

 Stouffville

look play book

recreation
fitness
museum
swimming
parks
19 on the park
stouffville celebrates

Winter 2024

Winter fun for everyone in Stouffville!

No matter your interest, age, or skill level, there's a place for you here.

mayor's message

On behalf of Council, welcome to Winter in Stouffville with this frosty edition of the Play Book. Within these pages you will find a wide array of programs and services that staff have been working hard to deliver to you this Winter in Whitchurch-Stouffville.

From family yoga, frosty-themed PA day camps, and adapted programming for our exceptional residents, there truly is something for everyone this winter. I hope that you and your family will be inspired to get active together, right here in our own community.

Stouffville, I can't wait to see you all out there this winter!

Be well, **Iain Lovatt, Mayor**



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Winter 2024 Registration

Residents:
Tuesday, November 28 at 12:00 noon

Flip to page 3 for more information.
Most programs begin **January 8, 2024**

Ready to start your wellness journey?



Drop In Schedules are subject to change.

Cancellations may occur for special events & holidays; cancellations can be found at townofws.ca/dropin or by scanning the QR code provided. For more information contact the Leisure Centre at 905-642-PLAY (7529).



Register at townofws.ca/active

- **Have questions or need help with registrations?** Call 905-642-PLAY (7529)
- **Looking for fee subsidies?** Visit townofws.ca/register for help in supporting your family's active lifestyle.
- **Everyone needs a login for access to register.** Create a login by completing the Online Account Form at townofws.ca/register, and emailing it to leisure.services@townofws.ca along with proof of Stouffville residency.



Quick tip!

To speed up your family's registration, activate your family's account before registration opens on November 28th. Once you apply, we will have your account ready for you within 48 hours.

Winter 2024 Registration dates

Residents:

Tuesday, November 28, 2023
at 12:00 noon

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

Non-residents:

Tuesday, December 5, 2023
at 12:00 noon

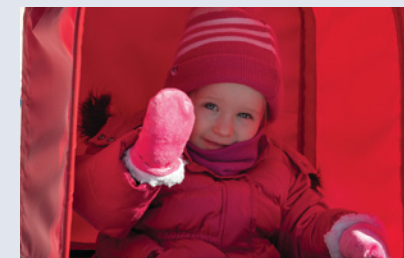
Non-residents are subject to a
20% surcharge to register in Town
programs

**Most programs begin
January 8, 2024**

Something catch your eye?

If you or your family members spot a program that you'd like to take part in, we recommend registering sooner rather than later.

Not only will this secure your spot, but it will also help ensure that there are enough participants for the sessions to operate as planned. Any classes, times, costs or locations may change without notice as required due to low enrollment, change of policy, or availability of facilities or instructors.



Town facilities



Looking to book a facility?

Plan your next event at one of Stouffville's facilities, such as the museum, theatre or a community centre. Hold your outdoor sporting event or social gathering at one of our many parks, baseball diamonds, soccer fields, tennis courts, arenas, or pavilions.

Drop us an email at facilitybooking@townofws.ca for general inquires or call the facility number listed to the right.

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



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

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

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



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

Leisure Centre

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

Hours of Operation

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

leisure.services@townofws.ca

Drop-In Programs

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



Skating

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



Swimming

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



Gymnasium

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



Group Fitness

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



55+ Club

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



Drop in to sports, games, and activities!

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

adapted

Cooking in the Chef's Corner

Ages 16+ Ballantrae Community Centre **\$165**

Get cooking in this adapted program where participants will prepare a deliciously healthy dinner each class with the help of experienced staff. Participants will learn how to prepare and cook food safely and learn table etiquette in an environment that encourages a healthy independent lifestyle. These new chefs will find they quickly make new friends and socialize as they prepare a meal together and enjoy the meal they have prepared.

Dates	Day	Time	Code
Jan 11 - Mar 14	Thu	5:00 PM - 7:00 PM	29988



Skating Lessons: Adapted

Ages 5-12 Stouffville Clippers Sports Complex **\$110**

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

Dates	Day	Time	Code
Jan 8 - Mar 18	Mon	4:00 PM - 4:45 PM	30844



Social Club

Ages 18+ Stouffville Arena **\$165**

Each week features themed recreational group activities in an informal setting. Activities include functional fitness, memory games, art and life skills. Everyone will improve their social, mental, emotional and physical talents while working towards achieving personal goals.

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	12:00 PM - 2:00 PM	30845

preschool

 **Caregiver Attendance Required**

ABC's & 123's

Ages 3-5 Leisure Centre **\$60**

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

Dates	Day	Time	Code
Jan 12 - Feb 16	Fri	1:00 PM - 2:00 PM	29999
		5:30 PM - 6:30 PM	30000

Cooking Up Fun



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

Join your mini chefs as they learn basic cooking skills such as stirring, measuring ingredients, food decoration and kitchen safety. Along with getting their start in the kitchen environment, your child will reinforce skills learned through games and activities. Caregiver participation is required in this program. Participants should wear clothes that they don't mind getting messy! Items created in this program may include egg, milk, nut and flour products.

Dates	Days	Time	Code
Jan 11 - Mar 7	Thu	5:00 PM - 5:45 PM	29831
		6:00 PM - 6:45 PM	29830
Jan 13 - Mar 9	Sat	10:30 AM - 11:15 AM	29829

Note

Drop into fun!

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



Dino Explorers

Ages 3-5 Leisure Centre **\$108**

For your aspiring paleontologist! Join us for this interactive program where we'll learn about all things dinosaur through crafts, stories and co-operative play. Please note, this is a drop off program. Participants must be potty-trained.

Dates	Day	Time	Code
Jan 13 - Mar 9	Sat	9:00 AM - 10:00 AM	29832

Get Ready for School

Ages 3-5 Stouffville Arena **\$135**

In a fun and supportive environment, your little one will learn what school is all about as they explore art, letters, numbers, science at activity stations and through songs, stories and games. This is an unparented program to foster independence and prepare your child for school. Participants must be potty-trained.

Dates	Day	Time	Code
Jan 12 - Mar 8	Fri	9:30 AM - 11:30 AM	29837
Jan 11 - Mar 7	Thu	9:30 AM - 11:30 AM	29838

Junior Scientists

Ages 3-5 **Stouffville Arena** **\$108**

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

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	6:00 PM - 6:45 PM	29843

NEW

Love Monster

Ages 2-6 **19 on the Park** **\$10**

This popular Museum program returns with a new location! Visit 19 on the Park for a morning of fun. Children will enjoy an interactive reading of 'Love Monster' written by Rachel Bright, go on a mini scavenger hunt through the Theatre, and enjoy some time for crafts and snacks. Required adult chaperones free of charge.

Dates	Day	Time	Code
Feb 9	Fri	10:00 AM - 11:30 AM	30805

Mighty Machines

Ages 2-5 **Latcham Hall** **\$108**

Mighty Machines help build and shape the world around us. In this hands on class, your toddler will use craft materials and their imagination to create their own simple machines and learn what tools are needed to build their own special structure. Join us for games, activities and songs as your child learns about Mighty Machines! Caregiver participation required.

Dates	Day	Time	Code
Jan 13 - Mar 9	Sat	9:30 AM - 10:30 AM	29870

Mini Masterpieces

Ages 2-4 **Leisure Centre** **\$108**

Your little Picasso will get to spend time creating artwork that you will proudly want to display on your fridge! Children will work with a variety of mediums and materials to create new art each week. Participants should wear clothes that they don't mind getting messy. Caregiver participation is required.

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	6:00 PM - 6:45 PM	29847

Playball: 2's Can Play Too

Age 2 **Stouffville Arena** **\$162**

Playball is a gentle, safe, and fun introduction to sports while developing gross motor skills. With a wide range of activities to stimulate and improve your child's overall development, 2's Can Play Too builds a positive foundation for your child's future success in sports. This program is offered in partnership with Playball. Caregiver participation is required.

Dates	Day	Time	Code
Jan 13 - Mar 9	Sat	8:50 AM - 9:20 AM	29849
		9:30 AM - 10:00 AM	29848



Playball for 3's

Age 3 **Various Locations** **\$162**

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

Glad Park Public School

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	6:00 PM - 6:45 PM	29851

Stouffville Arena

Dates	Day	Time	Code
Jan 13 - Mar 9	Sat	10:10 AM - 10:55 AM	29850

Note

Programs will not run on Monday, February 19, for Family Day



Playball for 4's and 5's

Ages 4-5 **Various Locations** **\$162**

This program provides "Playballers" with a solid grounding and basic ball skills. Children are given the opportunity to practice their newly acquired skills which will improve their confidence, encouraging them to continue their journey in sports and embrace the challenge of learning more advanced skills.

Glad Park Public School

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	6:55 PM - 7:55 PM	29853

Stouffville Arena

Dates	Day	Time	Code
Jan 13 - Mar 9	Sat	11:05 AM - 12:05 PM	29852



Shake Your Sillies Out

Ages 2-5 **Leisure Centre** **\$108**

Let's burn some energy and shake those sillies out with your little ones! Participants will enjoy unstructured play and structured activities all while improving gross and fine motor skills. Caregiver participation is required.

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	10:00 AM - 10:45 AM	30001
Jan 14 - Mar 10	Sun	9:00 AM - 9:45 AM	30002

Skating Lessons: Preschool

Ages 3-5 Various Locations

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

Holiday Break Stouffville Arena **\$42**

Dates	Day	Time	Code
Jan 2 - Jan 5	Tue - Fri	9:00 AM - 9:30 AM	29877

Full Session Stouffville Clippers Sports Complex **\$99**

Dates	Day	Time	Code
Jan 9 - Mar 5	Tue	8:45 AM - 9:15 AM	29854
		9:15 AM - 9:45 AM	29855
Jan 10 - Mar 6	Wed	9:00 AM - 9:30 AM	29857
		9:30 AM - 10:00 AM	29856



Please come prepared for your Skating Lessons

Participants must have their own skates and be able to comfortably stand on their skates (without the use of a skate bar/aid). Children should be able to work independently (free from parents) in a group setting.

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

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

Note



Skating Lessons: Family

Ages 3+ Stouffville Arena **\$42**

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

Holiday Break

Dates	Day	Time	Code
Jan 2 - Jan 5	Tue - Fri	12:00 PM - 12:45 PM	29874

Sportball: Multi-sport

Ages 3-5 Stouffville Arena

In this fun, stress-free, and non-competitive setting, children learn the fundamentals of 8 different sports. This class keeps children moving and engaged with a new skill highlighted every week. If you're looking for a way to give your child a well-rounded sports foundation that promotes their independence and leaves room for specialization later, look no further. This program is offered in partnership with Sportball. Cost includes a ball.

Session 1 **\$191.50**

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	5:30 PM - 6:30 PM	30822

Session 2 **\$172**

Dates	Day	Time	Code
Jan 14 - Mar 10	Sun	9:45 AM - 10:45 AM	29858
		11:45 AM - 12:45 PM	29859

Sportball: Parent and Child

Ages 2-3 Stouffville Arena

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

Session 1 **\$191.50**

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	4:45 PM - 5:30 PM	30823

Session 2 **\$172**

Dates	Day	Time	Code
Jan 14 - Mar 10	Sun	9:00 AM - 9:45 AM	29861



Taekwon-Do: Little Dragons

Ages 4-6 Harry Bowes Public School **\$246**

Kids have fun getting fit and learning focus and self-control with Taekwondo training. Participants will work on exercise routines, kicking drills and self-defence techniques. This program is delivered in partnership with Woodbridge Taekwon-Do Inc. as part of the International Chang-Hon Taekwon-Do Federation. Uniforms are required for this program and are purchased from the instructors for the first two weeks of class. The cost of the uniform is \$85. Testing fees for level completion are an additional charge.

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	6:00 PM - 6:45 PM	29886

Tiny Dancers

Various Locations **\$96 - \$108**

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

Ages 3-4 Lemonville Community Centre **\$96**

Dates	Day	Time	Code
Jan 8 - Mar 4	Mon	5:30 PM - 6:15 PM	29862

Ages 3-4 Leisure Centre **\$108**

Dates	Day	Time	Code
Jan 11 - Mar 7	Thu	5:30 PM - 6:15 PM	29863

Ages 5-6 Lemonville Community Centre **\$96**

Dates	Day	Time	Code
Jan 8 - Mar 4	Mon	6:15 PM - 7:00 PM	29864

Ages 5-6 Leisure Centre **\$108**

Dates	Day	Time	Code
Jan 11 - Mar 7	Thu	6:15 PM - 7:00 PM	29865





Workshop: Valentine's Day!

Ages 3-5 Latcham Hall \$15

It's all about LOVE for our Valentine's Day workshop! Join us for a party where your child will celebrate Valentine's Day making crafts, singing songs and listening to stories.

Dates	Day	Time	Code
Feb 10	Sat	11:45 AM - 12:45 PM	29872

Workshop: We Dig Dinos

Ages 3-5 Latcham Hall \$15

Beat the winter blahs with a morning of learning and discovery! Children will learn about different dinosaurs, complete a dinosaur themed craft and participate in dinosaur themed activities.

Dates	Day	Time	Code
Jan 27	Sat	11:45 AM - 12:45 PM	29873



Tot Spot



6 months - 6 yrs Stouffville Arena \$135

Get your little one out to meet others their own age and burn off some energy! This co-operative group program offers opportunities for free play and peer-to-peer social interaction, as well as structured activities that promote learning and encourage independence. With a focus on the development of gross and fine motor skills, this enriching environment promotes growth and development, led by experienced staff, and supervised by parents and guardians. Caregiver participation is required for this program. School aged children are not permitted to attend. Infants under 6 months do not need to register.

Dates	Day	Time	Code
Jan 8 - Mar 4*	Mon	9:30 AM - 11:30 AM	29867
Jan 9 - Mar 5	Tue	9:30 AM - 11:30 AM	29866
Jan 10 - Mar 6	Wed	9:30 AM - 11:30 AM	29868

*8 lesson session | \$120

children ages 5 - 12



Basketball: Level 1

Leisure Centre \$108

Using age appropriate equipment to enhance your child's progression and learning, this entry level program focuses on fundamental skills including dribbling, passing, and shooting. This is the perfect starting point for beginner and novice players. Indoor running shoes and active wear are required.

Ages 5-6

Dates	Day	Time	Code
Jan 9 - Mar 5	Tue	5:30 PM - 6:30 PM	29824
		6:30 PM - 7:30 PM	29822

Ages 7-10

Dates	Day	Time	Code
Jan 9 - Mar 5	Tue	7:30 PM - 8:30 PM	29823
Jan 11 - Mar 7	Thu	5:30 PM - 6:30 PM	29825

Badminton: Instructional

Leisure Centre \$108

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

Ages 6-8

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	6:00 PM - 7:00 PM	29821

Ages 9-11

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	7:00 PM - 8:00 PM	29820



Basketball: Level 2

Leisure Centre \$108

This basketball program is designed for children who want to improve their defense, shooting, dribbling, footwork, speed, agility, and teamwork. Strategic play is introduced for children ready to bring their game to the next level. Indoor running shoes and active wear are required.

Ages 5-6

Dates	Day	Time	Code
Jan 14 - Mar 10	Sun	10:00 AM - 11:00 AM	29826

Ages 7-10

Dates	Day	Time	Code
Jan 14 - Mar 10	Sun	11:00 AM - 12:00 PM	29827

Cookies & Cakes

Ages 7-10 Latcham Hall \$75

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

Dates	Day	Time	Code
Jan 10 - Feb 7	Wed	6:45 PM - 8:15 PM	29828

NEW

Curtain Call

Ages 8-16 19 on the Park \$90

Calling all future stars! This introductory class is for kids who are looking to use their creativity and energy for the Theatre. Kids will learn the basics from running lines to set production and put on a final production for family to enjoy!

Dates	Day	Time	Code
Jan 14 - Mar 17	Sun	10:30 AM - 11:30 AM	30799



DIY: Arts & Crafts

Ages 6-9 Leisure Centre \$112.50

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

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	7:00 PM - 8:00 PM	29833

DIY: Jewelry

Ages 9-11 Stouffville Arena \$140

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

Dates	Day	Time	Code
Jan 9 - Feb 27	Tue	6:00 PM - 7:00 PM	29834

Dodgeball

Wendat Village Public School \$96

Dodge, dip, and dive and learn the inner workings of the school yard favourite: dodgeball. Kids will have the opportunity to play a variety of different dodgeball games, while working on fundamental movement skills such as throwing, catching, and strategy.

Ages 6-8

Dates	Day	Time	Code
Jan 8 - Mar 4	Mon	6:00 PM - 7:00 PM	29835

Ages 9-11

Dates	Day	Time	Code
Jan 8 - Mar 4	Mon	7:00 PM - 8:00 PM	29836



Guitar Basics: Level 1

Ages 8-10 Leisure Centre \$117

Notes, chords, frets, picking, strumming, and more! Children can bring their guitar and learn the basics in this new entry level program.

Dates	Day	Time	Code
Jan 9 - Mar 5	Tue	6:30 PM - 7:15 PM	29839

Hip Hop Dance

Ages 6-9 Lemonville Community Centre \$96

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

Dates	Day	Time	Code
Jan 8 - Mar 4	Mon	7:00 PM - 8:00 PM	29840

Intro to Soccer

Ages 6-8 Leisure Centre \$99

Does your child want to be the next Ronaldo or Messi? Kids will develop their skills, confidence, and love for the most popular sport on the planet while also making new friends.

Dates	Day	Time	Code
Jan 14 - Mar 10	Sun	12:15 PM - 1:15 PM	29841

Jazz Dance

Ages 6-9 Leisure Centre \$108

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

Dates	Day	Time	Code
Jan 11 - Mar 7	Thu	7:00 PM - 8:00 PM	29842

Note

Programs will not run on Monday, February 19, for Family Day



Junior Scientists

Ages 6-8 **Stouffville Arena** **\$108**

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

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	7:00 PM - 8:00 PM	29844



Kid's Night Out

Ages 6-10 **Latcham Hall** **\$20**

Join us for a fun Friday night of games, crafts and other activities while caregivers can enjoy a night out!

LEGOs and Structures

Dates	Day	Time	Code
Feb 16	Fri	6:30 PM - 8:30 PM	29879

Note

Drop into fun!

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



Kids' Kitchen!

Ages 7-10 **Latcham Hall** **\$144**

Children will learn the basics of navigating the kitchen, explore new and interesting flavours, and enjoy the aroma of this exciting program. They'll need to bring their appetite so they can enjoy the fruits of their labour!

Dates	Day	Time	Code
Jan 11 - Mar 7	Thu	7:15 PM - 8:15 PM	29845

Learn to Play: Ringette

Ages 5-10 **Stouffville Clippers Sports Complex** **\$94.50**

Learn to Play Ringette is designed to teach children with little or no experience how to skate, while developing ringette skills at their own pace. As skating skills improve children will learn some of the fundamentals of ringette, with an emphasis on fun and games that promote balance, agility and strengthening. Ringette promotes teamwork, fun, fitness and friendship! This program is offered in partnership with Markham Stouffville Ringette Association. Prerequisite: Children must be able to participate in a group setting without assistance from parents. Participants are required to have their own hockey skates. All children must wear a Canadian Standard Association (C.S.A) approved hockey helmet with a cage and face mask. Warm clothing like snowpants, including mitts or gloves, is recommended. Ringette sticks will be supplied.

Dates	Day	Time	Code
Jan 13 - Mar 9	Sat	8:00 AM - 9:00 AM	29846



Skating Lessons: Child

Stouffville Clippers Sports Complex **\$85.05**

This beginner level skating program is designed to introduce basic skating skills. Children will gain confidence through a variety of games and activities with a focus on skating fundamentals including starting, stopping, balancing and gliding. *Please see the information box below to learn more about equipment requirements.*

Ages 6-8

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	4:15 PM - 5:05 PM	29880

Ages 9-12

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	4:15 PM - 5:05 PM	29881



Please come prepared for your Skating Lessons

Participants must have their own skates and be able to comfortably stand on their skates (without the use of a skate bar/aid). Children should be able to work independently (free from parents) in a group setting.

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

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

Note

Skating Lessons: Family



Ages 3+ **Stouffville Arena** **\$42**

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

Holiday Break

Dates	Day	Time	Code
Jan 2 - Jan 5	Tue - Fri	12:00 PM - 12:45 PM	29874

Sportball: Multi-sport

Ages 6-8 **Stouffville Arena**

In this fun, stress-free, and non-competitive setting, children learn the fundamentals of 8 different sports. This class keeps children moving and engaged and sends them home with a new skill each week. If you're looking for a way to give your child a well-rounded sports foundation that promotes their independence and leaves room for specialization later, look no further. This program is offered in partnership with Sportball. Cost includes a ball and carrying bag. Location subject to change.

Session 1 **\$191.50**

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	6:30 PM - 7:30 PM	30821

Session 2 **\$172**

Dates	Day	Time	Code
Jan 14 - Mar 10	Sun	10:45 AM - 11:45AM	29860



Taekwon-Do

Ages 7-12 Harry Bowes Public School **\$246**

Kids have a lot of energy! This training gives them a healthy outlet while having fun, staying fit and learning focus, integrity, and confidence. This program is delivered in partnership with Woodbridge Taekwon-Do Inc. as part of the International ChangHon Taekwon-Do Federation. Uniforms are required for this program and are purchased from the instructors for the first two weeks of class. The cost of the uniform is \$85. Testing fees for level completion are an additional charge.

White Belt

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	29887

Yellow Stripe

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	29891

Yellow Belt

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	29889

Green Stripe

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	29884

Green Belt

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	29882



Blue Stripe

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	30770

Blue Belt

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	30772

PA days & camps

Winter Break Camps

Skating Camp

Ages 7-12 Stouffville Arena **\$240**

Ring in the New Year with our new Winter Break Skating Camp! This beginner level program is designed to introduce basic skating skills. Campers will gain confidence through a variety of games and activities with a focus on skating fundamentals including starting, stopping, balancing and gliding. Off-ice activities includes games, crafts and much more.

Dates	Day	Time	Code
Jan 2 - 5	Tues - Fri	8:00 AM - 4:00 PM	29092



PA Day Camps

NEW

Woodsy Wonders

Ages 6-12 Whitchurch-Stouffville Museum **\$70**

Did you know there are more than 23,000 types of trees? Spend the day exploring the Museum while learning all about wood, what it's used for, and who uses it - from termites to beavers!

Dates	Day	Time	Code
Jan 19	Fri	9:00 AM - 4:00 PM	30792

NEW

Exploring Winter

Ages 6-12 Whitchurch-Stouffville Museum **\$70**

The smell of wood smoke, the sounds of snow crunching under your feet - use your senses to explore winter with themed crafts and activities, all while visiting the Museum's exhibits, historic buildings, and outdoor spaces.

Dates	Day	Time	Code
Feb 2	Fri	9:00 AM - 4:00 PM	30793

Ooey Goey Science

Ages 6-12 Leisure Centre **\$80**

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

Dates	Day	Time	Code
Feb 2	Fri	8:00 AM - 5:00 PM	29871

Note

Programs will not run on Monday, February 19, for Family Day



March Break Camps



Mini Camp

Ages 4-6 Latcham Hall **\$270**

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

Dates	Day	Time	Code
Mar 11 - 15	Mon - Fri	9:00 AM - 4:00 PM	29981

Sports Camp

Ages 6-12 WS Leisure Centre **\$270**

This camp is for the camper who loves everything sports! Soccer, basketball, pickleball, adapted sport and much more! Campers will engage in a wide-range of opportunities throughout the session, as well as collaborative games and activities.

Dates	Day	Time	Code
Mar 11 - 15	Mon - Fri	9:00 AM - 4:00 PM	29980

NEW

Woodland Wonders

Ages 6-12 Whitchurch-Stouffville Museum **\$270**

Spend the week learning about the wonderful world of woodlands. Learn about the animals living in the forest, what happens in spring, and how maple syrup is made!

Dates	Day	Time	Code
Mar 11-15	Mon - Fri	9:00 AM - 4:00 PM	30795

NEW

Behind the Curtain: Discover Drama & STEAM

Ages 8-14 19 on the Park **\$350**

Split your time between 19 on the Park Theatre and the Whitchurch-Stouffville Public Library for this new and exciting collaborative March Break Camp! In this camp, participants will design and discover all the ways that drama puts the arts in STEAM. Activities include prop and costume design, storyboarding, graphic design, puppetry and more! Learning new skills and working on reinforcing learned skills, participants will use what they learn to put on a live show on Friday afternoon at 3:30 pm for the entire family to attend and enjoy! Each day will begin and end at 19 on the Park.

Dates	Day	Time	Code
Mar 11 - 15	Mon - Fri	9:00 AM - 4:00 PM	30796



youth ages 11 - 18



Basketball: Get in the Game

Ages 11-16 Leisure Centre **\$70**

Does your child dream of shooting like NBA star Steph Curry? Perhaps they want to make the team at school or join a league. Whatever their goal, this program is designed to help them improve and develop their skills as a beginner, expand their abilities, build confidence on the court, and have fun! Indoor running shoes and active wear are required.

Dates	Day	Time	Code
Jan 11 - Feb 08	Thu	6:30 PM - 7:30 PM	30834
Feb 22 - Mar 28	Thu	6:30 PM - 7:30 PM	30833

Basketball: Skill Development Clinic

Ages 11-17 Leisure Centre **\$95**

Focus on advanced skill development through intense training sessions. Our coaches provide opportunities in one-to-one and small group settings to improve your youth's game. Perfect for the intermediate or advanced player intending to level up their basketball game. Indoor running shoes and active wear are required.

Dates	Day	Time	Code
Jan 11 - Feb 08	Thu	7:30 PM - 8:30 PM	30836
Feb 22 - Mar 28	Thu	7:30 PM - 8:30 PM	30835

Learn, Cook & Dine!

Ages 11-18 Latcham Hall **\$100**

Travel around the globe through cooking in this delicious program. Youth will learn the basics of navigating the kitchen, explore new and interesting flavours, and enjoy the aroma of this exciting program. They'll need to bring their appetite so they can enjoy the fruits of their labour!

Dates	Day	Time	Code
Jan 9 - Feb 6	Tue	6:00 PM - 8:00 PM	29989

Masterchef Junior

Ages 11-18 Latcham Hall **\$120**

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

Dates	Day	Time	Code
Feb 20 - Mar 26	Tue	6:00 PM - 8:00 PM	29990



Note Programs will not run on Monday, February 19, for Family Day



Volleyball: Get in the Game

Ages 11-16 Leisure Centre \$70

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

Dates	Day	Time	Code
Jan 15 - Feb 12	Mon	6:00 PM - 7:00 PM	30846
Feb 26 - Mar 18	Mon	6:00 PM - 7:00 PM	30847

Volleyball: Skill Development Clinic

Ages 11-17 Leisure Centre \$80

Dominate the court with this next-level program that focuses on advanced skill development through intense training sessions. Coaches provide one-to-one and small group coaching to improve your youth's volleyball game. Designed for the intermediate or advanced player who wants to land that spot on the team or become their team's MVP! Indoor running shoes and active wear are required.

Dates	Day	Time	Code
Jan 15 - Feb 12	Mon	7:00 PM - 8:00 PM	30848
Feb 26 - Mar 18	Mon	7:00 PM - 8:00 PM	30849



Workshop: Resume & Cover Letters

Ages 11-17 Leisure Centre \$15

Join us in developing your resume and cover letter that will help you stand out among the crowd!

Dates	Day	Time	Code
Jan 16	Tue	7:30 PM - 9:00 PM	29997
Mar 19	Tue	7:30 PM - 9:00 PM	29998



Note

The more the merrier!

Know someone who might enjoy joining a workshop or program with you? Encourage them to sign up too!

Taekwon-Do

Ages 13-18 Harry Bowes Public School \$246

Kids have a lot of energy! This training gives them a healthy outlet while having fun, staying fit and learning focus, integrity, and confidence. This program is delivered in partnership with Woodbridge Taekwon-Do Inc. as part of the International ChangHon Taekwon-Do Federation. Uniforms are required for this program and are purchased from the instructors for the first two weeks of class. The cost of the uniform is \$85. Testing fees for level completion are an additional charge.

White Belt

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	29888

Yellow Stripe

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	29892

Yellow Belt

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	29890

Green Stripe

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	29885

Green Belt

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	29883

Top 5 Reasons to start volunteering today

#1 It's rewarding

Volunteering gives you a chance to discover new things about yourself but also by getting involved where you live you can learn more about your community and its resources.

#2 Giving back feels good.

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

#3 Good for your health.

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

#4 It can boost your career.

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

#5 It saves money.

By saving money with volunteers, organizations have more money to invest in their programming or cause.

Note

Blue Stripe

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	30771

Blue Belt

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

Dates	Day	Time	Code
Jan 9 - Mar 7	Tue & Thu	7:00 PM - 8:00 PM	30773

Adult Hockey: Get in the Game

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

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

Dates	Day	Time	Code
Jan 17 - Mar 6	Wed	9:00 AM - 10:00 AM	30007

19 on the Park

Come see what the theatre has to offer this season!

Step into the spotlight at 19 on the Park, your local haven for captivating performances and unforgettable entertainment!

Turn to page 70 to discover more about our upcoming shows and events or visit us online at 19onthepark.ca.

Secure your tickets today and be part of the applause!



Adult Indoor Volleyball League

Ages 16+ **\$125**

Volleyball enthusiasts: grab your kneepads and join our Fall Indoor Volleyball League for Monday nights of 6-on-6 social and active fun!

Recreational Leisure Centre

Dates	Day	Time	Code
Jan 15 - May 13	Mon	8:00 PM - 10:00 PM	30024

Competitive Stouffville District SS

Dates	Day	Time	Code
Jan 16 - May 14	Tue	6:00 PM - 10:00 PM	30008

We're branching out to offer a new Intermediate league on Friday nights from 7:15pm - 9pm at the WS Leisure Centre Gymnasium. Grab your kneepads and join our Winter Indoor Volleyball League on Friday nights of 6-on-6 social and active fun for INTERMEDIATE players!

NEW - Intermediate Leisure Centre

Dates	Day	Time	Code
Jan 19 - May 10	Fri	7:30 PM - 9:00 PM	30830

Learn to Play: Pickleball

Ages 18+ Leisure Centre

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

Dates	Day	Time	Code
Jan 12 - Mar 8	Fri	11:00 AM - 12:15 PM	30005 \$108
Jan 14 - Feb 11	Sun	1:45 PM - 3:00 PM	30003 \$60
Feb 25 - Mar 24	Sun	1:45 PM - 3:00 PM	30004 \$60

Pickleball: Level 2 Drills

Ages 18+ Leisure Centre **\$117**

Are you interested in expanding your current Pickleball skills? You will learn the finer points of play and game etiquette while having fun with other intermediate players. Sporting equipment will be provided.

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	12:00 PM - 1:30 PM	30006



Wine and Paint Night

Ages 19+ Latcham Art Centre **\$30**

Enjoy a relaxing setting with a brush and a glass and take pride in your growing painting skills at the Latcham Art Centre. Supplies provided along with an instructor who will guide you during your new favorite night out. This is a 19+ event with wine available for purchase - government issued ID is required.

Dates	Day	Time	Code
Feb 22	Thu	7:00 PM - 9:00 PM	30022
Mar 28	Thu	7:00 PM - 9:00 PM	30023

Trivia Night

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

A full-service, fun Trivia Challenge event at 19 on the Park with your friends to take bragging rights! Prizes for trivia champions and raffle draws throughout for more excitement! Alcohol service available for purchase on-site.

Dates	Day	Time	Code
Feb 8	Thu	7:30 PM - 9:30 PM	30019
Mar 7	Thu	7:30 PM - 9:30 PM	30020
Apr 11	Thu	7:30 PM - 9:30 PM	30021


Note


Please note that HST applies to all adult & family programs


older adult

Embrace the vitality of life at the Stouffville 55+ Club!

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

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

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

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

Visit townofws.ca/55plus for more details.

55+ Hearing Clinic

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

Register for a free appointment with an audiologist from HEAR Canada for hearing loss screening, hearing aid battery change and ear wax removal. Spaces are limited. Register by visiting the front desk of 6240 Main Street or emailing 55plus@townofws.ca. Your appointment time will be confirmed by phone one week in advance.

Dates	Day	Time
Jan 4	Thu	9:30 AM - 12:00 PM
Feb 1	Thu	9:30 AM - 12:00 PM
Mar 7	Thu	9:30 AM - 12:00 PM

Afternoon Book Club

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

There's nothing better than a good book to engage conversation and meet new friends. Book of the month will be determined by the group prior to meeting in person at 6240. This activity is supported by 55+ Club Membership. Registration is required.

Book Club 1

Dates	Day	Time	Code
Jan 26	Fri	1:30 PM - 3:00 PM	30689
Feb 23	Fri	1:30 PM - 3:00 PM	30690
Mar 22	Fri	1:30 PM - 3:00 PM	30691

Book Club 2

Dates	Day	Time	Code
Jan 19	Fri	1:30 PM - 3:00 PM	30692
Feb 16	Fri	1:30 PM - 3:00 PM	30693
Mar 15	Fri	1:30 PM - 3:00 PM	30694

Book Club 3

Dates	Day	Time	Code
Jan 12	Fri	1:30 PM - 3:00 PM	30883
Feb 9	Fri	1:30 PM - 3:00 PM	30884
Mar 8	Fri	1:30 PM - 3:00 PM	30885



Note Please note that HST applies to all adult & family programs



Baking Blitz

Ages 55+ 6240 Main Street **\$105 members**
\$126 non-members

Practice tried and true techniques while experimenting with new skills in the kitchen. These classes will be a social, hands-on opportunity for group collaboration and creativity, all with delicious results.

Dates	Day	Time	Code
Jan 11 - Feb 15	Thu	7:00 PM - 9:00 PM	30695
Feb 22 - Mar 28	Thu	7:00 PM - 9:00 PM	30696

Chair Yoga

Ages 55+ 6240 Main Street **\$52.50 members**
\$62.50 non-members

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

Dates	Day	Time	Code
Jan 9 - Feb 13	Tue	9:45 AM - 10:45 AM	30697
Feb 20 - Mar 26	Tue	9:45 AM - 10:45 AM	30698
Jan 11 - Feb 15	Thu	9:45 AM - 10:45 AM	30699
Feb 22 - Mar 28	Thu	9:45 AM - 10:45 AM	30700

Cooking for Happiness & Health

Ages 55+ 6240 Main Street **\$105 members**
\$126 non-members

Get creative in the kitchen and learn to plan and cook tasty meals which will support a healthy lifestyle.

Dates	Day	Time	Code
Jan 8 - Feb 12	Mon	10:00 AM - 12:00 PM	30701
Feb 26 - Mar 25*	Mon	10:00 AM - 12:00 PM	30702

*Five week session \$115.50 | \$96.25 (55+ Club Members)


DIY Crafty Creations

Ages 55+ 6240 Main Street **\$52.50 members**
\$62.50 non-members

Experiment with both new and familiar crafting techniques and learn how to upcycle common objects into art pieces and home décor.

Dates	Day	Time	Code
Jan 9 - Feb 13	Tue	10:00 AM - 11:00 AM	30705
Feb 20 - Mar 26	Tue	10:00 AM - 11:00 AM	30706



Note Programs will not run on Monday, February 19, for Family Day 

Evening Book Club

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

There's nothing better than a good book to engage conversation and meet new friends. Book of the month will be determined by the group prior to meeting in person at 6240. This activity is supported by 55+ Club Membership. Registration is required.

Dates	Day	Time	Code
Jan 24	Wed	7:00 PM - 10:00 PM	30707
Feb 28	Wed	7:00 PM - 10:00 PM	30708
Mar 27	Wed	7:00 PM - 10:00 PM	30709

Forever Fit

Ages 55+ 6240 Main Street **\$52.50 members**
\$62.50 non-members

Cardio components will enhance heart and lung function while strengthening components improve balance, flexibility, bone density and coordination. Great for those that wish to improve and maintain health and wellness.

Dates	Day	Time	Code
Jan 12 - Feb 16	Fri	11:00 AM - 12:00 PM	30710
Feb 23 - Mar 22*	Fri	11:00 AM - 12:00 PM	30711

*Five week session \$52.50 | \$43.75 (55+ Club Members)



Gentle Yoga

Ages 55+ 6240 Main Street **\$52.50 members**
\$62.50 non-members

A gentle class for those who can get up and down from the floor. All are welcome - beginners through to intermediate. Modifications are offered for each posture, based on your level of yoga experience, mobility and flexibility. Participants should bring a mat with them to each class.

Dates	Day	Time	Code
Jan 9 - Feb 13	Tue	8:30 AM - 9:30 AM	30712
Feb 20 - Mar 26	Tue	8:30 AM - 9:30 AM	30713
Jan 11 - Feb 15	Thu	8:30 AM - 9:30 AM	30714
Feb 22 - Mar 28	Thu	8:30 AM - 9:30 AM	30715



NEW

Karate in Motion

Ages 55+ 6240 Main Street **\$52.50 members**
\$62.50 non-members

Work on improving balance and coordination in this beginner fitness class, based around principles and movement common to karate practice.

Dates	Day	Time	Code
Jan 9 - Feb 13	Tue	1:00 PM - 2:00 PM	30774
Feb 20 - Mar 26	Tue	1:00 PM - 2:00 PM	30775

Save big on winter programming by signing up for a FREE 55+ membership!

Note

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

Stay busy this winter and get your membership today!

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

Line Dancing

Ages 55+ 6240 Main Street **\$52.50 members**
\$62.50 non-members

Traditional line dancing based on ballroom style steps, is a gentle and fun way to exercise your body and mind while making new friends! The music is lively and upbeat - you'll have so much fun you won't even realize you're exercising!

Beginner

Dates	Day	Time	Code
Jan 10 - Feb 14	Wed	12:00 PM - 1:00 PM	30716
Feb 21 - Mar 27	Wed	12:00 PM - 1:00 PM	30717

Intermediate

Dates	Day	Time	Code
Jan 10 - Feb 14	Wed	1:00 PM - 2:00 PM	30718
Feb 21 - Mar 27	Wed	1:00 PM - 2:00 PM	30719

Osteo Fit

Ages 55+ 6240 Main Street **\$52.50 members**
\$62.50 non-members

If you have been diagnosed with bone degeneration, this class has been developed with your needs in mind. This low impact cardio class includes weight bearing exercises and resistance conditioning to help support your bone mass and density.

Dates	Day	Time	Code
Jan 8 - Feb 12	Mon	11:00 AM - 12:00 PM	30720
Feb 26 - Mar 25*	Mon	11:00 AM - 12:00 PM	30721

*Five week session \$52.50 | \$43.75 (55+ Club Members)

NEW

Pilates Restore

Ages 55+ 6240 Main Street **\$52.50 members**
\$62.50 non-members

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

Dates	Day	Time	Code
Jan 12 - Feb 16	Fri	9:30 AM - 10:30 AM	30748
Feb 23 - Mar 22*	Fri	9:30 AM - 10:30 AM	30749

*Five week session \$52.50 | \$43.75 (55+ Club Members)



Practice Bridge

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

These sessions provide an opportunity for those who know some basics of contract bridge to brush up on bidding and playing skills. Participants may join at any time and are encouraged to register to aid in class planning.

Dates	Day	Time	Code
Jan 11 - Mar 28	Thu	10:00 AM - 11:30 AM	30752

NEW

Seated Fitness: Strength & Balance

Ages 55+ **\$52.50 members**
6240 Main Street **\$62.50 non-members**

Build strength and muscle tone while also working towards improving balance and stability, all from a seated position. This class is appropriate for individuals who may require assistive devices for mobility.

Dates	Day	Time	Code
Jan 11 - Feb 15	Thu	11:00 AM - 12:00 PM	30722
Feb 22 - Mar 28	Thu	11:00 AM - 12:00 PM	30723



Stretch 'n' Core

Ages 55+ **\$52.50 members**
6240 Main Street **\$62.50 non-members**

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

Dates	Day	Time	Code
Jan 10 - Feb 14	Wed	11:00 AM - 12:00 PM	30726
Feb 21 - Mar 27	Wed	11:00 AM - 12:00 PM	30727

55+ Drop-in Programs

Note



Become a member and join us at 6240 Main Street for a variety of drop-in activities that suit your interests and lifestyle.

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

Tap Dancing

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

Join in and learn to tap your toes and share the joy of dance. All are welcome to come and learn together. Hard soled shoes are required for this activity. Tap shoes are not mandatory. This activity is adapted for participants to sit while taking part. While this is a "drop-in" activity, registration is strongly encouraged.

Seated

Dates	Day	Time	Code
Jan 9 - Mar 26	Tue	11:00 AM - 11:30 PM	30746

Standing

Dates	Day	Time	Code
Jan 9 - Mar 26	Tue	11:30 AM - 12:00 PM	30747



Yoga: for Relaxation

Ages 55+ **\$52.50 members**
6240 Main Street **\$62.50 non-members**

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

Dates	Day	Time	Code
Jan 9 - Feb 13	Tue	7:00 PM - 8:00 PM	30730
Feb 20 - Mar 26	Tue	7:00 PM - 8:00 PM	30731

Yoga: Tamil Language Supported

Ages 55+ **\$30 members**
6240 Main Street **\$36 non-members**

All are welcome for this traditional yoga class - beginners through to intermediate. Modifications are offered for each posture, based on your level of yoga experience, mobility and flexibility. Instructor will provide teaching support in English and Tamil. Participants should bring a mat with them to each class. *Specially priced large group class.

Dates	Day	Time	Code
Jan 7 - Feb 11	Sun	9:45 AM - 10:45 AM	30732
Feb 18 - Mar 24	Sun	9:45 AM - 10:45 AM	30733

fitness club

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

Hours of Operation

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

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

Membership plans let you customize a wellness plan that best meets your needs.

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

Membership	Single Visit	10 Visits	Monthly	3 Month	1 Year
Student full-time (12-25)	\$8.25	\$72.00	\$39.50	\$118.00	\$428.00
Adult (18+)	\$10.75	\$92.00	\$52.50	\$157.25	\$570.50
Senior (60+)	\$8.25	\$72.00	\$39.50	\$118.00	\$428.00

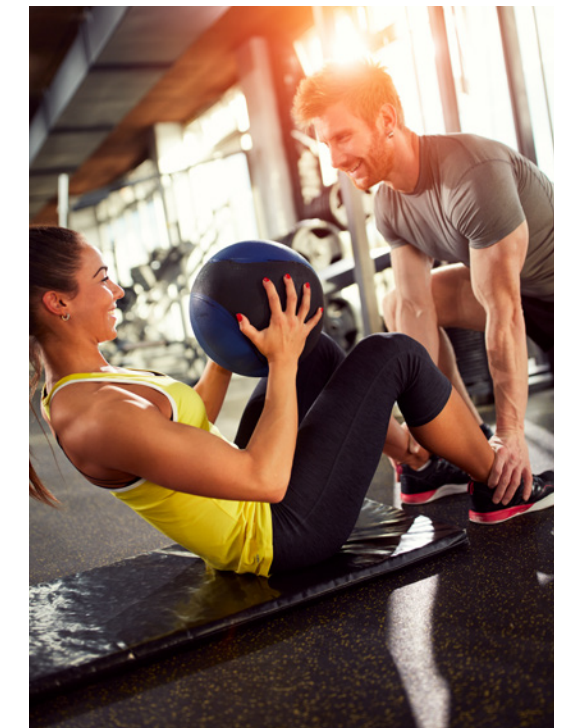
*Prices include tax

Certified Personal Training

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

# of sessions	30 Minute	60 Minute
1	\$39.50	\$62.00
5	\$189.00	\$295.00
10	\$350.00	\$560.00

*Prices include tax



Group Fitness, Cycle Fit & Aquafit Classes

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

fitness programs

Family

NEW

Cycle Fit: Family

Ages 10+ **\$50 per person**
Leisure Centre **\$100 per family**

For the family with a more adventurous side. Join us on a stationary cycling journey like no other. Varied tempo and intensity levels allow each participant to challenge themselves but stay with the group. Cruise in the saddle, sprint or stand to climb hills as you make your journey with upbeat music.

Dates	Day	Time	Code
Jan 6 - Feb 3	Sat	10:30 AM - 11:20 AM	30047
Feb 10 - Mar 9	Sat	10:30 AM - 11:20 AM	30048



Note

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



NEW

Mom & Babies: Boot Camp

Ages 18+ Leisure Centre **\$40**

Bring your baby with you to class and enjoy the company of other new moms. This fun class uses simple athletic moves to build strength, improve coordination, posture and energy.

Dates	Day	Time	Code
Jan 8 - 29	Mon	11:30 AM - 12:30 PM	30052
Feb 5 - Mar 4	Mon	11:30 AM - 12:30 PM	30053

NEW

Mom & Babies: Yogalates

Ages 18+ Leisure Centre **\$50**

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

Dates	Day	Time	Code
Jan 10 - Feb 7	Wed	11:30 AM - 12:30 PM	30054 \$50
Feb 14 - Mar 6	Wed	11:30 AM - 12:30 PM	30055 \$40



Note

Please note that HST applies to all adult & family programs

Sporty Moms & Babies

Ages 18+ Leisure Centre

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

Dates	Day	Time	Code
Jan 9 - Feb 6	Tue	11:30 AM - 12:30 PM	30389 \$50
Jan 11 - Feb 8	Thu	11:30 AM - 12:30 PM	30388 \$50
Feb 13 - Mar 5	Tue	11:30 AM - 12:30 PM	30685 \$40
Feb 15 - Mar 7	Thu	11:30 AM - 12:30 PM	30684 \$40

NEW

Yoga: Family

Ages 6+ **\$50 per person**
Leisure Centre **\$100 per family**

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

Dates	Day	Time	Code
Jan 7 - Feb 4	Sun	10:30 AM - 11:20 AM	30498
Feb 11 - Mar 10	Sun	10:30 AM - 11:20 AM	30499



Note

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

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

Youth & Adult

Cardio Kickboxing

Ages 12+ Leisure Centre **\$40**

This exciting, progressive class will have you kicking and punching your way to better fitness. Our instructor will work on your technique and provide modifications to ensure the enjoyment and safety of the whole class. Each session is comprised of a warm-up, shadow boxing, agility sequence, and a resistance circuit with bag and pad work.

Dates	Day	Time	Code
Jan 8 - 29	Mon	5:30 PM - 6:20 PM	30753
Feb 5 - Mar 4	Mon	5:30 PM - 6:20 PM	30754



Cardio Salsa

Ages 12+ Ballantrae Field House

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

Dates	Day	Time	Code
Jan 9 - Feb 6 \$50	Tue	6:30 PM - 7:20 PM	30750
Feb 13 - Mar 5 \$40	Tue	6:30 PM - 7:20 PM	30751

Chair Yoga

Ages 12+ Leisure Centre

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

Dates	Day	Time	Code
Jan 10 - Feb 7 \$50	Wed	10:30 AM - 11:20 AM	30886
Feb 14 - Mar 6 \$40	Wed	10:30 AM - 11:20 AM	30887

NEW

Introduction to Salsa

Ages 16+ 19 on the Park **\$105**

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

Dates	Day	Time	Code
Jan 23 - Mar 12	Tue	7:00 PM - 8:00 PM	30803



Learn to Run

Ages 18+ Leisure Centre

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

Dates	Day	Time	Code
Jan 9 - Feb 6 \$50	Tue	6:30 PM - 7:30 PM	30051
Feb 13 - Mar 5 \$40	Tue	6:30 PM - 7:30 PM	30683

NEW

Sport Conditioning: Faster, Higher, Stronger

Ages 12-15 Leisure Centre **\$40**

Perfect for all athletes looking to improve stamina, strength and power. Classes will start with spin to increase endurance, power, and quickness and will finish with a strength workout using body weight exercises, tubing and light dumbbells.

Dates	Day	Time	Code
Jan 8 - 29	Mon	5:15 PM - 6:15 PM	30386
Feb 5 - Mar 4	Mon	5:15 PM - 6:15 PM	30387

Note

Programs will not run on Monday, February 19, for Family Day



NEW

Tai Chi

Ages 16+ 19 on the Park **\$75**

Centre yourself with Tai Chi this winter. This 6-session class will run twice a week and introduce you to the mind-body qualities of Tai Chi, an exercise that combines movement, meditation and deep breathing.

Dates	Day	Time	Code
Jan 30- Feb 15	Tue & Thu	9:30 AM - 10:30 AM	30804



NEW

TeenFit for Life

Ages 10-15 Leisure Centre **\$50**

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

Dates	Day	Time	Code
Jan 6 - Feb 3	Sat	10:30 AM - 11:30 AM	30495
Jan 11 - Feb 8	Thu	6:20 PM - 7:20 PM	30989
Feb 10 - Mar 9	Sat	10:30 AM - 11:30 AM	30496
Feb 15 - Mar 7	Thu	6:20 PM - 7:20 PM	30990

Note

In need of inspiration?

Studies also prove that physical activity boosts creativity and mental energy. Grab your running shoes, that next big idea could be just a workout away.



Together In Movement & Exercise

Ages 18+ Leisure Centre **\$90**

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

Dates	Day	Time	Code
Jan 11 - Mar 7	Thu	1:00 PM - 2:00 PM	30497

Youth Fitness Orientation

Ages 12-15 Leisure Centre **\$30**

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

Dates	Day	Time	Code
Jan 11 & 18	Thu	7:00 PM - 8:30 PM	30501
Jan 13 & 20	Sat	1:30 PM - 3:00 PM	30506
Jan 14 & 21	Sun	1:30 PM - 3:00 PM	30511
Jan 25 & Feb 1	Thu	7:00 PM - 8:30 PM	30502
Jan 27 & Feb 3	Sat	1:30 PM - 3:00 PM	30507
Jan 28 & Feb 4	Sun	1:30 PM - 3:00 PM	30512
Feb 8 & 15	Thu	7:00 PM - 8:30 PM	30503
Feb 10 & 17	Sat	1:30 PM - 3:00 PM	30508
Feb 11 & 18	Sun	1:30 PM - 3:00 PM	30513
Feb 22 & 29	Thu	7:00 PM - 8:30 PM	30778
Feb 24 & Mar 2	Sat	1:30 PM - 3:00 PM	30781
Feb 25 & Mar 3	Sun	1:30 PM - 3:00 PM	30784
Mar 7 & 14	Thu	7:00 PM - 8:30 PM	30779
Mar 9 & 16	Sat	1:30 PM - 3:00 PM	30782
Mar 10 & 17	Sun	1:30 PM - 3:00 PM	30785
Mar 21 & 28	Thu	7:00 PM - 8:30 PM	30780
Mar 23 & 30	Sat	1:30 PM - 3:00 PM	30783

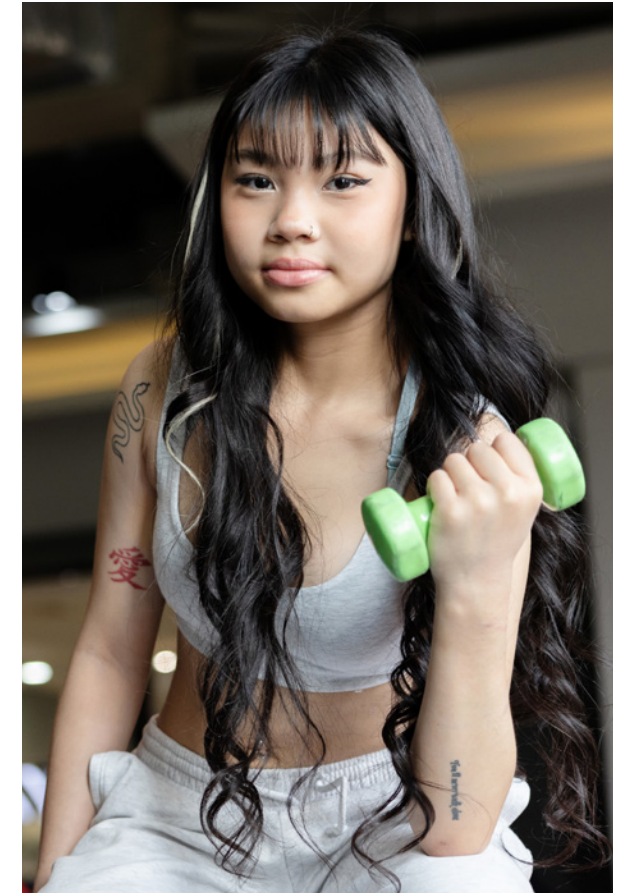


Youth Fitness Drop-in

Ages 12-15 Leisure Centre **\$60**

Get off the couch and start being active! The program is available Friday, Saturday and Sunday but you choose the days that you want to come. Our CSEP certified fitness staff will oversee the program and be on hand to help you set goals and create your own personal work out routine. For those wanting to take part in the program, who have not completed a session of the Youth Fitness Program, 3 orientation visits will be scheduled at the beginning of the program prior to drop-in. Whether you have a specific goal, like training for a sport, or are just looking to get out and get active, this program is for you.

Dates	Day	Time	Code
Jan 12 - Mar 30	Fri	6:00 PM - 9:00 PM	30500
	Sat	1:00 PM - 5:00 PM	
	Sun	1:00 PM - 5:00 PM	



Yoga: Hatha Style

Ages 12+ Ballantrae Field House

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

Dates	Day	Time	Code
Jan 9 - Feb 6	Tue	7:30 PM - 8:20 PM	30755 \$50
Feb 13 - Mar 5	Tue	7:30 PM - 8:20 PM	30756 \$40

Note

Please note that HST applies to all adult & family programs

Whitchurch-Stouffville Museum & Community Centre

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

Hours:

Wednesday – Saturday

10:00 AM – 4:00 PM

Questions?

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



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

Since opening in 1971, the site has grown from the original museum building - the Bogartown Schoolhouse (1857) - and now includes six historic buildings, exhibition galleries, and modern amenities.

With engaging exhibits, interactive programs, and a collection of over 18,000 artifacts, the Whitchurch-Stouffville Museum is a must-visit destination.

Admission is FREE!

Visit wsmuseum.ca for open hours, upcoming events, virtual exhibits, and more!

Local Research

If you are interested in researching your family history or the history of a heritage home in our Town, staff would be happy to provide access to the historic documents and photographs in our archives. The Research Room is available by appointment only. Contact staff at wsmuseum@townofws.ca to book your appointment.

Frosted Forest

Ages 3-12 Whitchurch-Stouffville Museum **\$10**

What happens in the forest during the winter? Enjoy a sneak peek inside the new forest-themed exhibit. This staff-led program will include themed activities and crafts. Required adult chaperones free.

Dates	Day	Time	Code
Jan 27	Sat	12:30 PM - 2:00 PM	30794



Family Day at the Museum

All Ages Whitchurch-Stouffville Museum **Free**

Enjoy family fun at the Museum this Family Day weekend! Tour the Museum, try snowshoeing (weather permitting), create crafts, see the new forest-themed exhibit, and more.

Dates	Day	Time
Feb 17	Sat	10:00 AM - 4:00 PM



Easter Hoppings

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

Hop on by in celebration of Easter. Go on an Easter egg hunt throughout the Museum's heritage buildings, snap a pic at the photo station, create a themed craft, play Victorian lawn games, explore exhibit galleries & more! NOTE: Only children need to be registered for this event. All children must be accompanied by an adult (adults do not require a ticket).

Dates	Day	Time	Code
Mar 30	Sat	10:00 AM - 1:00 PM	30859



Note

Spend PA Days and March Break at the Museum!

Flip to pages 21 and 22 to learn more!

Build your own Snowman!

Decorate the snowman below to get him ready for the chilly winter! Will yours have its own scarf, hat, or mittens? Let your creativity run wild!



Once your snowman is complete, share your creation with us on social media by tagging @townofws

aquatic centre

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

Hours:

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



Membership plans let you customize a wellness plan that best meets your needs.

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

Membership	Single Visit	10 Visits	Monthly	3 Month	1 Year
Tot (5 Years and under)	\$2.25	\$20.25	\$10.00	\$29.25	\$109.25
Student full-time (6-25)	\$4.50	\$40.00	\$22.50	\$65.25	\$247.00
Adult (18+)	\$6.50	\$60.00	\$33.50	\$97.00	\$368.25
Senior (60+)	\$4.50	\$40.00	\$22.50	\$65.25	\$247.00
Family	\$12.50	\$112.00	\$63.00	\$180.50	\$692.25

*Prices include tax

Swim for Life: Programming Guide & Checklist


Splish, Splash, Safety:

Dive into Fun, Swim with Care!

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

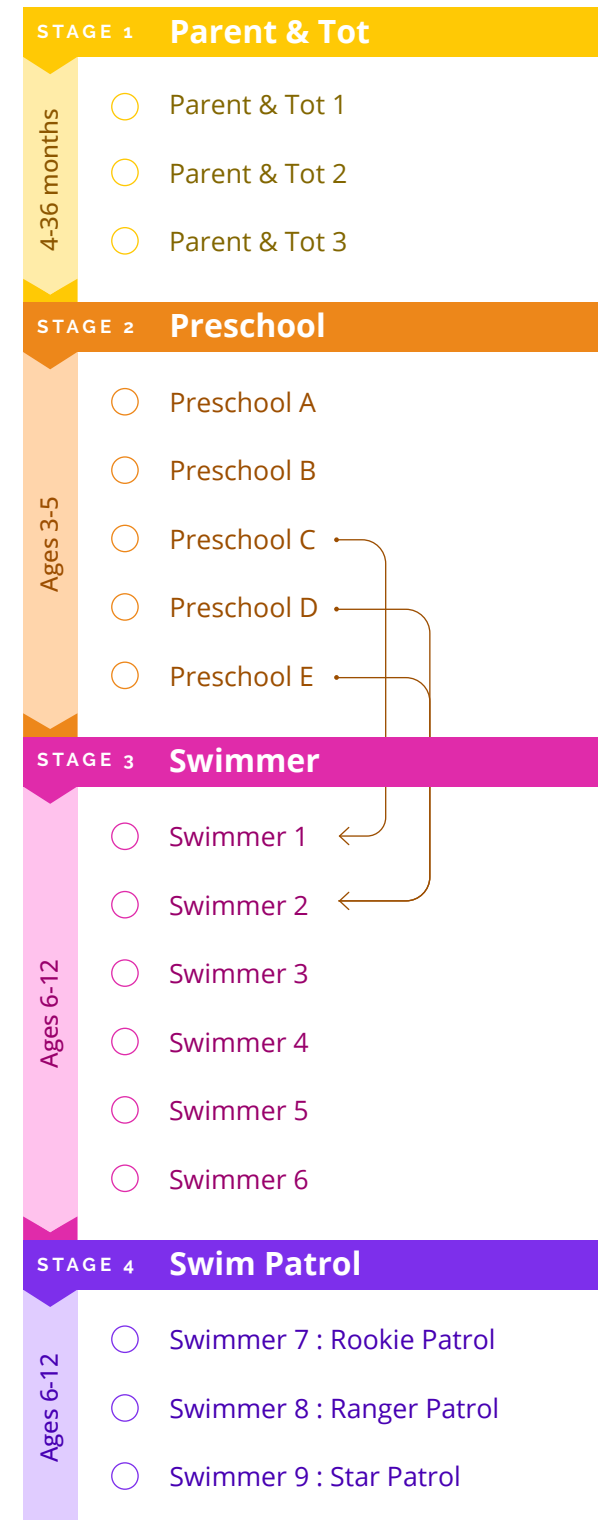
- 1. Learn to Swim:** Take some time to learn basic swimming skills and become comfortable in the water. It'll be a lot of fun!
- 2. Stick to Designated Areas:** Swim in places where there are lifeguards or signs saying it's safe. They're there to help you stay safe!
- 3. Buddy Up:** Swimming with a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

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



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

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



Youth Leadership (Ages 6-12)

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

Flip to page 64 to see what other leadership programs we have to offer!

Adult/Teen (Ages 13+)

- Adult/Teen 1
- Adult/Teen 2

Note **Parent's days run from February 20th - 26th, 2024**

During the last 5 minutes of the class, the instructor will provide you with your child's progress slip. If you want to take a picture with your child, please ask the Deck Supervisor first.

adapted aquatics



Adapted Aquatics

All Ages Leisure Centre \$150.12

Designed to give individuals with exceptionalities opportunities to experience the benefits of swimming. With the assistance of qualified staff and volunteers, participants will work on improving their comfort in the water in a progressive format based on their needs. swimmer will gather in a positive and supportive environment, while interacting with peers and having fun! Contact leisure.services@townofws.ca for more information on how to register.

Dates	Days	Time	Code
Jan 9 - Mar 5	Tue	7:00 PM - 7:45 PM	30040
Jan 14 - Mar 10	Sun	12:30 PM - 1:15 PM	30039

babies and preschoolers

Parent & Tot: Level 1 & 2

Ages 4-24 months Leisure Centre \$128.88

Parent & Tot 1:

Take your baby to the pool! This level is an introduction to the water for children 3-12 months of age. In-water interaction between parent and child is encouraged to develop water-positive attitudes and skills. Program content includes: entry and exit skills, floats wearing a lifejacket, and kicking. Children will learn through a variety of interactive activities, songs, and games. Maximum 1 child for every parent/guardian.

Parent & Tot 2:

Enjoy the water with your toddler! The skills learned will encourage young children to feel comfortable in the water. The program can also be an introductory swimming course for children who are one to two years old. Children will be encouraged to float with an aid, recover objects below the water's surface, and kick on their front and back, all with the assistance of a parent. Instructors will provide a fun and structured environment to practice safe movements in the water.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	5:30 PM - 6:00 PM	30056
Jan 10 - Mar 6	Wed	5:30 PM - 6:00 PM	30061
Jan 13 - Mar 9	Sat	11:00 AM - 11:30 AM 4:30 PM - 5:00 PM	30057
Jan 14 - Mar 10	Sun	11:00 AM - 11:30 AM	30060

*8 lesson session | \$114.56



Parent & Tot: Level 2 & 3

Ages 12-36 months Leisure Centre \$128.88

Parent & Tot 2:

Enjoy the water with your toddler! The skills learned will encourage young children to feel comfortable in the water. The program can also be an introductory swimming course for children who are one to two years old. Children will be encouraged to float with an aid, recover objects below the water's surface, and kick on their front and back, all with the assistance of a parent. Instructors will provide a fun and structured environment to practice safe movements in the water.

Parent & Tot 3:

Getting more independent and having fun in the water! This program can also be an introductory swimming course for children 22 months to 4 years of age. Children will develop confidence, independence, and comfort in the water. With completion of this level, they will be able to perform jump entries and assisted front and back floats. They will also learn how to recover objects from the bottom of the pool, kick with assistance on their front and back, and be ready to take swimming lessons on their own.

Dates	Days	Time	Code
Jan 9 - Mar 5	Tue	5:30 PM - 6:00 PM	30068
Jan 11 - Mar 7	Thu	5:30 PM - 6:00 PM	30067
Jan 12 - Mar 8	Fri	5:30 PM - 6:00 PM	30062
Jan 13 - Mar 9	Sat	12:00 PM - 12:30 PM	30063
Jan 14 - Mar 10	Sun	12:00 PM - 12:30 PM 4:30 PM - 5:00 PM	30064

Preschool A

Ages 3-5 Leisure Centre \$128.88

Preschoolers will have fun learning to get in and out of the water and start to get comfortable jumping into chest-deep water. They will float and glide on their front and backs, learn to get their faces wet, and blow bubbles underwater.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	5:00 PM - 5:30 PM 6:00 PM - 6:30 PM	30072
Jan 9 - Mar 5	Tue	5:00 PM - 5:30 PM 6:00 PM - 6:30 PM	30088
Jan 10 - Mar 6	Wed	5:00 PM - 5:30 PM 6:00 PM - 6:30 PM	30091
Jan 11 - Mar 7	Thu	5:00 PM - 5:30 PM 6:00 PM - 6:30 PM	30085
Jan 12 - Mar 8	Fri	5:00 PM - 5:30 PM 6:00 PM - 6:30 PM	30069
Jan 13 - Mar 9	Sat	10:30 AM - 11:00 AM 11:30 AM - 12:00 PM 12:30 PM - 1:00 PM 5:00 PM - 5:30 PM	30075
Jan 14 - Mar 10	Sun	10:30 AM - 11:00 AM 11:30 AM - 12:00 PM 12:30 PM - 1:00 PM 5:00 PM - 5:30 PM	30080

*8 lesson session | \$114.56

Note

Programs will not run on Monday, February 19, for Family Day





Preschool B

Ages 3-5 Leisure Centre **\$128.88**

Preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They also begin to submerge and exhale underwater. Wearing a lifejacket, kids will glide both front and back, and learn to kick while on their backs.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	5:00 PM - 5:30 PM	30097
		6:00 PM - 6:30 PM	
Jan 9 - Mar 5	Tue	5:00 PM - 5:30 PM	30113
		6:00 PM - 6:30 PM	
Jan 10 - Mar 6	Wed	5:00 PM - 5:30 PM	30116
		6:00 PM - 6:30 PM	
Jan 11 - Mar 7	Thu	5:00 PM - 5:30 PM	30110
		6:00 PM - 6:30 PM	
Jan 12 - Mar 8	Fri	5:00 PM - 5:30 PM	30094
		6:00 PM - 6:30 PM	
Jan 13 - Mar 9	Sat	10:30 AM - 11:00 AM	30100
		11:30 AM - 12:00 PM	
		12:30 PM - 1:00 PM	
		5:30 PM - 6:00 PM	
		6:00 PM - 6:30 PM	
Jan 14 - Mar 10	Sun	10:30 AM - 11:00 AM	30106
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	

*8 lesson session | \$114.56

Preschool C

Ages 3-5 Leisure Centre **\$128.88**

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

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	5:00 PM - 5:30 PM	30122
		6:00 PM - 6:30 PM	
Jan 9 - Mar 5	Tue	5:00 PM - 5:30 PM	30140
		6:00 PM - 6:30 PM	
Jan 10 - Mar 6	Wed	5:00 PM - 5:30 PM	30143
		6:00 PM - 6:30 PM	
Jan 11 - Mar 7	Thu	5:00 PM - 5:30 PM	30137
		6:30 PM - 7:00 PM	
Jan 12 - Mar 8	Fri	5:00 PM - 5:30 PM	30119
		6:30 PM - 7:00 PM	
Jan 13 - Mar 9	Sat	9:30 AM - 10:00 AM	30125
		12:00 PM - 12:30 PM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
Jan 14 - Mar 10	Sun	9:30 AM - 10:00 AM	30131
		11:30 AM - 12:00 PM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	

*8 lesson session | \$114.56

Preschool D

Ages 3-5 Leisure Centre **\$128.88**

These advanced preschoolers will learn to do solo jumps into deeper water and get out all by themselves. Kids will complete sideways entries, open their eyes underwater, master a short swim wearing a lifejacket, and gliding and kicking on their side.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	5:30 PM - 6:00 PM	30149
		6:30 PM - 7:00 PM	
Jan 9 - Mar 5	Tue	5:30 PM - 6:00 PM	30165
		6:30 PM - 7:00 PM	
Jan 10 - Mar 6	Wed	5:30 PM - 6:00 PM	30168
		6:30 PM - 7:00 PM	
Jan 11 - Mar 7	Thu	5:30 PM - 6:00 PM	30162
		7:00 PM - 7:30 PM	
Jan 12 - Mar 8	Fri	5:30 PM - 6:00 PM	30146
		7:00 PM - 7:30 PM	
Jan 13 - Mar 9	Sat	10:00 AM - 10:30 AM	30152
		12:30 PM - 1:00 PM	
		5:00 PM - 5:30 PM	
		6:30 PM - 7:00 PM	
Jan 14 - Mar 10	Sun	10:00 AM - 10:30 AM	30157
		12:00 PM - 12:30 PM	
		5:00 PM - 5:30 PM	
		6:30 PM - 7:00 PM	

*8 lesson session | \$114.56

Note

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



Preschool E

Ages 3-5 Leisure Centre **\$128.88**

Kids can get more adventurous with a forward roll entry into the pool while wearing a lifejacket and holding their breath underwater for up to 10 seconds. They will practice front and back crawl, interval training, and get a giggle out of whip kick.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	7:00 PM - 7:30 PM	30172
Jan 10 - Mar 6	Wed	7:00 PM - 7:30 PM	30177
Jan 11 - Mar 7	Thu	7:30 PM - 8:00 PM	30175
Jan 12 - Mar 8	Fri	7:30 PM - 8:00 PM	30171
Jan 13 - Mar 9	Sat	11:00 AM - 11:30 AM	30173
Jan 14 - Mar 10	Sun	11:00 AM - 11:30 AM	30174

*8 lesson session | \$114.56

children and youth



Swimmer 1

Ages 6-12 Leisure Centre **\$128.88**

Kids will become comfortable jumping into water with and without lifejackets, learning to open their eyes, exhale, and hold their breath underwater. Students will work on floats, glides, and kicking through the water on their front and back.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	5:30 PM - 6:00 PM	30395
		6:30 PM - 7:00 PM	
Jan 9 - Mar 5	Tue	5:30 PM - 6:00 PM	30415
		6:30 PM - 7:00 PM	
Jan 10 - Mar 6	Wed	5:00 PM - 5:30 PM	30418
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Jan 11 - Mar 7	Thu	5:30 PM - 6:00 PM	30412
		7:00 PM - 7:30 PM	
Jan 12 - Mar 8	Fri	5:30 PM - 6:00 PM	30391
		7:00 PM - 7:30 PM	
		7:30 PM - 8:00 PM	

*8 lesson session | \$114.56

Dates	Days	Time	Code
Jan 13 - Mar 9	Sat	9:30 AM - 10:00 AM	30398
		11:00 AM - 11:30 AM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
		6:30 PM - 7:00 PM	
		Jan 14 - Mar 10	
11:00 AM - 11:30 AM			
12:00 PM - 12:30 PM			
4:30 PM - 5:00 PM			
6:00 PM - 6:30 PM			
6:30 PM - 7:00 PM			



Swimmer 2

Ages 6-12 Leisure Centre **\$128.88**

Jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. Children will be able to support themselves at the surface without an aid, learn whip kick, swim 10m on their front and backs, and be introduced to flutter kick interval training.

Dates	Days	Time	Code
Jan 8 - Mar 4	Mon	5:30 PM - 6:00 PM	30426
		7:00 PM - 7:30 PM	
Jan 9 - Mar 5	Tue	6:30 PM - 7:00 PM	30445
		7:00 PM - 7:30 PM	
		7:30 PM - 8:00 PM	
Jan 10 - Mar 6	Wed	5:30 PM - 6:00 PM	30449
		6:30 PM - 7:00 PM	
		7:00 PM - 7:30 PM	
Jan 11 - Mar 7	Thu	6:30 PM - 7:00 PM	30442
		7:30 PM - 8:00 PM	
Jan 12 - Mar 8	Fri	5:00 PM - 5:30 PM	30422
		6:30 PM - 7:00 PM	
		7:30 PM - 8:00 PM	

*8 lesson session | \$114.56

Dates	Days	Time	Code
Jan 13 - Mar 9	Sat	10:00 AM - 10:30 AM	30429
		12:00 PM - 12:30 PM	
		1:00 PM - 1:30 PM	
		5:00 PM - 5:30 PM	
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
		Jan 14 - Mar 10	
12:00 PM - 12:30 PM			
5:00 PM - 5:30 PM			
5:30 PM - 6:00 PM			
6:30 PM - 7:00 PM			



Parent's days run from February 20th - 26th, 2024

Note

During the last 5 minutes of the class, the instructor will provide you with your child's progress slip. If you want to take a picture with your child, please ask the Deck Supervisor first.

Swimmer 3


Ages 6-12 Leisure Centre \$150.12

Dive in and do in-water front somersaults and handstands! Kids will work on 15m of front and back crawl and 10m of whip kick. Flutter kick interval training increases to 4 x 15m.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	6:00 PM - 6:45 PM	30454
Jan 9 - Mar 5	Tue	5:30 PM - 6:15 PM	30458
Jan 10 - Mar 6	Wed	6:00 PM - 6:45 PM	30459
Jan 11 - Mar 7	Thu	6:15 PM - 7:00 PM	30457
Jan 12 - Mar 8	Fri	6:15 PM - 7:00 PM	30453
Jan 13 - Mar 9	Sat	10:30 AM - 11:15 AM	30455
Jan 14 - Mar 10	Sun	10:30 AM - 11:15 AM	30456

*8 lesson session | \$133.44



Note Programs will not run on Monday, February 19, for Family Day 



Swimmer 3: Small Group

Ages 6-12 Leisure Centre \$169.65

Dive in and do in-water front somersaults and handstands! Kids will work on 15m of front and back crawl and 10m of whip kick. Flutter kick interval training increases to 4 x 15m.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	5:30 PM - 6:00 PM	30343
Jan 9 - Mar 5	Tue	6:30 PM - 7:00 PM	30351
Jan 10 - Mar 6	Wed	5:30 PM - 6:00 PM	30352
Jan 11 - Mar 7	Thu	7:00 PM - 7:30 PM	30350
Jan 12 - Mar 8	Fri	7:00 PM - 7:30 PM	30342
Jan 13 - Mar 9	Sat	12:00 PM - 12:30 PM	30344
		4:30 PM - 5:00 PM	
Jan 14 - Mar 10	Sun	1:00 PM - 1:30 PM	30347
		4:30 PM - 5:00 PM	

*8 lesson session | \$150.80

Swimmer 4

Ages 6-12 Leisure Centre \$150.12

Kids swim 5m underwater, 25m of front and back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. Cap it all off with front crawl sprints over 25m and 4 x 25m front or back crawl interval training.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	6:45 PM - 7:30 PM	30461
Jan 9 - Mar 5	Tue	6:15 PM - 7:00PM	30465
Jan 10 - Mar 6	Wed	6:45 PM - 7:30 PM	30466
Jan 11 - Mar 7	Thu	5:30 PM - 6:15 PM	30464
Jan 12 - Mar 8	Fri	5:30 PM - 6:15 PM	30460
Jan 13 - Mar 9	Sat	11:15 AM - 12:00 PM	30462
Jan 14 - Mar 10	Sun	11:15 AM - 12:00 PM	30463

*8 lesson session | \$133.44



Swimmer 4: Small Group

Ages 6-12 Leisure Centre \$169.65

Kids swim 5m underwater, 25m of front and back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. Cap it all off with front crawl sprints over 25m and 4 x 25m front or back crawl interval training.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	6:00 PM - 6:30 PM	30354
Jan 9 - Mar 5	Tue	5:30 PM - 6:00 PM	30362
Jan 10 - Mar 6	Wed	6:00 PM - 6:30 PM	30363
Jan 11 - Mar 7	Thu	7:30 PM - 8:00 PM	30361
Jan 12 - Mar 8	Fri	7:30 PM - 8:00 PM	30353
Jan 13 - Mar 9	Sat	12:30 PM - 1:00 PM	30355
		5:00 PM - 5:30 PM	
Jan 14 - Mar 10	Sun	12:30 PM - 1:00 PM	30358
		5:00 PM - 5:30 PM	

*8 lesson session | \$150.80



Swimmer 5: Small Group

Ages 6-12 Leisure Centre \$169.65

Master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. Refine front and back crawl over 50m swims of each, and breaststroke over 25m. Next, kids will pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front or back crawl and 4 x 15m breaststroke.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	7:00 PM - 7:30 PM	30365
Jan 9 - Mar 5	Tue	7:00 PM - 7:30 PM	30373
Jan 10 - Mar 6	Wed	7:00 PM - 7:30 PM	30374
Jan 11 - Mar 7	Thu	7:30 PM - 8:00 PM	30372
Jan 12 - Mar 8	Fri	5:00 PM - 5:30 PM	30364
Jan 13 - Mar 9	Sat	11:30 AM - 12:00 PM	30366
		5:30 PM - 6:00 PM	
Jan 14 - Mar 10	Sun	11:30 AM - 12:00 PM	30369
		5:30 PM - 6:00 PM	

*8 lesson session | \$150.80



Swimmer 5

Ages 6-12 Leisure Centre \$150.12

Master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. Refine front and back crawl over 50m swims of each, and breaststroke over 25m. Next, kids will pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front or back crawl and 4 x 15m breaststroke.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	6:15 PM - 7:00 PM	30468
Jan 9 - Mar 5	Tue	6:15 PM - 7:00 PM	30472
Jan 10 - Mar 6	Wed	6:15 PM - 7:00 PM	30473
Jan 11 - Mar 7	Thu	5:30 PM - 6:15 PM	30471
Jan 12 - Mar 8	Fri	6:00 PM - 6:45 PM	30467
Jan 13 - Mar 9	Sat	10:15 AM - 11:00 AM	30469
Jan 14 - Mar 10	Sun	10:15 AM - 11:00 AM	30470

*8 lesson session | \$133.44



Swimmer 6: Small Group

Ages 6-12 Leisure Centre \$169.65

Rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps, and lifesaving kicks like eggbeater and scissor kick. Kids develop strength and power in head-up breaststroke sprints over 25m. Learn to easily swim lengths of front crawl, back crawl, and breaststroke!

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	6:30 PM - 7:00 PM	30376
Jan 9 - Mar 5	Tue	7:30 PM - 8:00 PM	30384
Jan 10 - Mar 6	Wed	6:30 PM - 7:00 PM	30385
Jan 11 - Mar 7	Thu	7:00 PM - 7:30 PM	30383
Jan 12 - Mar 8	Fri	6:00 PM - 6:30 PM	30375
Jan 13 - Mar 9	Sat	10:30 AM - 11:00 AM	30377
		6:00 PM - 6:30 PM	
Jan 14 - Mar 10	Sun	10:30 AM - 11:00 AM	30380
		6:00 PM - 6:30 PM	

*8 lesson session | \$150.80

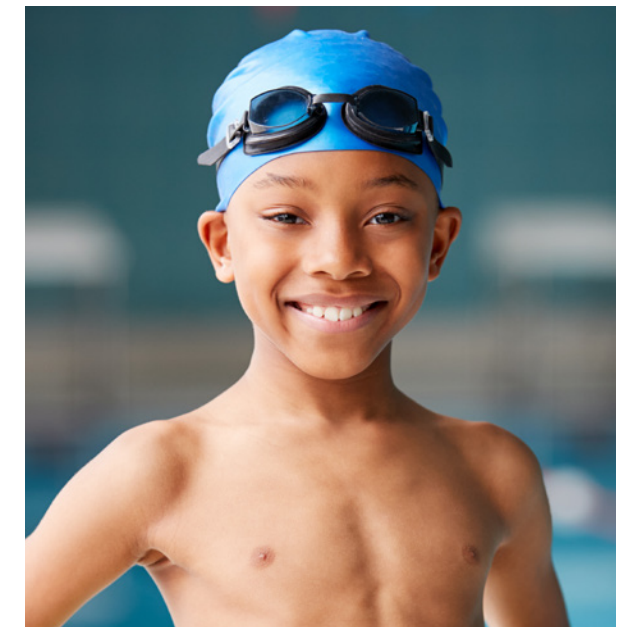
Swimmer 6

Ages 6-12 Leisure Centre \$150.12

Rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps, and lifesaving kicks like eggbeater and scissor kick. Kids develop strength and power in head-up breaststroke sprints over 25m. Learn to easily swim lengths of front crawl, back crawl, and breaststroke.

Dates	Days	Time	Code
Jan 8 - Mar 4	Mon	5:30 PM - 6:15 PM	30475
Jan 9 - Mar 5	Tue	5:30 PM - 6:15 PM	30479
Jan 10 - Mar 6	Wed	5:30 PM - 6:15 PM	30480
Jan 11 - Mar 7	Thu	6:15 PM - 7:00 PM	30478
Jan 12 - Mar 8	Fri	6:45 PM - 7:30 PM	30474
Jan 13 - Mar 9	Sat	9:30 AM - 10:15 AM	30476
Jan 14 - Mar 10	Sun	9:30 AM - 10:15 AM	30477

*8 lesson session | \$133.44



Swimmer 7 & 8: Rookie & Ranger Patrol

Ages 6-12 Leisure Centre \$150.12

Swimmer 7: Rookie Patrol

Continue stroke development with 50m swims of front crawl, back crawl, and breaststroke. Lifesaving Sport skills include a 25m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.

Swimmer 8: Ranger Patrol

Develop better strokes over 75m swims of each stroke. Tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	5:00 PM - 5:45 PM	30482
Jan 9 - Mar 5	Tue	7:15 PM - 8:00 PM	30486
Jan 10 - Mar 6	Wed	5:00 PM - 5:45 PM	30487
Jan 11 - Mar 7	Thu	7:15 PM - 8:00 PM	30485
Jan 12 - Mar 8	Fri	7:15 PM - 8:00 PM	30481
Jan 13 - Mar 9	Sat	11:00 AM - 11:45 AM	30483
Jan 14 - Mar 10	Sun	11:45 AM - 12:30 PM	30484

*8 lesson session | \$133.44



Swimmer 9 & Bronze Star

Ages 6-12 Leisure Centre \$150.12

Swimmer 9: Star Patrol

Swimmers are challenged with 600m workouts; 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.

Bronze Star

Develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, learn self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for Bronze Medallion and provides a fun introduction to lifesaving sport.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	5:45 PM - 6:30 PM	30489
Jan 9 - Mar 5	Tue	6:30 PM - 7:15 PM	30493
Jan 10 - Mar 6	Wed	5:45 PM - 6:30 PM	30494
Jan 11 - Mar 7	Thu	6:30 PM - 7:15 PM	30492
Jan 12 - Mar 8	Fri	6:30 PM - 7:15 PM	30488
Jan 13 - Mar 9	Sat	11:45 AM - 12:30 PM	30490
Jan 14 - Mar 10	Sun	11:00 AM - 11:45 AM	30491

*8 lesson session | \$133.44

Private Swim Lessons

Ages 3+ Private: \$277.56
Leisure Centre Semi Private: \$191.70

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

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	5:00 PM - 8:00 PM	30204
Jan 9 - Mar 5	Tue	5:30 PM - 8:30 PM	30303
Jan 10 - Mar 6	Wed	5:00 PM - 8:00 PM	30329
Jan 11 - Mar 7	Thu	5:30 PM - 8:30 PM	30272
Jan 12 - Mar 8	Fri	5:00 PM - 7:30 PM	30178
Jan 13 - Mar 9	Sat	9:30 AM - 6:30 PM	30219
Jan 14 - Mar 10	Sun	9:30 AM - 6:30 PM	30247

*8 lessons | Private: \$246.72 | Semi Private: \$170.40



NEW

Junior Lifeguard: Intro

Ages 9-12 Leisure Centre \$167

Intro to Junior Lifeguard engages youth in physical activity and participation in lifesaving sport. Participants will develop fitness, lifesaving skills, stroke correction, endurance and speed. This program will bridge the gap between swimming lessons and leadership courses.

Dates	Days	Time	Code
Jan 9 - Mar 5	Tue	8:00 PM - 9:00 PM	30050
Jan 11 - Mar 7	Thu	8:00 PM - 9:00 PM	30049

teen and adult



Adult/Teen 1

Ages 13+ Leisure Centre **\$128.88**

Work towards a 10-15m swim on your front and back. Complete jump entries from the side and recover an object from the bottom of chest-deep water. Improve overall fitness and flutter kicking with 4 x 9-12m interval training.

Dates	Days	Time	Code
Jan 8 - Mar 4*	Mon	7:00 PM - 7:30 PM	30041
Jan 10 - Mar 6	Wed	7:00 PM - 7:30 PM	30043
Jan 13 - Mar 9	Sat	6:30 PM - 7:00 PM	30042

*8 lesson session | \$114.56

Adult/Teen 2

Ages 13+ Leisure Centre **\$128.88**

Kick it up a notch working on two interval training workouts of 4 x 25m kicking and front or back crawl. Perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. Participants support themselves at the surface for 1-2 minutes and complete handstands in shallow water.

Dates	Days	Time	Code
Jan 9 - Mar 5	Tue	7:30 PM - 8:00 PM	30046
Jan 11 - Mar 7	Thu	7:30 PM - 8:00 PM	30045
Jan 14 - Mar 10	Sun	6:30 PM - 7:00 PM	30044

*8 lesson session | \$114.56



Note

Drop in for a swim!

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



Dive in to volunteering with the aquatics team!

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

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

- Practicing skills with swimmers
- Tidy the pool deck
- Playing games and singing songs
- Report safety issues
- Organizing equipment
- Assist with participant supervision

Visit townofws.ca/volunteer for more information.

Interested in becoming a lifeguard or swim instructor?

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

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



Leadership

Become a Lifeguard or Swim Instructor!

Take your first steps into the exciting world of aquatics with our Aquatic Leadership Courses. All Leadership Courses are recognized by the Lifesaving Society of Canada.



Bronze Medallion & Emergency First Aid CPR B

Ages 13+ Leisure Centre **\$225**

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

Dates	Day	Time	Code
Jan 8 - Mar 4	Mon	5:00 PM - 7:30 PM	30516
Jan 14 - Mar 10	Sun	11:00 AM - 1:30 PM	30519

Bronze Cross

Ages 13+ Leisure Centre **\$185**

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

Dates	Day	Time	Code
Jan 10 - Mar 6	Wed	5:00 PM - 7:30 PM	30517
Jan 13 - Mar 9	Sat	11:00 AM - 1:30 PM	30518

Standard First Aid & CPR C

Ages 12+ Leisure Centre **\$165**

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

Dates	Days	Time	Code
Jan 27 & 28	Sat	10:00 AM - 6:30 PM	30761
	Sun	9:30 AM - 6:00 PM	
Mar 10 & 11	Sat	10:00 AM - 6:30 PM	30762
	Sun	9:30 AM - 6:00 PM	

Note

Have a friend who might enjoy exploring a swim leadership program with you? Reach out and encourage them to sign up too!

Standard First Aid & CPR C Recertification

Ages 12+ Leisure Centre **\$90**

Reviews a candidate's existing Standard First Aid & CPR skills. Successful completion renews the award for 3 years.

Date	Day	Time	Code
Jan 7	Sun	9:30 AM - 6:00 PM	30757
Mar 17	Sun	9:30 AM - 6:00 PM	30758



Assistant Instructor

Ages 14+ Leisure Centre **\$130**

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

Dates	Days	Time	Code
Feb 10 & 11	Sat & Sun	9:00 AM - 6:30 PM	30763

Instructors: Swim, Lifesaving & Emergency First Aid

Ages 15+ Leisure Centre **\$300**

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

Dates	Day	Time	Code
Mar 15 & 22	Fri	5:00 PM - 9:00 PM	30767
Mar 16 & 23	Sat	10:30 AM - 7:00 PM	
Mar 17 & 23	Sun	10:30 AM - 7:00 PM	

National Lifeguard

Ages 15+ Leisure Centre **\$250**

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

Dates	Day	Time	Code
Mar 11 - 15	Mon - Fri	12:00 PM - 8:30 PM	30768



National Lifeguard Recertification

Ages 15+ Leisure Centre **\$90**

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

Date	Day	Time	Code
Mar 14	Thur	1:00 PM - 7:00 PM	30769

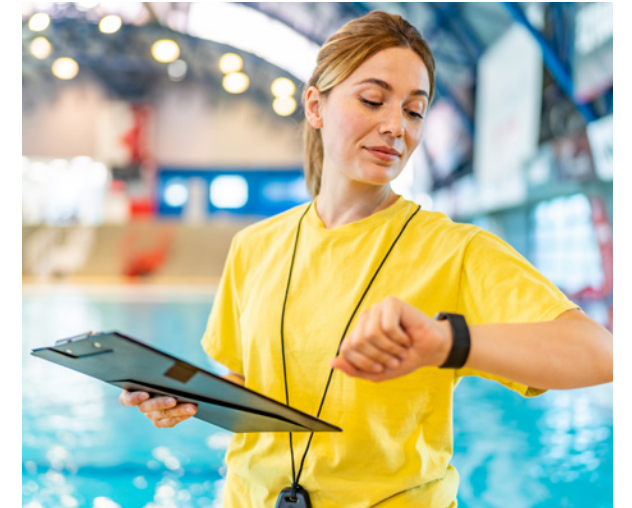


Aquatic Supervisor Training

Ages 16+ Leisure Centre **\$90**

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

Dates	Day	Time	Code
Mar 1	Fri	5:00 PM - 9:00 PM	30765
Mar 2	Sat	10:00 AM - 7:30 PM	



Examiners

Ages 16+ Leisure Centre **\$85**

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

Dates	Day	Time	Code
Mar 3	Sun	10:00 AM - 5:00 PM	30766

SEE (Supervision Evaluation and Enhancement) Auditor

Ages 16+ Leisure Centre **\$60**

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

Date	Day	Time	Code
Feb 29	Thu	5:00 PM - 9:00 PM	30764



Local Parks

parks & parkettes

Amenities

- | | | |
|-------------------|---|-------------------|
| Parking | Basketball Court | Cricket Pitch |
| Washrooms | Tennis Court | Community Garden |
| Playground | Ball Diamond | Fitness Equipment |
| Picnic/Rest Area | Soccer Pitch | Oval Track |
| Open Area | Ball Hockey Pad | Toboggan Hill |
| Trails | Skate Park | Spray Pad |
| Pickle Ball Court | *Open in winter months, subject to weather conditions. If you'd like to volunteer help maintain your local rink, contact leisure.services@townofws.ca | |
| *Skating Rink | | |

Neighbourhood Parks

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

Note Our Neighbourhood Parks & Parkettes also have a wide variety of amenities! Visit townofws.ca/parks for more details.

Community Parks

- | | | |
|---|--|--|
| Rupert Park
Rupert Ave & West Lawn Cres
 | Stouffville Arena & Connell-Franklin Track
Ninth Line (North of Main St)
 | Ballantrae Park
Aurora Rd (East of Hwy 48)
 |
| Stouffville Reservoir
Millard St (East of Ninth Line)
 | Coultyce Park
Mussleman's Lake East side of Ninth Line
 | Bethesda Sport Fields
Bethesda Rd (East of Ninth Line)
 |
| Memorial Park & Wayne Emerson Skatepark
Burkholder St & Park Dr
 | Vandorf Park
Vandorf Sideroad & Woodbine Ave
 | Dog Park
Rougeview Ave (Behind Staples)
 |

Parkettes

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

19 on the park

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



Looking to purchase tickets?

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

For rentals or other inquiries:

Please email us at 19onthepark@townofws.ca

Theatre Events

19 on the Park offers an incredible Concert Series which includes comedy shows, seasonal performances, tribute to beloved bands, and award winning artists. Tickets on sale now!

🎵 Bluesy Christmas

Friday, December 1 7:30 pm

An evening where longtime friends get together and sing some of their (and your) favourite Christmas songs, with a Blues & Roots tinge.

🎭 Yuk Yuk's on Tour!

Friday, February 16 8:00 pm

Three hilarious Yuk Yuk's comics performing right here in Stouffville!

🎵 ABBA Revisited

Friday, March 22 7:30 pm

ABBA Revisited recreates the magic of ABBA with authentic costumes, spectacular harmonies and note-perfect musicianship taking their audience on a musical journey back in time. This show is a MUST SEE!



🎵 Jason Wilson & Ashara

Saturday, April 27 7:30 pm

Scotland meets Jamaica in Canada! The brainchild of Scottish-Canadian and award-winning visionary Jason Wilson (Wilson & Swarbrick), Ashara presents a joyful blend of Scottish folk, global roots and reggae.

🎵 Practically Hip

Friday, May 10 7:30 pm

Canada's number one Tragically Hip Tribute For over 20 years! Established in Southern Ontario in 1997, Practically Hip has been performing the music its members love for over 20 years at clubs, festivals, universities and colleges, and private events throughout North America and beyond.

Note

Package Show Deal

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

Stouffville Celebrates

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

All of these events share the common goal of showcasing our beautiful town and providing an opportunity for residents and visitors to celebrate our community. Save these dates!



We would like to give a huge thank you to the following 2023 Holiday Series Sponsors:

Presenting Sponsor



Series Sponsor



Celebration Sponsors

- Forest Group
- Pine Valley Corporation
- RICE Group
- Schell Lumber Home Building Centre
- Tim Hortons
- Times Group
- Treasure Hill
- Trentadue Torres Group

Note

Want the to stay up to date on event details? Visit townofws.ca/events and also find out how to sponsor or volunteer!

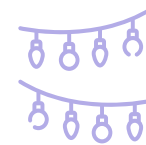
2023 Holiday Series:



Halloween on Main **October 28**

Dress up for Halloween and make your way though Stouffville Main Street for entertainment, trick or treating, and local vendors.

Main Street 11:00 AM - 3:00 PM



Light up the Village **November 23**

Join your Mayor and Council on Main Street Stouffville in front of the Clock Tower for the Annual Tree Lighting Ceremony, featuring local vendors and holiday activations.

Civic Square, Main Street, 19 on the Park 5:00 PM - 9:00 PM



Stouffville Holiday Market **November 24 & 25**

Experience live entertainment, visits with Santa, light displays, artisanal and handmade goods, roaming holiday characters, horse drawn carriage rides and more! Stouffville's award-winning winter wonderland also features Latcham Art Centre's Beyond Craft fair, with extended hours November 23-26.

Memorial Park & 19 on the Park Friday 5:00 PM - 9:00 PM, Saturday 12:00 PM - 9:00 PM



Santa Claus Parade **December 2**

Santa is coming to Whitchurch-Stouffville! Celebrate the season with your community as a parade of lights, entertainment, and characters, makes its way down Main Street.

Main Street Starting at 6:00 PM from Ninth Line



New Years Eve **December 31**

Bring the whole family to Memorial Park for entertainment, food and the most spectacular fireworks display of the year.

Memorial Park 6:00 PM - 7:00 PM, Fireworks at 7:00 PM




Register for programs by scanning,
or at townofws.ca/active

*Memberships, activities, and programs are subject to HST. Non-residents are subject to a 20% surcharge to register in Town of Whitchurch–Stouffville programs.

Whitchurch–Stouffville Leisure Centre

2 Park Dr
Stouffville, ON
L4A 4K1
905-642-PLAY (7529)
townofws.ca

 leisure.services@townofws.ca

 [@wstouffville](https://www.facebook.com/wstouffville)

 [@townofws](https://www.instagram.com/townofws)

 [@townofws](https://twitter.com/townofws)

Fall Hours

Monday – Thursday

6:00 AM – 10:00 PM

Friday

6:00 AM – 9:00 PM

Saturday & Sunday

7:30 AM – 8:00 PM

Registration for residents opens November 28, 2023.

See page 3 for details.

