



**GEORGINA**

# 2018 Fall & 2019 Winter Recreation & Culture Guide

## *Inside:*

**40** **Senior Games Schedule**  
Opening Ceremonies on Wednesday,  
September 12 at 11 a.m. - Get your  
tickets in advance.

**61** **Upcoming Events**  
New this year! Winter Market at The Link  
& Snowboard Development Days at  
The ROC

**70** **NEW Programs & Workshops at  
The Link**  
Beekeeping for Beginners, Henna Art,  
One Pot Wonders & Street Foods from  
Around the World, just to name a few!

**Registration**

Fall: August 21

Winter: December 4

**Your Guide  
to ROC'n  
Winter Fun!**



**georgina.ca**





# TRAINING FOR TOMORROW TODAY

905-722-6300  
inquiry@gtti.ca | www.gtti.ca  
5207 Baseline Road  
Sutton, On



## Industry Certifications

- FIRST AID / CPR
- SMART SERVE
- CHAINSAW SAFETY

- WORKING AT HEIGHTS
- WORKING AT HEIGHTS RECERT
- WHMIS / WORKER H&S

- FORKLIFT
- CONFINED SPACES
- TDG

- CUSTOMIZED TRAINING AND SO MUCH MORE!

## Get SET for Culinary!

- FULL TIME 4-5 WEEK PROGRAM
- NO COST TO PARTICIPATE
- STARTING IN SEPTEMBER

Call to register | Space is Limited



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## Recreation & Culture Guide

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In cooperation with the Town of Georgina  
Recreation & Culture Department



## STAY CONNECTED

- #Georgina
- #share
- #connect
- #followus



There are many ways to stay connected and up to date on the latest Town of Georgina news and events.

### Town Page:

Weekly in the *Georgina Advocate*

### Social Media:

- townofgeorgina
- TownofGeorgina
- georginatown
- GeorginaTown

### Additional Town Facilities:

- The ROC:** The ROC  
 georginaroc
- Georgina Public Library:** Georgina Public Library  
 georginalibrary
- Pioneer Village:** georginapioneervillage  
 GeorginaHistory

**Animal Shelter:** Georgina Animal Shelter & Adoption

**Farmers' Market:** Georgina Farmers Market

**Georgina Fire Department:** georginafire

Accessible formats or communication supports for this document are available upon request. Please contact the Communications Division via email at [communications@georgina.ca](mailto:communications@georgina.ca), or by calling 905-476-4301.

## This school year, give your child an academic advantage.

Enrolling your kids at a Kumon Centre allows them to gain the full benefits of the Kumon Math and Reading Program, including having an Instructor there to guide, motivate, and encourage them.

Call us today for a **Free Parent Orientation.**

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905-656-6284 • [keswick@ikumon.com](mailto:keswick@ikumon.com)



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georgina.ca



## Message from The Recreation & Culture Department

Welcome to the 2018 Fall & 2019 Winter Guide. We encourage you to get out and experience all that Georgina has to offer, including the many recreation facilities, parks, historic and cultural sites, and beaches. We also offer a number of community halls to rent for private functions so be sure to check out the facility rental listing inside these pages.

The guide also includes information on a range of programs, activities and events that are affordable, accessible and promote healthy active lifestyles. There's something for people of all ages and abilities. Be sure to check out our online registration at [georgina.ca](http://georgina.ca).

Don't forget to take advantage of our limited-time Early Bird pricing for The ROC Season Pass – buy now and save big!

Finally, we are always looking to develop new programs and events to better serve the community, so don't hesitate to let us know your great idea.

We wish you an active and fun-filled fall/winter season!

### Recreation & Culture Department

#### Civic Centre

26557 Civic Centre Road, Keswick, ON L4P 3G1

#### Hours:

Monday to Friday 8:30 a.m. to 4:30 p.m.

(Excluding Statutory Holidays)

Telephone: ..... 905-476-4301  
 ..... 905-722-6516  
 ..... 705-437-2210

Website: ..... [georgina.ca](http://georgina.ca)

Email: ..... [eleisure@georgina.ca](mailto:eleisure@georgina.ca)

### Message from the

# Mayor



On behalf of the Council of the Town of Georgina, I'd like to welcome you to the 2018/2019 edition of the Fall/Winter Recreation & Culture Guide.

This is a fantastic publication to inform local residents and visitors of all the wonderful things there are to do in our community. For those who lead a more active lifestyle, we have many different sports fields, golf courses and two arenas, as well as a beautiful pool for you to enjoy. We have walking trails, bike tracks, skiing, snowboarding and tubing too! You can also join various classes such as dance, yoga, kickboxing and Zumba to keep you healthy and in shape. We also offer classes where you can exercise your culinary passion, or learn how to paint or make beautiful art and crafts. Perhaps you are a theatre buff and enjoy seeing live performances or watching the latest releases on 'the big screen' – we have those here too!

No matter what your age, activity level or type of entertainment you prefer, you are sure to find it offered here in our home town. Please enjoy perusing the pages of this guide or finding out even more about our community by visiting the Town's website at [georgina.ca](http://georgina.ca). You will then understand just how terrific it is to live, work and play in the Town of Georgina!

*M. Quirk*

Margaret Quirk, Mayor

### Town of Georgina Municipal Council 2014-2018

<b>Margaret Quirk</b>	Mayor
<b>Naomi Davison</b>	Deputy Mayor & Regional Councillor
<b>Charlene Biggerstaff</b>	Ward 1 Councillor
<b>Dan Fellini</b>	Ward 2 Councillor
<b>Dave Neeson</b>	Ward 3 Councillor
<b>Frank A. Sebo</b>	Ward 4 Councillor
<b>Dave Harding</b>	Ward 5 Councillor

**Note: Following the 2018 Municipal Elections in October 2018, the online guide will be updated.**

# How to Register

Fall Registration: August 21 at 8:30 a.m.  
 Winter Registration: December 4 at 8:30 a.m.



	WHAT YOU NEED	WHAT TO DO	CONFIRMATION
<b>ONLINE</b>	Log-in ID & password VISA/MasterCard # with a valid expiry date	1. Visit <a href="http://georgina.ca/getting-active/recreation">georgina.ca/getting-active/recreation</a> 2. Sign In 3. Choose an activity 4. Participate & Enjoy <b>Don't have an account?</b> Select "Create an Account"	Once registered you will receive a confirmation email
<b>WALK-IN</b>	Method of payment; cash, cheque, debit, VISA, MasterCard are all accepted	<b>Register in Person at:</b> <b>Civic Centre</b> - 26557 Civic Centre Rd., Keswick <b>Georgina Gym</b> - 90 Wexford Dr., Keswick <b>Leisure Pool</b> - 5279 Black River Rd., Sutton <b>Stephen Leacock Theatre</b> - 130 Gwendolyn Blvd., Keswick	Receipts and confirmation will be processed immediately
<b>PHONE</b>	Method of payment; VISA, MasterCard are accepted	Call 905-476-4301 ext. 2354	Once registered a receipt will be printed and emailed to you

#### Program Refund Policy:

- All requests for refunds or withdrawals must be submitted **in writing** to the Recreation & Culture Department: **Note:** Written refund requests for Aquatic Leadership Courses and Day Camps must be received in writing at least five business days prior to the program start date.
- All refunds are subject to a \$25 administration fee (\$35 administration fee for camp) per participant OR a credit will remain on the family account at no charge.
- Written requests for refunds and/or credits will not be issued after the class has started unless the request is for medical reasons only and will be prorated. Medical documentation is required.
- No refund will be issued if the written request is received after the program is ended.
- Where possible, transfers received prior to start of the first class will be permitted only within the same session/season at no charge.
- All dates and times are subject to change without notice. No refunds/credits granted for rescheduled classes.
- Non-attendance by a participant does not constitute a notice of withdrawal from a class or program.

#### Cancellation/Termination Policy:

- Programs cancelled by the Recreation and Culture Department will result in a full credit applied to account or transfer to another available class. Full refunds will be issued upon request by credit card or cheque, and mailed to the address on the account within two to three weeks from the time of cancellation.

#### Returned Cheque:

A \$40 charge will apply for returned NSF cheques. We reserve the right to cancel the registration or to revoke privileges until full payment is received.

# Things you need to know

## Legends & Inclusion Information

Watch for these symbols throughout the guide...



Inclusion



Parent/Guardian & Child Participation



Rain or Shine

### Special Needs & Inclusion



The Town of Georgina's Recreation & Culture Department is working towards developing program opportunities to better serve children, youth and adults with special needs. *Please note: All programs listed throughout the brochure welcome participants with special needs.*

#### Inclusion Support

To facilitate opportunities for persons with/without disabilities to engage in recreation activities together, inclusion support may be required. If a participant requires support to participate, a caregiver or volunteer is admitted to the program at no charge. Arrangements for one-on-one support staff is based on individual application and availability of our inclusion facilitator staff/volunteers (individually screened and trained).

**Please call 905-476-4301, Ext. 2238 to inquire about Inclusion Support or visit [georgina.ca](http://georgina.ca) for more details.**

#### Inclusion Recreation Resource Support

The Town of Georgina works in partnership with:

##### Kelly Lapham

Inclusive Recreation Coordinator  
York Support Services Network  
[klapham@yssn.ca](mailto:klapham@yssn.ca) | 905-476-6455, Ext 2427

##### Cheryl Westcott

Georgina Local Team Facilitator  
[ceswtcott@ctnsy.ca](mailto:ceswtcott@ctnsy.ca) | 905-505-0179



### Facilities Legend

# - Number of Classes

- C55K** - Club 55 Keswick
- C55P** - Club 55 Pefferlaw
- C55S** - Club 55 Sutton
- BEACH** - De La Salle Beach
- DLS** - De La Salle Park
- GIP** - Georgina Ice Palace
- GLP** - Georgina Leisure Pool
- GPV** - Georgina Pioneer Village
- GSA** - Georgina Sutton Arena
- GYM** - Georgina Gym
- KIN** - Kin Hall
- KL** - Keswick Library
- LINK** - The Link
- NGP** - North Gwillimbury Park
- PLH** - Pefferlaw Lions Hall
- PL** - Pefferlaw Library
- ROC** - The ROC
- SCC** - Sutton Curling Club
- SLT** - Stephen Leacock Theatre
- SMU** - Sutton Multi Use Facility
- WP** - Watson Park
- UH** - Udora Hall
- WWP** - Whipper Watson Park
- WG** - Willow Greens

# Pre & Post Natal Program Description & Schedules

#### Diaper Fit

A pre-registered aquafitness program for both parent and child. With baby seats provided, parents will follow an instructor's lead to water aerobic exercises that incorporate baby in their seat.

**Ages: 4m to 3 yrs**

**Facility: Georgina Leisure Pool**

**Day: Tues, Thurs**

#### Stroller Fit

Push those post-pregnancy pounds out of your life with a fun, stroller-based workout you can do while spending time with your baby. Stroller fit includes a variety of drills that focus on strength, power, agility, balance and cardio as well as rehabilitation of your core and addressing any concerns you may have about your post-baby body. **You will need: A stroller (any type), towel or mat, water bottle, any snacks/toys your little one may need.**

**Ages: 15 and up**

**Facility: Georgina Gym**

**Day: Tues**

#### Yoga: Baby & Me

Baby & Me Yoga incorporates yoga movements where babies are welcome and you are able to tend to your baby as needed. Focus is on post-natal stretching and strengthening as you learn to include baby. *Babies must be pre-crawling to attend. Floor based program.*

**Ages: 15 and up**

**Facility: Georgina Ice Palace**

**Day: Thurs**

#### Yoga: Pre-Natal

Pre-natal yoga will prepare your body for labour and help you understand and respect your changing body and emotions during this life experience. You will learn how to accommodate your changing body with restful tools (blankets and pillows) and modified movements. *This program is for the mom-to-be. Please bring a mat and towel/pillow as this is floor based program.*

**Ages: 15 and up**

**Facility: Georgina Ice Palace**

**Day: Tues**

Program	Age	#	Day	Start Date	Time	Place	Price	Code
Diaper Fit	4m-3yrs	15	T	Sept-11	10 AM-10:45 AM	GLP	\$99.60	14035
	4m-3yrs	15	Th	Sept-13	10 AM-10:45 AM	GLP	\$99.60	14036
	4m-3yrs	9	T	Jan-09	10 AM-10:45 AM	GLP	\$59.76	14220
	4m-3yrs	9	Th	Jan-11	10 AM-10:45 AM	GLP	\$59.76	14221
Stroller Fit	15yrs+	11	T	Sep-25	10:30 AM-11:30 AM	WWP	\$80	13905
	15yrs+	12	T	Jan-08	10:30 AM-11:30 AM	WWP	\$87	13904
Yoga: Baby & Me	15yrs+	10	Th	Sep-27	11:30 AM-12:30 PM	GIP	\$73	12508
	15yrs+	11	Th	Jan-10	11:30 AM-12:30 PM	GIP	\$80	12531
Yoga: Pre-Natal	15yrs+	10	T	Oct-02	5:30 PM-6:30 PM	GIP	\$73	12515
	15yrs+	8	T	Jan-15	5:30 PM-6:30 PM	GIP	\$59	12538

Note: all dates, times and prices are subject to change without notice



# Pre-School Program Description & Schedules

## Ballet Babies

Working in a creative manner to introduce basic coordination of the body through space, exploring different levels and qualities of movement. Marches, skips, and gallops are introduced, using the imagination to help promote movement in a fun and creative way. *Participation is without parents.*

**Ages: 3 to 5**  
**Facility: Sutton Arena, Georgina Ice Palace**  
**Day: Wed, Thurs, Fri**

## Hip Hop

Hip Hop your way to the latest dance craze, these energetic up beat, funky dance steps will have you moving to the music a whole new way. Grab your running shoes and get ready to bust a move. Participation is without parent.

**Ages: 3 to 5**  
**Facility: Georgina Ice Palace, Sutton Arena**  
**Day: Wed, Thurs, Fri**

## Kindergym

This is an instructor led program for the active tot, focusing on cooperative play, social interaction and organized activities with other tots. Basic sport skills, games, parachute play, balls, hoops, tunnels, etc. are all part of the fun. Come and play together with your tot. *Parent participation is required!*

**Ages: 2 to 3**  
**Facility: Georgina Gym**  
**Day: Wed, Fri**

## Mini Chefs

Familiarization/Safety/Cooking in the kitchen. This is a great creative way for children to learn a little bit about cooking. Together pre-schoolers and parents will follow recipes, measure ingredients and of course taste test. *Parent attendance is required.*

**Ages: 3 to 5**  
**Facility: Georgina Ice Palace**  
**Day: Tues, Thurs**

## Sporty Fun

This exciting sports program is for active children looking to learn various sports skills. Your child will be introduced to a variety of skills used in basketball, soccer, racquet sports, hockey and baseball. The program focuses on the basics of throwing, catching, shooting, jumping, running and team cooperation using various pieces of equipment. *Participation is with parents.*

**Ages: 3 to 4**  
**Facility: Georgina Gym**  
**Day: Mon, Thurs, Fri**



Pre-School Programs	Age	#	Day	Start Date	Time	Place	Price	Code
Ballet Babies	3-5yrs	8	F	Sep-21	5 PM-5:30 PM	GIP	\$40	14999
	3-5yrs	8	F	Sep-21	6 PM-6:30 PM	GIP	\$40	15000
	3-5yrs	10	W	Sep-26	5 PM-5:30 PM	GSA	\$50	14922
	3-5yrs	10	W	Sep-26	5:30 PM-6 PM	GSA	\$50	14923
	3-5yrs	8	Th	Sep-27	5 PM-5:30 PM	GIP	\$40	14992
	3-5yrs	8	Th	Sep-27	5:30 PM-6 PM	GIP	\$40	14993
	3-5yrs	8	Th	Jan-10	5 PM-5:30 PM	GIP	\$40	15011
	3-5yrs	8	Th	Jan-10	5:30 PM-6 PM	GIP	\$40	15012
	3-5yrs	8	F	Jan-11	5 PM-5:30 PM	GIP	\$40	15013
	3-5yrs	8	F	Jan-11	6 PM-6:30 PM	GIP	\$40	15014
	3-5yrs	8	W	Jan-16	5 PM-5:30 PM	GSA	\$40	15009
	3-5yrs	8	W	Jan-16	5:30 PM-6 PM	GSA	\$40	15010
Hip Hop	3-5yrs	8	F	Sep-21	4:30 PM-5 PM	GIP	\$40	14997
	3-5yrs	8	F	Sep-21	5:30 PM-6 PM	GIP	\$40	14998
	3-5yrs	10	W	Sep-26	6 PM-6:30 PM	GSA	\$50	14921
	3-5yrs	8	Th	Sep-27	4:30 PM-5 PM	GIP	\$40	14996
	3-5yrs	8	F	Jan-11	4:30 PM-5 PM	GIP	\$40	15007
	3-5yrs	8	F	Jan-11	5:30 PM-6 PM	GIP	\$40	15008
	3-5yrs	8	W	Jan-16	6 PM-6:30 PM	GSA	\$40	15001
	3-5yrs	8	Th	Jan-17	4:30 PM-5 PM	GIP	\$40	15006
	Kindergym	2-3yrs	8	W	Sep-26	12 PM-12:30 PM	GYM	\$40
2-3yrs		8	F	Sep-28	5:15 PM-5:45 PM	GYM	\$40	14918
2-3yrs		8	W	Jan-23	12 PM-12:30 PM	GYM	\$40	14919
2-3yrs		8	F	Jan-25	5:15 PM-5:45 PM	GYM	\$40	14920
Mini Chefs	3-5yrs	5	T	Sep-25	5 PM-6 PM	GIP	\$55	14265
	3-5yrs	5	Th	Sep-27	5 PM-6 PM	GIP	\$55	14269
	3-5yrs	5	T	Nov-06	5 PM-6 PM	GIP	\$55	14266
	3-5yrs	4	Th	Nov-08	5 PM-6 PM	GIP	\$44	14270
	3-5yrs	5	Th	Jan-10	5 PM-6 PM	GIP	\$55	14271
	3-5yrs	5	T	Jan-15	5 PM-6 PM	GIP	\$55	14267
	3-5yrs	4	T	Feb-26	5 PM-6 PM	GIP	\$44	14268
	3-5yrs	4	Th	Feb-28	5 PM-6 PM	GIP	\$44	14272
Sporty Fun	3-4yrs	8	M	Sep-17	5:15 PM-5:45 PM	GYM	\$40	14908
	3-4yrs	8	Th	Sep-20	10:45 AM-11:15 AM	GYM	\$40	14909
	3-4yrs	8	F	Sep-21	5:45 PM-6:15 PM	GYM	\$40	14910
	3-4yrs	8	M	Jan-21	5:15 PM-5:45 PM	GYM	\$40	14911
	3-4yrs	8	Th	Jan-24	10:45 AM-11:15 AM	GYM	\$40	14912
	3-4yrs	8	F	Jan-25	5:45 PM-6:15 PM	GYM	\$40	14914

Refer to Facilities Legend on page 4.

# Child & Youth Program Description & Schedules

## After School Program

Looking for some after school fun? Sign your child up today for the Town of Georgina's after school program. Our experienced and enthusiastic staff provide structured and unstructured programming indoors and outdoors along with homework assistance all week long.

**Ages: 6 to 12**

**Facility: Sutton Multi-Use Facility, Pefferlaw Hall**

**Day: Mon to Fri**

## Archery FUNdamentals

This program will teach participants all they need to know about archery through playing interactive games and engaging activities. The program will focus on safety, proper stance, technique and how to hit the target using a camp bow! *This program is suited for persons of all abilities and all equipment is provided.*

**Ages: 8 to 14**

**Facility: The ROC**

**Day: Tues**

## Ballet Bunnies

Continuing to work in a creative manner, skills introduced include working in 1st and 2nd positions of the feet, plies, tendus, bounces, marches and skips. More emphasis is put on stretching the feet and legs. Introduction to basic arm positions and coordinating the arms and legs together. *Participation is without parents.*

**Ages: 5 to 6**

**Facility: Sutton Arena, Georgina Ice Palace**

**Day: Wed, Thurs**

## Ballet Level I

Building on skills introduced in Ballet Bunnies, first, second positions of the feet are mainly used, with an introduction to the third position of the feet. Skills achieved include plies, tendus, grands battements and sautés. Continued emphasis on stretching the feet and legs. More advanced positions of the arms are introduced and chains of steps are put together to form more advanced dance formations. *Parent participation is not required.*

**Ages: 6 to 7**

**Facility: Georgina Ice Palace, Georgina Sutton Arena**

**Day: Wed, Thurs**

## Basketball

This is an instructor-led program for basketball players looking to learn the basic skills of the game. The instructor will provide fun pick-up games as well as individual skill training in dribbling, passing and shooting. *All equipment provided.*

**Ages: 5 to 7, 9 to 12**

**Facility: Georgina Gym**

**Day: Tues**

## Cake Decorating - It's a Piece of Cake

Learn how to decorate like the pros in this step-by-step tutorial workshop. You don't have to be a chef or even experienced in the kitchen to participate in this interactive cake decorating program. Participants will learn techniques for making treats that will amaze your friends and family.

**Ages: 7 to 12**

**Facility: The Link**

**Day: Fri**

## Christmas Tree Workshop

This children's workshop is led by our craft instructor. Children will be given the materials and tools to create their very own candy Christmas tree that can be used as a decorative piece or a sweet snack. We supply the space and the materials - you bring your imagination and sweet tooth. *Parent participation is recommended for children under the age of 6 years.*

**Ages: 7 to 14**

**Facility: Georgina Gym**

**Day: Thurs**

## Crochet 101 (Beginner)

Led by an experienced instructor, participants will be taught the basic skills of crochet to complete projects such as; scarves, hats, granny squares, etc. *(No experience necessary)*

**Ages: 9 to 14**

**Facility: Georgina Gym**

**Day: Fri**

### Drop Zone After School Program

Free for grades 6 to 8

Location: RL Graham Public School

Monday, Tuesday, Thursday. 2:45 p.m. to 5:30 p.m.

For more information please visit [york.ca/dropzone](http://york.ca/dropzone) or call 905-476-4301 ext. 2238

## Family Paddle

Join us on the shores of De La Salle Beach for an evening of paddling with your family. There will be an instruction session followed by a guided paddle. Families can choose either canoeing or kayaking. *All equipment is provided.*

**Ages: 8 and up**

**Facility: De La Salle Beach**

**Day: Mon**

## Family Yoga

Family yoga is a beautiful, fun and mindful way to move together and learn easy, positive and stress relieving benefits of yoga, meditation and breathing. It helps to promote confidence, relaxation, self-control, love for one's self and each other, focus, body awareness and an overall feeling of well-being. Through music, stories, poses, games, breath work and guided imagery you will be led through a 45 minute class together as a family full of love, laughter and connection.

**Ages: 4 and up**

**Facility: The ROC**

**Day: Sat**

## Floor Hockey

This indoor program is instructor led and designed for the hockey player who is interested in improving their skills. The instructor will review the game with them and will help the children to enhance their basic floor hockey skills. *Hockey helmet mandatory, sticks can be provided.*

**Ages: 6 to 9**

**Facility: Georgina Gym**

**Day: Wed**

## Get Outside!

Get outside this fall and enjoy a variety of different outdoor activities. This program provides an opportunity to get outside to learn new skills and explore our natural environment. Activities will include active games to learn about the environment, nature, arts & crafts and more. *Activities vary on the season. Includes Low Ropes and Archery.*

**Ages: 6 to 9**

**Facility: The ROC**

**Day: Thurs**

*Note: all dates, times and prices are subject to change without notice*

## Gingerbread Workshop



This children's workshop is led by our experienced craft instructor. Children will be given the materials and tools to create their very own gingerbread house that can be used as a decorative piece or a sweet snack! We supply the space and the materials - you bring your imagination and sweet tooth. *Parent participation is recommended for children under the age of 6 years.*

**Ages: 3 and up**

**Facility: The Link**

**Day: Thurs**

## Girls Night Out

Girls Night Out gives girls across Georgina an opportunity to get together each week to meet new friends and participate in some awesome activities, including fitness classes, cooking, baking, crafting, games, dancing and more. This class will focus on learning life skills and connecting with other girls through a variety of different activities.

**Ages: 7 to 11**

**Facility: Stephen Leacock Theatre**

**Day: Mon**

## Golf Clinic

Improve your golf skills and learn from a CPGA golf professional. Bring your own clubs or borrow from the Centre. Includes one large basket of balls each day.

**Ages: 7 to 14**

**Facility: Willow Greens**

**Day: Mon**

## Hip Hop

This is an introduction to the creative and up beat movement of Hip Hop. In this class you will be taught how to develop your own style through learning a combination of sound, rhythm and movement.

**Ages: 5 to 8, 9 to 15**

**Facility: Stephen Leacock Theatre**

**Day: Thurs**

## Home Alone Safety

This Home Alone program prepares children ages 10 to 12 years to be on their own at home or elsewhere for short periods of time. Course content includes online safety and internet luring, fire safety, street smarts, stranger and not-so-stranger danger, first aid, and step-by-step home alone readiness plans.

**Ages: 10 to 12**

**Facility: Georgina Ice Palace, Keswick Library**

**Day: Sat**



### Inclusion Sports of all Sorts

This is a free drop-in program for children, youth and adults with special needs. Come and enjoy a different sport each day. Participants will receive a brief introduction and then have the rest of the time to play.

**Ages: 6yrs+**  
**Facility: Sutton Multi Use Facility**  
**Day: Tues**

### Into the Wild (Outdoor Survival Skills)

Learn how to survive in the wilderness. Participants will learn the essentials of how to survive in the great outdoors by experiencing hands on activities such as making shelter, food and how to stay warm. Activities vary on the season. *\*Includes Archery\**

**Ages: 10 to 13**  
**Facility: The ROC**  
**Day: Wed**

### Kid Chef

Qualified instructor-lead. This is a great creative way for kids to learn how to chop, stir, blend and mix. Kids will be taught kitchen safety, the different utensils, measuring ingredients, reading a recipe and healthy eating. The program will be kept basic yet loads of fun.

**Ages: 6 to 8**  
**Facility: The Link, Georgina Ice Palace**  
**Day: Mon, Tues, Sat**

### Kids Photography

Kids photography class for DSLR, tablet and smart phone users. Learn how to take great photos through hands on lessons and fun experiments. Explore how to compose a great photo and create art using photography.

**Ages: 6 to 12**  
**Facility: The Link**  
**Day: Tues**

### Youth Photography

Photography class for DSLR and point-and-shoot digital camera users. Each class will have a combination of technical information as well as hands on activities and weekly assignments. Learn how to compose a great photo and create art using photography.

**Ages: 13 to 16**  
**Facility: The Link**  
**Day: Tues**

### On With the Show

The young actors will learn voice projection, stage presence and gain confidence while working on a play designed and written for this session. The play will be presented to family and friends the last Tuesday of the session at 7 p.m.

**Ages: 9 to 13**  
**Facility: Stephen Leacock Theatre**  
**Day: Tues**

### Play & Paddle

This new program will help teach the fundamentals of canoeing and kayaking for youth on Lake Simcoe. Through fun games, activities and excursions, participants will learn the necessary skills to keep them safe and encourage a life long interest in paddling, thereby enhancing their quality of life and health. *\*All equipment is provided.*

**Ages: 10 to 16**  
**Facility: De La Salle Beach**  
**Day: Wed**

### Pumps & Jumps

Come ride with us! This program is all about exploring the ROC's Bike Park and Mountain Bike Trails! Riders will develop technical skills, learn trail/park etiquette and overall increase their confidence. *Helmets must be worn. Participants must provide own bike and helmet. Interested but don't own a bike? Maybe we can help. Contact Recreation & Culture at 905-476-4301 ext. 2354 for more details.*

**Ages: 8 to 13**  
**Facility: The ROC**  
**Day: Thurs**

### Re-Fashioning

In this class we will take clothing and accessories made from reclaimed materials and turn them into something. Do you have a well-loved sweater that you just cannot throw out? Let's morph it into a scrumptious set of mittens. This new trend rescues otherwise useful items from a tragic and untimely demise in the landfill.

**Ages: 9 to 15**  
**Facility: Georgina Gym**  
**Day: Tues**

### Ropes & Rocks

Take on a new challenge and test your limits every week or for one day at our low ropes and climbing wall. Participants will be kept physically and emotionally engaged as they test their agility, balance and decision-making skills with our low ropes obstacles, and are introduced to the world of climbing by taking on our multi-route rock wall. These programs will create personal growth through the opportunity to build character, team work and self-esteem.

**Ages: 6 to 9, 10 to 15**  
**Facility: The ROC**  
**Day: Sat**

### Sew What? (Beginner)

This is a learn-to-sew program for beginners (No experience necessary). Led by an experienced instructor, participants will be taught the basic skills of sewing (including use of sewing machine) to complete projects such as; cell phone case, pillow case, bags and more! *Note: All machinery and materials included in course fee.*

**Ages: 8 to 14**  
**Facility: Georgina Gym**  
**Day: Tues**

### Snowshoe Starters & Warm Apple Ciders

Enjoy a fun filled winter day! Participants will enjoy a guided snowshoe through the Georgina Pioneer Village and surrounding area, followed by local warm apple cider and snacks. *Participants can bring their own snowshoes or borrow ours! Please note there are limited pairs of snowshoes. Please call 905-476-8834 ext. 3296 to register.*

**Ages: 8yrs+**  
**Facility: Georgina Pioneer Village**  
**Day: Sun**

### Soccer

This indoor program is designed for the soccer player who is interested in improving their skills in the off-season. The instructor will review the game with them and will help the children to enhance their basic soccer skills such as dribbling, passing & ball handling.

**Ages: 5 to 8, 9 to 11**  
**Facility: Georgina Gym**  
**Day: Thurs**

### Theatre Fun for the Young Actor

This is an introduction to the world of theatre for the inexperienced young actor. The young actors will learn voice projection, stage presence and gain confidence on stage through the use of theatre games. There will be a final production for friends and family on the last Tuesday of the session.

**Ages: 7 to 9**  
**Facility: Stephen Leacock Theatre**  
**Day: Tues**

### Yoga: Tween Flow

Join our instructor-led yoga class to learn about meditation, stretching, relaxing the mind and using the imagination through poses.

**Ages: 9 to 13**  
**Facility: The Link**  
**Day: Tues**

### Youth Chef

Qualified instructors lead Youth Chefs. This is a great creative way for youth to learn how to chop, stir, blend and mix. Youth will be taught kitchen safety, the different utensils, measuring ingredients, reading a recipe and healthy eating. Program will be kept basic, yet loads of fun.

**Ages: 10 to 12**  
**Facility: Georgina Ice Palace**  
**Day: Thurs**

**Accessible formats or communication supports for this document are available upon request. Please contact the Communications Division via email at [communications@georgina.ca](mailto:communications@georgina.ca), or by telephone at 905-476-4301.**

Child Youth Programs	Age	#	Day	Start Date	Time	Place	Price	Code
After School Program	6-12yrs	95	M-F	Sep-04	3 PM-6 PM	SMU	FREE	15149
	6-12yrs	43	M-F	Sep-04	3 PM-6 PM	PLH	FREE	15151
Archery FUNdamentals	8-13yrs	4	T	Sep-04	5:30 PM-6:30 PM	ROC	\$65	14253
Ballet Bunnies	5-6yrs	10	W	Sep-26	6:30 PM-7:15 PM	GSA	\$62.50	14924
	5-6yrs	8	Th	Sep-27	6 PM-6:45 PM	GIP	\$50	14994
	5-6yrs	8	Th	Jan-10	6 PM-6:45 PM	GIP	\$50	15017
	5-6yrs	8	W	Jan-16	6:30 PM-7:15 PM	GSA	\$50	15015
Ballet Level I	6-7yrs	10	W	Sep-26	7:15 PM-8 PM	GSA	\$62.50	14925
	6-7yrs	8	Th	Sep-27	6:45 PM-7:30 PM	GIP	\$50	14995
	6-7yrs	8	Th	Jan-10	6:45 PM-7:30 PM	GIP	\$50	15018
	6-7yrs	8	W	Jan-16	7:15 PM-8 PM	GSA	\$50	15016
Basketball	5-7yrs	10	T	Sep-25	5 PM-5:45 PM	GYM	\$60	15019
	9-12yrs	10	T	Sep-25	5:45 PM-6:30 PM	GYM	\$60	15020
	5-7yrs	8	T	Jan-15	5 PM-5:45 PM	GYM	\$48	15021
Basketball (drop-in)	9-12yrs	8	T	Jan-15	5:45 PM-6:30 PM	GYM	\$48	15022
	10-14yrs	13	M	Sep-10	6 PM-7 PM	GYM	Free	12474
	10-14yrs	11	M	Jan-07	6 PM-7 PM	GYM	Free	12475
Cake Decorating - Its a Piece of Cake	7-12yrs	4	F	Oct-05	6 PM-7:30 PM	LINK	\$57.60	15023
	7-12yrs	5	F	Nov-09	6 PM-7:30 PM	LINK	\$72	15024
	7-12yrs	5	F	Jan-25	6 PM-7:30 PM	LINK	\$72	15025
Christmas Tree Wrkshp	7-14yrs	1	Th	Dec-06	6 PM - 7:30 PM	GIP	\$14	15079
Crochet 101	9-14yrs	10	F	Oct-05	5:30 PM-6:30 PM	GYM	\$60	12503
	9-14yrs	10	F	Jan-18	5:30 PM-6:30 PM	GYM	\$60	12526
Family Paddle	8yrs+	1	M	Sep-10	5:30 PM-7:30 PM	DLS	\$20	14256
Family Yoga	4yrs+	10	Sa	Sep-29	10 AM-11 AM	GYM	\$75	14285
Floor Hockey	6-9yrs	10	W	Sep-26	5 PM-6 PM	GYM	\$60	15026
	6-9yrs	8	W	Jan-16	5 PM-6 PM	GYM	\$48	15028
Get Outside!	6-9yrs	6	Th	Sep-06	5 PM-6:30 PM	ROC	\$40	14258
Gingerbread Workshop	3yrs+	1	Th	Dec-13	6:30 PM-8 PM	LINK	\$14	15077
Girls Night Out	7-11yrs	8	M	Sep-24	6 PM-7:30 PM	SLT	\$87	15029
	7-11yrs	8	M	Jan-14	6 PM-7:30 PM	SLT	\$87	15030
Golf Clinic	7-14yrs	4	M	Sep-10	5 PM-6 PM	WG	\$100	12545
	5-8yrs	8	Th	Sep-20	5:15 PM-6:15 PM	SLT	\$56	14988
	5-8yrs	8	Th	Sep-20	6:15 PM-7:15 PM	SLT	\$56	14989
	9-15yrs	8	Th	Sep-20	7:15 PM-8:15 PM	SLT	\$56	14990
Hip Hop	5-8yrs	8	Th	Jan-17	5:15 PM-6:15 PM	SLT	\$56	15002
	5-8yrs	8	Th	Jan-17	6:15 PM-7:15 PM	SLT	\$56	15003
	9-15yrs	8	Th	Jan-17	7:15 PM-8:15 PM	SLT	\$56	15004
Home Alone Safety	10-12yrs	1	Sa	Sep-29	9:30 AM-2 PM	KL	\$45	15031
	10-12yrs	1	Sa	Nov-10	8:30 AM-1 PM	GIP	\$45	15033
	10-12yrs	1	Sa	Jan-26	9:30 AM-2 PM	KL	\$45	15032
	10-12yrs	1	Sa	Mar-02	8:30 AM-1 PM	GIP	\$45	15034
Inclusion Sports of all Sorts	6yrs+	37	Tu	Sep-18	7 PM-8:30 PM	SMU	FREE	15175

Into the Wild (Outdoor Survival Skills)	10-13yrs	6	W	Sep-05	6:45 PM-7:45 PM	ROC	\$80	14259	
	6-8yrs	5	M	Sep-24	6:15 PM-7:30 PM	LINK	\$65	15046	
	6-8yrs	5	T	Sep-25	6:15 PM-7:30 PM	GIP	\$65	14273	
	6-8yrs	5	Sa	Oct-20	9:30 AM-10:45 AM	LINK	\$65	15056	
Kid Chef	6-8yrs	5	M	Nov-05	6:15 PM-7:30 PM	LINK	\$65	14352	
	6-8yrs	5	T	Nov-06	6:15 PM-7:30 PM	GIP	\$65	14274	
	6-8yrs	5	M	Jan-07	6:15 PM-7:30 PM	LINK	\$65	14389	
	6-8yrs	5	T	Jan-15	6:15 PM-7:30 PM	GIP	\$65	14275	
	6-8yrs	5	Sa	Jan-19	9:30 AM-10:45 AM	LINK	\$65	15082	
	6-8yrs	5	M	Feb-25	6:15 PM-7:30 PM	LINK	\$65	15048	
	6-8yrs	4	T	Feb-26	6:15 PM-7:30 PM	GIP	\$53	14276	
	6-8yrs	5	Sa	Mar-30	9:30 AM-10:45 AM	LINK	\$65	15083	
	On With the Show!	9-13yrs	10	Tu	Sep-25	6:45 PM - 8 PM	SLT	\$107.50	15066
		9-13yrs	8	Tu	Jan-15	6:45 PM - 8 PM	SLT	\$86	15069
Kids Photography	6-12yrs	6	Tu	Oct-02	6 PM - 7 PM	LINK	\$55	15039	
	6-12yrs	6	Tu	Jan-29	6 PM - 7 PM	LINK	\$55	15040	
Youth Photography	13-16yrs	6	Tu	Oct-02	7 PM - 8:30 PM	LINK	\$80	15041	
	13-16yrs	6	Tu	Jan-29	7 PM - 8:30 PM	LINK	\$80	15042	
Play & Paddle	10-16yrs	4	W	Sep-05	4:30 PM-6:30 PM	DLS	\$65	14261	
Pumps & Jumps	8-13yrs	6	Th	Sep-06	6 PM-7 PM	ROC	\$45	14262	
	9-15yrs	6	T	Sep-25	7 PM-9 PM	GYM	\$80	15095	
Re-Fashioning	9-15yrs	6	T	Nov-06	7 PM-9 PM	GYM	\$80	15096	
	9-15yrs	6	T	Jan-22	7 PM-9 PM	GYM	\$80	15098	
Ropes & Rocks	6-9yrs	6	Sa	Sep-08	10 AM-11 AM	ROC	\$47	14263	
	10-15yrs	6	Sa	Sep-08	11 AM-12 PM	ROC	\$47	14264	
	8-14yrs	6	T	Sep-25	5 PM-7 PM	GYM	\$80	15089	
Sew What? (Beg)	8-14yrs	6	T	Nov-06	5 PM-7 PM	GYM	\$80	15093	
	8-14yrs	6	T	Jan-22	5 PM-7 PM	GYM	\$80	15099	
Snowshoe Starters & Warm Apple Ciders	8yrs+	1	S	Jan-20	11 AM-1 PM	GPV	\$12	14407	
	8yrs+	1	S	Mar-10	11 AM-1 PM	GPV	\$12	14409	
Soccer	5-8yrs	10	Th	Sep-27	5 PM-6 PM	GYM	\$60	15058	
	9-11yrs	10	Th	Sep-27	6 PM-7 PM	GYM	\$60	15059	
	5-8yrs	8	Th	Jan-17	5 PM-6 PM	GYM	\$50	15075	
Theatre Fun for the Young Actor	9-11yrs	8	Th	Jan-17	6 PM-7 PM	GYM	\$50	15076	
	7-9yrs	6	T	Oct-23	5:30 PM-6:30 PM	SLT	\$65	15072	
	7-9yrs	6	T	Jan-29	5:30 PM-6:30 PM	SLT	\$65	15073	
	9-13yrs	10	T	Sep-25	6 PM-7 PM	LINK	\$77	14282	
Yoga - Tween Flow	9-13yrs	10	F	Oct-5	6 PM-7 PM	GIP	\$77	15167	
	9-13yrs	10	T	Jan-08	6 PM-7 PM	LINK	\$77	15160	
	9-13yrs	10	F	Jan-25	6 PM-7 PM	GIP	\$77	15152	
Youth Chefs	10-12yrs	5	Th	Sep-27	6:15 PM-7:45 PM	GIP	\$65	14277	
	10-12yrs	4	Th	Nov-08	6:15 PM-7:45 PM	GIP	\$52	14278	
	10-12yrs	5	Th	Jan-10	6:15 PM-7:45 PM	GIP	\$65	14279	
	10-12yrs	4	Th	Feb-28	6:15 PM-7:45 PM	GIP	\$52	14280	





# Camps

## Program Description & Schedules

### P.A. Day

The Town of Georgina offers a variety of different day camps throughout our community. Camps can include the following: sports, games, crafts, activities, a different camp every time! (See specific dates for details on what each camp includes).

### Holiday Camp

Full days at the Georgina Gym, with one day at the ROC for tobogganing, tubing, skating and more. We have everything you need to keep your child busy over the holidays! Activities will include: Arts, crafts, games, sports, outdoor activities and much more!

**Note: all dates, times and prices are subject to change without notice**

### March Break Camp

Over the March Break we will be indoors and outdoors, doing some skating, tubing, tobogganing, lots of arts and crafts, gym games and group games over this week.

### March Break Theatre Arts Camp

The young campers will explore the arts. Their imaginations and creativity will be challenged in art, dance, music and theatre. There will be an Open House Friday evening at 7 p.m. for family and friends to view their accomplishments. Their art will be on display and a performance of dance, music and theatre will take place.

Visit [georgina.ca](http://georgina.ca) to view our online registration page for more details on schedules, daily features and events.

Camp	Age	Day	Start Date	Time	Place	Price	Code
P.A. Day Camp	4-12 yrs	M	Sept-24	8:30 AM-4:30 PM	ROC	\$35	15105
P.A. Day Camp	4-12 yrs	M	Oct-22	8:30 AM-4:30 PM	GIP	\$35	15113
P.A. Day Camp	4-12 yrs	F	Nov-23	8:30 AM-4:30 PM	LINK	\$35	15118
P.A. Day Camp	4-12 yrs	F	Jan-18	8:30 AM-4:30 PM	ROC	\$45	15127
P.A. Day Camp	4-12 yrs	F	Feb-01	8:30 AM-4:30 PM	GIP	\$35	15130
<b>Holiday Camp</b>	4-12 yrs	W-F	Jan-02	8:30 AM-4:30 PM	GYM	\$115	15133
<b>March Break Camp</b>	4-12 yrs	M-F	Mar-11	8:30 AM-4:30 PM	GIP	\$160	15124
<b>March Break Theatre Arts Camp</b>	7-14 yrs	M-F	Mar-11	8:30 AM-4:30 PM	SLT	\$150	15123

# Tired of the same old birthday?

## COME PARTY WITH US, IT'S A PIECE OF CAKE!



### ROC Your Party **\$20 pp +tax**

The ROC Challenge Course  
 Rock Climbing Wall, Low & High Ropes  
 (10 person min. - 20 max)  
 2 hours

### You Tube? (Winter Only) **\$18 pp +tax**

Snow Tubing at The ROC  
 (10 person min. - 20 max)  
 2 hours

### Make a Splash **starting at \$80.79 +tax**

Georgina Leisure Pool  
 1 hr Party Room \$35.18 + tax & insurance  
 1 hr Pool Rental - starting from \$80.79 + tax & insurance

### Let's Play **starting at \$126.68 +tax**

Georgina Gym - 2 hours (additional hours available)  
 Includes party facilitator and play equipment  
 (max. 20 children & 10 adults)  
 Plus tax & insurance

For more information, or to book your next party, contact the Recreation & Culture Department at [eleisure@georgina.ca](mailto:eleisure@georgina.ca) or 905-476-4301 ext. 2354

# Public Skating Schedule

Effective September 10, 2018 to April 14, 2019 at Georgina Ice Palace  
 Effective September 10, 2018 to April 5, 2019 at Georgina Sutton Arena



## Georgina Gym & Ice Palace Hall Drop-In Schedule

905-476-4423 ext. 2 • 90 Wexford Drive, Keswick

\*Schedule in effect from September 10, 2018 - March 31, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Badminton (20yrs+)</b> 8:30 a.m. - 10:30 a.m. \$2 adult 50¢ seniors	<b>Pickleball (20yrs+)</b> 8:30 a.m. - 10:30 a.m. \$2 adult 50¢ seniors	<b>Badminton (20yrs+)</b> 8:30 a.m. - 10:30 a.m. \$2 adult 50¢ seniors	<b>Pickleball (20yrs+)</b> 8:30 a.m. - 10:30 a.m. \$2 adult 50¢ seniors	<b>Badminton (20yrs+)</b> 8:30 a.m. - 10:30 a.m. \$2 adult 50¢ seniors
<b>Walking Group (15yrs+)</b> 9 a.m. - 10 a.m. FREE	<b>Walking Group (15yrs+)</b> 9 a.m. - 10 a.m. FREE	<b>Walking Group (15yrs+)</b> 9 a.m. - 10 a.m. FREE	<b>Walking Group (15yrs+)</b> 9 a.m. - 10 a.m. FREE	<b>Walking Group (15yrs+)</b> 9 a.m. - 10 a.m. FREE
<b>Tai Chi (15yrs+)</b> 10 a.m. - 11 a.m. FREE	<b>Tai Chi (15yrs+)</b> 10 a.m. - 11 a.m. FREE	<b>Tai Chi (15yrs+)</b> 10 a.m. - 11 a.m. FREE	<b>Tai Chi (15yrs+)</b> 10 a.m. - 11 a.m. FREE	<b>Tai Chi (15yrs+)</b> 10 a.m. - 11 a.m. FREE
<b>Playgroup (0 mos-5yrs)</b> 10:45 a.m. - 11:45 a.m. \$1/child	<b>Playgroup (0 mos-5yrs)</b> 11:30 a.m. - 12:30 p.m. \$1/child	<b>Playgroup (0 mos-5yrs)</b> 10:45 a.m. - 11:45 a.m. \$1/child	<b>Playgroup (0 mos-5yrs)</b> 11:30 a.m. - 12:30 p.m. \$1/child	<b>Playgroup (0 mos-5yrs)</b> 10:45 a.m. - 11:45 a.m. \$1/child
<b>CLOSED</b> 1 p.m. - 3:30 p.m.	<b>CLOSED</b> 1 p.m. - 3:30 p.m.	<b>CLOSED</b> 1 p.m. - 3:30 p.m.	<b>CLOSED</b> 1 p.m. - 3:30 p.m.	<b>CLOSED</b> 1 p.m. - 3:30 p.m.
<b>Sports of All Sorts (6-13yrs)</b> 3:30 p.m. - 5 p.m. FREE	<b>Sports of All Sorts (6-13yrs)</b> 3:30 p.m. - 5 p.m. FREE	<b>Sports of All Sorts (6-13yrs)</b> 3:30 p.m. - 5 p.m. FREE	<b>Sports of All Sorts (6-13yrs)</b> 3:30 p.m. - 5 p.m. FREE	<b>Sports of All Sorts (6-13yrs)</b> 3:30 p.m. - 5 p.m. FREE
<b>Basketball (10-15yrs)</b> 6 p.m. - 7 p.m. FREE		<b>Dodgeball (9-14yrs)</b> 6 p.m. - 7 p.m. FREE	<b>Basketball (20yrs+)</b> 8 p.m. - 10 p.m. \$2	<b>Badminton (16yrs+)</b> 7:30 p.m. - 10 p.m. \$2
<b>Pickleball (16yrs+)</b> 8 p.m. - 10 p.m. \$2		<b>Floor Hockey (16yrs+)</b> 8 p.m. - 10 p.m. \$2 (Sept 12-Oct 31)	<b>Holiday Schedule</b> Effective December 22, 2018 to January 1, 2019 inclusive. Visit georgina.ca for holiday schedules.	
		<b>Soccer (16yrs+)</b> 9 p.m. - 10:30 p.m. \$2 (Nov 7-Mar 27)		

### Georgina Ice Palace 905-476-4423 Cancellations

Public Skating (\$1)		
Friday	4 p.m. - 5 p.m.	Nov 16, 23, Dec 7, Jan 18
Saturday	2:30 p.m. - 3:30 p.m.	Nov 17, 24, Dec 8, Jan 19, Mar 23, Apr 6 & 13
Saturday	8:30 p.m. - 9:30 p.m.	Nov 17, 24, Dec 8, Jan 19, Mar 30, Apr 6
Sunday	2:30 p.m. - 3:30 p.m.	Nov 18, 25, Dec 9, Jan 20, Mar 24, Apr 7

### All Abilities Skate (\$1)

Monday	4 p.m. - 5 p.m.	Oct 8, Dec 24, 31, Feb 18
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### Parent & Tot (Free)

Monday (Skating) *No Sticks/Pucks	12:30 p.m. - 1:30 p.m.	Oct 8, Dec 24, 31, Feb 18
Friday (Hockey) *Stick/pucks allowed	10:30 a.m. - 11:30 a.m.	Nov 16, 23, Dec 7, Jan 18

### Pay Skate-Figure Skating (\$5)

Wednesday	3:30 p.m. - 4:30 p.m.	Oct 24, Dec 19, 26, Feb 20, Mar 27
Friday	7 a.m. - 8:30 a.m.	Nov 16, 23, Dec 7, Jan 18

### Pay Hockey (\$5)

Friday	8:30 a.m. - 10:30 a.m.	Nov 16, 23, Dec 7, Jan 18
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### Sledge Hockey (\$3)

Tuesday	4 p.m. - 5 p.m.	Dec 25, Jan 1
Thursday	5 p.m. - 6 p.m.	Nov 15

### \*NEW\* Seniors Hockey (Free)

Tuesday	3 p.m. - 4 p.m.	Dec 25, Jan 1
Thursday	2 p.m. - 3 p.m.	

### Seniors Skate (Free)

Tuesday	2:30 p.m. - 3:30 p.m.	Dec 25, Jan 1
Friday	2:30 p.m. - 3:30 p.m.	Nov 16, 23, Dec 7, Jan 18

### Sutton Arena 905-722-8661 Cancellations

#### Public Skating

Saturday (\$1)	1 p.m. - 2 p.m.	Nov 17, Dec 8, Mar 2
Saturday (\$1)	8 p.m. - 9 p.m.	Nov 17, Dec 8
Monday (\$2)	3 p.m. - 5 p.m.	Oct 8, Dec 24, 31, Feb 18
Friday (\$2)	12 p.m. - 1 p.m.	Nov 16, Dec 7

#### Parent & Tot (Skating - Free)

Friday *No Stick/Pucks allowed	10 a.m. - 11 a.m.	Nov 16, Dec 7
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#### Pay Hockey (\$5)

Monday	8 a.m. - 10 a.m.	Oct 8, Feb 18, Dec 24, 31
Friday	8 a.m. - 0 a.m.	Nov 16, Dec 7

#### Seniors Skate (Free)

Monday	2 p.m. - 3 p.m.	Oct 8, Dec 24, 31, Feb 18
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#### \*NEW\* Family Sticks & Pucks (\$5 per person)

Saturday	5 p.m. - 6 p.m.	Nov 17, Dec 8, Mar 2
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Visit georgina.ca for Christmas Holiday and March Break Public Skating/Swimming Schedule

Note: all dates, times and prices are subject to change without notice

# Adult 15+

## Program Description & Schedules

### Adult Photography

Photography class for DSLR and point-and-shoot users to learn the functions of their camera and tips and techniques for taking a great photo. Portrait, landscape and indoor photography will be taught through hands-on lessons. Learn how to compose a great photo and create art using photography.

**Ages: 18 and up**

**Facility: The Link**

**Day: Fri**

### Archery

This program will teach participants all they need to know about archery through playing interactive games and engaging activities. The program will focus on safety, proper stance, technique and how to hit the target using a camp bow. *Note: This program is suited for persons of all abilities and all equipment is provided.*

**Ages: 18 and up**

**Facility: The ROC**

**Day: Tues**

### Arm Knitting

All you need are two arms and a bunch of yarn! The finished product is loosely knitted and drapes beautifully, perfect for fall & winter weather and for gift giving! You will learn how to cast on, knit and bind off. By the end you will have your very own cozy arm-knitted infinity scarf or cowl. *Note: No previous experience necessary, registrants are required to purchase two skeins of chunky/bulky (size 5) yarn prior to attending workshop.*

**Ages: 15 and up**

**Facility: Georgina Gym**

**Day: Sat**

### Badminton (pay as you play)

This is a drop-in program that allows participants the flexibility to play when they want. *Note: No experience or equipment necessary. See page 16 Georgina Gym Schedule for timing and costs.*

**Ages: 0 and up**

**Facility: Georgina Gym**

**Day: Fri**

**Note: all dates, times and prices are subject to change without notice**

### Balance Ball Fitness

Join us for a great balance ball and weight workout with the bonus of some aerobics, for all different fitness levels. Bring your own balance ball or one can be provided to you. *Note: Equipment is limited.*

**Ages: 15 and up**

**Facility: Georgina Gym**

**Day: Sat**

### Ballroom Dancing

This fun beginner level course will introduce you to four popular social dances (Waltz, Foxtrot, Jive and Merengue) and will be taught with patience and enthusiasm. You and your partner will learn to move on the dance floor as one, with rhythm and style. *Note: Please register as a pair, no individual registration.*

**Ages: 18 and up**

**Facility: Georgina Ice Palace**

**Day: Tues**

### Basketball (pay as you play)

This is a drop-in program that allows participants the flexibility to play when they want. *No experience or equipment necessary.*

**Ages: 20 and up**

**Facility: Georgina Gym**

**Day: Thurs**

### Beekeeping for Beginners Workshop

Beekeeping is a local and great sustainable hobby, but you need the basics to feel comfortable getting started. This workshop will introduce you to the world of bees and beekeeping with natural methods, hive design, safety equipment and more. Stay tuned for honey harvesting workshops!

**Ages: 15 and up**

**Facility: The Link**

**Day: Sat**

### Body Blast

Body Blast is a full-body, high-intensity cardio based workout with tons of options that cater to all fitness levels. Using interval training through plyometric movements to build strength and endurance while simultaneously sculpting muscle and blasting away body fat. If you want results, this is the class for you!

**Ages: 15 and up**

**Facility: Georgina Ice Palace**

**Day: Tues**

### Bread Basics Workshop

Learn the dos and don'ts, different ways of making dough and how to create new recipes using those basic skills. No 'knead' to bring anything. Each workshop will introduce new bread recipes, so take them all!

**Ages: 15 and up**

**Facility: The Link**

**Day: Wed**

### Canning Workshop

From beets, beans and berries to just about anything. We'll show you how to can your fresh garden jewels and enjoy all winter long. Why not give as gifts all through the year?

**Ages: 15 and up**

**Facility: The Link**

**Day: Tues, Wed**

### Cardio Bootcamp

A fun, high energy one hour cardio and strength training class involving circuit/interval training, running drills, muscle conditioning, and exercises using your body weight and different equipment will give your body an all-over workout. Anyone can do this class from beginner to advanced as all exercises can be modified. Every class is different so you never get bored. No special equipment needed.

**Ages: 15 and up**

**Facility: Georgina Gym**

**Day: Mon, Fri**

### Cardio Chisel & Sizzle

Feel the heat as you chisel your way to a stronger you! The class includes a combination of cardio activities and muscle conditioning exercises that will be sure to put a sizzle in your workout and help improve your strength and definition. Great for all fitness levels, instructor provides modified variations of each exercise as you build your way to success!

**Ages: 15 and up**

**Facility: Georgina Gym**

**Day: Wed**

### Cardmaking Workshop - Holiday Edition

This workshop will introduce you to the art of cardmaking as well as provide hands on experience to make punched, stamped and ink drawn cards. Instruction and hands on demonstration, gallery of projects, and a show-and-tell, will be provided. All participants will take home with them five cards and envelopes made using the five different techniques, with information that allows them to continue their learning at home.

**Ages: 15 and up**

**Facility: Georgina Ice Palace, Link**

**Day: Sun, Wed**

### Cheese Making Workshop

Creamy ricotta, crumbly feta and queso fresco... being able to turn everyday milk into amazingly good cheese will make you the talk of the party. Your teacher, Pasta Paolo, will show you the basics of making light cheeses, flavouring them and you'll go home with some to enjoy later! Also consider taking the 'Pastas and Sauces with Pasta Paolo' workshop to learn how to use these delicious cheeses in your next dish!

**Ages: 15 and up**

**Facility: The Link**

**Day: Tues, Thurs**

### Chocolate Workshop

Perfect for the chocolate-crafting beginner and, well, any chocolate lover. Here you'll get a hands on lesson on how to work with chocolate such as tempering and leave with a new skill and perhaps a few good memories.

**Ages: 15 and up**

**Facility: The Link**

**Day: Tues**

### Cookies Workshop

This is the real deal on good old-fashioned cookie making. Learn it, bake it, freeze it and be prepared for the holidays! This session will cover delectable, buttery shortbreads, pretty sugar cookies and easy peasy drop cookies!

**Ages: 15 and up**

**Facility: The Link**

**Day: Wed**

### Craft Butters Workshop

Discover a very satisfying skill. Hand-made, craft butters! Chef Cori Doern will teach you how to not only make butter but introduce you to the world of compound butters which contain additional ingredients to enhance flavor. Amazing combos such as rosemary, shallot and red wine butter, savoury, spicy, sour or sweet. You'll be amazed at the possibilities! Please ensure you wear closed-toe shoes.

**Ages: 15 and up**

**Facility: The Link**

**Day: Wed**

### Crochet 101

Led by an experienced instructor, participants will be taught the basic skills of crochet to complete projects such as; scarves, hats, granny squares, etc. *(no experience necessary)*

**Ages: 15 and up**

**Facility: Georgina Gym**

**Day: Fri**

### Crochet 201 (Intermediate)

For the more experienced crocheter looking to move beyond the basics - for those who know all of the stitches and are able to read a pattern with confidence. Led by an experienced instructor, participants will cover skills such as; working from a graph, Tunisian, entrelac, lace work and more.

**Ages: 15 and up**  
**Facility: Georgina Gym**  
**Day: Wed**

### Dog Walk & Obedience



This six-week course will consist of learning everyday obedience and how to interact with your dog in a social environment. Every session will consist of an hour walk while learning new tricks and tips along the way! There will also be a one hour introduction to emergency pet first aid included in the program. All dogs must be a minimum of six months old, be fully vaccinated and be registered with the Town of Georgina. *Dog Owners must bring a fanny pack with a six foot lead, poo bags, water, travel bowl, treats, favourite small toy, a collar with a buckle and proof of vaccinations and dog licence. Owners must wear proper walking shoes. Program runs rain or shine.*

**Ages: 18 and up**  
**Facility: The ROC**  
**Day: Wed**

### Drum Circle

Join us for an afternoon of self-expression, community, learning and playing! *No previous drumming experience is necessary. All ages and abilities are welcome.*

**Ages: All Ages**  
**Facility: De La Salle**  
**Day: Sun**

### Family Paddle

Join us on the shores of De La Salle for an evening of paddling with your family. There will be an instruction session followed by a guided paddle. Families can choose either canoeing or kayaking. *All equipment is provided.*

**Ages: 8 and up**  
**Facility: De La Salle Beach**  
**Day: Mon**

### Felting Workshops

**Level 1- Intro to Felting:** Through hands-on demonstration and instruction, you will be making hand felted soap and a felted bowl. All participants will take home their felted soap, bowl, and the information to continue learning at home.

**Level 2 - Needle Felting:** Through hands-on demonstration and instruction, your first project will be a needle felted coaster designed to match the second more difficult, mug cozy project. All participants will take home their mug, felted cozy, coaster, and the information to continue learning at home. *This workshop is a standalone and does not have to be completed after the felting workshop.*

**Level 3 - Nuno Felting:** Through hands-on demonstration and instruction you will make a silk and felted Nuno Felt Scarf. All participants will take home their scarf and the information to continue learning at home. **Pre-requisite:** *Participants must complete the Introductory Felting Workshop prior to registering for this workshop.*

**Ages: 15 and up**  
**Facility: Georgina Ice Palace, The Link**  
**Day: Sun, Mon, Wed, Thurs**

### Floor Hockey (Pay-as-you-Play)

These are drop-in programs/pay as you play time slots. *Equipment is provided, just come and take some shots on net.*

**Ages: 15 and up**  
**Facility: Georgina Gym**  
**Day: Wed**

### French Mother Sauces Workshop

Béchamel, Veloute, Espagnole, Sauce Tomat and Hollandaise. Professionally trained, Chef Doern will teach you about these sauces and you can try your hand at making one or two (time permitting). Recipes will be provided.

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Wed**

### Golf Clinics

Improve your golf skills, learn from a CPGA Golf Professional. Bring your own clubs or borrow from the Centre. *Includes one large basket of balls each day.*

**Ages: 15 and up**  
**Facility: Willow Greens**  
**Day: Mon**

### Henna Workshop

An ancient and beautiful art, learn about the basics of henna that includes its history, uses, science, care and designs in this unique workshop.

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Thurs**

### High Intensity Interval Training (HIIT)

This high-intensity interval training (HIIT) is fun, blasts calories, and moves so quickly that it's hard to get bored! Geared towards all skill levels, participants perform exercises at maximum intensity for 20 seconds, followed by 10 seconds of rest. You repeat this on-off pattern a total of eight times, making one complete Tabata round four minutes.

**Ages: 15 and up**  
**Facility: Georgina Gym**  
**Day: Tues**

### Hip Hop

Hip Hop your way to the latest dance craze as these energetic up beat, funky dance steps will have you moving to the music a whole new way. Grab your running shoes and get ready to bust a move.

**Ages: 15 and up**  
**Facility: Stephen Leacock Theatre**  
**Day: Thurs**

### Holiday Appetizers Workshop

Learn how to make easy yet elegant holiday appetizers for your next holiday party! Recipes will be provided and please ensure you wear closed toe shoes. Let's get cooking!

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Wed**

### Hyper Local Food Workshop

Get to know about local farmers, talk about foraging, preserving and streamlining ingredients in order to minimize waste in your kitchen but never giving up on taste! And yes, you'll get to sample the dishes!

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Thurs**

### Indian Breads

Indian breads are a variety of flatbreads and crûpes which are an integral part of Indian cuisine. Their variation reflects the diversity of Indian culture and food habits. Instructor Corina Pereira will teach you the basics and flavourings that make this a staple in Indian cooking that can be enjoyed anytime!

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Sat**

### Indian Cuisine

Experience rich, culinary flavours that will surprise you in this workshop led by Corina. You'll learn about building flavours using wonderful spices. Each workshop will explore new Indian cuisine adventures so sign up for all of them!

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Sat**

### Italian 101

Learn the basics of conversational Italian in this five-week program.

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Wed**

### Inclusion Sports of all Sorts

This is a free drop-in program for children, youth and adults with special needs. Come and enjoy a different sport each day. Participants will receive a brief introduction and then have the rest of the time to play.

**Ages: 6yrs+**  
**Facility: Sutton Multi Use Facility**  
**Day: Tues**

### Kickboxing

**Level 1:** Real Kickboxing taught by real kickboxers. These programs are very beginner friendly and are a great introduction into the most stress relieving workout you'll ever have in your life! Have a great time punching and kicking your way into amazing shape.

**Level 2:** This class builds off the skills taught in the Level 1 class and involves more contact and different elements in order to perfect everyone's skills and fitness. *Students should take Level 1 first.*

**Ages: 15 and up**  
**Facility: Pefferlaw Lions Hall, Sutton Arena, Georgina Gym**  
**Day: Mon, Tues, Thurs**

### Learn to Curl Clinic

Focused on fun, fitness and fundamentals. Learn how to play the game and/or enhance existing skill levels. This program is targeted to new or out-of-practice curlers. Training will include off-ice theory as well as on-ice training and actual games to practice skills under the helpful supervision of qualified coaches. With this top-notch training, you will learn to curl the right way and become a life-long fan of the game! *Note: No experience necessary, all equipment is provided. \*By registering for the Learn to Curl Clinic and receive a discount on your Sutton Curling Club membership!*

**Ages: 18 and up**  
**Facility: Sutton Curling Club**  
**Day: Fri, Sat**

### One Pot Wonders

Let's get back to simple, amazing ingredients and make one pot meals that will surprise you with their depth of flavour. Chef Cori Doern leads this workshop with dishes like pork tangine with dates, lemon and olives or short rib stew or shrimp saganaki.

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Wed**

### Paddle Pros (Canoe & Kayak)

For beginning and experienced paddlers, with an emphasis on FUN and skill development. This program is run with qualified and trained staff on Lake Simcoe, teaching basic water safety, regular training and other canoeing/kayaking opportunities. Also a great way to meet your fitness needs. *\*All equipment is provided*

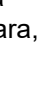
**Ages: 15 and up**  
**Facility: De La Salle - Beach Area**  
**Day: Wed**

### Pastas & Sauces

So many pastas so little time. Pasta Paolo will show you varieties of pastas you can make and you don't need a machine - just you! And what's pasta without an amazing sauce like puttanesca, marinara, primavera, sautéed mushroom, cream and wine, bacon and spring onion. The list goes on and on.

*Watch for our Valentine's Edition!*

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Tues, Thurs, Sat**



### Pickleball (pay as you play)

Don't be shy, come out and try it! This mini-tennis game is played by two or four people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. Pickleball is a combination of Ping-Pong, tennis and badminton and has been enjoyed for over 20 years by people of all ages.

**Ages: 20 and up**  
**Facility: Georgina Gym**  
**Day: Mon, Tues, Thurs**

### Pies Pies Pies Workshop

Pie Perfection. Isn't that what we all want? We'll show you how to make buttery, flaky crusts by hand and how to make delectable pie filling both sweet and savoury.

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Tues, Wed**

### PiYo

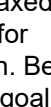
Who says you have to jump, grunt, strain and punish your body to get amazing results from your workout? PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and incredibly defined.

**Ages: 15 and up**  
**Facility: Georgina Sutton Arena**  
**Day: Thurs**

### Running Club - Couch to 5K

Whether you are just starting or haven't run in a while, this program is for you. Meet once weekly in a relaxed group setting with an experienced running coach for step-by-step instruction, motivation and inspiration. Be ready to run progressively longer to achieve your goal! *Note: This program runs rain/shine/snow.*

**Ages: 15 and up**  
**Facility: Georgina Ice Palace**  
**Day: Wed**



### Running Club - Train to 10K

So you made it from Couch to 5K? Train with other experienced runners and work towards your first 10K. This program is designed to help you gradually build up to your 10K goal. Meet with our qualified running coach once a week for instruction and motivation. *Please note: Participants registering for this program should feel comfortable running 5km at start of program. This is a Winter program, please be ready to run outdoors in all conditions.*

**Ages: 15 and up**  
**Facility: Georgina Ice Palace**  
**Day: Wed**

### Sauce Canning

Preserve your vibrant and delicious marina or creamy alfredo before you eat it all! Pasta Paolo will lead you in this workshop with tips on safety and recipes to boot!

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Tues**

### Sign Making Workshop

Spend an evening crafting your own sign on wood. No need to be 'artsy' we'll provide you the stencils and tools you'll need and voila. You'll have your own hand-crafted home decor to give as a gift to yourself or to others.

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Tues, Thurs**

### Snowshoe Starters & Warm Apple Ciders

Participants will enjoy a guided snowshoe tour through the Georgina Pioneer Village and surrounding area, followed by local warm apple cider and snacks. *Participants can bring their own snowshoes. Please note there are limited pairs of snowshoes.*

**Ages: 18 and up**  
**Facility: Georgina Pioneer Village**  
**Day: Sun**

### Spanish 101

Learn the basics of conversational Spanish in this five-week program.

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Wed**

### Soccer (pay as you play)

This is a drop-in program that allows participants the flexibility to play when they want. *Note: No experience or equipment necessary. See page 16 Georgina Gym Schedule for timing and costs.*

**Ages: 20 and up**  
**Facility: Georgina Gym**  
**Day: Wed**



### Street Foods Around the World Workshop

There's a reason they're popular and so tasty why not try them at home? You have to learn them first. Esquitas (Mexican), Suppli (Italian), Bhel Puri (from Mumbai). Recipes will be provided and please ensure you wear closed toed shoes. Let's get cooking!

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Wed**

### Stroller Fit

Push those post-pregnancy pounds out of your life with a fun, stroller-based workout you can do while spending time outside with your baby. Stroller fit includes a variety of drills that focus on strength, power, agility, balance and cardio as well as rehabilitation of your core and addressing any concerns you may have about your post-baby body.

**Ages: 15 and up**  
**Facility: Georgina Gym**  
**Day: Tues**

### Sweat & Stretch

This class is designed to deliver the best of both worlds. High intensity interval training for the first 30 minutes followed by 30 minutes of guided yoga to bring you to a blissful relaxed state. *Note: All levels are welcome and modified movements will be offered for all levels and abilities. Please bring your own exercise mat.*

**Ages: 15 and up**  
**Facility: Georgina Gym**  
**Day: Thurs**

### Tastes of South America

Chef Cori Doern will take you to some well-known and some more mysterious countries on this food journey where you'll learn dishes from some of the 12 countries whose food is becoming more and more trendy and on everyone's must try list!

**Ages: 15 and up**  
**Facility: The Link**  
**Day: Wed**

### Yoga: Baby & Me

Allow your body to regain its strength and stamina while you incorporate and bond with your baby in a safe and supportive environment. This course will focus on post-natal stretching and strengthening, along with posture and stress relief movements that incorporate baby. *Babies must be pre-crawling to attend. Note: This is a floor-based program.*

**Ages: 15 and up**  
**Facility: Georgina Ice Palace**  
**Day: Thurs**



**Yoga: Family Flow**

Family yoga is a beautiful, fun and mindful way to move together and learn easy, positive and stress relieving benefits of yoga, meditation and breathing. It helps to promote confidence, relaxation, self-control, love for one's self and each other, focus, body awareness and an overall feeling of well-being. Through music, stories, poses, games, breath work and guided imagery you will be led through a 45 minute class together as a family full of love, laughter and connection.

**Ages: 4 and up**

**Facility: Georgina Ice Palace**

**Day: Sat**

**Yoga: Flow**

Designed for those who have a strong understanding of yoga movement and technique. Maintain awareness and focus on breath while moving through a sequence of postures that will flow together to unite the body, breath and mind. This is a faster paced program where postures may be held for longer periods of time. *Note: for the more advanced participant.*

**Ages: 15 and up**

**Facility: Georgina Gym, Pefferlaw Hall, Sutton Multi-Use, The Link, Georgina Ice Palace**

**Day: Mon, Tues, Wed, Thurs, Sun**

**Yoga: Gentle**

Perfect for people who want to try yoga for the first time, or for those who are looking for a softer approach to their practice. Gentle yoga poses, breathing exercises and restorative postures are combined to help stretch and strengthen the body, reduce stress and calm the mind. *Note: Great for beginners or those who may require small modifications due to injuries.*

**Ages: 15 and up**

**Facility: Georgina Ice Palace**

**Day: Mon**

**Yoga: Pre-Natal**

For the mom to be, whether you are trying to conceive, in the late stages of pregnancy or anywhere in between! Using traditional yoga postures and techniques, prepare your mind and body for the changes you will experience over the upcoming months. Focusing on breathing, alignment, relaxation and strengthening will all help when planning for the labour and delivery of your little one.

**Ages: 15 and up**

**Facility: Georgina Ice Palace**

**Day: Tues**

**Yoga: Slow Flow**

For those newer to yoga or those wanting a basic or slower flow yoga class. Introduction to foundational yoga postures, traditional breathing techniques and how to feel more comfortable when practicing yoga. This is a slower paced, but both mentally and physically challenging class. *Note: Little to no yoga experience is required.*

**Ages: 15 and up**

**Facility: Georgina Ice Palace, Pefferlaw Lions Hall**

**Day: Mon, Wed, Thurs**

**Zumba**

Zumba has become one of the fastest growing Latin dance-inspired fitness crazes in North America and has reached far and wide across the world. People of all ages are falling in love with its infectious music, energetic dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Reggaeton and other Latin beats.

**Ages: 15 and up**

**Facility: Sutton Arena Hall**

**Day: Mon**

**Zumba Toning**

Perfect for those who want to push themselves by putting an extra emphasis on toning and sculpting to define those muscles! In Zumba Toning we up the challenge and add resistance by using Zumba® Toning Sticks (or light weights) which will help you focus on specific muscle groups, so you (and your muscles) stay engaged! These lightweight maraca-like toning sticks enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body (*Note: toning sticks/weights are optional*).

**Ages: 15 and up**

**Facility: Georgina Ice Palace**

**Day: Thurs**

**2019 Vision Board Workshop**

This workshop will introduce participants to the process of making a vision board. Through hands-on demonstration and instruction you will construct a 2019 Goals Vision Board. All participants will get to take home their 20" x 30" vision board and the information that allows you to continue learning at home.

**Ages: 15 and up**

**Facility: Georgina Ice Palace**

**Day: Sun, Tues**



Adult Programs	Age	#	Day	Start Date	Time	Place	Cost	Code
<b>Archery</b>	18yrs+	4	T	Sep-04	6:30 PM-7:30 PM	ROC	\$65	14252
	15yrs+	1	Sa	Oct-27	9 AM-10:30 AM	GYM	\$15	12493
<b>Arm Knitting</b>	15yrs+	1	Sa	Dec-15	9 AM-10:30 AM	GYM	\$15	12494
	15yrs+	1	Sa	Jan-19	9:30 AM-10:30 AM	GYM	\$15	12517
	15yrs+	1	Sa	Feb-23	9:30 AM-10:30 AM	GYM	\$15	12518
<b>Balance Ball Fitness</b>	15yrs+	12	Sa	Sep-22	9 AM-10 AM	GYM	\$84	12495
	15yrs+	11	Sa	Jan-12	9 AM-10 AM	GYM	\$77	12519
<b>Ballroom Dancing</b>	18yrs+	8	T	Oct-02	8:30 PM-10 PM	GIP	\$85	12496
	18yrs+	8	T	Jan-15	8:30 PM-10 PM	GIP	\$85	12520
<b>Beekeeping for Beginners Workshop</b>	15yrs+	1	Sa	Feb-23	10 AM-1 PM	LINK	\$33	15084
	15yrs+	1	Sa	Mar-30	10 AM-1 PM	LINK	\$33	15085
<b>Body Blast</b>	15yrs+	12	T	Sep-25	5 PM-6 PM	GIP	\$84	13670
	15yrs+	12	T	Jan-08	5 PM-6 PM	GIP	\$84	15139
<b>Bread Basics Workshop</b>	15yrs+	1	W	Sep-26	6:30 PM-8:30 PM	LINK	\$18	14338
	15yrs+	1	W	Oct-17	6:30 PM-8:30 PM	LINK	\$18	14339
	15yrs+	1	W	Dec-05	6:30 PM-8:30 PM	LINK	\$18	14342
	15yrs+	1	W	Jan-23	6:30 PM-8:30 PM	LINK	\$18	14372
	15yrs+	1	W	Feb-20	6:30 PM-8:30 PM	LINK	\$18	14374
<b>Canning Workshop</b>	15yrs+	1	W	Mar-20	6:30 PM-8:30 PM	LINK	\$18	14376
	15yrs+	1	T	Sep-25	6:30 PM-9 PM	LINK	\$25	14345
	15yrs+	1	W	Oct-24	6:30 PM-9 PM	LINK	\$25	14346
<b>Cardio Bootcamp</b>	15yrs+	12	F	Sep-21	6:30 PM-7:30 PM	GYM	\$84	12499
	15yrs+	10	M	Sep-24	7 PM-8 PM	GYM	\$70	12498
	15yrs+	12	F	Jan-04	6:30 PM-7:30 PM	GYM	\$84	12522
	15yrs+	9	M	Jan-14	7 PM-8 PM	GYM	\$63	12521
<b>Cardio Chisel &amp; Sizzle</b>	15yrs+	11	W	Sep-26	7 PM-8 PM	GYM	\$78	12500
	15yrs+	11	W	Jan-08	7 PM-8 PM	GYM	\$78	12523
<b>Cardmaking Workshop Holiday Edition</b>	15yrs+	1	Su	Nov-18	10:30 AM-12:30 PM	GIP	\$30	15173
	15yrs+	1	W	Nov-21	6:30 PM-7:30 PM	LINK	\$30	15176
<i>Valentine's Day Edition</i>	15yrs+	1	Su	Feb-03	1 PM - 3 PM	LINK	\$30	15177
	15yrs+	1	W	Feb-07	6:30 PM-8:30 PM	GIP	\$30	15178
<b>Cheese Making Workshop</b>	15yrs+	1	Th	Sep-13	6:30 PM-9 PM	LINK	\$27	14357
	15yrs+	1	Th	Oct-11	6:30 PM-9 PM	LINK	\$27	15053
	15yrs+	1	Th	Nov-15	6:30 PM-9 PM	LINK	\$27	15065
	15yrs+	1	T	Jan-29	6:30 PM-9 PM	LINK	\$27	15103
	15yrs+	1	T	Feb-26	6:30 PM-9 PM	LINK	\$27	15104
<b>Chocolate Workshop</b>	15yrs+	1	T	Nov-06	6:30 PM-9 PM	LINK	\$30	15109
	15yrs+	1	T	Dec-04	6:30 PM-9 PM	LINK	\$30	15110
15yrs+	1	T	Feb-05	6:30 PM-9 PM	LINK	\$30	15111	
<b>Cookies Workshop</b>	15yrs+	1	W	Nov-07	6:30 PM-9 PM	LINK	\$25	14347
<b>Craft Butters</b>	15yrs+	1	W	Sept-19	6:30 PM-9 PM	LINK	\$22	15051
<b>Crochet 101 (Beginner)</b>	15yrs+	10	F	Oct-05	6:30 PM-8 PM	GYM	\$60	12502
	15yrs+	10	F	Jan-18	6:30 PM-8 PM	GYM	\$60	12525

<b>Crochet 201 (Intermediate)</b>	15yrs+	10	W	Oct-03	6:30 PM-8 PM	GYM	\$60	12504
	15yrs+	10	W	Jan-16	6:30 PM-8 PM	GYM	\$60	12527
<b>Dog Walk &amp; Obedience Fitness</b>	18yrs+	6	W	Sep-05	6:30 PM-7:30 PM	ROC	\$90	14255
<b>Drum Circle</b>	All Ages	1	S	Sep-30	2 PM-3:30 PM	DLS	\$10	12541
		1	S	Nov-04	2 PM-3:30 PM	DLS	\$10	12542
		1	S	Dec-02	2 PM-3:30 PM	DLS	\$10	12543
		1	S	Feb-03	2 PM-3:30 PM	DLS	\$10	12555
		1	S	Mar-03	2 PM-3:30 PM	DLS	\$10	12556
		1	S	Mar-31	2 PM-3:30 PM	DLS	\$10	12557
		1	S	May-5	2 PM-3:30 PM	DLS	\$10	12558
<b>Family Paddle</b>	8yrs+	1	M	Sep-10	5:30 PM-7:30 PM	DLS	\$20	14256
<b>Felting Workshop - Introduction to Felting</b>	15yrs+	1	Su	Sep-23	1 PM-4 PM	LINK	\$40	15180
	15yrs+	1	Th	Oct-04	6 PM-9 PM	GIP	\$40	15181
	15yrs+	1	Su	Jan-13	1 PM-4 PM	GIP	\$40	15182
	15yrs+	1	W	Jan-16	6 PM-9 PM	LINK	\$40	15183
<b>Felting Workshop - Needle Felting</b>	15yrs+	1	Su	Oct-14	1 PM-4 PM	LINK	\$40	15184
	15yrs+	1	M	Oct-15	6 PM-9 PM	GIP	\$40	15185
	15yrs+	1	Su	Feb-10	1 PM-4 PM	GIP	\$40	15186
	15yrs+	1	W	Feb-13	6 PM-9 PM	LINK	\$40	15187
<b>Felting Workshop - Nuno Felting</b>	15yrs+	1	Su	Nov-04	1 PM-4 PM	LINK	\$40	15188
	15yrs+	1	M	Nov-12	6 PM-9 PM	GIP	\$40	15189
	15yrs+	1	Su	Mar-03	1 PM-4 PM	GIP	\$40	15190
	15yrs+	1	W	Mar-06	6 PM-9 PM	LINK	\$40	15191
<b>Floor Hockey (pay as you play)</b>	15yrs+	8	W	Sep-12	8 PM-10 PM	GYM	\$2	13903
<b>French Mother Sauces Wrkshp</b>	15yrs+	1	W	Nov-28	6:30 PM-9 PM	LINK	\$30	15068
<b>Golf Clinic</b>	15yrs+	4	M	Sep-10	6 PM-7 PM	WG	\$100	12544
<b>Henna Workshop</b>	15yrs+	1	Th	Sep-13	6:30 PM-9 PM	LINK	\$33	15080
	15yrs+	1	Th	Jan-17	6:30 PM-9 PM	LINK	\$33	15081
<b>High Intensity Interval Training (HIIT)</b>	15yrs+	12	T	Sep-25	7 PM-8 PM	GYM	\$84	12505
	15yrs+	11	T	Jan-08	7 PM-8 PM	GYM	\$77	12528
<b>Hip Hop</b>	15yrs+	8	Th	Sep-20	8:15 PM-9:15 PM	SLT	\$60	14991
	15yrs+	8	Th	Jan-17	8:15 PM-9:15 PM	SLT	\$60	15005
<b>Holiday Appetizers Workshop</b>	15yrs+	1	W	Dec-12	6:30 PM-9 PM	LINK	\$30	15071
<b>Hyper Local Food Workshop</b>	15yrs+	1	Th	Oct-25	6:30 PM-9 PM	LINK	\$27	15055
<b>Inclusion Sports of all Sorts</b>	6yrs+	37	Tu	Sep-18	7 PM-8:30 PM	SMU	FREE	15175
<b>Indian Breads!</b>	15yrs+	1	Sa	Oct-06	9:30 AM-12 PM	LINK	\$22	15062
	15yrs+	1	Sa	Sep-08	9:30 AM-12 PM	LINK	\$27	15061
	15yrs+	1	Sa	Nov-03	1 PM-3:30 PM	LINK	\$27	15063
	15yrs+	1	Sa	Nov-24	9:30 AM-12 PM	LINK	\$27	15064
	15yrs+	1	Sa	Dec-01	9 AM-11:30 AM	LINK	\$27	14349
	15yrs+	1	Sa	Feb-02	9:30 AM-12 PM	LINK	\$27	14387
<b>Indian Cuisine!</b>	15yrs+	1	Sa	Mar-23	9:30 AM-12 PM	LINK	\$27	15070
	15yrs+	5	W	Nov-07	7 PM-9 PM	LINK	\$80	15100
<b>Italian 101</b>	15yrs+	5	W	Mar-20	7 PM-9 PM	LINK	\$80	15102

<b>Kickboxing Women's Level 1</b>	15yrs+	12	M	Sep-17	8 PM-9 PM	PLH	\$84	12546
	15yrs+	13	T	Sep-18	7 PM-8 PM	GSA	\$91	12547
	15yrs+	13	Th	Sep-20	7 PM-8 PM	GYM	\$91	12506
	15yrs+	10	M	Jan-07	8 PM-9 PM	PLH	\$70	12560
	15yrs+	11	T	Jan-08	7 PM-8 PM	GSA	\$77	15140
<b>Kickboxing Women's Level 2</b>	15yrs+	11	Th	Jan-10	7 PM-8 PM	GYM	\$77	12561
	15yrs+	12	M	Sep-17	7 PM-8 PM	PLH	\$84	12548
<b>Learn to Curl Clinic</b>	15yrs+	10	M	Jan-07	7 PM-8 PM	PLH	\$70	12562
	18yrs+	3	F-Sa	Oct-13	10 AM-12 PM	Sutton Curling Club	\$100	15142
<b>One Pot Wonders Workshop</b>	18yrs+	3	F-Sa	Dec-28	7 PM-12 PM		\$100	13820
	15yrs+	1	W	Oct-03	6:30 PM-9 PM	LINK	\$25	15052
<b>Paddle Pros (Canoe &amp; Kayak)</b>	15yrs+	1	W	Nov-14	6:30 PM-9 PM	LINK	\$25	15067
	15yrs+	1	W	Mar-06	6:30 PM-9 PM	LINK	\$25	15116
<b>Pastas &amp; Sauces - Valentine's Edition</b>	15yrs+	4	W	Sep-05	6:30 PM-8:30 PM	DLS	\$65	14260
<b>Pastas &amp; Sauces with Pasta Paolo</b>	15yrs+	1	T	Feb-12	6:30 PM-9 PM	LINK	\$25	14392
	15yrs+	1	T	Sep-04	6:30 PM-9 PM	LINK	\$25	14353
	15yrs+	1	T	Sep-18	6:30 PM-9 PM	LINK	\$25	14354
	15yrs+	1	T	Oct-16	6:30 PM-9 PM	LINK	\$25	14355
	15yrs+	1	Th	Nov-29	6:30 PM-9 PM	LINK	\$25	14356
	15yrs+	1	Th	Jan-10	6:30 PM-9 PM	LINK	\$25	14394
	15yrs+	1	T	Jan-22	6:30 PM-9 PM	LINK	\$25	14393
	15yrs+	1	Th	Feb-21	9 AM-11:30 AM	LINK	\$25	14395
	15yrs+	1	Sa	Mar-02	9:30 AM-12 PM	LINK	\$25	14396
	15yrs+	1	T	Mar-19	6:30 PM-9 PM	LINK	\$25	14397
	<b>Photography</b>	18yrs+	6	F	Oct-05	6 PM - 7:30 PM	LINK	80
18yrs+		6	F	Oct-05	7:30 PM - 9 PM	LINK	80	15037
18yrs+		5	F	Jan-25	6 PM - 7:30 PM	LINK	80	15036
18yrs+		5	F	Jan-25	7:30 PM - 9 PM	LINK	80	15038
<b>Pickleball (pay as you play)</b>	15yrs+	13	M	Sep-10	8 PM-10 PM	GYM	\$2	13672
	20yrs+	15	T,Th	Sep-11	8:30 AM-10:30 AM	GYM	\$1	12477
	20yrs+	12	T,Th	Jan-03	8:30 AM-10:30 AM	GYM	\$1	12478
	15yrs+	11	M	Jan-07	8 PM-10 PM	GYM	\$2	15146
<b>Pies Pies Pies Workshop</b>	15yrs+	1	W	Oct-10	6:30 PM-9 PM	LINK	\$25	14358
	15yrs+	1	W	Nov-21	6:30 PM-9 PM	LINK	\$25	14360
	15yrs+	1	W	Jan-16	6:30 PM-8:30 PM	LINK	\$25	14398
<b>PiYo</b>	15yrs+	1	W	Feb-06	6:30 PM-8:30 PM	LINK	\$25	15043
	15yrs+	11	Th	Oct-04	7:15 PM-8:15 PM	GSA	\$77	15196
<b>Running Club - Couch to 5K</b>	15yrs+	11	W	Sep-05	6:45 PM-7:45 PM	GIP	\$55	13671
<b>Running Club - Train to 10K</b>	15yrs+	12	W	Jan-09	6:45 PM-7:45 PM	GIP	\$60	13673
<b>Sauce Canning Workshop</b>	15yrs+	1	T	Jan-15	6:30 PM-9 PM	LINK	\$25	15120
	15yrs+	1	T	Mar-05	6:30 PM-9 PM	LINK	\$25	15122
<b>Sign Making Workshop</b>	15yrs+	1	T	Sep-11	7 PM-9 PM	LINK	\$37	15088
	15yrs+	1	Th	Oct-25	7 PM-9 PM	LINK	\$37	15090
	15yrs+	1	Th	Nov-22	7 PM-9 PM	LINK	\$37	15091
	15yrs+	1	Th	Feb-07	7 PM-9 PM	LINK	\$37	15092

<b>Snowshoe Starters &amp; Warm Apple Ciders</b>	18yrs+	1	S	Feb-10	11 AM-1 PM	GPV	\$12	14408
<b>Soccer (pay as you play)</b>	15yrs+	25	W	Nov-07	8 PM-10 PM	GYM	\$2	13901
	15yrs+	18	W	Jan-02	8 PM-10 PM	GYM	\$2	13902
<b>Spanish 101</b>	15yrs+	5	W	Sep-19	7 PM-9 PM	LINK	\$80	15097
	15yrs+	5	W	Jan-16	7 PM-9 PM	LINK	\$80	15101
<b>Street Foods Around the World Workshop</b>	15yrs+	1	W	Jan-30	6:30 PM-9 PM	LINK	\$27	15078
<b>Stroller Fit</b>	15yrs+	11	T	Sep-25	10:30 AM-11:30 AM	GYM	\$77	13905
	15yrs+	12	T	Jan-08	10:30 AM-11:30 AM	GYM	\$84	13904
<b>Sweat &amp; Stretch</b>	15yrs+	11	Th	Sep-27	5 PM-6 PM	GYM	\$77	14284
	15yrs+	1	W	Sep-12	6:30 PM-9 PM	LINK	\$30	15050
<b>Tastes of South America Workshop</b>	15yrs+	1	W	Oct-31	6:30 PM-9 PM	LINK	\$30	15054
	15yrs+	1	W	Jan-09	6:30 PM-9 PM	LINK	\$30	15074
	15yrs+	1	W	Feb-27	6:30 PM-9 PM	LINK	\$30	15087
<b>Yoga: Baby &amp; Me</b>	15yrs+	10	Th	Sep-27	11:30 AM-12:30 PM	GIP	\$70	12508
	15yrs+	11	Th	Jan-10	11:30 AM-12:30 PM	GIP	\$77	12531
<b>Yoga: Family Flow</b>	4yrs+	9	Sa	Oct-6	10 AM-10:45 AM	GYM	\$75	14285
	4yrs+	9	Sa	Jan-26	10 AM-10:45 AM	GYM	\$75	15163
<b>Yoga: Flow</b>	15yrs+	12	S	Sep-23	8:30 AM-9:30 AM	GYM	\$84	15154
	15yrs+	10	M	Sep-24	5 PM-6 PM	GIP	\$70	12512
	15yrs+	11	T	Sep-25	7 PM-8 PM	LINK	\$77	12552
	15yrs+	9	W	Sep-26	7:30 PM-8:30 PM	GIP	\$63	14281
	15yrs+	11	Th	Sep-27	6:30 PM-7:30 PM	PLH	\$77	12551
	15yrs+	11	S	Jan-06	8:30 AM-9:30 AM	GYM	\$77	15155
	15yrs+	10	M	Jan-07	5 PM-6 PM	GIP	\$70	12535
	15yrs+	9	T	Jan-08	7 PM-8 PM	SMU	\$63	12566
	15yrs+	11	Th	Jan-10	6:30 PM-7:30 PM	PLH	\$77	12565
	15yrs+	9	W	Jan-16	7:30 PM-8:30 PM	GIP	\$63	12534
<b>Yoga: Gentle</b>	15yrs+	10	M	Sep-24	6:15 PM-7:15 PM	GIP	\$70	12514
	15yrs+	10	M	Jan-07	6:15 PM-7:15 PM	GIP	\$70	12537
<b>Yoga: Pre-Natal</b>	15yrs+	10	T	Oct-02	5:45 PM-6:45 PM	GIP	\$70	12515
	15yrs+	8	T	Jan-15	5:30 PM-6:30 PM	GIP	\$56	12538
<b>Yoga: Slow Flow</b>	15yrs+	10	M	Sep-24	7:30 PM-8:30 PM	GIP	\$70	12509
	15yrs+	9	W	Sep-26	6:15 PM-7:15 PM	GIP	\$63	12510
	15yrs+	11	Th	Sep-27	7:45 PM-8:45 PM	PLH	\$77	12550
	15yrs+	10	M	Jan-07	7:30 PM-8:30 PM	GIP	\$70	12532
<b>Zumba</b>	15yrs+	11	W	Jan-09	5 PM-6 PM	GIP	\$77	12533
	15yrs+	11	Th	Jan-10	7:45 PM-8:45 PM	PLH	\$77	12564
	15yrs+	12	M	Sep-17	7 PM-8 PM	GSA	\$84	12553
<b>Zumba Toning</b>	15yrs+	11	Th	Sep-20	7 PM-8 PM	GIP	\$77	12516
	15yrs+	10	Th	Jan-10	7 PM-8 PM	GIP	\$70	12539
<b>2019 Vision Board Workshop</b>	15yrs+	1	Tu	Jan-08	6 PM-9 PM	GIP	\$30	15174
	15yrs+	1	Su	Jan-06	1 PM-4 PM	GIP	\$30	15179



# Fitness Pass

**How it Works:** Purchase a fitness pass of 10, 20 or 30 visits. Use your membership card to swipe for admission to class(es) at the facility reception desk. If you are a current membership cardholder, replenish passes as required.

**Daily Drop-in Available – Bring a friend and try a class!**

Fitness Passes are non-refundable and non-transferable.

## Get your Pass Today!

**Daily \$9 +HST**  
**10x Pass \$80 +HST**  
**20x Pass \$150 +HST**  
**30x Pass \$210 +HST**

**Fall Winter Schedule** - Schedule in effect September 17 - March 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqua Bootcamp</b> GLP 9 a.m. - 9:45 am	<b>Aqua Deep</b> GLP 9 a.m. - 9:45 a.m.	<b>Aqua Combo</b> GLP 9 a.m. - 9:45 a.m.	<b>Aqua Boot Camp</b> GLP 9 a.m. - 9:45 a.m.	<b>Aqua Boot Camp</b> GLP 9 a.m. - 9:45 a.m.	<b>Balance Ball</b> GYM 9 a.m. - 10 a.m.
<b>Gentle Aquafit</b> GLP 10 am - 10:45 am	<b>Aqua Stretch</b> GLP 11 a.m. - 11:45 a.m.	<b>Gentle Aquafit</b> GLP 10 a.m. - 10:45 a.m.	<b>Aqua Stretch</b> GLP 11 a.m. - 11:45 a.m.	<b>Gentle Aquafit</b> GLP 10 a.m. - 10:45 a.m.	<b>SUNDAY</b>
<b>Aqua Stretch</b> GLP 2:30 p.m. - 3:15 p.m.	<b>Body Blast</b> GYM 5 p.m. - 6 p.m.	<b>Aqua Stretch</b> GLP 2:30 p.m. - 3:15 p.m.	<b>Sweat &amp; Stretch</b> GYM 5 p.m. - 6 p.m.	<b>Aqua Stretch</b> GLP 1 p.m. - 1:45 p.m.	<b>Yoga: Flow</b> GYM 8:30 a.m. - 9:30 a.m.
<b>High Intensity Interval Training</b> Pefferlaw Hall 6 p.m. - 7 p.m.	<b>Yoga: Flow</b> The Link 7 p.m. - 8 p.m.	<b>Aqua Boot Camp</b> GLP 6:05 p.m. - 6:50 p.m.	<b>Zumba® Toning</b> GYM 7 p.m. - 8 p.m.	<b>Cardio Bootcamp</b> GYM 6:30 p.m. - 7:30 p.m.	<b>Body Blast</b> GYM 9:30 a.m. - 10:30 a.m.
<b>Aqua Combo</b> GLP 6:05 p.m. - 6:50 p.m.	<b>High Intensity Interval Training</b> GYM 7:30 p.m. - 8:30 p.m.	<b>Yoga: Slow Flow</b> GIP 6:15 p.m. - 7:15 p.m.	<b>Aqua Combo</b> GLP 8:20 p.m. - 9:05 p.m.		
<b>Cardio Bootcamp</b> GYM 7 p.m. - 8 p.m.	<b>Aqua Bootcamp</b> GLP 8:20 p.m. - 9:05 p.m.	<b>Cardio Sizzle &amp; Chisel</b> GYM 8 p.m. - 9 p.m.			
<b>Zumba</b> GSA 7 p.m. - 8 p.m.					

**Effective September 17 to December 29.**  
**Resumes on January 2, 2019 to March 29, 2019.**  
*Aquafitness programs will run during the Holidays*  
*All other fitness classes are cancelled during the Holidays. Check georgina.ca for specific start and end dates.*

**Note: all dates, times and prices are subject to change without notice**



### Balance Ball

Do you want to become lean and fit? Join us on Saturday mornings for a great balance ball and weight workout with the bonus of aerobics. This class is suitable for all ages and different fitness levels. Bring your own balance ball or one can be provided to you (*equipment is limited*).

### Body Blast

Body Blast is a full body, high-intensity cardio based workout with tons of option that cater to all fitness levels. Using interval training through plyometric movements to build strength and endurance while simultaneously sculpting muscle and blasting away body fat. If you want results, this is the class for you!

### Cardio Bootcamp

A fun, high energy one hour cardio and strength training class involving circuit/interval training, running drills, muscle conditioning, and exercises using your body weight and different equipment will give your body an all-over workout. Anyone can do this class from beginner to advanced as all exercises can be modified. Every class is different so you never get bored. *No special equipment needed.*

### Cardio Chisel & Sizzle

Feel the heat as you chisel your way to a stronger you! The class includes a combination of cardio activities and muscle conditioning exercises that will be sure to put a sizzle in your workout and help improve your strength and definition. Great for all fitness levels, instructor provides modified variations of each exercise as you build your way to success!

### High Intensity Interval Training (HIIT)

This high-intensity interval training (HIIT) is fun, blasts calories, and moves so quickly that it's hard to get bored. Geared towards all skill levels, participants perform exercises at maximum intensity for 20 seconds, followed by 10 seconds of rest. You repeat this on-off pattern a total of eight times, making one complete Tabata round four minutes.

### PiYo

Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

### Stroller Fit

Push those post-pregnancy pounds out of your life with a fun, stroller-based workout you can do while spending time outside with your baby. Stroller fit includes a variety of drills that focus on strength, power, agility, balance and cardio as well as rehabilitation of your core and addressing any concerns you may have about your post-baby body.

### Yoga: Flow

Designed for those who have a strong understanding of yoga movement and technique. The focus of this class is to maintain awareness and focus on breath while moving through a sequence of postures that will flow together to unite the body, breath and mind. This is a faster paced program where postures may be held for longer periods of time. *Note: For the more advanced participant.*

### Yoga: Slow Flow

This program is for those newer to yoga or those wanting a basic or slower flow yoga class. This class will introduce foundational yoga postures, teach traditional breathing techniques and help you feel more comfortable when practicing yoga. This is a slower paced, but both mentally and physically challenging class. *Note: Little to no yoga experience is required.*

### Zumba®

Zumba has become one of the fastest growing Latin dance-inspired fitness crazes in North America and has reached far and wide across the world. People of all ages are falling in love with its infectious music, energetic dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Reggaeton and other Latin beats.

### Zumba® Toning

Perfect for those who want to push themselves by putting an extra emphasis on toning and sculpting to define those muscles! In Zumba Toning we up the challenge and add resistance by using Zumba® Toning Sticks (or light weights) which will help you focus on specific muscle groups, so you (and your muscles) stay engaged! These lightweight maraca-like toning sticks enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body *Note: toning sticks/weights are optional.*

### Acrylic Painting - Step 1

Add some colour to your life! This acrylic class is for anyone who wants to try something new and get creative. Learn to paint landscapes with this eight-week session. Painting is a very expressive form of art, come out and show us your creative side. *No experience necessary. A material list is available.*

**Facility: Club 55 Keswick**  
**Day: Fri**

### Acrylic Painting - Step 2

This acrylic class is for anyone who wants to take their love of acrylic painting to the next level. Learn to paint different landscapes and use different skills with this eight-week session. Painting is a very expressive form of art, come out and show us your creative side. *Experience is necessary. A material list is available.*

**Facility: Club 55 Keswick**  
**Day: Fri**

### Archery

This program will teach participants all they need to know about archery through playing interactive games and engaging activities. The program will focus on safety, proper stance, technique and how to hit the target using a camp bow! *This program is suited for persons of all abilities and all equipment is provided.*

**Facility: The ROC**  
**Day: Tues**

**Note: all dates, times and prices are subject to change without notice**

### Bocce Ball

Seniors Bocce Ball League. For members only. *\*Weather permitting*

**Facility: Club 55 Keswick**  
**Day: Thurs**

Seniors Bocce Ball Drop-in - Club 55. For members and non-members. *\*Weather permitting*

**Facility: Club 55 Keswick**  
**Day: Wed, Sat**

### Cards & Chips

A little game of cards and chips for members and non-members.

**Facility: Club 55 Keswick**  
**Day: Wed**

### Carpet Bowling

Indoor Carpet Bowling is one of the fastest growing games across Canada. It is a game that provides great social interactions, exercise and friendly competition.

**Facility: Club 55 Keswick**  
**Day: Tues, Thurs, Fri, Sat**

## Computer Programs

### Advanced Computers

This class is for seniors who have a laptop with the Windows 10 operating system. The seniors will bring their laptops to class. The goal for this class is to learn how to become familiar with Windows 10. *Must have a Club 55 membership.*

**Facility: Club 55 Keswick**  
**Day: Tues**

### Android Tablets and Android

This class is for seniors who have an Android Tablet or Android Phone Device. The seniors will bring their devices to class. It is for new users who want to learn more about their devices. It is also for users who want to review their skills and develop new ones.

**Facility: Club 55 Keswick**

**Day: Fri**

### Basic Computers

This class is for seniors who are new to computers or who want to review basic skills using the Windows 7 operating system. The two main goals for this course are to learn how to operate a computer and to learn how to use the gmail email program. *Must have a Club 55 membership.*

**Facility: Club 55 Keswick**

**Day: Tues**

### iPad, iPhone, iPod Touch

This class is for seniors who have an iPad, iPod Touch, or an iPhone. The seniors will bring their devices to class. This course is for new users who want to learn more about their devices. It is also for users who want to review their skills and develop new ones. *Must have a Club 55 membership.*

**Facility: Club 55 Keswick**

**Day: Tues**

### Exercise Classes

Come out and exercise with your friends at the Sutton Seniors Club. Open to Members only of Sutton Seniors. Don't have your membership yet? Call 905-476-9972 to find out how to get yours today!

**Facility: Club 55 Sutton, The Link**

**Day: Tues, Fri**

### Family Paddle

Join us on the shores for an evening of paddling with your family. There will be an instruction session followed by a guided paddle. Families can choose either canoeing or kayaking. *All equipment is provided.*

**Facility: De La Salle Beach**

**Day: Mon | See page 26 for times & cost.**

### Floor shuffleboard

Drop-in and sign up for a game of shuffleboard. Pay-as-you-go allows you to participate whenever you are available. Enjoy a fun, friendly, active environment and meet new people.

**Facility: Sutton Arena Hall**

**Day: Thurs**

### Functional Fitness

This program is designed to maintain and improve mobility. This class will increase muscular strength as well as balance and coordination. *Must have a Club 55 membership.*

**Facility: Club 55 Keswick**

**Day: Thurs**

### Japanese Embroidery - Bunka

This program is an introduction to Bunka for our embroidery lovers. Participants will learn on a blank canvas using Rayon thread with long needles. It is punch embroidery while following a pattern.

**Facility: Club 55 Keswick**

**Day: Mon**

### Paddle Pros - Canoe & Kayak

This four week program is for beginner and experienced paddlers, with an emphasis on FUN and skill development. This program is run with qualified and trained staff on Lake Simcoe, teaching basic water safety, regular training and other canoeing/kayaking opportunities. Also a great way to meet your fitness needs. *\*All equipment is provided*

**Facility: De La Salle Beach Area**

**Day: Wed | See page 27 for times & cost.**



### QiGong

Health Maintenance QiGong exercises are based on a system combining both healing and training. You will be introduced to 24 movements which are divided into three sections. The first set focuses on the upper body, the second set on the low back and the waist, and third set on the joints of the hips, knees and ankles. Each class will begin with basic relaxation techniques followed by QiGong postures, movements, self-performed acupuncture techniques and cooldown movements.

**Facility: Club 55 Keswick**

**Day: Wed**

### Seniors Pool Leagues/Teams

If pool is your game then this league is for you! We offer leagues for both ladies and men, as well as mixed teams in 8-Ball and 9-Ball.

**Facility: Club 55 Keswick**

**Day: Mon, Tues, Thurs, Fri**

### Square Dancing

Square dancing involves a set of eight dancers moving to music. The calls used are taught in such a way that you are dancing as you are learning. Movements soon become smooth, rhythmic and graceful and are easy to learn. *No previous experience is needed.*

**Facility: Club 55 Keswick**

**Day: Fri**

### Table Shuffleboard

Come and play a fun game of shuffleboard! Improve your skills or take on a challenge. Open to anyone who is willing to play.

**Facility: Club 55 Keswick**

**Day: Mon, Wed**

### Table Tennis

This drop-in tennis program will be sure to get you moving and having fun!

**Facility: Club 55 Keswick and The Link**

**Day: Tues, Wed, Thurs**

### Tai Chi

Tai Chi is designed to foster a calm and tranquil mind. Learning to do this exercise correctly helps to build balance, alignment, fine-scale motor control, rhythm of movement and the creation of movement from the body's vital centre.

**Facility: Club 55 Keswick, Club 55 Sutton, Georgina Ice Palace**

**Day: Mon to Fri**

### Walking Club

Walking is a great way to stay active.

This walking program helps improve your cardiovascular conditioning and gives you an even, solid surface to walk on, so you don't have to worry about each step. Bring a friend and walk for miles!

**Facility: Georgina Ice Palace Hall, Sutton Arena Hall, Pefferlaw Hall**

**Day: Mon to Fri (location specific)**

### Watercolour Painting - Step 1

These watercolour classes are for anyone wanting to try something new and keep their brain active. Learn to paint landscapes with this eight-week class. Can't draw a straight line? That's fine, you don't need to know how to draw. *Material list is available.*

**Facility: Club 55 Keswick**

**Day: Tues**

### Watercolour Painting - Step 2

This watercolour class is for those who want to take their dynamic art to the next level or carry on with learning new techniques and developing their skills. *A materials list is available and it is recommended that you take the Step 1 class before registering for Step 2.*

**Facility: Club 55 Keswick**

**Day: Thurs**

### Yoga: Senior's Chair

Chair Yoga offers a gentle yoga workout that increases circulation, reduces stress and improves overall flexibility. Chair yoga is a low impact, easy workout that is done with a series of poses and postures that are performed while seated or holding a chair. Participants must wear comfortable clothing and bring a yoga mat.

**Facility: Club 55 Sutton**

**Day: Wed**

### Yoga Level 1

Yoga - Level 1 for seniors is specifically designed for the 55+ body in mind. This yoga program incorporates gentle stretches that help your joints, increase mobility and balance, all while providing relaxation. Participants should be able to move from floor to standing position with ease. Please bring a yoga mat, towel and comfortable clothing to each class.

**Facility: Club 55 Keswick**

**Day: Mon, Wed**

### Yoga Level 2

Yoga - Level 2 is designed for those who have already graduated from Level 1 and are looking for a greater understanding of the modifications and movements that help increase mobility. You will build on the basic poses, increase balance, learn relaxation techniques and add additional sequences. Please bring a yoga mat, towel and comfortable clothing to each class.

**Facility: Club 55 Keswick**

**Day: Mon, Wed**

Seniors Programs	#	Day	Start Date	Time	Place	Price	Code
Acrylic Painting - Step 1	6	F	Oct-05	9:30 AM-11:30 AM	C55K	\$60	13821
Acrylic Painting - Step 2	6	F	Oct-05	1 PM-3 PM	C55K	\$60	13822
Archery	4	T	Sep-04	6:30 PM-7:30 PM	ROC	\$65	14252
Bocce Ball - (Pay As You Play)	8	W,Sa	Sep-05	10 AM-12 PM	C55K	\$0.50	13741
Bocce Ball - League	8	Th	Sep-06	1 PM-3 PM	C55K	\$6	13649
Cards & Chips	15	W	Sep-05	7 PM-9:30 PM	C55K	\$2.50	13715
	13	W	Jan-02	7 PM-9:30 PM	C55K	\$2.50	13765
Carpet Bowling	16	T	Sep-04	10 AM-12 PM	C55K	\$18.72	13743
	16	Th	Sep-06	6:30 PM-8:30 PM	C55K	\$18.72	13742
	14	F	Sep-07	1:30 PM-3:30 PM	C55K	\$16.38	13744
	13	Th	Jan-03	6:30 PM-8:30 PM	C55K	\$15.21	14230
	12	F	Jan-04	1:30 PM-3:30 PM	C55K	\$14.04	14232
	12	T	Jan-08	10 AM-12 PM	C55K	\$14.04	14231
Advanced Computers	6	T	Sep-04	1:30 PM-2:45 PM	C55K	FREE	13677
Android Tablets and Android	5	F	Sep-07	2 PM-3:15 PM	C55K	FREE	13678
Basic Computers	6	T	Sep-04	9:15 AM-10:30 AM	C55K	FREE	13679
iPad, iPhone, iPod Touch	6	T	Sep-04	10:45 AM-12 PM	C55K	FREE	13680
	6	T	Sep-04	3:15 PM-4:15 PM	C55K	FREE	13681
Exercise Classes	17	T,F	Sep-04	10 AM-12 PM	C55S	\$1	13725
	13	T,F	Jan-04	11 AM-12 PM	+ LINK	\$1	13774
Floor Shuffleboard (Pay As You Play)	16	Th	Sep-06	1:30 PM-3:30 PM	GSA	\$1	13751
	13	Th	Jan-03	1:30 PM-3:30 PM	GSA	\$1	13775
Functional Fitness	7	Th	Sep-13	1 PM-2 PM	C55K	\$45.50	13747
	7	Th	Sep-13	2:15 PM-3:15 PM	C55K	\$45.50	13749
	7	Th	Nov-01	1 PM-2 PM	C55K	\$45.50	13748
	7	Th	Nov-01	2:15 PM-3:15 PM	C55K	\$45.50	13750
	7	Th	Jan-03	1 PM-2 PM	C55K	\$45.50	14233
	7	Th	Jan-03	2:15 PM-3:15 PM	C55K	\$45.50	14235
	7	Th	Feb-21	1 PM-2 PM	C55K	\$45.50	14234
	7	Th	Feb-21	2:15 PM-3:15 PM	C55K	\$45.50	14236
Japanese Embroidery Bunka	6	M	Sep-10	10 AM-12 PM	C55K	\$27	13727
	7	M	Oct-29	10 AM-12 PM	C55K	\$31.50	13728
	6	M	Jan-07	10 AM-12 PM	C55K	\$27	14237
	6	M	Feb-25	10 AM-12 PM	C55K	\$27	14238

<b>8-Ball - Ladies</b>	30	Th	Oct-11	2 PM-4 PM	C55K	\$34.50	13686
<b>8-Ball - Mixed</b>	30	Th	Oct-11	12 PM-1:30 PM	C55K	\$34.50	13687
<b>8-Ball - Men's</b>	29	M	Oct-15	9 AM-11 AM	C55K	\$33.35	13688
<b>8-Ball - Team</b>	29	T	Oct-09	9 AM-1 PM	C55K	\$33.35	13689
<b>9-Ball - Ladies</b>	30	F	Oct-12	9 AM-1 PM	C55K	\$34.50	13690
<b>9-Ball - Mixed</b>	30	F	Oct-12	1 PM-4 PM	C55K	\$34.50	13691
<b>9-Ball Men's</b>	29	M	Oct-15	11 AM-12 PM	C55K	\$33.35	13692
<b>Darts League - Spares List</b>	31	T	Sep-25	1:30 PM-3:30 PM	C55K	\$35.65	13695
<b>Darts League</b>	28	M	Sep-24	6 PM-8 PM	C55K	\$32.20	13693
	31	T	Sep-25	1:30 PM-3:30 PM	C55K	\$35.65	13694
<b>Paddle Pros</b>	4	W	Sep-5	6:30 PM-8:30 PM	DLS	\$65	14260
	6	W	Sep-19	6 PM-7 PM	C55K	\$36.90	13815
<b>QiGong</b>	5	W	Nov-07	6 PM-7 PM	C55K	\$30.75	13816
	7	W	Jan-09	6 PM-7 PM	C55K	\$43.05	13817
	6	W	Feb-20	6 PM-7 PM	C55K	\$36.90	13818
<b>Square Dancing</b>	10	F	Sep-07	3:30 PM-5 PM	C55K	FREE	13698
<b>Table Shuffleboard</b>	16	M,W	Sep-05	4 PM-5:30 PM	C55K	\$1	13733
	16	T,Th	Sep-04	1 PM-3 PM	LINK	\$0.50	13735
	14	W	Sep-05	1:30 PM-3:30 PM	C55K	\$0.50	13734
<b>Table Tennis</b>	13	W	Jan-02	1:30 PM-3:30 PM	C55K	\$0.50	13782
	13	T,Th	Jan-03	12 PM-3 PM	LINK	\$0.50	13783
	15	M-F	Sep-04	10 AM-11 AM	GIP	FREE	13738
	16	W	Sep-05	6:30 PM-7:30 PM	C55K	\$1	13736
<b>Tai Chi</b>	14	M	Sep-10	1 PM-2 PM	C55S	\$1	13737
	13	M-F	Jan-02	10 AM-11 AM	GIP	FREE	13786
	13	W	Jan-02	6:30 PM-7:30 PM	C55K	\$1	13784
	11	M	Jan-07	1 PM-2 PM	C55S	\$1	13785
<b>Walking Club</b> <i>See page 38 for details.</i>	16	T,Th	Sep-04	10 AM-12 PM	PLH	FREE	13739
	15	M-F	Sep-04	9 AM-10 AM	GIP	FREE	13740
	13	M-F	Jan-02	9 AM-10 AM	GIP	FREE	13788
	12	T,Th	Jan-08	10 AM-12 PM	PLH	FREE	13787
<b>Watercolouring Step 1</b>	6	T	Oct-02	9:30 AM-11:30 AM	C55K	\$60	13823
<b>Watercolouring Step 2</b>	6	Th	Oct-04	9:30 AM-11:30 AM	C55K	\$60	13824
<b>Yoga - Seniors Chair</b>	8	W	Sep-05	1:30 PM-2:30 PM	C55S	\$41.20	13790
	8	W	Oct-31	1:30 PM-2:30 PM	C55S	\$41.20	13791
	6	W	Jan-09	1:30 PM-2:30 PM	C55S	\$30.90	13800
	6	W	Feb-20	1:30 PM-2:30 PM	C55S	\$30.90	13801



<b>Yoga - Level 1</b>	6	M	Sep-10	10:45 AM-11:45 AM	C55K	\$31.80	13794
	7	W	Sep-12	10:45 AM-11:45 AM	C55K	\$37.10	13792
	7	M	Oct-29	10:45 AM-11:45 AM	C55K	\$37.10	13795
	7	W	Oct-31	10:45 AM-11:45 AM	C55K	\$37.10	13793
	6	M	Jan-07	10:45 AM-11:45 AM	C55K	\$31.80	13802
	6	W	Jan-09	10:45 AM-11:45 AM	C55K	\$31.80	13806
	6	W	Feb-20	10:45 AM-11:45 AM	C55K	\$31.80	13807
<b>Yoga - Level 2</b>	5	M	Feb-25	10:45 AM-11:45 AM	C55K	\$26.50	13803
	6	M	Sep-10	9:30 AM-10:30 AM	C55K	\$31.80	13796
	7	W	Sep-12	9:30 AM-10:30 AM	C55K	\$37.10	13798
	7	M	Oct-29	9:30 AM-10:30 AM	C55K	\$37.10	13797
	7	W	Oct-31	9:30 AM-10:30 AM	C55K	\$37.10	13799
	6	M	Jan-07	9:30 AM-10:30 AM	C55K	\$31.80	13804
	6	W	Jan-09	9:30 AM-10:30 AM	C55K	\$31.80	13808
	6	W	Feb-20	9:30 AM-10:30 AM	C55K	\$31.80	13809
	5	M	Feb-25	9:30 AM-10:30 AM	C55K	\$26.50	13805



# Club 55 Drop-In Programs

## Club 55 Membership Prices

\$20+HST | Annual

\$10+HST | Sutton Location Only

## Let's Get Active for Free!

### Tai Chi

Georgina Ice Palace Hall

- Monday to Friday - 10 a.m. - 11 a.m.

### Walking Club

Georgina Ice Palace Hall

- Monday to Friday - 9 a.m. - 10 a.m.

Georgina Sutton Arena Hall

- Monday, Wednesday, Friday - 9 a.m. - 11 a.m.

Pefferlaw Hall

- Tuesday, Thursday - 10 a.m. - 12 a.m.

## Senior Meet-Up

We are currently offering Senior Meet-up program where we get in touch with you for a meet and greet opportunity. Interested? Call Club 55 Keswick at 905-476-9972 and arrange for a current member to give you a tour of our facilities, meet others, learn more about our programs and familiarize you with all the great things we have to offer!

## Casino Rama Trips

- Last Fridays of the month:
- August 31, September 28,
- October 26, November 30,
- December 28, January 25,
- February 22, March 29



## Casino Rama Trips

Last Friday of each month

\$2 member | \$3 non-member

Sign up in advance for your seat on the bus! Pick-up locations in Sutton and Keswick.

## Lunches

Club 55 - Pefferlaw

1st & 3rd Tuesday (each month) 12 p.m. \$5/member | \$6 non-member

Club 55 - Keswick

Club 55/Stephen Leacock Theatre Every Wednesday 12 p.m.

\$4 member | \$5 non-member

*\*Please note: Lunches do not take place between June - September*

## Carpet Bowling League

Tuesdays 10 a.m. - starts Tuesday, Sept 4  
Thursdays 6:30 p.m. - starts Thursday, Sept 6  
Fridays 1:30 p.m. - starts Friday, Sept 7

## Darts League

Mondays 6 p.m. - starts Monday, Sept 24  
Tuesdays 1:30 p.m. - starts Tuesday, Sept 25

## Pool Leagues

See page 36 for details

## Footcare Clinics

Performed by a registered nurse

For more information call: 905-476-9972



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Keswick</b>	<b>Keswick</b>	<b>Keswick</b>	<b>Keswick</b>	<b>Keswick</b>
<b>Nickel &amp; Dimes</b> 1 p.m. to 4 p.m. Prices Vary	<b>Bid Euchre</b> 6:30 p.m. to 4 p.m. \$2 members \$3 non-members	<b>Craft &amp; Quilt Group</b> 9 a.m. to 12 p.m. FREE   mem only	<b>Bid Euchre</b> 1 p.m. to 4 p.m. \$2 mem \$3 non-mem	<b>Line Dancing</b> 10 a.m. to 11:30 a.m. \$3 mem \$4 non-mem
	<b>Sutton</b>			
<b>Contract Bridge</b> 1 p.m. to 4 p.m. \$1 mem \$2 non-mem	<b>Floor Shuffleboard</b> Thursdays Sutton Arena Hall 1:30 p.m. - 3:30 p.m. \$1 Drop-In	<b>Mahjong</b> 9:30 a.m. to 11:30 a.m. 50c   Drop-In	<b>Progressive Euchre</b> 6:30 p.m. to 8 p.m. \$2 mem \$3 non-mem	<b>Music Share</b> 12 p.m. to 2 p.m. FREE
<b>Billiards</b> 4 p.m. to 6 p.m. Free	<b>Exercise Club</b> 10 a.m. - 11 a.m. The Link \$1 Drop-In	<b>Music Share</b> 9:30 a.m. to 11:30 a.m. FREE	<b>Billiards</b> 4 p.m. to 7 p.m. Free	<b>Darts Drop-In</b> 5 p.m. - 7 p.m. Members FREE! <b>Movie Night!</b> Check listing at C55K 6 p.m. - 8 p.m. \$1 mem / \$2 non
<b>Table Shuffleboard</b> 5 p.m. to 7 p.m. 50c mem	<b>Bridge</b> 1 p.m. to 3 p.m. \$1 members <b>Free Lessons:</b> 11:30 a.m.	<b>Table Tennis</b> 1 p.m. to 4 p.m. 50c   Drop-In	<b>Table Tennis</b> 4 p.m. to 7 p.m. The Link 50c mem	<b>Sutton</b> <b>Bid Euchre</b> 1 p.m. to 4 p.m. \$2 mem   \$3 non-mem
<b>Sutton</b>	<b>Pefferlaw</b>	<b>Lunch</b> 12 p.m. \$4 mem   \$5 non-mem (not available in summer)	<b>Sutton</b>	<b>Exercise Club</b> 11 a.m. to 12 p.m. \$1 mem <b>Saturday</b>
<b>Craft Group</b> 11 a.m. to 1 p.m. \$1 members	<b>Lunches</b> 1st & 3rd Tuesday (not available in summer)	<b>Cribbage</b> 1:30 p.m. to 3:30 p.m. \$2 mem   \$3 non-mem	<b>Cribbage Drop-In</b> 3 p.m. to 5 p.m. \$1 mem   \$2 non-mem	<b>Keswick</b>
<b>Tai Chi</b> 1 p.m. to 2 p.m. \$1 members	<b>Stretching &amp; Walking</b> 10 a.m. to 12 p.m. FREE	<b>Tai Chi</b> 6:30 p.m. to 7:30 p.m. \$1 mem-only	<b>Pefferlaw</b>	<b>Learn Bid Euchre</b> 12:30 p.m. to 4 p.m. FREE   Mem-only
<b>Pefferlaw</b>	<b>Fall Session</b> September 4 to December 31  <b>Winter Session</b> January 2 to March 3	<b>Stretching &amp; Walking</b> 10 a.m. to 12 p.m. FREE	<b>Pefferlaw</b>	<b>Carpet Bowling</b> 10 a.m. to 12 p.m. 50c mem \$1 non-mem
<b>Billiards/Snooker</b> 9 a.m. to 12 p.m. Free		<b>Tai Chi</b> 6:30 p.m. to 7:30 p.m. \$1 mem-only	<b>Pefferlaw</b>	<b>Carpet Bowling</b> 10 a.m. to 12 p.m. 50c mem \$1 non-mem
<b>Bid/Euchre</b> (high/low) 1 p.m. to 4 p.m. \$2 mem \$3 non-mem		<b>Cards &amp; Chips</b> 7 p.m. to 9 p.m. \$2.50 mem \$3.50 non-mem	<b>Pefferlaw</b>	<b>Carpet Bowling</b> 1 p.m. - 3 p.m. \$1 Drop-In
			<b>Sutton</b>	<b>Sunday</b>
			<b>Pefferlaw</b>	<b>Bid Euchre</b> 1 p.m. to 4 p.m. \$2 mem \$3 non-mem

\*Some programs are subject to change



# Senior Games Schedule September 12 - October 5

# Aquatic Lessons Descriptions & Schedules

Senior

September

October

	Wednesday, 12	Thursday, 13	Friday, 14
<b>How to Register?</b> Forms are available at Club 55 Keswick, Sutton, Pefferlaw and the Civic Centre.	<b>11 a.m. Opening Ceremonies</b> C55K *Tickets in Advance  <b>Table Shuffleboard (Open Doubles)</b> 9:30 a.m.   C55K  <b>Texas Hold 'Em</b> 6:30 p.m.   *C55K	<b>Lawn Bowling (Mixed Trebles)</b> 9:30 a.m.   *GLBC	<b>9-Ball Pool (Singles)</b> 9 a.m. - Men 1 p.m. - Ladies C55K  <b>Carpet Bowling</b> 10 a.m. C55K
Monday, 17	Tuesday, 18	Wednesday, 19	Thursday, 20
<b>Prediction Walk</b> 9:30 a.m. - 3 KM 10:30 a.m. - 1.6 KM DLS  <b>High/Low Progressive Bid Euchre (Open Pairs)</b> 1 p.m.   C55P	<b>Progressive Euchre (Open Pairs)</b> 1 p.m.   PLH *Lunch Available @12pm  <b>Contract Bridge (Open Pairs)</b> 1 p.m.   C55S (max 12 tables)	<b>Bocce Ball (Open Doubles)</b> 9 a.m.   ROC Hardball Diamond 1	<b>Golf 9-Hole (Singles)</b> 9 a.m.   OBGC  <b>Progressive Bid Euchre (Open Pairs)</b> 1 p.m.   C55K
Monday, 24	Tuesday, 25	Wednesday, 26	Thursday, 27
<b>Horseshoes (Open Doubles)</b> 1 p.m. *Sutton Legion	<b>Archery</b> 1 p.m.   ROC  <b>Duplicate Bridge (Open Pairs)</b> 1 p.m.   C55S	<b>Scrabble</b> 9:30 a.m.   C55S  <b>Table Tennis (Open Pairs)</b> 1:30 p.m. C55K	<b>Floor Shuffleboard (Singles)</b> 9 a.m. Georgina Sutton Arena Hall
Monday, 1	Tuesday, 2	Wednesday, 3	Thursday, 4
<b>Badminton (Open Doubles)</b> 8:30 a.m. Georgina Gym (Ice Palace)  <b>Snooker</b> 9 a.m.   C55P	<b>Floor Shuffleboard (Open Doubles)</b> 9 a.m. *Georgina Sutton Arena Hall	<b>Mahjong</b> 9:30 a.m.   C55K  <b>Darts (Open Pairs)</b> 1:30 p.m. *Sutton Legion	<b>Pickleball (Open Doubles)</b> 8:30 a.m.   GYM
Friday, 21	Friday, 28	Friday, 5	
<b>Cribbage (Open Pairs)</b> 1 p.m.   The Link	<b>8-Ball Pool</b> 9 a.m. - Men 1 p.m. - Ladies C55K	<b>Medal Presentations &amp; Closing Ceremonies</b> 11 a.m. The ROC Chalet Tickets in Advance	

### Diaper Fit

A pre-registered aqua fitness program for both parent and child. With baby seats provided, parents will follow an instructor's lead to water aerobic exercises that incorporate baby in their seat.



**Ages: 4m to 3y**  
**Day: Tues, Thurs**

### Family Lesson

Available for Red Cross Swim Preschool Sea Otter through Swim Kids 6 only. Parents are required to know what level to register kids into at time of registration. This program enables parents to register two or more of their children into the same time. This 45-minute swimming class is split into multi-level groups based on age and level selected at time of registration.

**Ages: 3 to 13**  
**Day: Mon, Tues, Thu, Fri, Sat, Sun**

### Swim Preschool (1) Starfish



Orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety. This level is participation-based only, without formal evaluation.

**Ages: 4m to 12m**  
**Day: Mon, Tues, Wed, Thurs, Sat**

### Swim Preschool (2) Duck



Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety. This level is participation-based only, without formal evaluation.

**Ages: 12m to 24m**  
**Day: Wed, Sat, Sun**

### Swim Preschool (3) Sea Turtle



Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks. This level is participation-based only, without formal evaluation.

**Ages: 24m to 36m**  
**Day: Mon to Sun**

### Swim Preschool (4) Sea Otter



Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. Swimmers enter this level when they are three years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim one metre. They also learn age-appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.

**Ages: 3 to 6**  
**Day: Mon to Sun**

### Swim Preschool (5) Salamander



Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to swim two metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a life jacket/Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits, and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been successfully completed.

**Ages: 3 to 6**  
**Day: Mon to Sun**

Aquatic Lessons

### Swim Preschool (6) Sunfish



Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim five metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a life jacket/Personal Flotation Device (PFD). Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water. *Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed.*

**Ages: 3 to 6**

**Day: Mon to Sun**

#### Age Conversion Chart Preschool to Swim Kids

When Your Child Turns Six Years Old Register Into:

Incomplete Sea Otter	Swim Kids 1
Complete Sea Otter	Swim Kids 1
Incomplete Salamander	Swim Kids 1
Complete Salamander	Swim Kids 1
Incomplete Sunfish	Swim Kids 1
Complete Sunfish	Swim Kids 2
Incomplete Crocodile	Swim Kids 2
Complete Crocodile	Swim Kids 3
Incomplete Whale	Swim Kids 3
Complete Whale	Swim Kids 3

### Swim Preschool Crocodile/Whale



Swimmers enter this level when they have successfully completed Sunfish. Through games and other fun activities, swimmers learn to swim five-10 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10-15 metres. Safety skills include jumping into deep-water, swim five metres and perform surface support for 10-20 seconds then return to safety, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water, safe swimming areas, throwing assists and sitting dives. *Swimmers are evaluated based on performance criteria and progress to Whale/Swim Kids 3 once all criteria have been achieved.*

**Ages: 3 to 6**

**Day: Mon to Sun**

### Swim Kids 1



Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the five metres front swim.

**Ages: 6 to 13**

**Day: Mon, Wed, Thurs, Fri, Sat, Sun**

### Swim Kids 2



Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (five metres) and learn about deep-water activities and proper use of a life jacket/Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.

**Ages: 6 to 13**

**Day: Mon to Sun**

### Swim Kids 3



This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim.

**Ages: 6 to 13**

**Day: Mon to Sun**

### Swim Kids 4



This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim. *Upon completion of 25m, swimmers are eligible to register as part of Canada's Swim Team through [getswimming.ca](http://getswimming.ca).*

**Ages: 6 to 13**

**Day: Mon, Tues, Wed, Thurs, Fri, Sat, Sun**

### Swim Kids 5



This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.

**Ages: 6 to 13**

**Day: Mon, Tues, Wed, Fri, Sat, Sun**

*Additional fees for non-residents apply*



### Swim Kids 6



This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary back stroke (15m), safety on ice and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.

**Ages: 6 to 13**

**Day: Mon, Tues, Wed, Sun, Fri, Sat**

### Swim Kids 7



This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.

**Ages: 6 to 13**

**Day: Mon to Sun**

### Swim Kids 8



This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for three minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.

**Ages: 6 to 13**

**Day: Mon to Sun**

### Swim Kids 9/10



**Swim Kids 9:** This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (three minutes). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim.

**Swim Kids 10:** This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary backstroke 50m, breast stroke 50m, sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using dolphin kick (vertical) and a 500m swim.

**Ages: 6 to 13**

**Day: Mon, Wed, Thurs, Fri, Sat**

#### Private Lap Pool

Located in the lap pool, this is a one to one ratio swimming lesson that focuses on individual personal/physical needs and allows instructors to correct students individually by breaking down skills and techniques outside of a group environment.

**Ages: 6 and up**

**Day: Mon, Tues, Wed, Fri, Sat, Sun**

#### Private Leisure Pool

A one-to-one ratio swimming lesson in the beach or in the therapy pool that focuses on individual personal/physical needs and allows instructors to correct students individually by breaking down skills and techniques outside of a group environment.

**Ages: 3 to 6**

**Day: Mon to Sun**



### Adapted Swim

Learn-to-swim for swimmers with disabilities continues the progressions used in the Red Cross Swim Preschool and Swim Kids programs. Each skill is broken down into small manageable steps to create a positive learning environment and make the success of each swimmer more achievable. These steps have been created to help swimmers learn at their own pace using repetition and integration of new skills, which help swimmers move along the skill progression more effectively.

#### Red Cross Sensory Adapted

1:1 support

This program facilitates our original Swim Adapted program while providing the participant with a quiet and distraction free swimming environment.

#### Red Cross Integrated Adapted

1:1 support

This program facilitates our original Swim Adapted program and runs alongside group lessons.

For more information, please contact the Georgina Leisure Pool at 905-722-1429.

**Ages: 3 and up**

**Day: Mon, Fri, Sat, Sun**

### Red Cross Swim Basics Teen/Adult

Work with your instructor to set goals to develop your swimming skills. We help you increase your comfort and confidence in the water through floats, glides, kicking and swimming. An introduction to swimming with a focus on front swim, developing front and back crawl, establishing comfort in deep water and increasing the swimming distance.

**Ages: 13 and up**

**Day: Mon, Sat**

### Red Cross Swim Strokes Teen/Adult

We help you develop one or more swimming strokes, working toward proficiency and increased endurance. Work with your Water Safety Instructor to choose the strokes and set your goals and priorities. If you are interested in developing your strokes so that you can train for a triathlon, this is the ideal course for you.

**Ages: 13 and up**

**Day: Mon, Sat**

Aquatics Programs	Age	#	Day	Start Date	Time	Price	Code	
<b>Diaper Fit</b>	4m-3yrs	15	T	Sep-11	10 AM-10:45 AM	\$99.60	14035	
	4m-3yrs	15	Th	Sep-13	10 AM-10:45 AM	\$99.60	14036	
	4m-3yrs	9	T	Jan-08	10 AM-10:45 AM	\$59.76	14220	
	4m-3yrs	9	Th	Jan-10	10 AM-10:45 AM	\$59.76	14221	
<b>Family Lesson</b>	3-13yrs	10	M	Sep-10	6:30 PM-7:15 PM	\$87	14020	
	3-13yrs	10	T	Sep-11	5:45 PM-6:30 PM	\$87	14021	
	3-13yrs	10	W	Sep-12	7:15 PM-8 PM	\$87	14022	
	3-13yrs	10	F	Sep-14	7:30 PM-8:15 PM	\$87	14019	
	3-13yrs	10	Sa	Sep-15	11:45 AM-12:30 PM	\$87	14018	
	3-13yrs	10	S	Sep-16	11:30 AM-12:15 PM	\$87	14016	
	3-13yrs	10	S	Sep-16	12:15 PM-1 PM	\$87	14017	
	3-13yrs	8	M,W	Nov-26	7:15 PM-8 PM	\$69.60	14067	
	3-13yrs	9	M	Jan-07	7:15 PM-8 PM	\$78.30	14194	
	3-13yrs	9	T	Jan-08	5:45 PM-6:30 PM	\$78.30	14193	
	3-13yrs	9	W	Jan-09	7:15 PM-8 PM	\$78.30	14195	
	3-13yrs	9	F	Jan-11	7:15 PM-8 PM	\$78.30	14196	
	3-13yrs	9	Sa	Jan-12	11:45 AM-12:30 PM	\$78.30	14198	
	3-13yrs	9	S	Jan-13	12:15 PM-1 PM	\$78.30	14218	
<b>Swim Preschool (1) Starfish</b>	4m-12m	10	M	Sep-10	5 PM-5:30 PM	\$87	13957	
	4m-12m	10	T	Sep-11	9:30 AM-10 AM	\$87	13958	
	4m-12m	10	Th	Sep-13	10:30 AM-11 AM	\$87	13959	
	4m-12m	10	Sa	Sep-15	10:15 AM-10:45 AM	\$87	13960	
	4m-12m	8	T,Th	Nov-27	4:30 PM-5 PM	\$69.60	14047	
	4m-12m	9	M	Jan-07	4:30 PM-5 PM	\$78.30	14068	
	4m-12m	9	T	Jan-08	10:30 AM-11 AM	\$78.30	14069	
	4m-12m	9	S	Jan-13	10:45 AM-11:15 AM	\$78.30	14070	
	<b>Swim Preschool (2) Duck</b>	12m-24m	10	M	Sep-10	5:30 PM-6 PM	\$87	13961
		12m-24m	10	W	Sep-12	5 PM-5:30 PM	\$87	13962
12m-24m		10	Th	Sep-13	9:30 AM-10 AM	\$87	13963	
12m-24m		10	F	Sep-14	5 PM-5:30 PM	\$87	13964	
12m-24m		10	Sa	Sep-15	9:45 AM-10:15 AM	\$87	13965	
12m-24m		10	S	Sep-16	10 AM-10:30 AM	\$87	13966	
12m-24m		8	M,W	Nov-26	5 PM-5:30 PM	\$69.60	14048	
12m-24m		9	T	Jan-08	5:15 PM-5:45 PM	\$78.30	14071	
12m-24m		9	W	Jan-09	5 PM-5:30 PM	\$78.30	14072	
12m-24m		9	F	Jan-11	4:45 PM-5:15 PM	\$78.30	14073	
12m-24m		9	Sa	Jan-12	10:45 AM-11:15 AM	\$78.30	14074	
12m-24m		9	S	Jan-13	9:15 AM-9:45 AM	\$78.30	14075	
<b>Swim Preschool (3) Sea Turtle</b>	24m-36m	10	M	Sep-10	6 PM-6:30 PM	\$87	13967	
	24m-36m	10	T	Sep-11	10:30 AM-11 AM	\$87	13968	
	24m-36m	10	W	Sep-12	4:30 PM-5 PM	\$87	13969	
	24m-36m	10	W	Sep-12	6:15 PM-6:45 PM	\$87	13970	
	24m-36m	10	Sa	Sep-15	9 AM-9:30 AM	\$87	13971	

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<b>Swim Preschool (3) Sea Turtle</b>	24m-36m	10	S	Sep-16	10:30 AM-11 AM	\$87	13973
	24m-36m	10	S	Sep-16	9 AM-9:30 AM	\$87	13972
	24m-36m	8	T,Th	Nov-27	5 PM-5:30 PM	\$69.60	14049
	24m-36m	9	M	Jan-07	5 PM-5:30 PM	\$78.30	14076
	24m-36m	9	W	Jan-09	5:30 PM-6 PM	\$78.30	14077
	24m-36m	9	Th	Jan-10	10:30 AM-11 AM	\$78.30	14078
	24m-36m	9	F	Jan-11	5:15 PM-5:45 PM	\$78.30	14079
	24m-36m	9	Sa	Jan-12	9:30 AM-10 AM	\$78.30	14080
	24m-36m	9	S	Jan-13	9:45 AM-10:15 AM	\$78.30	14081
<b>Swim Preschool (4) Sea Otter</b>	3-6yrs	10	M	Sep-10	4:30 PM-5 PM	\$87	13814
	3-6yrs	10	M	Sep-10	5 PM-5:30 PM	\$87	13825
	3-6yrs	10	M	Sep-10	5:30 PM-6 PM	\$87	13826
	3-6yrs	10	M	Sep-10	6 PM-6:30 PM	\$87	13832
	3-6yrs	10	M	Sep-10	7 PM-7:30 PM	\$87	13827
	3-6yrs	10	T	Sep-11	10 AM-10:30 AM	\$87	13828
	3-6yrs	10	T	Sep-11	4:45 PM-5:15 PM	\$87	13829
	3-6yrs	10	T	Sep-11	5:15 PM-5:45 PM	\$87	13830
	3-6yrs	10	W	Sep-12	4:30 PM-5 PM	\$87	13831
	3-6yrs	10	W	Sep-12	5 PM-5:30 PM	\$87	13833
	3-6yrs	10	W	Sep-12	5:30 PM-6 PM	\$87	13834
	3-6yrs	10	W	Sep-12	6:15 PM-6:45 PM	\$87	13835
	3-6yrs	10	W	Sep-12	6:45 PM-7:15 PM	\$87	13836
	3-6yrs	10	Th	Sep-13	9 AM-9:30 AM	\$87	13837
	3-6yrs	10	F	Sep-14	5 PM-5:30 PM	\$87	13838
	3-6yrs	10	F	Sep-14	5:30 PM-6 PM	\$87	13839
	3-6yrs	10	F	Sep-14	6 PM-6:30 PM	\$87	13840
	3-6yrs	10	F	Sep-14	6:30 PM-7 PM	\$87	13841
	3-6yrs	10	Sa	Sep-15	10:30 AM-11 AM	\$87	13844
	3-6yrs	10	Sa	Sep-15	10:45 AM-11:15 AM	\$87	13845
	3-6yrs	10	Sa	Sep-15	11:15 AM-11:45 AM	\$87	13846
	3-6yrs	10	Sa	Sep-15	9 AM-9:30 AM	\$87	13842
	3-6yrs	10	Sa	Sep-15	9:30 AM-10 AM	\$87	13843
	3-6yrs	10	S	Sep-16	10 AM-10:30 AM	\$87	13849
	3-6yrs	10	S	Sep-16	10:30 AM-11 AM	\$87	13850
	3-6yrs	10	S	Sep-16	11 AM-11:30 AM	\$87	13851
	3-6yrs	10	S	Sep-16	9 AM-9:30 AM	\$87	13847
	3-6yrs	10	S	Sep-16	9:30 AM-10 AM	\$87	13848
	3-6yrs	8	M,W	Nov-26	5:30 PM-6 PM	\$69.60	14037
	3-6yrs	8	M,W	Nov-26	6:45 PM-7:15 PM	\$69.60	14038
	3-6yrs	8	T,Th	Nov-27	4:30 PM-5 PM	\$69.60	14039
	3-6yrs	8	T,Th	Nov-27	6 PM-6:30 PM	\$69.60	14040
	3-6yrs	9	M	Jan-07	5:30 PM-6 PM	\$78.30	14082
3-6yrs	9	M	Jan-07	6:15 PM-6:45 PM	\$78.30	14083	
3-6yrs	9	M	Jan-07	6:45 PM-7:15 PM	\$78.30	14084	
3-6yrs	9	T	Jan-08	4:45 PM-5:15 PM	\$78.30	14085	

<b>Swim Preschool (4) Sea Otter</b>	3-6yrs	9	T	Jan-08	5:15 PM-5:45 PM	\$78.30	14086
	3-6yrs	9	W	Jan-09	6:15 AM-6:45 AM	\$78.30	14088
	3-6yrs	9	W	Jan-09	6:45 PM-7:15 PM	\$78.30	14089
	3-6yrs	9	Th	Jan-10	10:00 AM-10:30 AM	\$78.30	14090
	3-6yrs	9	F	Jan-11	5:15 PM-5:45 PM	\$78.30	14091
	3-6yrs	9	F	Jan-11	5:45 PM-6:15 PM	\$78.30	14092
	3-6yrs	9	Sa	Jan-12	10:30 AM-11 AM	\$78.30	14094
	3-6yrs	9	Sa	Jan-12	11:15 AM-11:45 AM	\$78.30	14095
	3-6yrs	9	Sa	Jan-12	9:45 AM-10:15 AM	\$78.30	14093
<b>Swim Preschool (5) Salamander</b>	3-6yrs	9	S	Jan-13	11:15 AM-11:45 AM	\$78.30	14098
	3-6yrs	9	S	Jan-13	9 AM-9:30 AM	\$78.30	14097
	3-6yrs	9	S	Jan-13	9:15 AM-9:45 AM	\$78.30	14096
	3-6yrs	10	M	Sep-10	4:30 PM-5 PM	\$87	13852
	3-6yrs	10	M	Sep-10	5 PM-5:30 PM	\$87	13853
	3-6yrs	10	M	Sep-10	5:30 PM-6 PM	\$87	13854
	3-6yrs	10	M	Sep-10	6 PM-6:30 PM	\$87	13855
	3-6yrs	10	T	Sep-11	4:45 PM-5:15 PM	\$87	13857
	3-6yrs	10	T	Sep-11	5:15 PM-5:45 PM	\$87	13858
	3-6yrs	10	T	Sep-11	9 AM-9:30 AM	\$87	13856
	3-6yrs	10	W	Sep-12	4:30 PM-5 PM	\$87	13859
	3-6yrs	10	W	Sep-12	5 PM-5:30 PM	\$87	13860
	3-6yrs	10	W	Sep-12	5:30 PM-6 PM	\$87	13861
	3-6yrs	10	W	Sep-12	6:15 PM-6:45 PM	\$87	13862
	3-6yrs	10	W	Sep-12	6:45 PM-7:15 PM	\$87	13863
	3-6yrs	10	Th	Sep-13	10 AM-10:30 AM	\$87	13864
	3-6yrs	10	F	Sep-14	4:30 PM-5 PM	\$87	13865
	3-6yrs	10	F	Sep-14	5 PM-5:30 PM	\$87	13866
	3-6yrs	10	F	Sep-14	6:30 PM-7 PM	\$87	13867
	3-6yrs	10	Sa	Sep-15	10 AM-10:30 AM	\$87	13870
	3-6yrs	10	Sa	Sep-15	10:15 AM-10:45 AM	\$87	13871
	3-6yrs	10	Sa	Sep-15	10:45 AM-11:15 AM	\$87	13872
	3-6yrs	10	Sa	Sep-15	11:15 AM-11:45 AM	\$87	13873
	3-6yrs	10	Sa	Sep-15	9 AM-9:30 AM	\$87	13868
	3-6yrs	10	Sa	Sep-15	9:30 AM-10 AM	\$87	13869
	3-6yrs	10	S	Sep-16	10 AM-10:30 AM	\$87	13876
	3-6yrs	10	S	Sep-16	10:30 AM-11 AM	\$87	13877
	3-6yrs	10	S	Sep-16	11 AM-11:30 AM	\$87	13878
	3-6yrs	10	S	Sep-16	9 AM-9:30 AM	\$87	13874
	3-6yrs	10	S	Sep-16	9:30 AM-10 AM	\$87	13875
	3-6yrs	8	M,W	Nov-26	5 PM-5:30 PM	\$69.60	14041
	3-6yrs	8	M,W	Nov-26	5:30 PM-6 PM	\$69.60	14042
	3-6yrs	8	M,W	Nov-26	6:30 PM-7 PM	\$69.60	14043
3-6yrs	8	T,Th	Nov-27	5 PM-5:30 PM	\$69.60	14044	
3-6yrs	9	M	Jan-07	4:30 PM-5 PM	\$78.30	14099	
3-6yrs	9	M	Jan-07	5 PM-5:30 PM	\$78.30	14100	

<b>Swim Preschool (5) Salamander</b>	3-6yrs	9	M	Jan-07	5:45 PM-6:15 PM	\$78.30	14101
	3-6yrs	9	M	Jan-07	6 PM-6:30 PM	\$78.30	14102
	3-6yrs	9	T	Jan-08	10 AM-10:30 AM	\$78.30	14103
	3-6yrs	9	T	Jan-08	4:30 PM-5 PM	\$78.30	14104
	3-6yrs	9	T	Jan-08	5:15 PM-5:45 PM	\$78.30	14105
	3-6yrs	9	W	Jan-09	5:45 PM-6:15 PM	\$78.30	14106
	3-6yrs	9	W	Jan-09	6:15 PM-6:45 PM	\$78.30	14107
	3-6yrs	9	W	Jan-09	6:45 PM-7:15 PM	\$78.30	14108
	3-6yrs	9	F	Jan-11	5:45 PM-6:15 PM	\$78.30	14109
	3-6yrs	9	F	Jan-11	6:45 PM-7:15 PM	\$78.30	14110
	3-6yrs	9	Sa	Jan-12	10 AM-10:30 AM	\$78.30	14112
	3-6yrs	9	Sa	Jan-12	11:15 AM-11:45 AM	\$78.30	14113
	3-6yrs	9	Sa	Jan-12	9 AM-9:30 AM	\$78.30	14111
	3-6yrs	9	Sa	Jan-12	9:30 AM-10 AM	\$78.30	14199
	3-6yrs	9	S	Jan-13	10:15 AM-10:45 AM	\$78.30	14115
	3-6yrs	9	S	Jan-13	11 AM-11:30 AM	\$78.30	14116
	3-6yrs	9	S	Jan-13	11:45 AM-12:15 PM	\$78.30	14117
3-6yrs	9	S	Jan-13	9:45 AM-10:15 AM	\$78.30	14114	
<b>Swim Preschool (6) Sunfish</b>	3-6yrs	10	M	Sep-10	4:30 PM-5 PM	\$87	13879
	3-6yrs	10	T	Sep-11	4:45 PM-5:15 PM	\$87	13880
	3-6yrs	10	W	Sep-12	5:45 PM-6:15 PM	\$87	13881
	3-6yrs	10	W	Sep-12	6:45 PM-7:15 PM	\$87	13882
	3-6yrs	10	F	Sep-14	5:30 PM-6 PM	\$87	13883
	3-6yrs	10	Sa	Sep-15	11:15 AM-11:45 AM	\$87	13884
	3-6yrs	10	S	Sep-16	9:30 AM-10 AM	\$87	13885
	3-6yrs	8	T,Th	Nov-27	6 PM-6:30 PM	\$69.60	14045
	3-6yrs	9	M	Jan-07	6:15 PM-6:45 PM	\$78.30	14118
	3-6yrs	9	W	Jan-09	5:15 PM-5:45 PM	\$78.30	14119
<b>Swim Preschool (7) Crocodile/Whale</b>	3-6yrs	9	F	Jan-11	4:45 PM-5:15 PM	\$78.30	14120
	3-6yrs	9	Sa	Jan-12	10 AM-10:30 AM	\$78.30	14121
	3-6yrs	9	S	Jan-13	9:30 AM-10 AM	\$78.30	14122
	3-6yrs	10	M	Sep-10	7:15 PM-7:45 PM	\$87	13886
	3-6yrs	10	W	Sep-12	5:45 PM-6:15 PM	\$87	13887
	3-6yrs	10	F	Sep-14	5:30 PM-6 PM	\$87	13888
	3-6yrs	10	F	Sep-14	7 PM-7:30 PM	\$87	13889
	3-6yrs	10	Sa	Sep-15	10:45 AM-11:15 AM	\$87	13890
	3-6yrs	10	S	Sep-16	11:00 AM-11:30 AM	\$87	13891
	3-6yrs	8	T,Th	Nov-27	5:30 PM-6 PM	\$69.60	14046
3-6yrs	9	M	Jan-07	5:45 PM-6:15 PM	\$78.30	14123	
3-6yrs	9	T	Jan-08	4:45 PM-5:15 PM	\$78.30	14124	
3-6yrs	9	W	Jan-09	6:15 PM-6:45 PM	\$78.30	14125	
3-6yrs	9	Sa	Jan-12	9 AM-9:30 AM	\$78.30	14126	
3-6yrs	9	S	Jan-13	10:45 AM-11:15 AM	\$78.30	14127	

<b>Swim Kids 1</b>	6-13yrs	10	M	Sep-10	6 PM-6:30 PM	\$87	13892
	6-13yrs	10	T	Sep-11	5:15 PM-5:45 PM	\$87	13893
	6-13yrs	10	W	Sep-12	4:30 PM-5 PM	\$87	14030
	6-13yrs	10	W	Sep-12	5:30 PM-6 PM	\$87	13894
	6-13yrs	10	F	Sep-14	5:30 PM-6 PM	\$87	13895
	6-13yrs	10	F	Sep-14	6:30 PM-7 PM	\$87	13896
	6-13yrs	10	Sa	Sep-15	10:30 AM-11 AM	\$87	13898
	6-13yrs	10	Sa	Sep-15	9:15 AM-9:45 AM	\$87	13897
	6-13yrs	10	S	Sep-16	11 AM-11:30 AM	\$87	13900
	6-13yrs	10	S	Sep-16	9:45 AM-10:15 AM	\$87	13899
	6-13yrs	8	M,W	Nov-26	6 PM-6:30 PM	\$69.60	14050
	6-13yrs	8	T,Th	Nov-27	4:30 PM-5 PM	\$69.60	14051
	6-13yrs	9	M	Jan-07	5:45 PM-6:15 PM	\$78.30	14128
	6-13yrs	9	W	Jan-09	5:30 PM-6 PM	\$78.30	14129
	6-13yrs	9	F	Jan-11	5 PM-5:30 PM	\$78.30	14130
	6-13yrs	9	F	Jan-11	5:30 PM-6 PM	\$78.30	14197
	6-13yrs	9	Sa	Jan-12	10:30 AM-11 AM	\$78.30	14131
6-13yrs	9	S	Jan-13	10:15 AM-10:45 AM	\$78.30	14132	
<b>Swim Kids 2</b>	6-13yrs	10	M	Sep-10	5 PM-5:30 PM	\$87	14027
	6-13yrs	10	M	Sep-10	5:30 PM-6 PM	\$87	13906
	6-13yrs	10	W	Sep-12	4:30 PM-5 PM	\$87	13907
	6-13yrs	10	W	Sep-12	5:45 PM-6:15 PM	\$87	13908
	6-13yrs	10	F	Sep-14	6 PM-6:30 PM	\$87	13909
	6-13yrs	10	F	Sep-14	7 PM-7:30 PM	\$87	13910
	6-13yrs	10	Sa	Sep-15	11:15 AM-11:45 AM	\$87	13912
	6-13yrs	10	Sa	Sep-15	9:45 AM-10:15 AM	\$87	13911
	6-13yrs	10	S	Sep-16	10:15 AM-10:45 AM	\$87	13914
	6-13yrs	10	S	Sep-16	9:45 AM-10:15 AM	\$87	13913
	6-13yrs	8	M,W	Nov-26	6:15 PM-6:45 PM	\$69.60	14052
	6-13yrs	9	M	Jan-07	4:30 PM-5 PM	\$78.30	14133
	6-13yrs	9	W	Jan-09	4:45 PM-5:15 PM	\$78.30	14134
	6-13yrs	9	W	Jan-09	5:45 PM-6:15 PM	\$78.30	14135
	6-13yrs	9	F	Jan-11	5 PM-5:30 PM	\$78.30	14136
	6-13yrs	9	Sa	Jan-12	9:30 AM-10 AM	\$78.30	14137
	6-13yrs	9	S	Jan-13	11:00 AM-11:30 AM	\$78.30	14138
<b>Swim Kids 3</b>	6-13yrs	10	M	Sep-10	4:30 PM-5 PM	\$87	13915
	6-13yrs	10	M	Sep-10	5:30 PM-6 PM	\$87	13916
	6-13yrs	10	T	Sep-11	5:15 PM-5:45 PM	\$87	13917
	6-13yrs	10	W	Sep-12	5:15 PM-5:45 PM	\$87	13919
	6-13yrs	10	W	Sep-12	6:45 PM-7:15 PM	\$87	13918
	6-13yrs	10	F	Sep-14	4:30 PM-5 PM	\$87	13920
	6-13yrs	10	F	Sep-14	7 PM-7:30 PM	\$87	13921
	6-13yrs	10	Sa	Sep-15	10:15 AM-10:45 AM	\$87	13922
	6-13yrs	10	Sa	Sep-15	9:30 AM-10 AM	\$87	13923
	6-13yrs	10	S	Sep-16	10:15 AM-10:45 AM	\$87	13924

...continued on next page

<b>Swim Kids 3</b>	6-13yrs	8	T,Th	Nov-27	5 PM-5:30 PM	\$69.60	14053
	6-13yrs	9	M	Jan-07	5:30 PM-6 PM	\$78.30	14139
	6-13yrs	9	W	Jan-09	4:45 PM-5:15 PM	\$78.30	14140
	6-13yrs	9	F	Jan-11	4:30 PM-5 PM	\$78.30	14141
	6-13yrs	9	Sa	Jan-12	9:15 AM-9:45 AM	\$78.30	14142
	6-13yrs	9	S	Jan-13	11:15 AM-11:45 AM	\$78.30	14143
<b>Swim Kids 4</b>	6-13yrs	10	M	Sep-10	5 PM-5:30 PM	\$87	13931
	6-13yrs	10	T	Sep-11	5:15 PM-5:45 PM	\$87	13932
	6-13yrs	10	W	Sep-12	4:45 PM-5:15 PM	\$87	13933
	6-13yrs	10	W	Sep-12	6:45 PM-7:15 PM	\$87	13934
	6-13yrs	10	F	Sep-14	5 PM-5:30 PM	\$87	13935
	6-13yrs	10	Sa	Sep-15	10:45 AM-11:15 AM	\$87	13937
	6-13yrs	10	Sa	Sep-15	9:45 AM-10:15 AM	\$87	13936
	6-13yrs	10	S	Sep-16	10 AM-10:30 AM	\$87	13938
	6-13yrs	8	M,W	Nov-26	5:30 PM-6 PM	\$69.60	14054
	6-13yrs	9	M	Jan-07	6 PM-6:30 PM	\$78.30	14144
<b>Swim Kids 5</b>	6-13yrs	9	W	Jan-09	6:45 PM-7:15 PM	\$78.30	14229
	6-13yrs	9	F	Jan-11	6:15 PM-6:45 PM	\$78.30	14145
	6-13yrs	9	Sa	Jan-12	10:15 PM-10:45 PM	\$78.30	14224
	6-13yrs	9	S	Jan-13	10 AM-10:30 AM	\$78.30	14225
	6-13yrs	10	M	Sep-10	7:15 PM-8 PM	\$87	13925
	6-13yrs	10	T	Sep-11	4:30 PM-5:15 PM	\$87	13926
	6-13yrs	10	W	Sep-12	5 PM-5:45 PM	\$87	13927
	6-13yrs	10	F	Sep-14	4:30 PM-5:15 PM	\$87	13928
	6-13yrs	10	Sa	Sep-15	9 AM-9:45 AM	\$87	13929
	6-13yrs	10	S	Sep-16	10:45 AM-11:30 AM	\$87	13930
<b>Swim Kids 6</b>	6-13yrs	8	T,Th	Nov-27	4:30 PM-5:15 PM	\$69.60	14055
	6-13yrs	9	M	Jan-07	6:30 PM-7:15 PM	\$78.30	14146
	6-13yrs	9	W	Jan-09	5:45 PM-6:30 PM	\$78.30	14147
	6-13yrs	9	F	Jan-11	6:30 PM-7:15 PM	\$78.30	14153
	6-13yrs	9	Sa	Jan-12	10 AM-10:45 AM	\$78.30	14148
	6-13yrs	10	M	Sep-10	5 PM-5:45 PM	\$87	13939
	6-13yrs	10	W	Sep-12	4:45 PM-5:30 PM	\$87	13940
	6-13yrs	10	F	Sep-14	5:15 PM-6 PM	\$87	13941
	6-13yrs	10	Sa	Sep-15	9 AM-9:45 AM	\$87	13942
	6-13yrs	10	S	Sep-16	9 AM-9:45 AM	\$87	13943
<b>Swim Kids 7</b>	6-13yrs	8	M,W	Nov-26	5:30 PM-6:15 PM	\$69.60	14056
	6-13yrs	9	M	Jan-07	6:30 PM-7:15 PM	\$78.30	14149
	6-13yrs	9	T	Jan-08	4:30 PM-5:15 PM	\$78.30	14150
	6-13yrs	9	W	Jan-09	6:30 PM-7:15 PM	\$78.30	14151
	6-13yrs	9	S	Jan-13	11:30 AM-12:15 PM	\$78.30	14152
	6-13yrs	10	T	Sep-11	4:30 PM-5:15 PM	\$87	13944
6-13yrs	10	W	Sep-12	6 PM-6:45 PM	\$87	13945	
6-13yrs	10	F	Sep-14	6:45 PM-7:30 PM	\$87	13946	
6-13yrs	10	Sa	Sep-15	11 AM-11:45 AM	\$87	13947	

<b>Swim Kids 7</b>	6-13yrs	10	S	Sep-16	9 AM-9:45 AM	\$87	13948
	6-13yrs	8	T,Th	Nov-27	5:45 PM-6:30 PM	\$69.60	14057
	6-13yrs	9	M	Jan-07	5 PM-5:45 PM	\$78.30	14154
	6-13yrs	9	T	Jan-08	5 PM-5:45 PM	\$78.30	14155
	6-13yrs	9	F	Jan-11	6:30 PM-7:15 PM	\$78.30	14156
	6-13yrs	9	S	Jan-13	11:30 AM-12:15 PM	\$78.30	14157
<b>Swim Kids 8</b>	6-13yrs	10	M	Sep-10	5:45 PM-6:30 PM	\$87	13949
	6-13yrs	10	T	Sep-11	4:30 PM-5:15 PM	\$87	13950
	6-13yrs	10	W	Sep-12	5 PM-5:45 PM	\$87	13951
	6-13yrs	10	Sa	Sep-15	11 AM-11:45 AM	\$87	13952
	6-13yrs	8	T,Th	Nov-27	5:30 PM-6:15 PM	\$85.80	14058
	6-13yrs	9	M	Jan-07	5 PM-5:45 PM	\$78.30	14158
<b>Swim Kids 9/10</b>	6-13yrs	9	W	Jan-09	5 PM-5:45 PM	\$78.30	14159
	6-13yrs	9	Sa	Jan-12	11 AM-11:45 AM	\$78.30	14160
	6-13yrs	10	W	Sep-12	6:30 PM-7:15 PM	\$87	13953
	6-13yrs	10	F	Sep-14	6 PM-6:45 PM	\$87	13954
	6-13yrs	10	Sa	Sep-15	10 AM-10:45 AM	\$87	13955
	6-13yrs	10	S	Sep-16	10:45 AM-11:30 AM	\$87	13956
	6-13yrs	8	M,W	Nov-26	6:30 PM-7:15 PM	\$69.60	14059
	6-13yrs	9	M	Jan-07	5 PM-5:45 PM	\$78.30	14161
	6-13yrs	9	T	Jan-08	4:30 PM-5:15 PM	\$78.30	14162
	6-13yrs	9	W	Jan-09	6:30 PM-7:15 PM	\$78.30	14163
<b>Private - Lap Pool</b> ...continued on next page	6-13yrs	9	Sa	Jan-12	11AM-11:45 AM	\$78.30	14164
	6yrs+	10	M	Sep-10	7:15 PM-7:45 PM	\$245.40	13974
	6yrs+	10	M	Sep-10	7:30 PM-8 PM	\$245.40	13975
	6yrs+	10	T	Sep-11	5:15 PM-5:45 PM	\$245.40	13976
	6yrs+	10	W	Sep-12	6 PM-6:30 PM	\$245.40	13977
	6yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$245.40	13978
	6yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$245.40	13979
	6yrs+	10	Th	Sep-13	5 PM-5:30 PM	\$245.40	13980
	6yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$245.40	13981
	6yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$245.40	13982
	6yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$245.40	13983
	6yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$245.40	13984
	6yrs+	10	F	Sep-14	6 PM-6:30 PM	\$245.40	13985
	6yrs+	10	F	Sep-14	6:30 PM-7 PM	\$245.40	13986
6yrs+	10	F	Sep-14	7 PM-7:30 PM	\$245.40	13987	
6yrs+	10	Sa	Sep-15	10 AM-10:30 AM	\$245.40	13988	
6yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$245.40	13989	
6yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$245.40	13990	
6yrs+	10	S	Sep-16	9 AM-9:30 AM	\$245.40	13991	
6yrs+	10	S	Sep-16	9:30 AM-10 AM	\$245.40	13992	
6yrs+	8	M,W	Nov-26	5 PM-5:30 PM	\$196.32	14062	
6yrs+	8	M,W	Nov-26	6 PM-6:30 PM	\$196.32	14063	
6yrs+	8	T,Th	Nov-27	5:15 PM-5:45 PM	\$196.32	14064	

<b>Private - Lap Pool</b>	6yrs+	9	M	Jan-07	4:30 PM-5 PM	\$220.86	14165
	6yrs+	9	M	Jan-07	6:45 PM-7:15 PM	\$220.86	14166
	6yrs+	9	T	Jan-08	5:15 PM-5:45 PM	\$220.86	14167
	6yrs+	9	W	Jan-09	5 PM-5:30 PM	\$220.86	14170
	6yrs+	9	W	Jan-09	5:15 PM-5:45 PM	\$220.86	14168
	6yrs+	9	W	Jan-09	6 PM-6:30 PM	\$220.86	14169
	6yrs+	9	Th	Jan-10	4:30 PM-5 PM	\$220.86	14222
	6yrs+	9	Th	Jan-10	5:30 PM-6 PM	\$220.86	14223
	6yrs+	9	F	Jan-11	5:30 PM-6 PM	\$220.86	14171
	6yrs+	9	F	Jan-11	6 PM-6:30 PM	\$220.86	14172
	6yrs+	9	F	Jan-11	6:45 PM-7:15 PM	\$220.86	14173
	6yrs+	9	Sa	Jan-12	12:30 PM-1 PM	\$220.86	14175
	6yrs+	9	Sa	Jan-12	12:30 PM-1 PM	\$220.86	14176
	6yrs+	9	Sa	Jan-12	9 AM-9:30 AM	\$220.86	14174
	6yrs+	9	S	Jan-13	10 AM-10:30 AM	\$220.86	14177
	6yrs+	9	S	Jan-13	10:30 AM-11 AM	\$220.86	14178
6yrs+	9	S	Jan-13	10:30 AM-11 AM	\$220.86	14179	
<b>Private Leisure Pool</b>	3-6yrs	10	M	Sep-10	4:30 PM-5 PM	\$245.40	14023
	3-6yrs	10	W	Sep-12	6:15 PM-6:45 PM	\$245.40	14024
	3-6yrs	10	Th	Sep-13	5 PM-5:30 PM	\$245.40	14025
	3-6yrs	10	F	Sep-14	6 PM-6:30 PM	\$245.40	14026
	3-6yrs	9	M	Jan-07	6:15 PM-6:45 PM	\$220.86	14180
	3-6yrs	9	W	Jan-09	5:45 PM-6:15 PM	\$220.86	14181
	3-6yrs	9	Th	Jan-10	5 PM-5:30 PM	\$220.86	14182
	3-6yrs	9	Th	Jan-10	6 PM-6:30 PM	\$220.86	14183
	3-6yrs	9	F	Jan-11	6:15 PM-6:45 PM	\$220.86	14184
<b>Red Cross Swim - Integrated Adapted</b>	3-6yrs	9	Sa	Jan-12	10:45 AM-11:15 AM	\$220.86	14185
	3-6yrs	9	S	Jan-13	11:45 AM-12:15 PM	\$220.86	14186
	3yrs+	10	W	Sep-12	5:30 PM-6 PM	\$101	13993
	3yrs+	10	F	Sep-14	4:30 PM-5 PM	\$101	13994
	3yrs+	10	S	Sep-16	10:30 AM-11 AM	\$101	13995
	3yrs+	8	M,W	Nov-26	5 PM-5:30 PM	\$80.80	14060
	3yrs+	8	T,Th	Nov-27	5:30 PM-6 PM	\$80.80	14061
	3yrs+	9	M	Jan-07	6:45 PM-7:15 PM	\$90.90	14187
	3yrs+	9	W	Jan-09	5:15 PM-5:45 PM	\$90.90	14188
	3yrs+	9	F	Jan-11	4:30 PM-5 PM	\$90.90	14189
3yrs+	9	F	Jan-11	6 PM-6:30 PM	\$90.90	14190	
3yrs+	9	S	Jan-13	9 AM-9:30 AM	\$90.90	14191	
3yrs+	9	S	Jan-13	9:30 AM-10 AM	\$90.90	14192	

**Red Cross Swim - Sensory Adapted**

3yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$101	13996	
3yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$101	13997	
3yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$101	13998	
3yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$101	13999	
3yrs+	10	Th	Sep-13	5 PM-5:30 PM	\$101	14000	
3yrs+	10	Th	Sep-13	5 PM-5:30 PM	\$101	14001	
3yrs+	10	Th	Sep-13	5 PM-5:30 PM	\$101	14002	
3yrs+	10	Th	Sep-13	5 PM-5:30 PM	\$101	14003	
3yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$101	14004	
3yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$101	14005	
3yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$101	14006	
3yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$101	14007	
3yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$101	14008	
3yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$101	14009	
3yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$101	14010	
3yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$101	14011	
3yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$101	14012	
3yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$101	14013	
3yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$101	14014	
3yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$101	14015	
3yrs+	9	Th	Jan-10	4:30 PM-5 PM	\$90.90	14200	
3yrs+	9	Th	Jan-10	4:30 PM-5 PM	\$90.90	14205	
3yrs+	9	Th	Jan-10	5 PM-5:30 PM	\$90.90	14206	
3yrs+	9	Th	Jan-10	5 PM-5:30 PM	\$90.90	14207	
3yrs+	9	Th	Jan-10	5 PM-5:30 PM	\$90.90	14208	
3yrs+	9	Th	Jan-10	5:30 PM-6 PM	\$90.90	14209	
3yrs+	9	Th	Jan-10	5:30 PM-6 PM	\$90.90	14210	
3yrs+	9	Th	Jan-10	5:30 PM-6 PM	\$90.90	14211	
3yrs+	9	Th	Jan-10	6 PM-6:30 PM	\$90.90	14212	
3yrs+	9	Th	Jan-10	6 PM-6:30 PM	\$90.90	14213	
3yrs+	9	Th	Jan-10	6 PM-6:30 PM	\$90.90	14214	
3yrs+	9	Sa	Jan-12	12:30 PM-1 PM	\$90.90	14215	
3yrs+	9	Sa	Jan-12	12:30 PM-1 PM	\$90.90	14216	
3yrs+	9	Sa	Jan-12	12:30 PM-1 PM	\$90.90	14217	
<b>Red Cross Swim Basics Teen/Adult</b>	13yrs+	10	M	Sep-10	7:15 PM-8 PM	\$97.10	14029
	13yrs+	10	M	Sep-10	7:15 PM-8 PM	\$97.10	14028
	13yrs+	9	M	Jan-07	7:15 PM-8 PM	\$97.10	14203
	13yrs+	9	W	Jan-09	7:15 PM-8 PM	\$97.10	14204



# Aquatic Leadership

Looking for an exciting and rewarding job? Join our team by taking the leadership courses listed below:

pg. 58 **Swim Patrol: Rookie, Ranger Star**  
8-12 years of age\*

pg. 58 **Bronze Star**  
Swim Patrol experience recommended\*

## Steps to Becoming a Lifeguard

## Steps to Becoming a Swimming Instructor

pg. 58 **Bronze Medallion & Emergency First Aid (EFA)**  
Prerequisite: 13 years of age or Bronze Star

pg. 58 **Red Cross Water Safety Instructor (WSI)**  
Prerequisite: 15 years of age, Bronze Cross and Emergency First Aid

pg. 58 **Bronze Cross & Standard First Aid (SFA)**  
Prerequisite: Bronze Medallion & EFA

Summer 2019 **Lifesaving Society Lifesaving Instructor (LSI)**  
Prerequisite: 16 years of age and Bronze Cross

pg. 58 **Red Cross Lifeguard (LG)**  
Prerequisite: 15 years of age, Bronze Cross & SFA

pg. 58 **National Lifeguard (NL)**  
Prerequisite: 16 years of age, Bronze Cross & SFA



## Important Swimming Info

### What to Wear in the Pool

Proper bathing attire means clothing used for swimming only. Children who are not toilet-trained must wear swimmer pull-ups. NO DIAPERS, disposable or cloth, are permitted.

### Slide & Therapy Pool Information

The two-storey water slide enters into the Therapy Pool and is 90 feet in length. The slide operates during public swim times, except where noted otherwise. Must be 48" tall to ride.

### Personal Belongings/Lockers

Please do not leave any valuables in the change rooms. Lockers are available for your daily use. **The Town of Georgina is not responsible for any lost or stolen articles.**

### Shower Before Swimming

All swimmers must shower thoroughly before entering the pool to help keep the water clean for your swimming enjoyment.

### Change Room Requirements

Children six years of age or older are required to use the change room of their own gender. If this is not suitable or you are not able to accompany your child into their gender-specific change room, please make use of the family/special needs change room. No nudity permitted in the common area.

### Pool Foul/Power Failure/ Maintenance Closure

The pool(s) may close in an untimely manner due to a pool fouling, power failure or mechanical maintenance problem.

## Swim with the best!®



Red Cross swimming programs support the Canadian Sport for Life long-term participant development model. Learning to swim with Red Cross Swim provides the swimmer with the confidence to participate in a range of sports such as sailing, water polo, diving, canoeing, white water paddling, synchronized swimming, and competitive swimming as well as pursue careers in aquatics, search and rescue, law enforcement, etc.

### For more information contact:

pool@georgina.ca

### To learn more about leadership programs, visit:

lifesavingsociety.com | redcross.ca

# Aquatic Leadership

## Descriptions & Schedules

### LSS Rookie

This program is an introduction to lifesaving and emphasizes lifesaving skill development and physical fitness through goal setting and personal bests. The Swim Patrol program is organized in three progressive levels - Rookie, Ranger and Star. Swim Patrol's modular format allows participants to work on content appropriate to their ability.

**Ages: 12 and up**  
**Day: Mon, Wed, Sun**

### LSS Swim Patrol: Ranger/Star

**Ranger Patrol:** Swimmers develop better strokes over 75m swims of each stroke. They 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.

**Star Patrol:** Swimmers are challenged with 600m workouts, 300m timed swims and 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, rollovers and supporting a victim face up in shallow water.

**Ages: 8 to 11**  
**Day: Mon, Sat**

### LSS Bronze Star

Bronze Star is excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400m swim.

**Ages: 8 to 12**  
**Day: Sat, Sun**

### LSS Bronze Medallion & Emergency First Aid

Get an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows and carries, defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500m timed swim.

**Ages: 13 and up**  
**Day: Tues, Fri, Sat, Sun**

### LSS Bronze Cross & Standard First Aid with CPR C

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certifications. Includes a 600m timed swim.

**Prerequisite:** Bronze Medallion & EFA

**Day: Fri, Sat, Sun**

### Red Cross Water Safety Instructor

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop swimming and water safety skills in the Red Cross Swim Preschool, Swim Kids, Swim at School, Swim at Camp, Swim for Adults and Teens, and Adapted Programs.

**Prerequisite:** 15 years of age & Ability to perform Red Cross Swim Kids Strokes, Emergency First Aid and Bronze Cross (certifications do not need to be current)

**Ages: 15 and up**  
**Day: Fri, Sat, Sun**



### LSS National Lifeguard - Pool

Participants will learn to prevent accidents, identify hazards, determine safe practices, educate the public about risks associated with aquatic activities and how to be safe around water. They are also trained to spot potential trouble and intervene before it becomes life threatening. Lifeguarding is a fun, exciting and rewarding job, it is also a job that requires an enormous amount of responsibility.

**Prerequisite:** 16 years of age, Bronze Cross & SFA

**Ages: 16 and up**  
**Day: Sun, Fri, Sat**

### LSS Standard First Aid with CPR-C

This course is for those who want an in-depth understanding of first aid such as; medical/legal issues, spinal, heat or cold injuries, bone and joint injuries, abdominal and chest issues, burns and medical emergencies. Includes CPR-C certification and is recognized by WSIB.

**Ages: 12 and up**  
**Day: Sat, Sun**

### LSS Standard First Aid with CPR-C Recertification

The Standard First Aid with CPR - C recertification course is for those who want to recertify their standard first aid certification. Please note that registrants must present proof they have previously taken the full course and must recertify with their current organization. Recertification's are to be taken on time and then are to be followed by a full course.

**Prerequisite:** Lifesaving Society Standard First Aid with CPR-C

**Ages: 12 and up**  
**Day: Sun**

### LSS National Lifeguard Recertification

Reviews all lifeguarding skills to ensure that all NL candidates are still capable to perform to the Lifesaving Society Standards. A recertification must be completed every 2 years and proof of original certifications is required.

**Prerequisite:** National Lifeguard and Standard First Aid

**Ages: 16 and up**  
**Day: Sat**

**Additional fees for non-residents apply**

**100% attendance and participation is mandatory for all aquatic leadership programs.**

### Aquatic Volunteer Information Sessions

Join our team at the Georgina Leisure Pool! This class prepares volunteers to assist with aquatic programs at the Georgina Leisure Pool. Participants will be led through the process of applying for a Police Vulnerable Sector Screening (PVSC), expectations when volunteering, facility orientation and more! Parents are welcome to join the last 15 minutes of the program to ask questions. *Note: This course is mandatory for individuals wishing to volunteer at the Georgina Leisure Pool.*

**Ages: 12 and up**  
**Day: Sat, Wed**

### Red Cross Pool Lifeguard

This course offers professional lifeguard certification for pools and builds confident lifeguards to create safe, supervised aquatic areas. The course prepares lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on standard evaluation criteria and complete final skills and knowledge assessment.

**Prerequisite:** 15 years of age by the last day of course; Red Cross Assistant Lifeguard certification or Lifesaving Society Bronze Cross (current or expired); current Standard First Aid with CPR Level C or equivalent.

**Ages: 15 and up**  
**Day: Sat, Sun**



Program	Age	#	Day	Start Date	Time	Place	Price	Code
Volunteer Information Session	12yrs+	1	S	Sep-16	9 AM-12 PM	GLP Gallery	FREE	14417
	12yrs+	1	W	Jan-09	5 PM-8 PM	GLP Gallery	FREE	14418
Rookie Patrol	8-12yrs	10	S	Sep-16	9 AM-9:45 AM	GLP	\$91.90	14031
	8-12yrs	9	Sa	Jan-12	11 AM-11:45 AM	GLP	\$82.71	14226
Ranger/Star Patrol	8-12yrs	10	S	Sep-16	9:45 AM-10:30 AM	GLP	\$91.90	14032
	8-12yrs	9	Sa	Jan-12	9 AM-9:45 AM	GLP	\$91.90	14227
Bronze Star	8-12yrs	10	S	Sep-16	10:30 AM-12 PM	GLP	\$93.79	14033
	8-12yrs	9	Sa	Jan-12	9:45 AM-11 AM	GLP	\$93.79	14228
Bronze Medallion & Emerg. First Aid	13yrs+	9	F	Sep-14	5:30 PM-8 PM	GLP Gallery	\$148.27	14034
	13yrs+	10	T	Jan-08	4:30 PM-7:15 PM	GLP Gallery	\$148.27	14019
Bronze Cross & Standard First Aid with CPR C	13yrs+	8	M,W	Nov-26	5 PM-8:30 PM	GLP Gallery	\$156.89	14065
Red Cross Water Safety Instructor	15yrs+	3	S	Feb-03	Time Varies	GLP Gallery	\$313.50	14405
National Lifeguard	16yrs+	3	S,F,Sa	Jan-18	5 PM-9 PM 9 AM-5 PM	GLP Gallery	\$288.01	14404
LSS National Lifeguard Recert.	16yrs+	1	S	Jan-27	12 PM-5 PM	GLP Gallery	\$75.36	14406
Standard First Aid with CPR-C	12yrs+	2	S,Sa	Sep-08	9 AM-5 PM	GLP Gallery	\$102.05	14413
Standard First Aid with CPR-C Recert	12yrs+	1	S	Sep-09	9 AM-5 PM	GLP Gallery	\$58.80	14414
Water Safety Instructor Recert.	15yrs+	1	W	Mar-20	4 PM-9 PM	GLP Gallery	\$68.05	14411
Red Cross Pool Lifeguard	15yrs+	4	Sa,S	Oct-13	8:30 AM-6:30 PM	GLP Gallery	\$239.33	14415

**Waitlists:** we monitor all waitlists on a regular basis to create availability for programs in demand.

**Medical Conditions:** Those with seizure disorders or other serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision.

**Instructor Requests:** We accept requests for instructors, however, we are unable to guarantee the request will be granted. To make your request email [pool@georgina.ca](mailto:pool@georgina.ca)

**Interested in aquatics? Why not volunteer?**

The Georgina Leisure Pool accepts volunteers year round to assist with swimming lessons and attending the slide. To volunteer, register for an upcoming volunteer information session. *Police Vulnerable Sector Check required.*

## Drop-in Swim Schedule

September 10 - March 17

MON.	TUES.	WED.	THUR.	FRI.	SAT.
<b>Lane swim</b> 7am - 8:45am 12pm - 1pm 2:30pm - 3:30pm 8:15pm - 9:15pm <b>Older Adult Swim</b> 11am - 12pm <b>Parent &amp; Child Swim</b> 10am - 12pm	<b>Lane swim</b> 7am - 8:45am 12pm - 1pm 8:15pm - 9:15pm <b>Older Adult Swim</b> 11am - 12pm <b>Public Swim</b> 6:45pm - 8:15pm	<b>Lane swim</b> 7am - 8:45am 12pm - 1pm 2:30pm - 3:30pm 8:15pm - 9:15pm <b>Older Adult Swim</b> 11am - 12pm <b>Parent &amp; Child Swim</b> 10am - 12pm	<b>Lane swim</b> 7am - 8:45am 12pm - 1pm 8:15pm - 9:15pm <b>Older Adult Swim</b> 11am - 12pm <b>Public Swim</b> 6:45pm - 8:15pm	<b>Lane swim</b> 7am - 8:45am 12pm - 2pm <b>Older Adult Swim</b> 11am - 12pm <b>Parent &amp; Child Swim</b> 10am - 12pm	<b>Lane swim</b> 1pm - 2pm <b>Public Swim</b> 2pm - 3:30pm 4pm-5:30pm <b>SUN.</b> <b>Public Swim</b> 2pm - 3:30pm

## Aquafitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Aqua Boot Camp</b> 9 a.m. - 9:45 a.m.	<b>Aqua Deep</b> 9 a.m. - 9:45 a.m.	<b>Aqua Combo</b> 9 a.m. - 9:45 a.m.	<b>Aqua Boot Camp</b> 9 a.m. - 9:45 a.m.	<b>Aqua Boot Camp</b> 9 a.m. - 9:45 a.m.
<b>Gentle Aquafit</b> 10 a.m. - 10:45 a.m.	<b>Diaper Fit**</b> 10 a.m. - 10:45 a.m.	<b>Gentle Aquafit</b> 10 a.m. - 10:45 a.m.	<b>Diaper Fit**</b> 10 a.m. - 10:45 a.m.	<b>Gentle Aquafit</b> 10 a.m. - 10:45 a.m.
<b>Aqua Stretch</b> 2:30 p.m. - 3:15 p.m.	<b>Aqua Stretch</b> 11 a.m. - 11:45 a.m.	<b>Aqua Stretch</b> 2:30 p.m. - 3:15 p.m.	<b>Aqua Stretch</b> 11 a.m. - 11:45 a.m.	<b>Aqua Stretch</b> 1 p.m. - 1:45 p.m.
<b>Aqua Combo</b> 6:05 p.m. - 6:50 p.m.	<b>Aqua Boot Camp</b> 8:20 p.m. - 9:05 p.m.	<b>Aqua Boot Camp</b> 6:05 p.m. - 6:50 p.m.	<b>Aqua Combo</b> 8:20 p.m. - 9:05 p.m.	<b>**Pre-registered Program</b>

Aquafitness programs will run during the Holidays. All other fitness classes are cancelled during the Holidays. Check [georgina.ca](http://georgina.ca) for specific start and end dates.

**Maintenance Closure: September 2 to 9**

For program descriptions visit [georgina.ca/getting active/recreation/aquatics](http://georgina.ca/getting active/recreation/aquatics).

### Drop-In Swim Descriptions:

- Lane Swim:** Access to Lap/Therapy pools.
- Older Adult Swim:** For adults over 55 years. Access to Lap/Beach pool.
- Parent & Child:** Access to Beach/Therapy pools. Children under 8 years.
- Public Swim:** All age access to all pools and water slide.

### Aquafitness Descriptions:

- Boot Camp:** Shallow and deep water. High intensity.
- Aqua Deep:** Deep water. High intensity.
- Aqua Combo:** Shallow and deep water. Medium intensity.
- Gentle Aquafit:** Shallow and deep water. Low intensity.
- Aqua Stretch:** Therapy Pool. Low intensity.
- Diaper Fit:** Pre-registered program in shallow water. Medium intensity. For parent and baby - see page 45.

**Note: all dates, times and prices are subject to change without notice**



## Admission Prices for Drop-In & Aquafitness

	*Prices include tax	Daily	10x Pass	30x Pass	50x Pass	Yearly
<b>General Admission</b>	Adult (18 - 54 years)	\$3.41	\$29	\$81.90	\$119.50	\$170.63
	Child/Youth (17 & under)	\$2.84	\$24.10	\$68.10	\$99.50	\$141.82
	Senior (55+ years)	\$2.84	\$24.10	\$68.10	\$99.50	\$141.82
	Family (5 member/max 2 adults)	\$9.96	\$84.60	\$238.80	\$348.50	\$497.77
<b>Aquafit Admission</b>	Adult (18 - 54 years)	\$6.92	\$58.80	\$165.90	\$242.00	\$345.78
	Senior (55+ years)	\$5.67	\$48.20	\$136.20	\$198.50	\$283.63

## Unsure? Be Sure! Wristband Policy

You'll always get it right, when you follow the traffic light!

It's always recommended to swim with a buddy!

### Red Wrist Band

5 years of age and younger. Must be accompanied by a guardian (16+). Must be within arms reach and directly supervised. 1 Guardian : 2 Children.

### Yellow Wrist Band

6-9 years of age. Must swim with a guardian who is responsible for direct supervision and must be in the water. Non-swimmers must remain within arms reach. 1 Guardian : 3 Children.

### Green Wrist Band

10+ years of age. May swim without parent or guardian accompaniment. **Recommended to always swim with a buddy.**

### Deep End

All swimmers are subject to a screening before entering the deep area. Test: Swim two (2) widths of the lap pool comfortably, and tread water, or support their body at the surface for at least one (1) minute.



## UPCOMING EVENTS

brought to you by  
Recreation & Culture

### SEPTEMBER

#### Georgina Harvest Dinner

**Saturday, September 29**  
The Link,  
20849 Dalton Road, Sutton

**Doors Open at 5:30 p.m.**  
Seventh annual and so popular! Get your tickets soon for this outstanding showcase of local harvests.

#### Harvest Festival

**Saturday, September 22**  
Georgina Pioneer Village & Archives, 26557 Civic Centre Road, Keswick

**11 a.m. to 4 p.m.**  
Pay what you can.

Celebrate the arrival of Autumn with an old-fashioned celebration! Animals, vintage machines, crafts and games for children, live music and historical demonstrations.

### OCTOBER

#### Family Fright Fiesta

**Saturday, October 20**  
Georgina Pioneer Village & Archives, 26557 Civic Centre Road, Keswick

**5:00 p.m. to 8:30 p.m.**  
\$1 (child) | \$2 (adult)

Join us as we bring the Pioneer Village to life in the spirit of the Halloween season. There will be tons to see and do for the entire family! Halloween displays, scary stories and other spooktacular happenings. Crafts and pumpkins while quantities last.

#### Halloween Pool Haunt

**Thursday, October 25**  
Georgina Leisure Pool,  
5279 Black River Road, Sutton  
**6:45 p.m. to 8:15 p.m.**

Get frightfully soaked at our 8th annual haunting of the pool with enchanting games, ghoulish giveaways, and more hocus pocus.

**Note:** There will be no swim lessons on Monday, October 31. All other programs will run as scheduled.

\*Admission fee/policy applies.

#### ROC Job Fair

**Saturday, October 13**  
The ROC Chalet, 26479 Civic Centre Road, Keswick

**10 a.m. to 2 p.m.**

The ROC is hosting a job fair for our winter seasonal positions. We are hiring for Lift Attendants, Ski Patrol, Terrain Park, Maintenance, Cafeteria Attendants, Customer Service Representative, Snow Makers, Groomers, Winter Operation Leads as well as Ski and Snowboard Instructors. *Please bring your resume. Job Applications will also be available.*

#### A Series of Dark Nights:

**Monday, October 29**  
**Tuesday, October 30**  
Georgina Pioneer Village  
26557 Civic Centre Rd., Keswick  
**7 p.m. to 10 p.m.**

Come and explore all the spooky secrets and eerie happenings that Georgina holds. With a series of One Dark Nights, we will experience and discover all the creepiest things that Georgina has to offer, from live ghost walks, to ghostly tales and medium readings. It's definitely going to give you goosebumps. *Stay tuned for dates and locations.*

### NOVEMBER

#### Be A Santa To A Senior

**November 9 to December 7**  
Help make a difference in the life of a senior this holiday season. Our goal is to provide a Christmas gift for each of the nursing home residents at Cedarvale Lodge in Keswick and River Glen Haven in Sutton.

#### Food for Swim: Holiday Food Drive

**November 8**  
Georgina Leisure Pool,  
5279 Black River Road, Sutton  
**6:45 p.m. to 8:15 p.m.**

Bring two non-perishable food items to public swim and swim for FREE. All donations go to the Georgina Food Pantry. \*Admission fee/policy applies.



## Ski & Board Swap

**Saturday, November 10**  
The ROC Chalet, 26479 Civic Centre Road, Keswick  
9 a.m. to 4 p.m.

Brand new, non-current and pre-owned skis, boards, boots and accessories. An excellent opportunity to upgrade your old equipment and save money. Every purchase made at the Ski & Board Swap helps support Canadian Ski Patrol's advanced first aid training programs and volunteer services at resorts across the country.

## Keswick Santa Claus Parade

**Saturday, November 17**  
1:30 p.m.

The Keswick Santa Claus Parade starts at Biscayne Ave. and The Queensway, follows the Queensway to Metro Road and goes up Simcoe Street and ends at Church Street and the Queensway.

## Festival of Lights

**Saturday, November 24**  
Georgina Pioneer Village & Archives,  
26557 Civic Centre Road,  
Keswick  
5:15 p.m. to 5:30 p.m.

We are decorating the Georgina Pioneer Village with the lights and sounds of the season! Don't forget, the jolly man himself, Santa, will also be attending with Mrs. Claus for the kids to visit.

## Old Fashioned Christmas

**Saturday, November 24**  
Georgina Pioneer Village & Archives,  
26557 Civic Centre Road,  
Keswick  
5:30 p.m. to 8 p.m.  
\$1

Enjoy the sights, smells and sounds of a 19th century Christmas. Free hot chocolate, hot apple cider and cookies!

## Volunteer Award of Merit

**Tuesday, November 27**  
The ROC Chalet, 26479 Civic Centre Road, Keswick  
7 p.m.  
Cocktail reception to follow

Join us in celebrating the great achievements and recognition of volunteers in our community. Nomination forms available online or at your local recreation facility.

## DECEMBER

### Sutton Santa Claus Parade of Lights

**Saturday, December 1**  
5 p.m.

The parade starts at 5 p.m. in Jackson's Point, travels along Dalton Road to High Street to Snooks Avenue and ends at the fairgrounds. Float registration starts September 1. For more details visit: [suttonkinsmen.com](http://suttonkinsmen.com).

### The Link Winter Market

**Starting December 16**  
9 a.m. to 2 p.m.

Starting this December 16 and running every 3<sup>rd</sup> Sunday each month, we'll have local artisans, crafters and foody vendors here to help you get rid of the winter blues! Vendor info call 905-722-8507.

### New Year's Eve Bash

**December 31**  
The ROC Chalet, 26479 Civic Centre Road, Keswick  
5 p.m.

The perfect place to ring in the New Year with your family, from midway games, live entertainment, and special menu items to face painting, noise maker workstations, and a kid friendly countdown with a hot chocolate toast. An evening you won't want to miss. \*Regular tube/lift and Chalet prices apply.

## FEBRUARY

### Sno\*Fest

**Saturday, February 2**  
The ROC Chalet, 26479 Civic Centre Road, Keswick  
10 a.m. to 3 p.m.

Georgina's annual winter carnival! Inflatables, games, KidsWorld, giveaways and lots more frosty fun! With live performances and entertainment for the whole family, it's a snowy event that will warm up your winter! \*Regular tube/lift and chalet prices apply.

### Elleboard Days - Learn to Ride Day

**Saturday, February 9**  
The ROC Chalet, 26479 Civic Centre Road, Keswick  
10 a.m. to 2:30 p.m.  
\$60+hst

Have you or your daughter ever wanted to get together with friends and other female snowboarders and improve your riding skills? Come train with one of the top female coaches in Ontario. The day will focus on skill development for beginner riders who have a passion for snowboarding and riding with other like-minded females.

*Snowboard Ontario Membership & Progress Report Included.*

### Grom Development Day

**Sunday, February 10**  
The ROC Chalet, 26479 Civic Centre Road, Keswick  
9:30 a.m. to 3 p.m.  
\$85 +hst  
Pre-registration required

Train with top male and female, Snowboard Ontario Coaches. The day will focus on mountain riding with an emphasis on slopestyle skill development in the terrain park. The day will include fun, competitive games and an opportunity to show off your best trick.

*Snowboard Ontario Membership & Progress Report Included.*

## Sweetheart Swim

**Tuesday, February 12**  
Georgina Leisure Pool,  
5279 Black River Road, Sutton  
6:45 p.m. to 8:15 p.m.

Bring your sweetheart and they swim for FREE.

*\*Admission fee/policy applies.*

## Family Day Swims

**Monday, February 18**  
Georgina Leisure Pool,  
5279 Black River Road, Sutton

### Parent/Child & Lane Swim:

11 a.m. to 12:30 p.m.

Public Swim: 1 p.m. to 2:30 p.m. and 3 p.m. to 4:30 p.m.

*\*Admission fee/policy applies.*

## MARCH

### Cardboard Box Toboggan Races

**Thursday, March 14**  
The ROC Chalet, 26479 Civic Centre Road, Keswick  
12 p.m. to 3 p.m.

We challenge you to create an awesome toboggan or sled made strictly out of cardboard and other household items.

## Puddle Jump

**TBA (last weekend of the season)**  
The ROC Chalet, 26479 Civic Centre Road, Keswick  
12 p.m.

End the winter season with a splash! Whether you're tubing, skiing or snowboarding, test the waters and your luck by attempting to make it across our oversized puddle. \*All skill levels welcome - costumes and team spirit encouraged.

## Recreation & Culture wants you to

# Volunteer in Your Community About Volunteering

## Why Get Involved?

- Fulfill mandatory high school community service hours
- Learn new skills
- Make friends while serving your community
- Feel good about making a difference
- Add impressive involvement to college applications and resumes!
- Earn eligibility for scholarships

Through contributions of time, energy, inspiration and expertise, volunteers often report they receive more than they give. Volunteers can invest a little time or a lot. Opportunities range in a variety of different events and projects. Give one day per month, one hour per week, one week per year - there are no restrictions on how much time you contribute!

## Contact:

Recreation & Culture  
[eleisure@georgina.ca](mailto:eleisure@georgina.ca) | 905-476-4301 ext. 2237



# Parks & Amenities Listings

\*Non-Resident Parking Fees may apply. Residents must display pass. Visit [georgina.ca](http://georgina.ca) for more information.

- Adeline Park**  
668 Lake Drive S., Keswick  
• Fishing, parking, picnic table, washrooms (May-Aug)
- Bayview Park**  
106 Bayview Ave., Keswick  
• Picnic table, playground
- Belhaven Hall & Park**  
25202 Warden Ave., Belhaven  
• Ball diamond, hall/building, parking, washrooms (May-Aug), permits available
- Claredon Beach Park**  
9 Windy Shore Dr., Keswick  
• Parking, picnic table, playground, washrooms (May-Aug), swimming
- Club 55 Keswick**  
130 Gwendolyn Blvd., Keswick  
• Hall/building, parking, permits available
- Club 55 Sutton**  
1 Market Square, Sutton  
• Hall/building, parking
- Club 55 Pefferlaw**  
38 Pete's Lane, Pefferlaw  
• Hall/building, parking
- Const. Garret Styles Park**  
176 Laurendale Ave., Keswick  
• Playground, splash pad
- De La Salle Chapel & Park\***  
1940 Metro Rd., Jackson's Point  
• Beach volleyball, accessible trails and water access for swimming, drinking water, hall/building, parking, picnic shelter, picnic table, playground, public washrooms (May-Aug), soccer field, swimming, permits available
- Egypt Hall & Park**  
6756 Smith Blvd., Pefferlaw  
• Hall/building, parking, playground, permits available
- Franklin Beach**  
743 Lake Drive E., Sutton  
• Picnic table, washrooms (May-Aug), swimming

- Georgina Gym** **W**  
(behind Ice Palace Arena)  
90 Wexford Dr., Keswick  
• Basketball courts, drinking water, hall/building, parking, public washrooms (May-Aug) permits available
- Georgina Ice Palace** **W**  
90 Wexford Dr., Keswick  
• Drinking Water, hall/building, parking, public washrooms, skateboard & bike park, permits available
- Georgina Leisure Pool** **W**  
5279 Black River Rd., Sutton  
• Drinking Water, hall/building, parking, public washrooms, swimming, permits available
- Georgina Sutton Arena** **W**  
48 Hawkins St., Sutton  
• Drinking water, hall/building, parking, washrooms (Sept-Apr), permits available
- Glenwoods Park\***  
Glenwoods & Lake Dr. S., Keswick  
• Parking, picnic table, playground, swimming
- Gwendolyn Park**  
138 Gwendolyn Blvd., Keswick  
• Parking, picnic table, playground
- Highcastle Park**  
12 Highcastle Ave., Keswick  
• Ball Diamond, parking, picnic table, playground, soccer field, public washrooms (May-Aug)
- Hollywood Park**  
21 Camwood Dr., Keswick  
• Playground
- Holmes Point Park\***  
131 Holmes Point Rd., Pefferlaw  
• Parking, picnic table, playground, washrooms (May-Aug), swimming
- Jackson's Point Harbour\***  
1 Bonnie Blvd., Jackson's Point  
• Boat, launch, drinking water, fishing, parking, picnic shelter, picnic table, playground, public washrooms (May-Aug), swimming

- Jackson's Point Parkette**  
941 Lake Dr. E., Jackson's Point  
• Picnic table, band shelter, permits available
- Joy Marritt Parkette**  
275 Church St., Keswick  
Picnic table, swimming
- Keswick Cenotaph Park**  
199 Church St., Keswick
- Keswick Library** **W**  
90 Wexford Dr., Keswick  
• Hall/Building, parking, public washrooms, permits available
- Kin Community Hall**  
3 Fairpark Lane, Sutton  
• Hall/Building, parking, permits available
- Kin Park**  
42 West St., Sutton  
• Picnic table, playground
- Kingsway Garden**  
Kingsway & Riverglen Dr., Keswick  
• Ball diamond
- Lakeside Park**  
213 Shorecrest Rd., Keswick  
• Ball diamond, washrooms (May-Aug), permits available
- Leash Free Dog Park**  
(West Park)  
685 Lake Drive S., Keswick  
• Parking
- Lorne Street Park**  
Lorne St. & Lake Dr. E., Jackson's Pt.  
• Parking, playground, washrooms (May-Aug)
- Malone Wharf\***  
Malone St., Jackson's Point  
• Fishing, parking, washrooms (May-Aug)
- Mill Pond Park**  
4 River St., Sutton  
• Fishing, parking, picnic table
- North Gwillimbury Park\***  
775 Lake Dr. N., Roches Point  
• Parking, picnic shelter, picnic table, playground, washrooms (May-Aug), swimming, permits available

- Oakmeadow Park**  
40 Oakmeadow Blvd., Keswick  
• Picnic table
- Pefferlaw Dam Park**  
231 Pefferlaw Rd., Pefferlaw  
• Fishing, picnic table
- Pefferlaw Library** **W**  
76 Pete's Lane, Pefferlaw  
• Hall/building, parking, washroom (May-Aug), permits available
- Pefferlaw Lions Comm. Ctre.** **W**  
38 Pete's Lane, Pefferlaw  
• Ball diamond, outdoor ice rink (seasonal), hall/building, parking, picnic shelter, picnic table, playground, soccer field, permits available
- Peter Gzowski Library** **W**  
5279 Black River Rd., Sutton  
• Hall/building, parking, washrooms (May-Aug), permits available
- Pioneer Village and Archives**  
26557 Civic Centre Rd., Keswick  
• Parking, picnic table, washrooms (May-Aug), permits available
- Port Bolster Hall & Park**  
31416 Lake Ridge Rd., Port Bolster  
• Hall/building, parking, picnic table, shelter, permits available
- Rayner's Road Park\***  
51 Lake Drive N., Keswick  
• Boat launch, fishing, parking
- Richmond Park**  
23 Arlington Dr., Keswick  
• Basketball courts, picnic table, playground
- Riverview Park**  
98 Irving Dr., Pefferlaw  
• Picnic table, washrooms (May-Aug), swimming
- Sheppard Avenue Park & Wharf**  
971 Lake Dr. E., Island Grove  
• Fishing, picnic table, playground, swimming

- Skateboard Park – Keswick**  
90 Wexford Dr., Keswick  
• Drinking water, hall/building, parking, washrooms, skateboard park, cycle park
- Skateboard Park – Sutton**  
20849 Dalton Rd., Sutton  
• Parking, skateboard park
- Stephen Leacock Theatre**  
130 Gwendolyn Blvd., Keswick  
• Hall/building, parking, picnic table, playground, permits available
- Sutton Cenotaph Park**  
High St. & Burke St., Sutton  
• Drinking water
- The Link** **W**  
20849 Dalton Rd., Sutton  
• Event hall, commercial kitchen, meeting rooms, Forest of possibilities, Parking,
- The ROC** **W**  
26479 Civic Centre Rd., Keswick  
• Ball diamond, basketball courts, beach volleyball, bike park, drinking water, hall/building, nature trails, parking, picnic shelter, picnic table, playground, washrooms (May-Aug), cycle park, soccer field, splash pad, tennis, permits available
- Thornlodge Park**  
117 Joe Dales Dr., Keswick  
• Ball diamond, parking, playground, washrooms (May-Aug), soccer field, permits available
- Udora Hall & Park** **W**  
24 Victoria Rd., Udora  
• Ball diamond, basketball courts, hall/building, parking, picnic table, playground, washrooms (May-Aug), tennis, permits available
- Virginia Hall Park**  
28288 Hwy. 48, Virginia  
• Parking, swings
- Virginia Wharf**  
1 Hadden Rd. & Black River Rd.  
• Fishing

- Vista Park**  
72 West Park Heights, Keswick  
• Picnic table, playground
- West Park**  
1210 Ravenshoe Rd., Keswick  
• Ball diamond, parking, picnic table, playground, washroom (May-Aug), soccer field, permits available
- Whipper Watson Park** **W**  
153 Carrick Ave., Keswick  
• Ball diamond, tennis courts, beach volleyball, picnic shelter, picnic table, playground, washrooms (May-Aug), splash pad, tennis, permits available
- Willow Beach Park\***  
1506 Metro Rd., Willow Beach  
• Drinking water, parking, picnic table, playground, washrooms (May-Aug), swimming
- Willow Wharf\***  
440 Lake Drive East  
• Fishing, parking, picnic table, washrooms (May-Aug), swimming
- Wyndham Park**  
21 Wyndham Circle  
• Basketball courts, playground
- Young's Harbour Park\***  
601 Lake Dr. S., Keswick  
• Boat launch, parking, picnic table, swings, washrooms (May-Aug)



**Water Filling Stations**  
Find tap water anywhere at [bluew.org](http://bluew.org)

# SEASON PASS

*Early Bird Sale*

Tube, Ski, Snowboard

\$ **79** +hst

Starting from

Only until October 31<sup>st</sup>



## BIGGEST SAVINGS OF THE YEAR!

**Winter Lessons Registration Opens December 4**

**Spaces Limited** - Get your Season Pass today and receive early registration for lessons starting November 21!

Season Pass Holders also receive discounts on lessons and camps.

## Georgina Public Library

*Opening Doors and Minds*



### A Visit Will Get You Thinking

#### Need Homework Help?

- In person, by email or phone. We have the answers!

#### Your Library Card gives you access to:

- Audio Books
- Books
- DVDs
- eBooks & Digital Magazines
- Lynda.com
- Music
- Online Research
- Streaming Media
- Video Games & more

Free Internet & Wi-Fi

#### Pick up your:

- Community Information
- Garage Sale Permits
- Garbage Bag Tags
- Fire Permits (*Pefferlaw Only*)
- Recycling & Green Bins
- Resident Parking Passes
- Presto

### Stay in the Know

Sign up for e-newsletters, pick up the program calendar at the libraries, watch our website [georginalibrary.ca](http://georginalibrary.ca) and follow us on Facebook, Pinterest and Twitter.



### What's Happening @ Your Library

**Children's & Youth Services** offers family programs and special events throughout the year. Fall programs begin the week of September 19.

**Adult Programming** brings our community together. Contact us to see what exciting things we are doing this month. Please check our website for upcoming events.

### Save the Date

#### Ontario Public Library Week

October 14 to 20

#### Library Board Meet & Greet

October 18

Keswick Branch, 90 Wexford Drive, Keswick

6 p.m. to 7 p.m.

#### Victorian High Tea Fundraiser

TBA

De La Salle Hall, 1940 Metro Road, Jackson's Point

Hosted by the Friends of the Library

*Watch for Details!*

#### Keswick Branch

90 Wexford Drive, 905-476-5762

#### Peter Gzowski (Sutton) Branch

5279 Black River Road, 905-722-5702

#### Pefferlaw Branch

76 Pete's Lane, 705-437-1514



## Stephen Leacock Theatre

### 2018 Upcoming Performances

#### A Magic Show for the Whole Family: Brent & Sarah's

Comedy Magic Show

**Saturday, September 8**

**2 p.m. matinee**

**Adults \$15 +hst | Children (under 12): \$12 +hst**  
**Family 4-Pack (2 adults, 2 children): \$45 +hst**

As seen on Disney Cruise Line. This show is a non-stop laugh riot from beginning to end. It's what you get when you pair two magicians with skill and talent that don't take themselves too seriously.

#### True Confessions from the Ninth Concession with Dan Needles and Ian Bell

**Friday, September 14**

**6 p.m. Doors Open | 8 p.m. Show**

**Adults \$20 +hst**

#### Featuring:

Dan Needles, author of the Wingfield Farm stage plays, and winner of the Leacock Medal of Humour.

Ian Bell, folksinger, storyteller and a founding performer of the CBC's Vinyl Café



### Stephen Leacock Theatre

Named after one of the English-speaking world's best known humorists, The Stephen Leacock Theatre opened in 1985, and has been igniting the imagination and tickling the fancy in the world of stage ever since. Famous for its up close and personal ambience, the 295-seat Theatre presents a varied schedule of local, national and international entertainment. Located in Keswick just off of The Queensway, the Theatre offers the best in musical guests, comedy acts and stage productions.

#### Theatre Rentals

Theatre rentals are available for meetings, recitals, rehearsals and performances.

#### Accessible Seating & Entrance

Please call box office in advance for arrangements.

**Buy tickets online with TixHub or over the phone with Visa, Mastercard, Debit, Cash or Cheque**

#### Box Office hours:

Sunday & Monday Closed

Tuesday to Friday: 9 a.m. - 9 p.m.

Saturday: 9 a.m. - 4 p.m.



**Check for upcoming performances or to purchase tickets online.**

130 Gwendolyn Blvd., Keswick  
 Box Office: 905 476 0193  
 slt@georgina.ca  
 stephenleacocktheatre.ca

## Georgina Pioneer Village & Archives

**Weddings, Special Events, Education Programs, Archival Research, Tours & More**

Come explore Georgina's rich history by the shores of beautiful Lake Simcoe

**Open from June to the last Sunday in August, Wednesday to Sunday 10 a.m. to 5 p.m.**

Admission by donation (except for Special Events)

### Community Programs

The Georgina Pioneer Village & Archives is pleased to tailor a visit to the needs of community groups. Children's clubs may book evening visits to coincide with regular club meeting times. Adult groups are also welcome to work with staff to prepare an itinerary specific for their needs. Groups can be booked for brief visits or longer stays of several hours.

### Education Programs

**Attention Teachers!** The Pioneer Village is a dynamic location for hands-on, interactive education programs.

#### Rise to Rebellion (R2R)

*Demonstrations - Entertainment - Battle*

**Thursday, May 9 & Friday, May 10**

**\$6/student +hst**

Education Days for Grade 7 students - *It's history that happened here!*

#### Grade 3 Early Settlement Program

Offered from mid-April to July and September to mid-October, we offer curriculum-related, interactive school programs. Students will take part in various demonstrations and activities that depict the chores, jobs, and pastimes of nineteenth-century settlers.

### Rent the Village

The Georgina Pioneer Village & Archives is a unique venue for weddings, photo shoots, family reunions, and more. The 1889 Free Methodist Church can accommodate 60 people and 150-200 at the Jackson's Point Bandstand and surrounding park area.

### Events

#### Georgina Harvest Dinner

**Saturday, September 29**

**Doors Open 5:30 p.m. | Dinner 6:30 p.m.**

**The Link, 20849 Dalton Road, Sutton**

**\$50 (includes HST)**

**\$400 (table of 7, includes bottle of wine)**

Support local farmers and celebrate the abundance across the Greenbelt by sharing a delicious, locally-sourced, meal.

26557 Civic Centre Road, Keswick  
 905-476-4301 Ext. 2284 | Fax: 905-476-8100  
 curator@georgina.ca  
 georginapioneervillage.ca

# The Link

## Georgina's Community Connection Centre

### What goes on at The Link?

New Town-run programs, events and just plain fun stuff like these workshops...

- Beekeeping for Beginners
- Bread Basics
- Canning
- Cheese Making
- Chocolate
- Cookies
- Craft Butters
- French Mother Sauces
- Henna Art
- Holiday Appetizers
- Hyper Local Food
- Indian Breads
- Indian Cuisine
- Italian 101
- Kid Chef
- One Pot Wonders
- Pastas & Sauces with Pasta Paolo
- Pies Pies Pies
- Sauce Canning
- Sign Making
- Spanish 101
- Street Foods Around the World
- Tastes of South America

Your ideas and feedback are always interesting to us...just give us a call

Volunteers are always welcome!

### Fresh Events

Keep watching The Link page on [georgina.ca](http://georgina.ca) for new workshops and events to enjoy like...

#### Georgina Farmers' Market

Sundays, until October 28 | 9 a.m. to 2 p.m.

The market features over thirty vendors offering local products including produce, meat, baked goods, and crafts.

#### Georgina Harvest Dinner

September 29

Seventh annual and so popular! Get your tickets soon for this outstanding showcase of local harvests.

#### The Link Winter Market

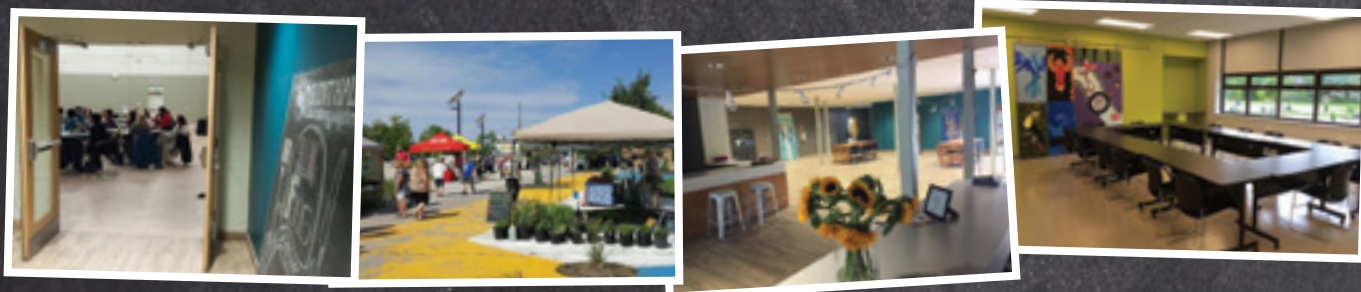
Sundays, Winter 2019

Starting this December 16 and running every 3rd Sunday each month, we'll have local artisans, crafters and foody vendors here to help you get rid of the winter blues. For vendor information, please call 905-722-8507 or email [thelink@georgina.ca](mailto:thelink@georgina.ca).

### Need space for your party, event or business meeting?

You can rent amazing indoor and outdoor space for your special occasion, meeting or run your own workshop! Call or email for rates and we'll be happy to give a tour and more details.

There's more in the works so stay tuned for an exciting Spring & Summer here at The Link!



20849 Dalton Road, Sutton  
905-722-8507  
[thelink@georgina.ca](mailto:thelink@georgina.ca)  
[georgina.ca](http://georgina.ca)



Call to Register!

## Georgina Art Gallery

The Georgina Arts Centre and Gallery will continue to explore and celebrate Arts & Culture through the broadest lens. We will discover artists then and now, their history, lives and work. Please visit [gacag.com](http://gacag.com) for updates on times, dates and all that is art!

### Programs

#### Introduction to Acrylic Painting

Ages: 13 and up

Day: Saturdays | 1:30 p.m. to 3:30 p.m.

Oct. 20, Nov. 17, Dec. 15, Jan 19, Feb. 16, April 20, June 15

Price: \$25, Materials if required additional cost \$10/ session paid to teacher (GAC)

#### Introduction to Watercolour Painting

Ages: 13 and up

Day: Saturdays | 1:30 p.m. to 3:30 p.m.

Sept. 22, Oct. 27, Nov. 24, Jan 26, Feb 23, March 23, April 27, May 25, June 22

Price: \$25, Materials if required additional cost \$10/ session paid to teacher (GAC)

#### Mixed Media All Levels

Ages: 13 and up

Day: Feb. 11, April 15 | 10:30 a.m. to 1:30 p.m.

Price: \$45 (Members \$40.50), Materials not included

#### Free Flow Sessions - Acrylic Paint

Day: Oct. 18th

#### Watercolour Step-by-Step

Ages: 13 and up

Day: Saturdays | 10:30 a.m. to 3:30 p.m.

Sept. 8, Oct. 6, Nov. 3, Dec 1, Jan. 5, Feb. 2, March 2, Apr. 6, May 4, June 1

Price: \$65 (Members \$58.50), Materials not included

#### Kidzart

Ages: 3 to 12 (children ages 3 to 5 must be accompanied by an adult)

Day: Saturdays, Drop-in | 10:30 a.m. to 12 p.m.

Oct. 20, 27, Nov. 17, 24, Dec. 15, Jan. 19, 26 Feb. 16, 23, Mar. 23, Apr. 20, 27, May 25, June 15, 22.

Price: \$15 per day, Materials included

### Camps

#### March Break Camp

Ages: 6 to 12

Days: March 11 to 15 | 9 a.m. to 3:30 p.m.

Price: \$175 (Members \$157.50), Materials included

Flex Days minimum of 2 days together at \$80



### Reel Gems

Great movie selection, benefits Georgina Arts Centre programming.

4th Thursday of every month

Gem Theatre, Church Street, Keswick

7 p.m. | \$10

### Tuesday Luncheon

Menu varies - seating limited; must reserve!

3rd Tuesday of every month

(except July and August)

Georgina Arts Centre, High Street, Sutton

12 p.m. | \$15 (Members \$12)



149 High Street, Sutton  
905-722-9587  
[gacag.com](http://gacag.com)



**“Georgina has the perfect mix of facilities to meet your needs.”**



Arena ice time bookings, banquet halls, gymnasium, meeting rooms and multi-purpose room rentals, sports fields (baseball and soccer), swimming pool party reservations and wedding receptions are all perfectly suited for small and large scale events.

Visit [georgina.ca](http://georgina.ca) for rates and availability.  
Call 905-476-4301 ext. 2354 and reserve your facility today.

## WHAT YOU NEED TO KNOW ABOUT

# THE ROC

Complete with a carpet lift and snow making capabilities, this four-lane snow tube hill offers thrills and spills for all ages. Test your skiing or snowboarding skills on the ramps, rails, bumps and jumps in the Terrain Park. Challenge the forces of gravity and don't forget your helmet!



### Tubing Groups 20+

#### Community, Sports Groups & Corporate

Whether you are looking to add some excitement to your corporate team building, or just a fun time out with friends, The ROC has a program for everyone!

#### Tubing 2 hours

\$16 +hst (Community/Sports Groups)

\$18 +hst (Non-resident/Corporate)

### Tubing & Lift Rates

#### All Access Pass (Tubing and Lift Rates)

2 Hours \$20

4 Hours \$25

3 Hours\*\* \$20

*\*\*Early Bird Tube Pass Special - ticket must be purchased before 11 a.m. (valid on weekends only) 40" height requirement*

*All prices are subject to taxes*

### School Groups

#### Winter

During winter months, the ROC offers you and your students a variety of exciting opportunities such as snow tubing, ice skating and tobogganing!

#### Tubing Price

Tubing Half Day \$14 +hst per person

Tubing Full Day \$16 +hst per person

*Includes helmet rental*

*40" height requirement*

#### Skating & Tobogganing Price

Skating & Tobogganing \$9 +hst per person

*Includes Helmet rental and toboggans*

*Must provide own skates*

### Weddings & Special Events

This facility is charming, yet sophisticated and features a full kitchen, large stone fireplace and a spectacular view. The ROC is a perfect setting for a wedding or special event.

Ask us about our special events package to make your special day easier.



# Healthy Kids Community Challenge



## Remember to...

1. Run Jump Play Everyday
2. Water does Wonders
3. Choose to Boost Veggies and Fruit
4. Power Off and Play

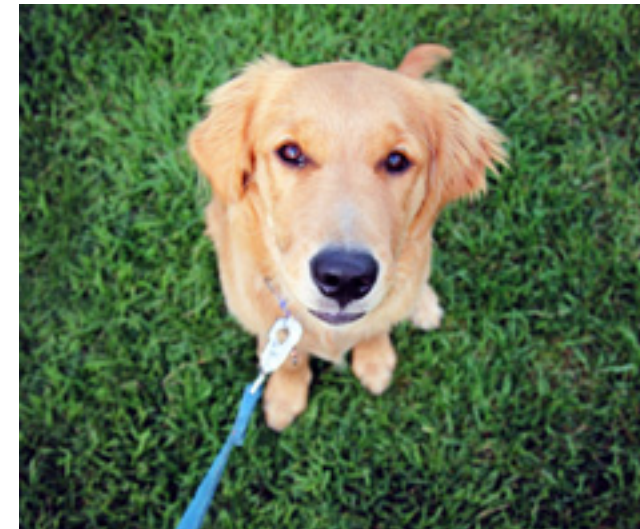


Although the Challenge has come to an end, we would like to encourage everyone to continue to support our children by increasing physical activity levels, enhancing nutrition and promoting healthy choices. Healthy kids live in healthy families, schools and communities.

Thank you Georgina for participating in the Healthy Kids Community Challenge!



26557 Civic Centre Road, Keswick  
905-476-4301 | [eleisure@georgina.ca](mailto:eleisure@georgina.ca)  
[georgina.ca](http://georgina.ca)



## License your dog online!

The Town of Georgina has partnered with DocuPet Inc. to bring a new dog licensing program to the community. It's quick and easy, and allows pet owners to license their pet online, over the phone, by mail or in person. Online pet profiles are created to reunite owners with their pets in the event they are lost.

**If you own a dog in the Town of Georgina, you are required to hold a valid pet licence.**

Visit [georgina.ca/DocuPet](http://georgina.ca/DocuPet) to license your pet and learn more about the Lost Pet System and local DocuPet Rewards Program that are included with your pet licence.

## Fees and Fines

Licences must be renewed every year prior to the expiration date. Failure to present a valid licence will result in a fine of \$125.

Dog - Altered (proof required)	\$20
Dog - Unaltered	\$35
Service Dog	No fee
Transfer Licence (New Resident)	\$5
Replacement Tag	\$5

Please note that Georgina's licensing program operates on a 365-day cycle. This means that all licences expire the following year on the date they were purchased.

Visit [georgina.ca/DocuPet](http://georgina.ca/DocuPet) to learn more.



## It's a toilet, not a trash can!

Everyday items like hygiene products, wipes and fats, oils and grease, should not be flushed or poured down the sewer system because of the many negative effects they have on the Town's infrastructure and more importantly our natural environment.

Sanitary sewers are underground pipes that carry wastewater from homes and businesses to one of the Town's two wastewater treatment plants where it is treated and then released back to the lake. Everything you pour down your drains or flush down your toilet goes into a sewer.

To help keep the entire sewage system working well, please do not flush or put the following products down the drain:

- Hygiene products
  - Condoms
  - Cosmetics
  - Cotton swabs
  - Dental floss
  - Diapers (baby or adult)
  - Facial tissue
  - Hair dye
  - Hydrogen peroxide
  - Nail polish or remover
  - Paper towels
  - Perfume and cologne
  - Tampons, sanitary pads
  - Waxes
  - Wipes/baby wipes – even those that say flushable can cause a problem
- Clothing and towels
- Fats, oils, grease
- Household hazardous waste – such as paints, pesticides and many cleaning products
- Pharmaceuticals

To learn more, visit [georgina.ca/DoNotFlush](http://georgina.ca/DoNotFlush).

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YORK-SIMCOE



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Toll Free: 1-877-Peter-4-U  
Email: vanlop1@parl.gc.ca

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To book please contact:  
Mike Cudmore 289-926-9971  
Carrie McCullough 905-251-5139  
mcudmore@starmetrolandmedia.com cmcullough@starmetrolandmedia.com

Or Call Our Office at 905-853-8888

Do You Have A NEW Recreation Program Idea?  
Contact Patti White, Manager of Recreation Services  
pwhite@georgina.ca

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**PUBLIC HEALTH**  
york.ca/parenting

**York Region**

18-5439



**BRECHIN**

**Scarecrow FESTIVAL**

**Saturday**  
**September 29th, 2018**  
**10:00 a.m. - 3:00 p.m.**  
**at the Brechin Ball Park**

**\$100** prize will be awarded to the best Scarecrow.  
 Come out and vote for your favourite...  
 or better yet, enter your own scarecrow to win!  
 For Details e-mail: [info@BrechinandBeyond.ca](mailto:info@BrechinandBeyond.ca)  
[facebook.com/BrechinandBeyond](https://www.facebook.com/BrechinandBeyond)  
[www.BrechinandBeyond.ca](http://www.BrechinandBeyond.ca)  
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Goalies are \$525.00

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The non-profit child care programs are held in or attached to the following public schools:

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------------------------	-----------------------------	-----------------------------	---------------------------

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Belhaven Community Hall, 25202 Warden Ave., Keswick Tuesday August 28, 2018 (4-8pm)	Port Bolster Community Hall, 31416 Lakeridge Road, Port Bolster Wednesday August 29, 2018 (5-7pm)	Hillside Church, 1 Don Rose Blvd., Mount Albert Thursday August 30, 2018 (5-7pm)
--	--	---

For more information – (289) 803-4372 and (905) 476-9659  
 E-mail – [info@simplydance.ca](mailto:info@simplydance.ca)

**Southshore DART LEAGUE**

**REGISTRATION**  
**August 22<sup>nd</sup>**  
**7:30 - 9:00 PM**

**at the SUTTON LEGION**

For more information contact:  
 Charlene: 905-722-6359 OR Steve 905-596-0090

Available for children and youth: Ages 2 to 12 years	Hours of Operation: 6:45 a.m. to 6:00 p.m.
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ADULT CO-ED TOURNAMENTS (SELECT DATES TBD)



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• 905-476-1043 • [info@georginaskatingclub.org](mailto:info@georginaskatingclub.org) •



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