



Winter 2023 Programs Guide (January - April)

(Please Note some Programs Dates and times may vary or change in the New Year)

CHILDREN'S & YOUTH PROGRAMS

Clay for Kids (Pottery & Ceramics)
Friday, Jan 20 - Feb 17 [5:30 PM]

[#5678](#)

Friday, Mar 3 - Mar 24 [5:30 PM]

[#5679](#)

Children's Basketball

Friday, Jan 20 - Mar 31 [3:30 PM]

[#5740](#)

Youth Basketball (Ages 14-17)

Friday, Jan 20 - Mar 31 [4:30PM]

[#5741](#)

ART PROGRAMS

[ART] Watercolour Painting: Intermediate
Tuesday, Jan 17 - Mar 21 [1:30 PM]

[#5680](#)

[ART] Watercolour Painting: Advanced Studio

Wednesday, Jan 18 - Mar 22 [1:30 PM]

[#5681](#)

[ART] Watercolour Painting: Introduction
Thursday, Jan 19 - Mar 23 [6:30 PM]

[#5703](#)

[ART] Acrylic Painting Studio

Wednesday, Jan 18 - Mar 29 [10:30 AM]

[#5738](#)

50+ PROGRAMS

50+ Seated Yoga for Flexibility
Monday, Jan 16 - Mar 20 [1:30 PM]

[#5674](#)

50+ Gentle Seated Strength & Stretch
Tuesday, Jan 17 - Mar 21 [1:30 PM]

[#5673](#)

50+ Seated Yoga for Flexibility
Wednesday, Jan 18 - Mar 22 [11:30 AM]

[#5688](#)

50+ Seniors Balance & Bones
Friday, Jan 20 - Mar 31 [9:30 AM]

[#5670](#)

**Mid-Sun is looking for
Youth Volunteers!
(Ages 12-18)**

**We have events, programs and
workshops in need of your
support.**

**If interested please email
programs@midSun.org**

UKULELE LESSONS NEW!

**(Group) Children's Ukulele Lessons with
Rosana (Ages 6-8)**

Saturday, Jan 21 - Mar 18 [10:30 AM]

[#5733](#)

**(Group) Pre-Teen Ukulele Lessons with
Rosana (Ages 9-12)**

Saturday, Jan 21 - Mar 18 [11:30 AM]

[#5734](#)

FITNESS, MOVEMENT & YOGA

Energizing Evening Yoga

Tuesday, Jan 16 - Mar 27 [6:30 PM]

[#5675](#)

**(Evening) Restorative Yin Yoga with
Michelle**

Friday, Jan 20 - Mar 17 [7:30 PM]

[#5737](#)

(Evening) Total Body Workout

Tuesday, Jan 17 - Mar 21 [6:30 PM]

[#5706](#)

(Daytime) Total Body Workout

Wednesday, Jan 18 - Mar 22 [10:30 AM]

[#5687](#)

(Daytime Floor) Hatha Yoga with Tanya
Wednesday, Jan 18 - Mar 22 [10:00 AM]

[#5689](#)

(Beginner) Line Dance with Julian

Monday, Jan 16 - Mar 27 [10:30 AM]

[#5690](#)

(Intermediate) Line Dance with Julian

Thursday, Jan 19 - Mar 30 [9:00 AM]

[#5691](#)

PICKLEBALL LESSONS

(BEGINNER) PICKLEBALL LESSONS
Thursdays/Jan 19 - Feb 16 [11:15AM]

[#5682](#)

(BEGINNER) PICKLEBALL LESSONS
Thursdays/Jan 19 - Feb 16 [1:00PM]

[#5721](#)

(BEGINNER) PICKLEBALL LESSONS
Thursday/Feb 23 - Mar 23 [11:15AM]

[#5684](#)

(NOVICE) PICKLEBALL LESSONS
Thursday/Feb 23 - Mar 23 [1:00PM]

[#5685](#)

PICKLEBALL PRE-REG

Tuesdays [10:00 am - 12:30pm]
(Registration opens on Thursday the week before)

Fridays [10:30 am - 1:00pm]
(Registration opens on the Monday of that week)

**Online Reg opens at 7:00 am
In-Person/Phone Reg at 9:00 am**

OLDER ADULT PROGRAMS

Adult & Seniors Mobility Training
Monday, Jan 16 - Mar 27 [9:30 AM]

[#5669](#)

Social Seniors

Thursday, Jan 19 - Mar 30 [1:30 PM]

(No Registration Required)

(Free) Walking Club

Mondays & Wednesdays, Jan 16 - Mar 27

[1:30 PM]

[Mon #5676](#) [Wed #5677](#)



**Scan the QR Code above
to Register online**