



# FALL 2023 Programs Guide

## (Sep - Dec)

(Please note some program dates and times may vary or change in the dates to come)

### CHILDREN'S & YOUTH PROGRAMS

#### (Pre-School) Music & Movement with Skye (1-3 Yrs) Parented (NEW!)

Thursday, Sep 14 - Oct 19 [9:30 AM]  
#5936

Thursday, Nov 2 - Dec 7 [9:30 AM]  
#5937

#### (Pre-School) Music & Movement with Skye (4-5 Yrs) Un Parented (NEW!)

Thursday, Sep 14 - Oct 19 [10:30 AM]  
#5957

Thursday, Nov 2 - Dec 7 [10:30 AM]  
#5958

#### Clay for Kids (Pottery & Ceramics)

Friday, Sep 29 - Nov 3 [5:30 PM]  
#5933

#### (Friday) Child & Youth Open Gym (Ages 6-14) 2 Hour Program for the price of 1!

Friday, Sep 15 - Dec 15 [3:30 PM]  
#5953

#### Jr. Basketball Buds (Ages 4-6) (NEW!)

Tuesday, Sep 12- Nov 28 [4:00 PM]  
#5959

#### Jr. Basketball Buds (Ages 7-9) (NEW!)

Tuesday, Sep 12- Nov 28 [5:00 PM]  
#5960



### ART PROGRAMS

(Free) Mid-Sun Music Jam (Weekly)  
Tuesdays, Sep 12 - Dec 19 [5:30 PM]  
(No Registration Required)

[ART] Watercolour Painting:  
Intermediate/Advanced Studio  
Tuesday, Oct 3 - Dec 5 [9:30 PM]  
#5945

[ART] Watercolour Painting:  
Beginner/Intermediate  
Tuesday, Oct 3 - Dec 5 [1:30 PM]  
#5956

[ART] Acrylic Painting Studio with Alexandre  
Wednesday, Sep 13 - Nov 29  
[10:30 AM]  
#5940

### FITNESS, MOVEMENT & YOGA

(Daytime Floor) Hatha Yoga with Tanya  
Wednesday, Sep 13 - Nov 29 [10:00 AM]  
#5941

(Daytime) Total Body Workout with Pam  
Wednesday, Sep 20 - Dec 6 [10:30 AM]  
#5932

(Evening) Total Body Workout with Deb  
Wednesday, Sep 17 - Dec 4 [6:30 PM]  
#5964

(Beginner) Line Dance with Julian  
[Step 1]  
Monday, Sep 18 - Dec 11 [10:30 AM]  
#5938

(Intermediate) Line Dance with Julian  
[Step 3]  
Thursday, Sep 14 - Dec 7 [9:00 AM]  
#5939

### OLDER ADULT PROGRAMS

(Adult/Seniors) Strength & Mobility  
Training with David  
Monday, Sep 18 - Dec 11 [9:30 AM]  
#5935

(Free) Social Seniors  
Thursday, April 6 - June 22 [1:30 PM]  
(No Registration Required)

(Free) Indoor Walking Club  
Monday & Wednesday, Sep 6 - Dec 20  
[1:15 PM - 2:15 PM]

Monday: #5930  
Wednesday: #5931



Scan the QR Code to Register online

### 50+ PROGRAMS

50+ Seated Yoga for Flexibility (Monday)  
Monday, Sep 11 - Dec 4 [1:30 PM]  
#5943

50+ Gentle Seated Strength & Stretch  
Tuesday, Sep 12 - Nov 28 [1:30 PM]  
#5942

50+ Seniors Balance & Bones  
Friday, Sep 15 - Dec 15 [10:15 AM]  
#5952

50+ Stretch, Sports Recovery & Beyond!  
Friday, Sep 15 - Dec 15 [9:15 AM]  
#5951

### PICKLEBALL LESSONS

(BEGINNER) PICKLEBALL LESSONS  
Thursday/Sep 14 - Oct 12 [11:15 AM]  
#5946

(NOVICE PICKLEBALL LESSONS  
Thursday/Sep 14 - Oct 12 [1:00 PM]  
#5949

(BEGINNER) PICKLEBALL LESSONS  
Thursday/Oct 26 - Nov 23 [11:15AM]  
#5947

(NOVICE/INTERMEDIATE)  
PICKLEBALL LESSONS  
Thursday/Oct 26 - Nov 23 [1:00PM]  
#5950

### PICKLEBALL PRE-REG

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

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

Sundays [11:30 am - 2:00 pm]  
(Registration opens on the Wednesday of that week) (Starting Oct 22nd)

Online Reg opens at 7:00 am  
In-Person/Phone Reg at 9:00 am  
[Click Here for More Details](#)