



Winter 2024 Programs Guide (Jan - Apr)

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

CHILDREN'S & YOUTH PROGRAMS

Clay for Kids (Pottery & Ceramics)

Friday, Jan 19 - Feb 23 [5:30 PM]

[#6063](#)

(Friday) Child & Youth Open Gym (Ages 6-14)

2 Hour Program for the price of 1!

Friday, Jan 26 - Apr 5 [3:30 PM]

[#6058](#)

Leaders in Training (Ages 14-18)

Mid-Sun is looking for passionate people who want to make a difference, learn about community, gain work experience as well as grow in a hands-on environment.

If interested send us an email:
volunteer@midsun.org

(Include a brief letter of interest, name and age)

ART PROGRAMS

(Free) Mid-Sun Music Jam (Weekly)

Wednesdays, TBA
[6:00 PM]

[\(No Registration Required\)](#)

[ART] Watercolour Painting: Beginner

Tuesday, Jan 16 - Mar 19 [9:30 AM]

[#6047](#)

[ART] Watercolour Painting: Intermediate

Tuesday, Jan 16 - Mar 19 [1:30 PM]

[#6046](#)

[ART] Watercolour Painting: Advanced Studio

Wednesday, Jan 17 - Mar 20 [1:30 PM]

[#6071](#)

[ART] Acrylic Painting Studio with Alexandre

Wednesday, Jan 31 - Apr 3 [10:30 AM]

[#6057](#)

FITNESS, MOVEMENT & YOGA

(Daytime Floor) Hatha Yoga with Tanya

Wednesday, Jan 17 - Mar 20 [10:00 AM]

[#6052](#)

(Daytime) Total Body Workout with Pam

Wednesday, Jan 17 - Mar 27 [10:30 AM]

[#6049](#)

(Evening) Hatha & Restore Yoga with Tanya

Thursday, Jan 18 - Mar 21 [5:30 PM]

[#6056](#)

(Evening) Total Body Workout with Deb

Monday, Jan 22 - Apr 1 [6:30 PM]

[#6048](#)

(Beginner) Line Dance with Julian [Step 1]

Monday, Jan 22 - Apr 1 [10:30 AM]

[#6050](#)

(Intermediate) Line Dance with Julian [Step 3]

Thursday, Jan 18 - Mar 21 [9:00 AM]

[#6051](#)

OLDER ADULT PROGRAMS

Strength, Mobility and Power Training with David

Monday, Jan 15 - Mar 25 [9:30 AM]

[#6044](#)

(Free) Social Seniors

Thursday, Jan 11 - Apr 4 [1:30 PM]

[\(No Registration Required\)](#)

(Free) Indoor Walking Club

Monday & Friday, Jan 8 - Mar 25 [1:30 PM - 2:30 PM]

Monday: [#6064](#) Friday: [#6065](#)



Scan the QR Code to Register online

50+ PROGRAMS

50+ Seated Yoga for Flexibility (Monday)

Monday, Jan 15 - Mar 25 [1:30 PM]

[#6054](#)

50+ Gentle Seated Strength & Stretch

Tuesday, Jan 16 - Mar 19 [1:30 PM]

[#6053](#)

50+ Seniors Balance & Bones

Friday, Jan 19 - Mar 22 [10:15 AM]

[#6045](#)

PICKLEBALL LESSONS

(BEGINNER) PICKLEBALL LESSONS

Thursday, Jan 25 - Feb 22 [11:15 AM]

[#6059](#)

(NOVICE PICKLEBALL LESSONS

Thursday, Jan 25 - Feb 22 [1:00 PM]

[#6061](#)

(BEGINNER/NOVICE) PICKLEBALL LESSONS

Thursday, Feb 29 - Mar 28 [11:15AM]

[#6060](#)

(NOVICE/INTERMEDIATE) PICKLEBALL LESSONS

Thursday, Feb 29 - Mar 28 [1:00PM]

[#6062](#)

PICKLEBALL PRE-REG

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

Wednesdays [12:00 pm - 2:30 pm]
(Registration opens on the Friday of the week prior)

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

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

[Click Here for More Details](#)