$ 175.50

Participants will learn and practice all the content of Swimmer 5, but in a smaller class setting.

Dates	Days	Time	Code
Jan 6 - Mar 3*	Mon	7:00 PM - 7:30 PM	34767
Jan 7 - Mar 4	Tue	7:00 PM - 7:30 PM	34775
Jan 8 - Mar 5	Wed	7:00 PM - 7:30 PM	34776
Jan 9 - Mar 6	Thu	7:30 PM - 8:00 PM	34774
Jan 10 - Mar 7	Fri	5:00 PM - 5:30 PM	34766
Jan 11 - Mar 8	Sat	11:30 AM - 12:00 PM	34768
		5:30 PM - 6:00 PM	
Jan 12 - Mar 9	Sun	11:30 AM - 12:00 PM	34771
		5:30 PM - 6:00 PM	

*shorter session | \$156 (8 lessons)

Swimmer 6

Ages 6-12Leisure Centre\$155.25

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
Jan 6 - Mar 3*	Mon	5:30 PM - 6:15 PM	34778
Jan 7 - Mar 4	Tue	5:30 PM - 6:15 PM	34782
Jan 8 - Mar 5	Wed	5:30 PM - 6:15 PM	34783
Jan 9 - Mar 6	Thu	6:15 PM - 7:00 PM	34781
Jan 10 - Mar 7	Fri	6:45 PM - 7:30 PM	34777
Jan 11 - Mar 8	Sat	9:30 AM - 10:15 AM	34779
Jan 12 - Mar 9	Sun	9:30 AM - 10:15 AM	34780

*shorter session | \$138 (8 lessons)



Swimmer 6: Small Group

Ages 6-12Leisure Centre\$ 175.50

Participants will learn and practice all the content of Swimmer 6, but in a smaller class setting.

Dates	Days	Time	Code
Jan 6 - Mar 3*	Mon	6:30 PM - 7:00 PM	34785
Jan 7 - Mar 4	Tue	7:30 PM - 8:00 PM	34793
Jan 8 - Mar 5	Wed	6:30 PM - 7:00 PM	34794
Jan 9 - Mar 6	Thu	7:00 PM - 7:30 PM	34792
Jan 10 - Mar 7	Fri	6:00 PM - 6:30 PM	34784
Jan 11 - Mar 8	Sat	10:30 AM - 11:00 AM	34786
		6:00 PM - 6:30 PM	
Jan 12 - Mar 9	Sun	10:30 AM - 11:00 AM	34789
		6:00 PM - 6:30 PM	

*shorter session | \$156 (8 lessons)



Swimmer 7 & 8:
Rookie & Ranger Patrol

Ages 6-12 Leisure Centre \$155.25

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
Jan 6 - Mar 3*	Mon	5:00 PM - 5:45 PM	34796
Jan 7 - Mar 4	Tue	7:15 PM - 8:00 PM	34800
Jan 8 - Mar 5	Wed	5:00 PM - 5:45 PM	34801
Jan 9 - Mar 6	Thu	7:15 PM - 8:00 PM	34799
Jan 10 - Mar 7	Fri	7:15 PM - 8:00 PM	34795
Jan 11 - Mar 8	Sat	11:00 AM - 11:45 AM	34797
Jan 12 - Mar 9	Sun	11:45 AM - 12:30 PM	34798

*shorter session | \$138 (8 lessons)

Swimmer 9 & Bronze Star

Ages 6-12 Leisure Centre \$155.25

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
Jan 6 - Mar 3*	Mon	5:45 PM - 6:30 PM	34803
Jan 7 - Mar 4	Tue	6:30 PM - 7:15 PM	34807
Jan 8 - Mar 5	Wed	5:45 PM - 6:30 PM	34808
Jan 9 - Mar 6	Thu	6:30 PM - 7:15 PM	34806
Jan 10 - Mar 7	Fri	6:30 PM - 7:15 PM	34802
Jan 11 - Mar 8	Sat	11:45 AM - 12:30 PM	34804
Jan 12 - Mar 9	Sun	11:00 AM - 11:45 AM	34805

*shorter session | \$138 (8 lessons)



Private Swim Lessons

Ages 3+ Private: \$288
Leisure Centre Semi Private: \$198

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

Dates	Days	Time	Code
Jan 6 - Mar 3*	Mon	5:00 PM - 8:00 PM	34498
Jan 7 - Mar 4	Tue	5:30 PM - 8:30 PM	34615
Jan 8 - Mar 5	Wed	5:00 PM - 8:00 PM	34637
Jan 9 - Mar 6	Thu	5:30 PM - 8:30 PM	34589
Jan 10 - Mar 7	Fri	5:00 PM - 7:30 PM	34472
Jan 11 - Mar 8	Sat	9:30 AM - 6:30 PM	34523
Jan 12 - Mar 9	Sun	9:30 AM - 6:30 PM	34556

*shorter session | \$256 private | \$176 semi-private

Junior Lifeguard: Beginner

Ages 9-12 Leisure Centre \$171

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 bridges the gap between swimming lessons and aquatic leadership courses.

Dates	Days	Time	Code
Jan 7 - Mar 4	Tue	8:00 PM - 9:00 PM	34342
Jan 11 - Mar 8	Sat	6:00 PM - 7:00 PM	34341

Junior Lifeguard: Advanced

Ages 9-12 Leisure Centre \$171

Swimmers in this group should have the ability to swim at a higher level of fitness and swimming skills including endurance and speed. They will attempt to perform the lifesaving sport events at the Provincial Level standards. This program bridges the gap between swimming lessons and aquatic leadership courses.

Dates	Days	Time	Code
Jan 9 - Mar 6	Thu	8:00 PM - 9:00 PM	34340
Jan 12 - Mar 9	Sun	6:00 PM - 7:00 PM	34339



teen and adult



Adult/Teen 1

Ages 13+ Leisure Centre \$132.75

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
Jan 6 - Mar 3*	Mon	7:00 PM - 7:30 PM	34325
Jan 8 - Mar 5	Wed	7:00 PM - 7:30 PM	34327
Jan 11 - Mar 8	Sat	6:30 PM - 7:00 PM	34326

*shorter session | \$118 (8 lessons)



Adult/Teen 2

Ages 13+ Leisure Centre \$132.75

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
Jan 7 - Mar 4	Tue	7:30 PM - 8:00 PM	34330
Jan 9 - Mar 6	Thu	7:30 PM - 8:00 PM	34329
Jan 12 - Mar 9	Sun	6:30 PM - 7:00 PM	34328



Note

Drop in for a swim!
View our drop-in schedules at
townofws.ca/dropin



Dive in to volunteering with the aquatics team!

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

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

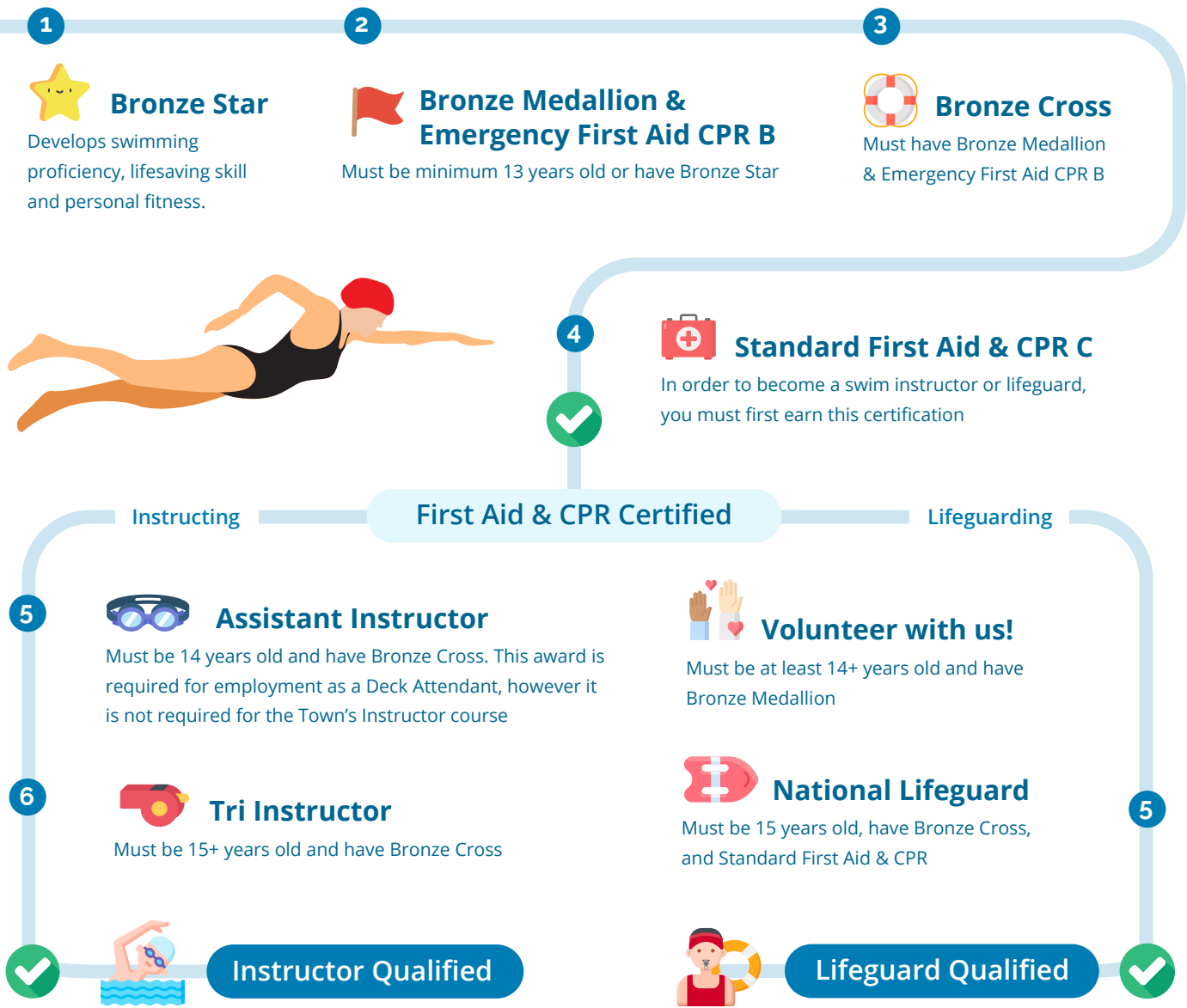
- Practicing skills with swimmers
- Tidying the pool deck
- Playing games and singing songs
- Reporting safety issues
- Organizing equipment
- Assisting with participant supervision

Visit townofws.ca/volunteer for more information.

Interested in becoming a lifeguard or swim instructor?

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

Visit townofws.ca/careers to see open positions on our aquatics team.



leadership

Become a Lifeguard or Swim Instructor!
Take your first steps into the exciting world of aquatics with our Aquatic Leadership Courses. All Leadership Courses are recognized by the Lifesaving Society of Canada.



Bronze Medallion & Emergency First Aid CPR B

Ages 13+ Leisure Centre **\$232**

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

Dates	Days	Time	Code
Jan 6 - Mar 3	Mon	4:45 PM - 7:30 PM	34882
Jan 12 - Mar 9	Sun	11:00 AM - 1:30 PM	34883

Bronze Cross

Ages 13+ Leisure Centre **\$195**

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

Dates	Days	Time	Code
Jan 8 - Mar 5	Wed	5:00 PM - 7:30 PM	34884
Jan 11 - Mar 8	Sat	11:00 AM - 1:30 PM	34885

Standard First Aid & CPR C

Ages 12+ Leisure Centre **\$170**

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

Dates	Days	Time	Code
Jan 25 & 26	Sat	11:30 AM - 8:00 PM	34886
	Sun	9:30 AM - 6:00 PM	
Mar 8 & 9	Sat	11:30 AM - 8:00 PM	34887
	Sun	9:30 AM - 6:00 PM	

Note

Join our team once you are certified!

View our job openings at townofws.ca/careers

Standard First Aid & CPR C Recertification

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

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

Date	Day	Time	Code
Jan 5	Sun	9:30 AM - 6:00 PM	34888
Mar 16	Sun	9:30 AM - 6:00 PM	34889

Assistant Instructor

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

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

Dates	Days	Time	Code
Feb 8 - 9	Sat	11:30 AM - 8:00 PM	34890
	Sun	9:30 AM - 6:00 PM	



Instructors: Swim, Lifesaving & Emergency First Aid

Ages 15+ Leisure Centre **\$350**

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

Dates	Days	Time	Code
Mar 14 - 16	Fri	5:00 PM - 8:00 PM	34891
Mar 21 - 23	Sat	9:30 AM - 7:00 PM	
	Sun	9:30 AM - 7:00 PM	

Note

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



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

National Lifeguard

Ages 15+ Leisure Centre **\$270**

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

Dates	Days	Time	Code
Mar 10 - 14	Mon - Thur	11:00 AM - 8:30 PM	34892
	Fri	12:00 PM - 4:30PM	

National Lifeguard Recertification

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

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

Date	Day	Time	Code
Mar 13	Thu	1:00 PM - 7:00 PM	34893



Aquatic Supervisor Training

Ages 15+ Leisure Centre **\$160**

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

Dates	Day	Time	Code
Mar 14 & 15	Fri	5:00 PM - 9:00 PM	34895
	Sat	9:00 AM - 6:30 PM	

Examiners

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

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

Dates	Day	Time	Code
Mar 16	Sun	10:00 AM - 5:00 PM	34896

SEE (Supervision Evaluation and Enhancement) Auditor

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

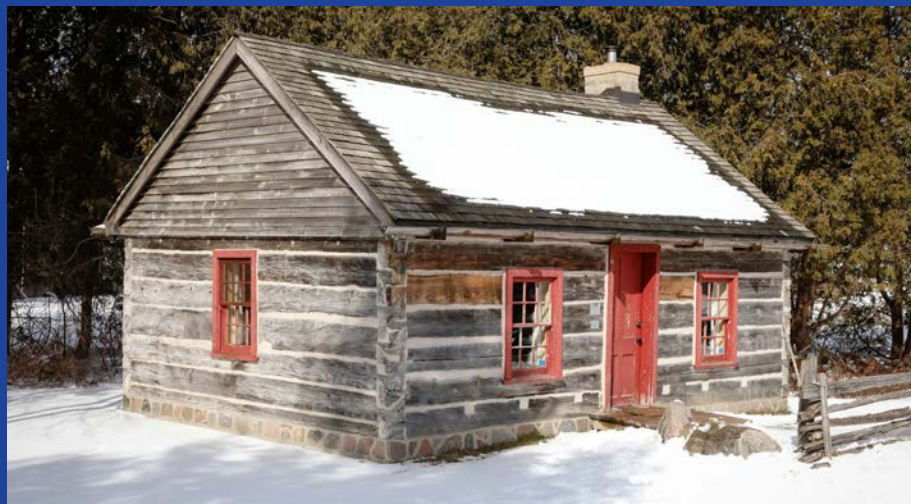
Designed to give participants the knowledge, training, and tools required to evaluate the effectiveness of lifeguard and instructor supervision using Lifesaving Society SEE checklists.

Date	Day	Time	Code
Mar 13	Thu	5:00 PM - 9:00 PM	34894

Whitchurch-Stouffville Museum & Community Centre

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

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



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 upcoming events, virtual exhibits, and more!

Hours of Operation:

Wednesday – Saturday 10:00 AM – 4:00 PM

Questions?

Contact us by email at wsmuseum@townofws.ca or by phone at 905-727-8954 or 1-888-290-0337.

museum

: Caregiver Attendance Required

Love Monster



Ages 2-5 Whitchurch-Stouffville Museum **\$10**

Children will listen to an interactive reading of 'Love Monster' written by Rachel Bright, go on a mini scavenger hunt, make a themed craft and enjoy a snack. Required adult chaperone free of charge.

Date	Day	Time	Code
Feb 6	Thu	10:00 AM - 11:30 AM	35112

Family Day at the Museum

All Ages Whitchurch-Stouffville Museum **FREE**

Visit the Museum for Family Day fun! Enjoy a horse & wagon ride and demonstrations from a blacksmith! Tour the Museum, visit the newly-restored Schoolhouse, explore new exhibits, create crafts, and more.

Date	Day	Time
Feb 15	Sat	10:00 AM - 3:00 PM



Note

Host your event or book a tour!

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

Note

Spend PA Days at the Museum!
Flip to page 22 to keep curious minds busy with cooking, and crafty programming.

Easter Hoppenings



Ages 2-7 Whitchurch-Stouffville Museum **\$15**

Hop on by in celebration of Easter. Go on an egg hunt through the Museum's heritage buildings, snap a pic at the photo station, create a themed craft, explore exhibit galleries and more! Required adult chaperone free of charge.

Date	Day	Time	Registration
Apr 19	Sat	11:00 AM - 3:00 PM	Eventbrite

Killing the Indian in the Child: Generations Lost

Youth/Adult Whitchurch-Stouffville Museum **FREE**

Presented by the Legacy of Hope Foundation and Department of Canadian Heritage, this exhibit describes the impact of the residential school system on Indigenous children and their families. This exhibition contains difficult subject matter that may be disturbing to some visitors.

Dates	Day	Time
Until Jun 28	Wed - Sat	10:00 AM - 4:00 PM

The Ones We Met: Inuit Traditional Knowledge and the Franklin Expedition

All Ages Whitchurch-Stouffville Museum **FREE**

Created by the Canadian Museum of History, this exhibit explores the importance of Inuit traditional knowledge and its impact on determining the fate of the Franklin Expedition.

Dates	Day	Time
Jan 18 - Apr 19	Wed - Sat	10:00 AM - 4:00 PM

19 on the park

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



Looking to purchase tickets?

Visit 19onthepark.ca or call (888) 655-9090 to purchase tickets today!

For rentals or other inquiries:

Please email us at 19onthepark@townofws.ca

Theatre Events

19 on the Park's exciting Concert Series returns with year-round shows, offering the best in musical and live entertainment!



Hotel California - The Original Eagles Tribute

Thursday, April 3 • 7:30 PM

Hotel California is the premier tribute to the Eagles and arguably the most popular in the world! The members of Hotel California are huge fans of the Eagles and feel privileged to perform from such an extensive body of amazing work.

Yuk-Yuk's On Tour

Friday, February 7 • 8:00 PM

Back by popular demand, three hilarious Yuk Yuk's comics return to 19 on the Park!

Fireside Munsch

Sunday, February 16 • 11:30 AM

Fun for the entire family, M. John Kennedy's hit solo show Fireside Munsch is a high-energy performance featuring four of Robert Munsch's classic stories performed as one wacky storytelling play!

KUNÉ - Canada's Global Orchestra

Sunday, March 15 • 11:00 AM

This family show, perfect for kids, was created through the Royal Conservatory of Music as a celebration of Canada's cultural diversity and pluralism. KUNÉ showcases music from Latin America, Africa and the African Diaspora, the Middle East, Asia and North America. In their fun and interactive performance, four members of the band share their traditional knowledge of the music from these regions.

Opry Gold: The Kings & Queens of Country Starring Leisa Way & The Wayward Wind Band

Friday, May 16 • 7:30 PM

To share the Opry's history is to share the story of country music! Leisa Way and her phenomenally talented Wayward Wind Band raise the roof with the hottest country songs of all time, including hits from Johnny Cash, Shania Twain, Dolly Parton, George Strait and more!



Note

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



Parks & parkettes

Amenities

Parking

Basketball Court

Cricket Pitch

Washrooms

Tennis Court

Community Garden

Playground

Ball Diamond

Fitness Equipment

Picnic/Rest Area

Soccer Pitch

Oval Track

Open Area

Ball Hockey Pad

Toboggan Hill

Trails

Skate Park

Spray Pad

Pickle Ball Court

*Skating Rink

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

Neighbourhood Parks

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

Our Neighbourhood Parks & Parkettes also have a wide variety of amenities!

Visit townofws.ca/parks for more details.

Community Parks

Ballantrae Park
Aurora Rd (East of Hwy 48)

Dog Park
Rougeview Ave (Behind Staples)

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

Memorial Park & Wayne Emmerson Skatepark
Burkholder St & Park Dr

Bethesda Sport Fields
Bethesda Rd (East of Ninth Line)

Vandorf Park
Vandorf Sideroad & Woodbine Ave

Coultice Park
Mussleman's Lake East side of Ninth Line

Rupert Park
Rupert Ave & West Lawn Cres

Parkettes

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

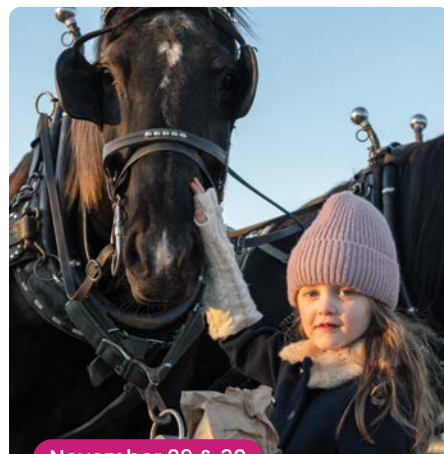
Winter Events

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



November 29

Christmas Tree Lighting Ceremony



November 29 & 30

Holiday Market



December 7

Santa Claus Parade



December 31

New Year's Eve Fireworks

Note

Want to stay up to date on event details?

Visit townofws.ca/events and also find out how to sponsor or volunteer!

Stay Connected with Stouffville!

Join us on social media to stay up to date, get involved, and celebrate our vibrant community!

Facebook

@TownofStouffville

@StouffvillePlay

@wsfes

@wsplibrary

@wstownhall

Instagram

@TownofStouffville

@StouffvillePlay

X

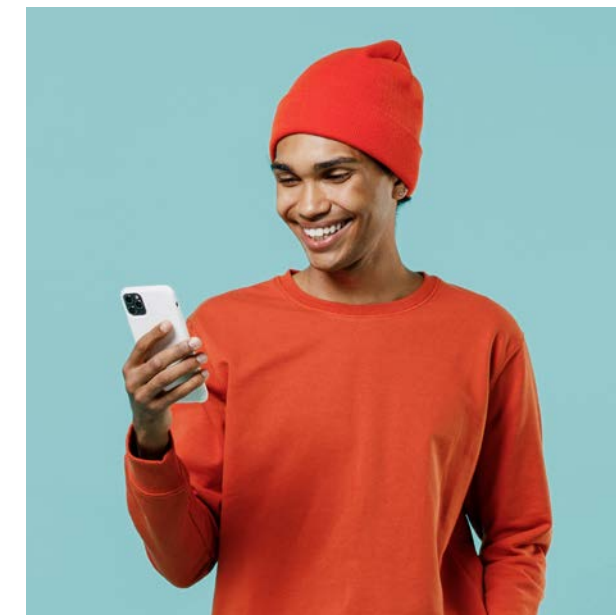
@TownofWS

@ws_townhall

LinkedIn

Whitchurch-Stouffville

Follow us and stay in the loop – there's always something going on in Stouffville!



Stouffville

talk
of the town

Talk of the Town Podcast

Our weekly podcast, Talk of the Town, is your best way to stay up to date on everything that goes on in Stouffville. Released every Tuesday, the podcast is chock-full of news, event happenings, upcoming projects, job announcements, and Council updates. Listen on Soundcloud.com or right on our website, townofws.ca

Talk of the Town eNewsletter

The Talk of Town eNewsletter compliments the podcast of the same name and is distributed every other week. It is full of news, events, and other important information you need to know. Sign up to get Stouffville news right in your inbox at townofws.ca/enews

Visit our News Feed

Everything you need to know is posted on the townofws.ca news feed. We have six categories of news you can subscribe to, or just visit the website on a regular basis to see what is new. Recreation, entertainment, fire services, museum, and Council-related items are posted on a regular basis. Don't miss a single story!



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 Dr
Stouffville, ON
L4A 4K1

leisure.services@townofws.ca
905-642-PLAY (7529)
townofws.ca

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 November 26, 2024.
See page 3 for details.

