

playbook

Fall 2024

recreation
day camps
older adults
fitness
swimming
museum
19 on the park
parks
stouffville events



Fall for programming of all kinds, right here in Stouffville!

No matter the age, skill level, or interest, there's something for everyone at home in Whitchurch-Stouffville.

mayor's message

On behalf of Council, welcome to the Fall 2024 edition of the Play Book. In this guide, you'll find information on a variety of programs and activities for all ages. I hope it encourages you and your family to stay active, engage with others, and enjoy all the fun activities our community has to offer. A big thank you to the Community Services Commission for their hard work on this season's line-up.

Mark your calendars for the Holiday Market on November 29 & 30, this free, family-favourite cannot be missed. I hope to see you all there!

Be well, **Iain Lovatt, Mayor**



contents

registration	3
facilities	4
recreation	6
adapted	8
preschool	9
children	16
day camps	22
youth	24
adults	29
older adults	32
fitness	40
swimming	48
museum	70
19 on the park	72
parks & parkettes	74
stouffville events	76

Fall 2024 Registration

Residents:
Tuesday, August 20 at 12:00 noon

Flip to page 3 for more information.
Most programs begin **September 23, 2024**



Ready to start your wellness journey?



Drop-in Schedules are subject to change.

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



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 August 20. Once you apply, we will have your account ready for you within 48 hours.

Fall 2024 Registration dates

Residents:

Tuesday, August 20, 2024
at 12:00 noon

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

Non-residents:

Tuesday, August 27, 2024
at 12 noon

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

**Most programs begin
September 23, 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 inquiries 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](https://www.townofws.ca/volunteer) or [townofws.ca/careers](https://www.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.



Stouffville 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 all drop-in schedules at townofws.ca/dropin

adapted

Flavour Fusion: Cooking in the Chef's Corner

Ages 18+ Ballantrae CC **\$170**

Get cooking in this adapted program where participants will prepare a delicious meal 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
Sep 26 - Nov 28	Thu	5:00 PM - 7:00 PM	33329



Skating: Adapted

Ages 5-12 Stouffville Clippers Sports Complex **\$120**

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
Sep 23 - Dec 2	Mon	4:00 PM - 4:45 PM	33332

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.)

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

Note

Social Club

Ages 18+ Stouffville Arena **\$170**

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
Sep 25 - Nov 27	Wed	12:00 PM - 2:00 PM	33333



preschool

: Caregiver Attendance Required

: Drop-off Program
Participants must be potty-trained.



ABC's & 123's

Ages 3-5 Stouffville Arena **\$100**

Get a jump start on literacy and numeracy. Learn, practice and 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
Sep 24 - Nov 26	Tue	9:30 AM - 10:30 AM	32084

Cooking Up Fun

Ages 3-5 Latcham Hall **\$150**

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, participants will also participate in games and activities that reinforce the skills learned in the kitchen. *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	Day	Time	Code
Sep 26 - Dec 5*	Thu	5:00 PM - 5:45 PM	32100
Sep 26 - Dec 5*	Thu	6:00 PM - 6:45 PM	32099
Sep 28 - Dec 7	Sat	10:30 AM - 11:15 AM	32098

*shorter session | \$135

Dino Explorers

Ages 3-5 Latcham Hall **\$112.50**

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.

Dates	Day	Time	Code
Sep 28 - Nov 23	Sat	9:00 AM - 10:00 AM	32101



Get Ready for School



Ages 3-5 Stouffville Arena \$160

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. To foster independence and prepare them for school, this program is a drop off program.

Dates	Day	Time	Code
Sep 26 - Nov 28	Thu	9:30 AM - 11:30 AM	32107



NEW

Gymnastics: Parent & Me



Ages 2-4 Leisure Centre \$162.50

In partnership with the Pulsars Gymnastics Club, this program introduces children to basic body movement and guides them through circuits and obstacle courses using real gymnastics equipment! All coaches are fully trained by the National Coaching Certification Program.

Dates	Day	Time	Code
Sep 29 - Dec 1	Sun	8:45 AM - 9:15 AM	33994
		9:15 AM - 9:45 AM	33995

NEW

Gymnastics: Tiny Tumblers



Ages 4-6 Leisure Centre \$162.50

This independent program is designed to develop basic gymnastic skills in a safe and fun environment. Participants will be guided through circuits and obstacle courses using real gymnastics equipment. All coaches are fully trained by the National Coaching Certification Program. This program is run in partnership with the Pulsars Gymnastics Club.

Dates	Day	Time	Code
Sep 29 - Dec 1	Sun	9:45 AM - 10:15 AM	33997
		10:15 AM - 10:45 AM	33999

Junior Scientists



Ages 3-5 Stouffville Arena \$140

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 interactive program is made for them – each week, children learn a fun new science concept through games, crafts, and experiments.

Dates	Day	Time	Code
Sep 25 - Nov 27	Wed	6:00 PM - 6:45 PM	32112

Mini Masterpieces



Ages 2-4 Leisure Centre \$130

Your little Picasso will get to spend time creating artwork that you will proudly want to display on your fridge! Participants will work with a variety of different mediums and materials to create a different art project each week. Caregiver participation is required.

Dates	Day	Time	Code
Sep 25 - Nov 27	Wed	6:00 PM - 6:45 PM	32123



Playball: 2's Can Play Too



Age 2 Stouffville Arena \$180

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.

Dates	Day	Time	Code
Sep 28 - Nov 30	Sat	8:50 AM - 9:20 AM	32128
		9:30 AM - 10:00 AM	32127

Playball for 3's



Age 3 Stouffville Arena \$180

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. This program is offered in partnership with Playball.

Glad Park PS

Dates	Day	Time	Code
Sep 25 - Nov 27	Wed	6:00 PM - 6:45 PM	32130

Stouffville Arena

Dates	Day	Time	Code
Sep 28 - Nov 30	Sat	10:10 AM - 10:55 AM	32129

Playball for 4's and 5's



Ages 4-5 Various Locations \$180

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. This program is offered in partnership with Playball.

Glad Park PS

Dates	Day	Time	Code
Sep 25 - Nov 27	Wed	6:55 PM - 7:55 PM	32132

Stouffville Arena

Dates	Day	Time	Code
Sep 28 - Nov 30	Sat	11:05 AM - 12:05 PM	32131



Note

Programs will not run on the following days:

- Monday October 14 for Thanksgiving
- Thursday October 31 after 4:00 pm for Halloween (preschool, child & adult programs only)

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.)

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

Note

NEW

Powerplay Hockey

Ages 3-6 Stouffville Clippers Sports Complex \$120

This entry level program offers participants the opportunity to experience the sport of hockey in a fun, safe, and engaging environment. Participants will be introduced to a variety of basic hockey skills and techniques through activities that focus on the fundamentals of hockey. PREREQUISITE: Participants must have previously participated in 1-2 sessions of learn to skate lessons. Children MUST wear: a CSA approved hockey helmet with a face mask, shin and elbow pads, gloves, a neck guard, hockey skates, and have a hockey stick. Failure to arrive with proper safety equipment will result in non-participation.

Dates	Day	Time	Code
Sep 24 - Nov 26	Tue	8:45 AM - 9:30 AM	33338



Skating Lessons: Preschool

Ages 2.5-5 Stouffville Clippers Sports Complex \$120

Designed for preschoolers with little or no skating experience, an introduction to basic skills to help your child build confidence on the ice. *Please see the information box above to learn more about equipment requirements.*

Dates	Day	Time	Code
Sep 24 - Nov 26	Tue	8:45 AM - 9:15 AM	32139
Sep 24 - Nov 26	Tue	9:15 AM - 9:45 AM	32140
Sep 25 - Nov 27	Wed	9:00 AM - 9:30 AM	32142
Sep 25 - Nov 27	Wed	9:30 AM - 10:00 AM	32141

Sportball: Multi-sport

Ages 3-5 Stouffville Arena \$220

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 send 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 only (one-time purchase).

Dates	Day	Time	Code
Sep 25 - Nov 27	Wed	5:30 PM - 6:30 PM	32202
Sep 29 - Dec 8	Sun	9:45 AM - 10:45 AM	32143
Sep 29 - Dec 8	Sun	11:45 AM - 12:45 PM	32145

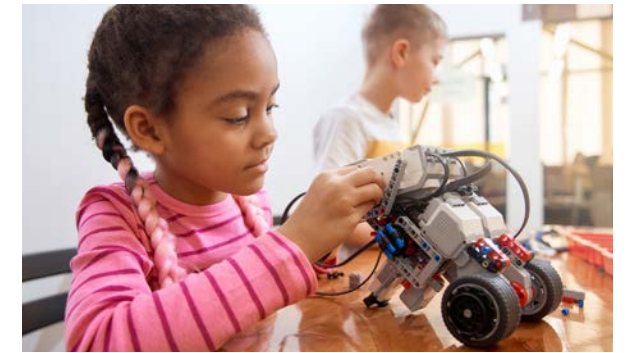


Sportball: Parent & Child

Ages 2-3 Stouffville Arena \$220

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

Dates	Day	Time	Code
Sep 25 - Nov 27	Wed	4:45 PM - 5:30 PM	32203
Sep 29 - Dec 8	Sun	9:00 AM - 9:45 AM	32146



STEAM Creators: Circuits & Bots Mini

Ages 4-6 Leisure Centre \$160

Explore. Discover. Play. Do you like to tinker with cool gadgets? Are you interested in robots, programming basics & circuits? This introductory STEAM program is a great way to discover the world of electronics and technology using Ozobots, Snap Circuits and more. Tinker with different components and watch how your creations come to life. Learn concepts like: logic, loops, switches, sensors, variables and much more.

Dates	Day	Time	Code
Sep 28 - Nov 16	Sat	10:00 AM - 10:45 AM	32180

STEAM Creators: Design & Build Mini

Ages 4-6 Leisure Centre \$160

Explore. Discover. Play. Does your little one love to build things and tear them down? Do they show an interest in science, technology, engineering, arts and mathematics? This introductory STEAM program is a fun and exciting way to learn about basic science and technology concepts and to apply them to make imaginative creations. Turn your imagination into reality through hands-on activities using building blocks, K'nex, Makedo and more.

Dates	Day	Time	Code
Sep 28 - Nov 16	Sat	9:00 AM - 9:45 AM	32182

Taekwon-Do: Little Dragons



Ages 4-6

Harry Bowes PS

\$294

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 during 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
Sep 24 - Dec 3	Tue & Thu	6:00 PM - 6:45 PM	32153



Tiny Dancers



Various Locations

\$125

Does your little one dance around the house all day? This dance program is the perfect place for them to learn the fundamentals of dance and how to move creatively to different types of 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 CC

Dates	Day	Time	Code
Sep 23 - Dec 2	Mon	5:30 PM - 6:15 PM	32166

Ages 3-4 Leisure Centre

Dates	Day	Time	Code
Sep 26 - Dec 5	Thu	5:30 PM - 6:15 PM	32167

Ages 5-6 Lemonville CC

Dates	Day	Time	Code
Sep 23 - Dec 2	Mon	6:15 PM - 7:00 PM	32168

Ages 5-6 Leisure Centre

Dates	Day	Time	Code
Sep 26 - Dec 5	Thu	6:15 PM - 7:00 PM	32169



Note

Programs will not run on the following days:



Monday October 14 for Thanksgiving
Thursday October 31 after 4:00 pm for Halloween (preschool, child & adult programs only)



Join us for PA Day fun this fall!

We offer a variety of day camps and drop in activities for children of all ages and interests. Come for a swim or a skate, or register for a full-day PA Camp.

See page 22 for a list of our seasonal day camps!

Badminton: Instructional

Leisure Centre \$125

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
Sep 25 - Nov 27	Wed	6:00 PM - 7:00 PM	32087

Ages 9-11

Dates	Day	Time	Code
Sep 25 - Nov 27	Wed	7:00 PM - 8:00 PM	32086



Note

Drop into fun!

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



Basketball: Level 1

Leisure Centre \$125

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
Sep 24 - Nov 26	Tue	5:30 PM - 6:30 PM	32090
		6:30 PM - 7:30 PM	32088

Ages 7-10

Dates	Day	Time	Code
Sep 24 - Nov 26	Tue	7:30 PM - 8:30 PM	32089
Sep 26 - Dec 5	Thu	5:30 PM - 6:30 PM	32091

Basketball: Level 2

Ages 7-10 Leisure Centre \$125

This 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.

Dates	Day	Time	Code
Sep 29 - Dec 1	Sun	11:00 AM - 12:00 PM	32093

NEW

Bollywood for Kids

Ages 6-12 19 on the Park \$105

New to 19 on the Park, participants will have fun and make friends as they learn fundamentals of Bollywood dancing from a skilled instructor! This class is for children of all skill levels.

Dates	Day	Time	Code
Sep 24 - Nov 12	Tue	5:30 PM - 6:30 PM	34019

Cookies and Cakes

Ages 7-10 Latcham Hall \$100

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

Dates	Day	Time	Code
Sep 25 - Oct 23	Wed	6:45 PM - 8:15 PM	32097



Curtain Call Kids

Ages 7-11 19 on the Park \$108

Calling all future stars! Whether this is your first time at Curtain Call or you're back for another round, this class is for kids aged 7-11 who love the dramatic arts! Kids will learn the basics from running lines to set production and putting on a performance of their very own at the end for family to enjoy.

Dates	Day	Time	Code
Sep 29 - Nov 17	Sun	10:00 AM - 11:30 AM	34017

DIY: Jewelry Making

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
Sep 24 - Nov 26	Tue	6:00 PM - 7:00 PM	32103



DIY: Arts & Crafts

Ages 6-9 Leisure Centre **\$130**

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
Sep 25 - Nov 27	Wed	7:00 PM - 8:00 PM	32102

Dance: Hip Hop

Ages 6-9 Lemonville Community Centre **\$125**

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

Dates	Day	Time	Code
Sep 23 - Dec 2	Mon	7:00 PM - 8:00 PM	32109

Dodgeball

Wendat Village Public School **\$125**

Dodge, dip, and dive and learn the inner workings of the schoolyard 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 in a safe and positive environment.

Ages 6-8

Dates	Day	Time	Code
Sep 23 - Dec 2	Mon	6:00 PM - 7:00 PM	32104

Ages 9-11

Dates	Day	Time	Code
Sep 23 - Dec 2	Mon	7:00 PM - 8:00 PM	32105



Junior Scientists

Ages 6-8 Stouffville Arena **\$140**

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
Sep 25 - Nov 27	Wed	7:00 PM - 8:00 PM	32113



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
Sep 26 - Dec 5	Thu	7:15 PM - 8:15 PM	32117

Ringette: Learn to Play

Ages 5-10 Stouffville Clippers Sports Complex **\$132**

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
Oct 5 - Dec 14	Sat	8:00 AM - 9:00 AM	32122

Skating Lessons: Child

Stouffville Clippers Sports Complex **\$120**

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
Sep 25 - Nov 27	Wed	4:15pm-5:05pm	32137

Ages 9-12

Dates	Day	Time	Code
Sep 25 - Nov 27	Wed	4:15 PM - 5:05 PM	32138



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.)

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

Note

Sportball: Multi-sport

Ages 5-8 Stouffville Arena \$220

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 rooms for specialization later, look no further.

Dates	Day	Time	Code
Sep 25 - Nov 27	Wed	6:30 PM - 7:30 PM	32201
Sep 29 - Dec 8	Sun	10:45 AM - 11:45 AM	32144



Taekwon-Do

Ages 7-12 Harry Bowes Public School \$294

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
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32154

Yellow Stripe

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32158

Yellow Belt

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32156

Green Stripe

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32151

Green Belt

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32149

Blue Stripe

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32147

Blue Belt

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32189



Tennis: Beginner

Stouffville Arena - Tennis Courts \$110

Serve, volley, rally! Participants will learn the basics of tennis in a fun and supportive environment. This program is delivered in partnership with Lander Management Group.

Ages 7-9

Dates	Day	Time	Code
Sep 14 - Oct 12	Sat	9:00AM - 10:00AM	32164
Sep 19 - Oct 17	Thu	6:00 PM - 7:00 PM	32162

Ages 10-12

Dates	Day	Time	Code
Sep 14 - Oct 12	Sat	10:00 AM - 11:00 AM	32163
Sep 17 - Oct 15	Tue	6:00 PM - 7:00 PM	32161



Tennis: Beginner PLUS

Ages 7-12 Stouffville Arena - Tennis Courts \$200

Serve, volley, rally! This extended tennis beginners program will introduce participants to foundational skills in a supportive learning environment. If you're interested in accelerating your tennis skills and knowledge then this program is for you. This program is offered in partnership with Lander Management Group.

Dates	Day	Time	Code
Sep 17 - Oct 17	Tue & Thu	5:00 PM - 6:00 PM	33073



Tennis: Intermediate

Stouffville Arena - Tennis Courts \$110

This program is designed to help participants who want to improve their game and strategic play. Participants will use drills and game play to take their tennis game to the next level. This program is offered in partnership with Lander Management Group.

Ages 7-9

Dates	Day	Time	Code
Sep 19 - Oct 17	Thu	7:00 PM - 8:00 PM	32165

Ages 10-12

Dates	Day	Time	Code
Sep 17 - Oct 15	Tue	7:00 PM - 8:00 PM	32160

Note

Required equipment

All tennis programs require participants to bring their own racquet.



STOUFFVILLE DAY CAMPS

PA Day Camps

PA Day: Multi-Sport Camp

Ages 4-12 Leisure Centre \$72

Dive into a world of athletic fun where participants can relive the thrill of camp through a variety of sports activities. From friendly games, to skill-building sessions, campers will engage in their favorite sports, fostering teamwork and healthy competition.

Dates	Day	Time	Code
Sep 27	Fri	8:00 AM - 5:00 PM	32126



Note

Extended Camp Hours

For your convenience PA-Day camp hours have been extended outside of regular camp hours to include early drop-off and late pick-up.



PA Day: Cooking with Apples

Ages 6-12 Whitchurch-Stouffville Museum \$72

Split your time between our modern and historic kitchens to cook and bake your way through this exciting day! Using a variety of apples and the Museum's gardens as a guide, campers will stir up some exciting recipes to take home.

Date	Day	Time	Barcode
Sep 27	Fri	8:00 AM - 5:00 PM	34016

PA Day: Camp Classics

Ages 4-12 Leisure Centre \$72

Take a trip back to summer! Participants can pretend they are back at camp by enjoying some of their favourite camp activities, including games and sports, getting messy with a science experiment, and feeding their creative sides with crafts.

Dates	Day	Time	Code
Oct 21	Mon	8:00 AM - 5:00 PM	32124

PA Day: Let's LEGO®

Ages 4-12 Leisure Centre \$72

Your child will spend their PA Day exploring new and interesting things they can do with LEGO®, including building competitions, group builds, and crafts.

Dates	Day	Time	Code
Nov 15	Mon	8:00 AM - 5:00 PM	32125



PA Day: Elves in the Workshop

Ages 6-12 Whitchurch-Stouffville Museum \$72

Calling elves of all kinds! Head out on a holiday traditions tour of the heritage buildings, decorate seasonal cookies, and get crafty to start the festive season.

Date	Day	Time	Barcode
Nov 15	Fri	8:00 AM - 5:00 PM	34015

Winter Break Camps

Winter Break: Camp Stouffville

Ages 4-12 Leisure Centre \$72

Arts, sports, science experiments and more! We are excited to welcome your camper for an unforgettable camp session this holiday season, enjoying a variety of amazing camp experiences. Campers will participate in activities with their camp teams, arranged by age, and geared to their skill level and abilities.

Dates	Day	Time	Code
Dec 23	Mon	8:00 AM - 5:00 PM	34003
Dec 27	Fri	8:00 AM - 5:00 PM	34004
Dec 30	Mon	8:00 AM - 5:00 PM	34006
Jan 2	Thu	8:00 AM - 5:00 PM	34005
Jan 3	Fri	8:00 AM - 5:00 PM	34214



Basketball: Get in the Game

Ages 11-17 Leisure Centre \$80

Does your child dream of shooting like an NBA star? 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!

Dates	Day	Time	Code
Sep 26 - Oct 24	Thu	6:30 PM - 7:30 PM	33325
Nov 7 - Dec 5	Thu	6:30 PM - 7:30 PM	33326

Basketball: Skill Development Clinic

Ages 11-17 Leisure Centre \$90

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.

Dates	Day	Time	Code
Sep 26 - Oct 24	Thu	7:30 PM - 8:30 PM	33327
Nov 7 - Dec 5	Thu	7:30 PM - 8:30 PM	33328



Curtain Call Youth

Ages 12-17 19 on the Park \$108

Calling all future stars! Whether this is your first time at Curtain Call or you're back for another round, this class is for youth aged 12-17 who love the dramatic arts! Participants will learn the basics from running lines to set production and putting on a performance of their very own at the end for family to enjoy.

Dates	Day	Time	Code
Sep 29 - Nov 17	Sun	12:00 PM - 1:30 PM	34018



Note

Drop into fun!

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



Learn, Cook & Dine!

Ages 11-17 Latcham Hall \$125

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
Sep 24 - Oct 22	Tue	6:00 PM - 8:00 PM	33330

Masterchef Junior

Ages 11-17 Latcham Hall \$125

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
Nov 5 - Dec 3	Tue	6:00 PM - 8:00 PM	33331

NEW

Public Speaking

Ages 11-17 Leisure Centre \$130

This course is designed to boost confidence and communication skills. The goals of the program are to teach teens to overcome their anxiety, make a good impression, and successfully deliver large or small presentations in front of any audience. Expert skills, pointers and tips can make giving a speech a breeze.

Dates	Day	Time	Code
Sep 24 - Oct 22	Tue	7:00 PM - 8:00 PM	34176
Nov 5 - Dec 3	Tue	7:00 PM - 8:00 PM	34177



Taekwon-Do

Ages 13-18 Harry Bowes Public School **\$294**

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
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32155

Yellow Stripe

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32159

Yellow Belt

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32157

Green Stripe

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32152

Green Belt

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32150

Blue Stripe

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32148

Blue Belt

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

Dates	Day	Time	Code
Sep 24 - Dec 3	Tue & Thu	7:00 PM - 8:00 PM	32190



Volleyball: Get in the Game

Ages 11-17 Leisure Centre **\$80**

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.

Dates	Day	Time	Code
Sep 23 - Oct 28	Mon	6:00 PM - 7:00 PM	33334
Nov 4 - Dec 2	Mon	6:00 PM - 7:00 PM	33335

Volleyball: Skill Development Clinic

Ages 11-17 Leisure Centre **\$90**

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!

Dates	Day	Time	Code
Sep 23 - Oct 28	Mon	7:00 PM - 8:00 PM	33336
Nov 4 - Dec 2	Mon	7:00 PM - 8:00 PM	33337



Got spare time on your hands?

Top 4 reasons to start volunteering with us



1 It's rewarding.

Volunteering not only provides an opportunity to discover new things about yourself but also allows you to become more familiar with your community and its resources by getting involved locally.



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 It's 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.

Visit townofws.ca/volunteer for more information.

adults



Adult Hockey: Get in the Game

Ages 18+ **Stouffville Clippers Sports Complex** **\$195**

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
Sep 25 - Dec 18	Wed	9:00 AM - 10:00 AM	33364

Adult Indoor Volleyball League

Ages 18+ **\$120**

Calling all volleyball enthusiasts! Get your kneepads and dive into the action with our Indoor Volleyball League. Join us for social and active fun with exhilarating 6-on-6 matches.

Recreational			Leisure Centre
Dates	Day	Time	Code
Sep 23 - Dec 16	Mon	8:05 PM - 10:00 PM	33354

Competitive			Stouffville District SS
Dates	Day	Time	Code
Sep 24 - Dec 10	Tue	6:00 PM - 10:00 PM	33355

Introduction to Salsa

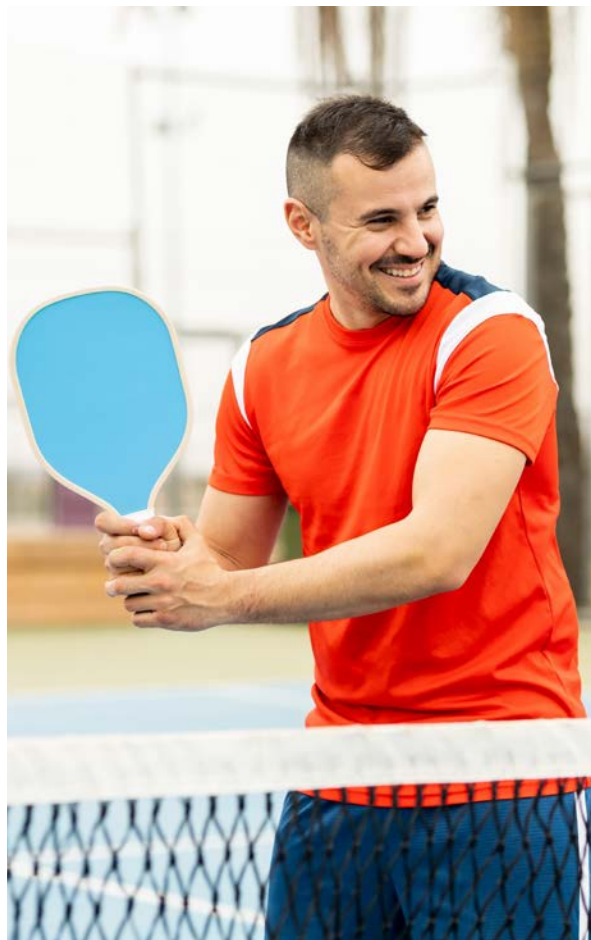
Ages 18+ **19 on the Park** **\$105**

Get moving on the dance floor with this introductory Salsa course! During this fiery 10-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
Sep 24 - Nov 19*	Tue	7:00 PM - 8:00 PM	34024

*No class on Nov 12.





Pickleball: Learn to Play

Ages 18+ Leisure Centre **\$98**

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
Sep 22 - Oct 27*	Sun	1:45 PM - 3:00 PM	33356
Sep 27 - Nov 1*	Fri	11:00 AM - 12:15 PM	33362
Nov 3 - Dec 15	Sun	1:45 PM - 3:00 PM	33357
Nov 8 - Dec 20	Fri	11:00 AM - 12:15 PM	33363

*shorter session | \$84

Pickleball: Level 2 Drills

Ages 18+ Leisure Centre **\$98**

Led by experienced instructors, this class offers technical guidance, strategic tips, and plenty of time to practice. Join a supportive group of players at your skill level and improve your game in a fun and engaging environment. Paddles will be provided.

Dates	Day	Time	Code
Sep 25 - Oct 30*	Wed	12:00 PM - 1:15 PM	33358
Nov 6 - Dec 18	Wed	12:00 PM - 1:15 PM	33359

*shorter session | \$84

Pickleball: Level 3 Drills

Ages 18+ Leisure Centre **\$98**

Take your game to new heights with our Level 3 program where seasoned players can refine their skills and reach their full potential. Each session is dedicated to advanced techniques and strategies, ensuring you elevate your game with every play.

Dates	Day	Time	Code
Sep 25 - Oct 30*	Wed	1:15 PM - 2:30 PM	33360
Nov 6 - Dec 18	Wed	1:15 PM - 2:30 PM	33361

*shorter session | \$84



NEW

Public Speaking

Ages 18+ Leisure Centre **\$130**

Join our Public Speaking Course, a transformative journey tailored for adults seeking to enhance their confidence and communication prowess. Participants will overcome stage fright, hone content creation skills, refine delivery techniques, adeptly engage diverse audiences, and benefit from constructive feedback. Led by seasoned instructors, our supportive environment fosters growth, empowering individuals to become persuasive communicators poised to excel in any scenario.

Dates	Day	Time	Code
Sep 24 - Oct 22	Tue	8:00 PM - 9:00 PM	34174
Nov 5 - Dec 3	Tue	8:00 PM - 9:00 PM	34175



Note

Please note that HST applies to all adult and family programs.



Trivia Night

Ages 18+ 19 on the Park **\$8.85**

Let the games begin! Back by popular demand, you don't miss this exciting full-service event at 19 on the the Park. Gather your closest friends for some friendly competition, prizes for trivia champions and doors prizes throught for added excitement. Cash bar available onsite.

Dates	Day	Time	Code
Sep 12	Thu	7:00 PM - 9:00 PM	34020
Oct 10	Thu	7:00 PM - 9:00 PM	34021
Nov 7	Thu	7:00 PM - 9:00 PM	34022
Dec 5	Thu	7:00 PM - 9:00 PM	34023

Stouffville 55+ Club

6240 Main Street, Stouffville, L4A 1E2

905-642-7529 ext. 5332

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.

Hours of Operation

Monday	9:30 AM – 4:00 PM 6:00 PM – 9:00 PM
Tuesday	9:30 AM – 4:00 PM 6:00 PM – 9:00 PM
Wednesday	9:30 AM – 4:00 PM
Thursday	9:30 AM – 4:00 PM
Friday	9:30 AM – 4:00 PM 6:00 PM – 10:00 PM
Saturday	Closed
Sunday	9:30 AM – 1:00 PM

Visit townofws.ca/55plus or email 55plus@townofws.ca for more details.

older adults

Book Club

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

There's nothing better than a good book to help engage in conversation and meet new friends. Activity is supported by 55+ Club Membership. Registration is required by emailing 55plus@townofws.ca or visiting the front desk of 6240 Main Street.

Afternoon Book Club 1

Dates	Day	Time	Code
Sep 27	Fri	1:30 PM - 3:00 PM	33365
Oct 25	Fri	1:30 PM - 3:00 PM	33366
Nov 22	Fri	1:30 PM - 3:00 PM	33367

Afternoon Book Club 2

Dates	Day	Time	Code
Sep 20	Fri	1:30 PM - 3:00 PM	33368
Oct 18	Fri	1:30 PM - 3:00 PM	33369
Nov 15	Fri	1:30 PM - 3:00 PM	33370



Afternoon Book Club 3

Dates	Day	Time	Code
Sep 13	Fri	1:30 PM - 3:00 PM	33371
Oct 11	Fri	1:30 PM - 3:00 PM	33372
Nov 8	Fri	1:30 PM - 3:00 PM	33373

Afternoon Book Club 4

NEW

Dates	Day	Time	Code
Sep 6	Fri	1:30 PM - 3:00 PM	33377
Oct 4	Fri	1:30 PM - 3:00 PM	33378
Nov 1	Fri	1:30 PM - 3:00 PM	33379

Evening Book Club 1

Dates	Day	Time	Code
Sep 25	Wed	7:00 PM - 9:30 PM	33374
Oct 23	Wed	7:00 PM - 9:30 PM	33375
Nov 27	Wed	7:00 PM - 9:30 PM	33376

Evening Book Club 2

NEW

Dates	Day	Time	Code
Sep 18	Wed	7:00 PM - 9:30 PM	33380
Oct 16	Wed	7:00 PM - 9:30 PM	33381
Nov 20	Wed	7:00 PM - 9:30 PM	33382



Introduction to Painting

Ages 55+ **\$108 members**
6240 Main Street **\$129 non-members**

Learn basics of painting with acrylics and watercolours in this introductory class.

Dates	Day	Time	Code
Sep 13 - Oct 18	Fri	1:30 PM - 3:00 PM	33397
Nov 1 - Dec 6	Fri	1:30 PM - 3:00 PM	33398



Line Dancing

Ages 55+ **\$54 members**
6240 Main Street **\$62 non-members**

Join in for a toe-tapping, boot-scootin' good time as you learn classic line dances set to country music you love. Whether you're new to the floor for our beginner class or ready for the next level in intermediate, our welcoming atmosphere and easy-to-follow instruction will have you dancing in no time.

Beginner

Dates	Day	Time	Code
Sept 11 - Oct 16	Wed	12:00 PM - 1:00 PM	33393
Oct 30 - Dec 4	Wed	12:00 PM - 1:00 PM	33394

Intermediate

Dates	Day	Time	Code
Sept 11 - Oct 16	Wed	1:00 PM - 2:00 PM	33395
Oct 30 - Dec 4	Wed	1:00 PM - 2:00 PM	33396

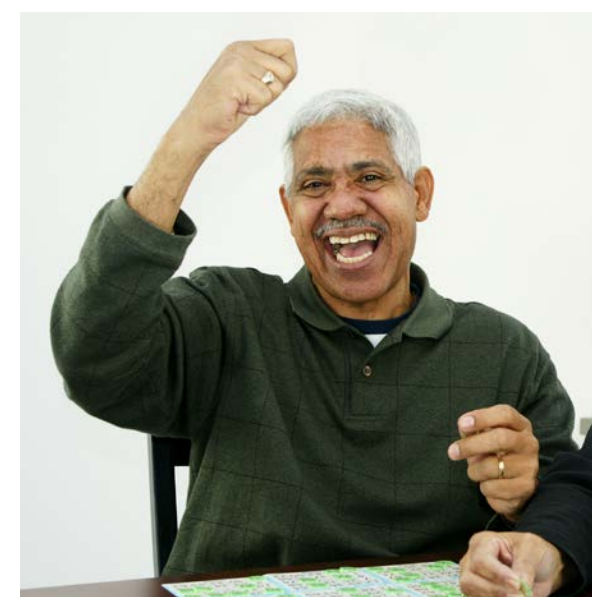


Practice Bridge

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

This program is suitable for those who know some basics of contract bridge but want to brush up on bidding and playing skills and learn what is new in bridge. Participants may join at any time and are encouraged to register to aid in class planning. Activity fee is supported by Stouffville 55+ Club membership.

Dates	Day	Time	Code
Sep 12 - Dec 5	Thu	10:00 AM - 11:30 AM	33388



NEW

Savoury Baking

Ages 55+ **\$108 members**
6240 Main Street **\$129 non-members**

Learn tasty recipes to warm your home and inspire your inner chef during the cool fall weather.

Dates	Day	Time	Code
Sep 10 - Oct 15	Tue	7:00 PM - 9:00 PM	33386
Oct 29 - Dec 3	Tue	7:00 PM - 9:00 PM	33387



NEW

Writing Club

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

Enjoy discussion, learning and sharing around topics of literary interest to help inspire and create written work. Activity is supported by 55+ Club Membership. Registration is required by emailing 55plus@townofws.ca or visiting the front desk of 6240 Main Street.

Dates	Day	Time	Code
Sep 24	Tue	7:00 PM - 9:30 PM	33383
Oct 22	Tue	7:00 PM - 9:30 PM	33384
Nov 26	Tue	7:00 PM - 9:30 PM	33385

NEW

Card Making

Ages 55+ **\$108 members**
6240 Main Street **\$129 non-members**

Learn paper-crafting techniques to create stunning, personalized cards for every occasion.

Dates	Day	Time	Code
Sep 10 - Oct 15	Tue	10:00 AM - 11:00 AM	33399
Oct 29 - Dec 3	Tue	10:00 AM - 11:00 AM	33400

Cooking for Happiness & Health

Ages 55+ **\$108 members**
6240 Main Street **\$129 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
Sep 9 - Oct 7*	Mon	10:00 AM - 12:00 PM	33389
Sep 9 - Oct 7*	Mon	6:30 PM - 8:30 PM	33391
Oct 28 - Dec 2	Mon	10:00 AM - 12:00 PM	33390
Oct 28 - Dec 2	Mon	6:30 PM - 8:30 PM	33392

*shorter session \$90 | \$107.50 (non-members)



Fitness

Forever Fit

Ages 55+ **\$74 members**
6240 Main Street **\$88 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
Sep 3 - Oct 22	Tue	6:00 PM - 7:00 PM	34182
Oct 29 - Dec 17	Tue	6:00 PM - 7:00 PM	34183
Sep 6 - Oct 25	Fri	11:00 AM - 12:00 PM	33939
Sep 6 - Oct 25	Fri	7:00 PM - 8:00 PM	33971
Nov 1 - Dec 20	Fri	11:00 AM - 12:00 PM	33940
Nov 1 - Dec 20	Fri	7:00 PM - 8:00 PM	33972

Osteo Fit

Ages 55+ **\$74 members**
6240 Main Street **\$88 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
Sep 3 - Oct 22	Tue	9:30 AM - 10:30 AM	34188
Sep 9 - Oct 28*	Mon	11:00 AM - 12:00 PM	33945
Oct 29 - Dec 17	Tue	9:30 AM - 10:30 AM	34189
Nov 4 - Dec 16*	Mon	11:00 AM - 12:00 PM	33946

*shorter session | \$64.75 members, \$77 non-members



55+ Drop-in Programs

Note

Become a member for free and join us 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 or townofws.ca/dropin

Pilates: Gentle

Ages 55+ **\$74 members**
6240 Main Street **\$88 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
Sep 6 - Oct 25	Fri	9:30 AM - 10:30 AM	33947
Nov 1 - Dec 20	Fri	9:30 AM - 10:30 AM	33948



Note

Save big by signing up for a FREE membership!

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

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

Seated Fitness: Strength & Balance

Ages 55+ **\$74 members**
6240 Main Street **\$88 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
Sep 5 - Oct 24	Thu	11:00 AM - 12:00 PM	33949
Oct 31 - Dec 19	Thu	11:00 AM - 12:00 PM	33950

Stretch 'n' Core

Ages 55+ **\$74 members**
6240 Main Street **\$88 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
Sep 4 - Oct 23	Wed	11:00 AM - 12:00 PM	33951
Oct 30 - Dec 18	Wed	11:00 AM - 12:00 PM	33952



Cooking Workshops

NEW

Cooking: Soups & Stews

Ages 55+ **\$30 members**
6240 Main Street **\$35 non-members**

Join in this tasty, and interactive workshop which will empower you with delicious and nutritious seasonal soups and stew recipes.

Dates	Day	Time	Code
Sept 29	Sun	1:00 PM - 4:00 PM	34178

NEW

Cooking: Muffins, Cookies & Loaves

Ages 55+ **\$30 members**
6240 Main Street **\$35 non-members**

Enjoy this fall-themed baking workshop focused on using seasonal fruits and vegetable to amp up the nutritional value of your baked goods.

Dates	Day	Time	Code
Oct 20	Sun	1:00 PM - 4:00 PM	34179

NEW

Cooking: Pasta & Pizza

Ages 55+ **\$30 members**
6240 Main Street **\$35 non-members**

Warm up and spice up familiar pasta dishes and pizza toppings with this innovative and scrumptious Italian food workshop.

Dates	Day	Time	Code
Nov 10	Sun	1:00 PM - 4:00 PM	34180



NEW

Cooking: Christmas Casseroles

Ages 55+ **\$30 members**
6240 Main Street **\$35 non-members**

Prepare for easy Christmas brunches and practical use of holiday leftovers with these homemade, cozy casseroles.

Dates	Day	Time	Code
Dec 1	Sun	1:00 PM - 4:00 PM	34181

Yoga

Yoga: Gentle

Ages 55+ **\$74 members**
6240 Main Street **\$88 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
Sep 5 - Oct 24	Thu	8:30 AM - 9:30 AM	33943
Oct 31 - Dec 19	Thu	8:30 AM - 9:30 AM	33944

Yoga: Relaxation

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

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

Dates	Day	Time	Code
Sep 3 - Oct 22	Tue	7:00 PM - 8:00 PM	33953
Oct 29 - Dec 17	Tue	7:00 PM - 8:00 PM	33954

Yoga: Seated

Ages 55+ **\$74 members**
6240 Main Street **\$88 non-members**

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
Sep 5 - Oct 24	Thu	9:45 AM - 10:45 AM	33937
Oct 31 - Dec 19	Thu	9:45 AM - 10:45 AM	33938



Yoga: Seated, Strength & Stretch

Ages 55+ **\$74 members**
6240 Main Street **\$88 non-members**

Use your breath to work towards a sense of calm. Participants will engage in a variety of seated and standing postures that improve stability, strength and length of muscles. Stay Steady on your feet, strengthen your core and improve balance. This class will use breath-work to enhance mobility and strength for improved mental, physical and spiritual well-being.

Dates	Day	Time	Code
Sep 4 - Oct 23	Wed	9:30 AM - 10:30 AM	34184
Oct 30 - Dec 18	Wed	9:30 AM - 10:30 AM	34185

Yoga: Tamil Language Supported

Ages 55+ **\$38.50 members**
6240 Main Street **\$45.50 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 Tamil and English. Special pricing for large group class.

Dates	Day	Time	Code
Sep 8 - Oct 27	Sun	9:45 AM - 10:45 AM	33955
Nov 3 - Dec 15	Sun	9:45 AM - 10:45 AM	33956

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 – 5:00 PM

leisure.services@townofws.ca

Quality programming by certified fitness professionals

A membership lets 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	\$74.25	\$39.50	\$118.00	\$428.00
Adult (18+)	\$10.75	\$96.75	\$52.50	\$157.25	\$570.50
Senior (60+)	\$8.25	\$74.25	\$39.50	\$118.00	\$428.00

*Prices include tax

Certified Personal Training

- Enhances the quality and effectiveness of workouts
- Increases motivation and streamlines time efficiency
- Appointments scheduled at your convenience
- Group training available, contact fitness centre 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 fitness programs

fitness programs

Child & Family

Boot Camp: Moms & Babies

Ages 18+ Leisure Centre **\$52.50**

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
Sep 24 - Oct 22	Tue	11:30 AM - 12:30 PM	33421
Sep 26 - Oct 24	Thu	11:30 AM - 12:30 PM	33796
Oct 29 - Nov 26	Tue	11:30 AM - 12:30 PM	33422
Oct 31 - Nov 28	Thu	11:30 AM - 12:30 PM	33797



Cycle Fit: Family

Ages 10+ **\$52.50 per person**
Leisure Centre **\$105.00 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
Sep 28 - Oct 26	Sat	10:30 AM - 11:20 AM	33413
Nov 2 - 30	Sat	10:30 AM - 11:20 AM	33414



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

Note

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?



Stroller Fit

Ages 18+ Leisure Centre **\$52.50**

Classes led by an instructor will include brisk walking or jogging with your stroller as well as muscle conditioning activities using tubing or your body weight. Class is for all fitness levels.

Dates	Day	Time	Code
Sep 6 - Oct 4	Fri	10:30 AM - 11:30 AM	33798

Yoga: Moms & Babies

Ages 18+ Leisure Centre **\$52.50**

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

Dates	Day	Time	Code
Sep 25 - Oct 23	Wed	11:30 AM - 12:30 PM	33423
Oct 30 - Nov 27	Wed	11:30 AM - 12:30 PM	33424

Note

Are you a new parent?
New parents should check with their physician to get permission to resume activity post pregnancy.



Youth

Cycle Fit: Learn To Ride

Ages 12+ Leisure Centre **\$52.50**

If you've never been to a Cycle Fit class, don't be intimidated. The first thing you should know is that everyone has been a beginner at one point or another! 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
Sep 29 - Oct 27	Sun	9:30 AM - 10:20 AM	33957
Nov 3 - Dec 1	Sun	9:30 AM - 10:20 AM	33958

NEW

Intro to Powerlifting: Youth

Ages 12-17 Leisure Centre **\$105**

Interested in powerlifting or Olympic weightlifting but not sure where to start? Join our program to learn great technique in the main power lifts (squat, bench press, deadlift) and start to explore the Olympic lifts (clean and jerk, snatch). Gain strength and confidence in a fun, safe, small group atmosphere.

Dates	Day	Time	Code
Sep 25 - Oct 23	Wed	5:00 PM - 6:00 PM	33959
Oct 30 - Nov 27	Wed	5:00 PM - 6:00 PM	33960



TeenFit for Life

Ages 10-15 Leisure Centre **\$52.50**

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
Sep 26 - Oct 24	Thu	5:20 PM - 6:20 PM	33907
Sep 28 - Oct 26	Sat	10:30 AM - 11:30 AM	33905
Nov 7 - Dec 5	Thu	5:20 PM - 6:20 PM	33908
Nov 2 - 30	Sat	10:30 AM - 11:30 AM	33906

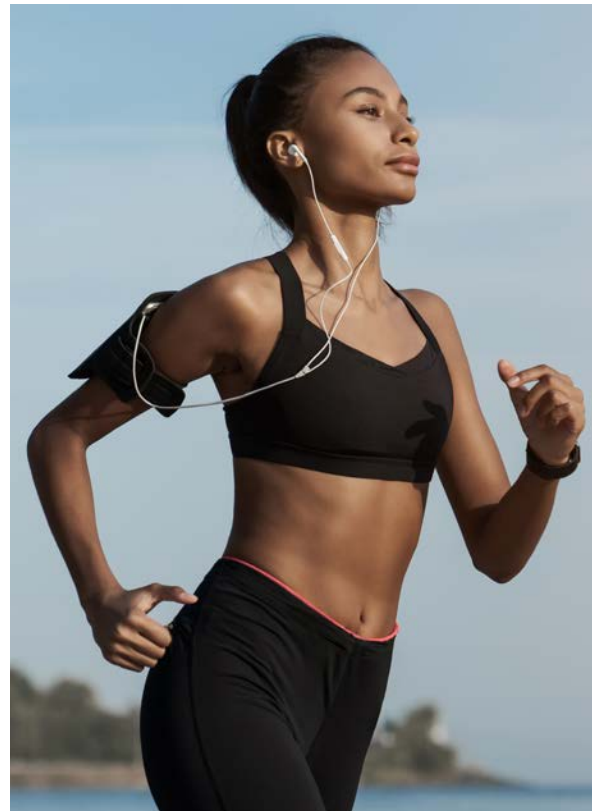
NEW

Yoga: Youth

Ages 7-11 Leisure Centre **\$52.50**

A gentle way to exercise where the youth 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
Sep 29 - Oct 27	Sun	10:30 AM - 11:20 AM	33910
Nov 3 - Dec 1	Sun	10:30 AM - 11:20 AM	33911



Youth Fitness Drop-in

Ages 12-15 Leisure Centre **\$62**

This program is a great way to get off the couch and start being active. Available Friday 6:00pm - 9:00pm, Saturday and Sunday 1:00pm - 5:00pm, you choose the day 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 Orientation, 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
Sep 27 - Dec 14	Fri	6:00 PM - 9:00 PM	33912
	Sat	1:00 PM - 5:00 PM	
	Sun	1:00 PM - 5:00 PM	

Youth Fitness Orientation

Ages 12-15 Leisure Centre **\$31**

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
Sep 12 & 19	Thu	7:00 PM - 8:30 PM	33932
Sep 14 & 21	Sat	1:30 PM - 3:00 PM	33933
Sep 15 & 22	Sun	1:30 PM - 3:00 PM	33934
Sep 26 & Oct 3	Thu	7:00 PM - 8:30 PM	33913
Sep 28 & Oct 5	Sat	1:30 PM - 3:00 PM	33916
Sep 29 & Oct 6	Sun	1:30 PM - 3:00 PM	33919
Oct 10 & 17	Thu	7:00 PM - 8:30 PM	33914
Oct 12 & 19	Sat	1:30 PM - 3:00 PM	33917
Oct 13 & 20	Sun	1:30 PM - 3:00 PM	33920
Oct 24 & 31	Thu	7:00 PM - 8:30 PM	33915
Oct 26 & Nov 2	Sat	1:30 PM - 3:00 PM	33918
Oct 27 & Nov 3	Sun	1:30 PM - 3:00 PM	33921
Nov 7 & 14	Thu	7:00 PM - 8:30 PM	33922
Nov 9 & 16	Sat	1:30 PM - 3:00 PM	33925
Nov 10 & 17	Sun	1:30 PM - 3:00 PM	33928
Nov 21 & 28	Thu	7:00 PM - 8:30 PM	33923
Nov 23 & 30	Sat	1:30 PM - 3:00 PM	33926
Nov 24 & Dec 1	Sun	1:30 PM - 3:00 PM	33929
Dec 5 & 12	Thu	7:00 PM - 8:30 PM	33924
Dec 7 & 14	Sat	1:30 PM - 3:00 PM	33927
Dec 8 & 15	Sun	1:30 PM - 3:00 PM	33930

NEW

Zumba: Youth

Ages 7-11 Leisure Centre **\$52.50**

Zumba® Youth classes feature youth-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

Dates	Day	Time	Code
Sep 27 - Oct 25	Fri	5:00 PM - 5:50 PM	33965
Nov 1 - 29	Fri	5:00 PM - 5:50 PM	33966



Note

Programs will not run on the following days:



Monday October 14 for Thanksgiving
Thursday October 31 after 4:00 pm for Halloween (preschool, child & adult programs only)

Adult

Cardio Salsa

Ages 12+ Ballantrae Field House **\$52.50**

This, 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
Sep 24 - Oct 22	Tue	6:30 PM - 7:20 PM	33961
Oct 29 - Nov 26	Tue	6:30 PM - 7:20 PM	33962



Indoor Walking Club

Ages 12+ Tue: \$50, Thu: \$50
Stouffville Sportplex *Both Days: \$90

Walk inside at the Stouffville Sportplex. Climate controlled, state of the art field surface is level and cushioned. Fully staffed for support and urban poles provided for those that wish to use them. Pole walking will increase your heart rate and burn 20% more calories than simply walking. You need comfortable clothing, running shoes, and your water bottle. Please note, you will be signing a Stouffville Sportplex waiver on the first day of the program. Don't wish to commit to the full season? Ask about our 10-ticket option - \$27 for 10 visits.

Dates	Day	Time	Code
Nov 5 - Apr 29	Tue	8:30 AM - 10:30 AM	34216
Nov 7 - May 1	Thu	8:30 AM - 10:30 AM	34217
Nov 5 - May 1*	Tue & Thu	8:30 AM - 10:30 AM	34219

Learn to Run

Ages 12+ Leisure Centre **\$52.50**

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
Sep 24 - Oct 22	Tue	6:30 PM - 7:30 PM	33419
Oct 29 - Nov 26	Tue	6:30 PM - 7:30 PM	33420

NEW

Off the Barre

Ages 12+ Leisure Centre **\$52.50**

No Props? No Problem! This class incorporates movements derived from ballet and combines these classical dance movements and positions with those drawn from yoga and Pilates. Off the Barre classes focus on small, pulsing movements with emphasis on form, alignment and core engagement. Bands, yoga straps, exercise balls and light hand weights may be used, making this a great workout for all.

Dates	Day	Time	Code
Sep 23 - Oct 28	Mon	5:30 PM - 6:20 PM	33409
Nov 4 - Dec 2	Mon	5:30 PM - 6:20 PM	33410



Together In Movement & Exercise

Ages 18+ Leisure Centre **\$105**

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
Sep 26 - Nov 28	Thu	1:00 PM - 2:00 PM	33909

Yoga: Seated

Ages 12+ Leisure Centre **\$52.50**

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
Sep 25 - Oct 23	Tue	10:30 AM - 11:20 AM	33411
Oct 30 - Nov 27	Tue	10:30 AM - 11:20 AM	33412

Yoga: Hatha Style

Ages 12+ Ballantrae Field House **\$52.50**

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
Sep 24 - Oct 22	Tue	7:30 PM - 8:20 PM	33963
Oct 29 - Nov 26	Tue	7:30 PM - 8:20 PM	33964



aquatic centre

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

Aquatic Membership Fees

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	\$40.50	\$22.50	\$65.25	\$247.00
Adult (18+)	\$6.50	\$58.50	\$33.50	\$97.00	\$368.25
Senior (60+)	\$4.50	\$40.50	\$22.50	\$65.25	\$247.00
Family	\$12.50	\$112.50	\$63.00	\$180.50	\$692.25

*Prices include tax



Fall Sessions Snapshot

Session Type	Start Date	Parent's Day	End Date	No Lesson
Monday	Sep 23	Nov 18	Dec 2	Oct 14 Thanksgiving
Tuesday	Sep 24	Nov 12	Nov 26	
Wednesday	Sep 25	Nov 13	Nov 27	
Thursday	Sep 26	Nov 21	Dec 5	Oct 31 Halloween (after 4:00 PM)
Friday	Sep 27	Nov 15	Nov 29	
Saturday	Sep 28	Nov 16	Nov 30	
Sundays	Sep 29	Nov 17	Dec 1	

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!

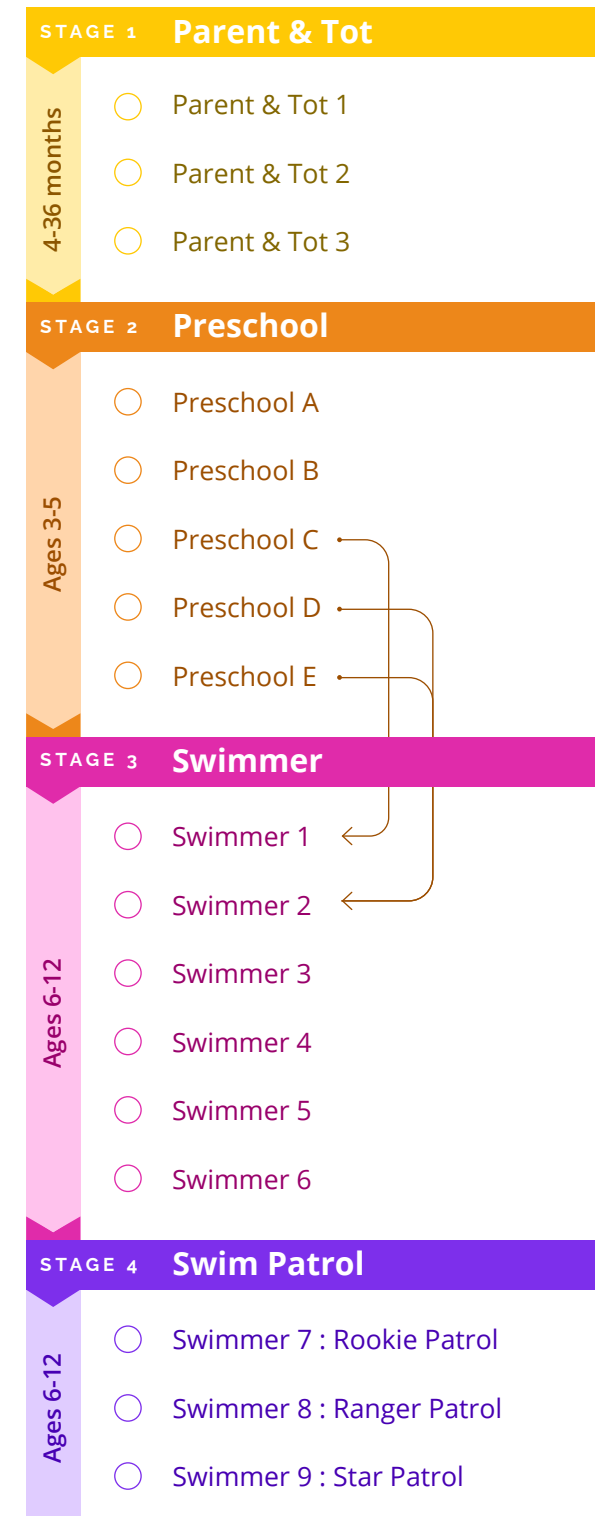
View our drop-in schedules at townofws.ca/dropin



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 can be confident that 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 66 to see what other leadership programs we have to offer!*

Adult/Teen

- Ages 13+
- Adult/Teen 1
 - Adult/Teen 2

Note

Parent's Days

During the last five minutes of class, the instructor will provide you with your child's progress slip. If you want to take a picture of/with your child, please ask the Deck Supervisor first. See page 49 for dates.

adapted aquatics



Adapted Aquatics

All Ages Leisure Centre **\$172.50**

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
Sep 24 - Nov 26	Tue	7:00 PM - 7:45 PM	33402
Sep 29 - Dec 1	Sun	12:30 PM - 1:15 PM	33401

babies and preschoolers

Parent & Tot: Level 1 & 2

Ages 4-24 months Leisure Centre **\$147.50**

Assisted by their parents, children will float and kick on their front and back, learn to get their faces wet, and blow bubbles underwater.

Dates	Days	Time	Code
Sep 23 - Dec 2	Mon	5:30 PM - 6:00 PM	33425
Sep 25 - Nov 27	Wed	5:30 PM - 6:00 PM	33430
Sep 28 - Nov 30	Sat	11:00 AM - 11:30 AM 4:30 PM - 5:00 PM	33426
Sep 29 - Dec 1	Sun	11:00 AM - 11:30 AM	33429



Parent & Tot: Level 2 & 3

Ages 12-36 months Leisure Centre **\$147.50**

Parents will help their child jump into water and learn to submerge and hold breath underwater. They will also aim to do starfish and pencil floats, as well as kick on both their front and back.

Dates	Days	Time	Code
Sep 24 - Nov 26	Tue	5:30 PM - 6:00 PM	33437
Sep 26 - Dec 5	Thu	5:30 PM - 6:00 PM	33436
Sep 27 - Nov 29	Fri	5:30 PM - 6:00 PM	33431
Sep 28 - Nov 30	Sat	12:00 PM - 12:30 PM	33432
Sep 29 - Dec 1	Sun	12:00 PM - 12:30 PM 4:30 PM - 5:00 PM	33433

NEW

Parent & Tot: Level 1 - 3

Ages 12-36 months Leisure Centre **\$147.50**

Assisted by their parents, children will float and kick on their front and back, learn to get their faces wet, and blow bubbles underwater. Parents will help their child jump into water and learn to submerge and hold breath underwater. They will also aim to do starfish and pencil floats, as well as kick on both their front and back.

Dates	Days	Time	Code
Sep 23 - Nov 25	Mon	9:30 AM - 10:00 AM	33991
Sep 25 - Nov 27	Wed	9:30 AM - 10:00 AM	33992
Sep 27 - Nov 29	Fri	9:30 AM - 10:00 AM	33993

Preschool A

Ages 3-5 Leisure Centre **\$147.50**

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
Sep 23 - Dec 2	Mon	5:00 PM - 5:30 PM 6:00 PM - 6:30 PM	33441
Sep 24 - Nov 26	Tue	5:00 PM - 5:30 PM 6:00 PM - 6:30 PM	33457
Sep 25 - Dec 27	Wed	5:00 PM - 5:30 PM 6:00 PM - 6:30 PM	33460
Sep 26 - Dec 5	Thu	5:00 PM - 5:30 PM 6:00 PM - 6:30 PM	33454
Sep 27 - Nov 29	Fri	5:00 PM - 5:30 PM 6:00 PM - 6:30 PM	33438
Sep 28 - Nov 30	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	33444
Sep 29 - Dec 1	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	33449

Note

Holiday Closures

Please note that programs will not run on **October 14** (Thanksgiving) or after 4:00 pm on **October 31** (Halloween).

Preschool B

Ages 3-5 Leisure Centre **\$147.50**

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
Sep 23 - Dec 2	Mon	5:00 PM - 5:30 PM	33466
		6:00 PM - 6:30 PM	
Sep 24 - Nov 26	Tue	5:00 PM - 5:30 PM	33482
		6:00 PM - 6:30 PM	
Sep 25 - Nov 27	Wed	5:00 PM - 5:30 PM	33485
		6:00 PM - 6:30 PM	
Sep 26 - Dec 5	Thu	5:00 PM - 5:30 PM	33479
		6:00 PM - 6:30 PM	
Sep 27 - Nov 29	Fri	5:00 PM - 5:30 PM	33463
		6:00 PM - 6:30 PM	
Sep 28 - Nov 30	Sat	10:30 AM - 11:00 AM	33469
		11:30 AM - 12:00 PM	
		12:30 PM - 1:00 PM	
		5:30 PM - 6:00 PM	
		6:00 PM - 6:30 PM	
		6:00 PM - 6:30 PM	
Sep 29 - Dec 1	Sun	10:30 AM - 11:00 AM	33475
		11:30 AM - 12:00 PM	
		5:30 PM - 6:00 PM	



Preschool C

Ages 3-5 Leisure Centre **\$147.50**

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
Sep 23 - Dec 2	Mon	5:00 PM - 5:30 PM	33491
		6:00 PM - 6:30 PM	
Sep 24 - Nov 26	Tue	5:00 PM - 5:30 PM	33509
		6:00 PM - 6:30 PM	
Sep 25 - Nov 27	Wed	5:00 PM - 5:30 PM	33512
		6:00 PM - 6:30 PM	
Sep 26 - Dec 5	Thu	5:00 PM - 5:30 PM	33506
		6:30 PM - 7:00 PM	
		6:30 PM - 7:00 PM	
Sep 27 - Nov 29	Fri	5:00 PM - 5:30 PM	33488
		6:30 PM - 7:00 PM	
		6:30 PM - 7:00 PM	
Sep 28 - Nov 30	Sat	9:30 AM - 10:00 AM	33494
		12:00 PM - 12:30 PM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
		6:00 PM - 6:30 PM	
Sep 29 - Dec 1	Sun	9:30 AM - 10:00 AM	33500
		11:30 AM - 12:00 PM	
		1:00 PM - 1:30 PM	
		4:30 PM - 5:00 PM	
		6:00 PM - 6:30 PM	
		6:00 PM - 6:30 PM	

Preschool D

Ages 3-5 Leisure Centre **\$147.50**

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
Sep 23 - Dec 2	Mon	5:30 PM - 6:00 PM	33518
		6:30 PM - 7:00 PM	
Sep 24 - Nov 26	Tue	5:30 PM - 6:00 PM	33534
		6:30 PM - 7:00 PM	
Sep 25 - Nov 27	Wed	5:30 PM - 6:00 PM	33537
		6:30 PM - 7:00 PM	
Sep 26 - Dec 5	Thu	5:30 PM - 6:00 PM	33531
		7:00 PM - 7:30 PM	
Sep 27 - Nov 29	Fri	5:30 PM - 6:00 PM	33515
		7:00 PM - 7:30 PM	
Sep 28 - Nov 30	Sat	10:00 AM - 10:30 AM	33521
		12:30 PM - 1:00 PM	
		5:00 PM - 5:30 PM	
Sep 29 - Dec 1	Sun	6:30 PM - 7:00 PM	33526
		10:00 AM - 10:30 AM	
		12:00 PM - 12:30 PM	
Sep 29 - Dec 1	Sun	5:00 PM - 5:30 PM	33526
		6:30 PM - 7:00 PM	
		6:30 PM - 7:00 PM	

Note

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



Preschool E

Ages 3-5 Leisure Centre **\$147.50**

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
Sep 23 - Dec 2	Mon	7:00 PM - 7:30 PM	33541
Sep 25 - Nov 27	Wed	7:00 PM - 7:30 PM	33545
Sep 26 - Dec 5	Thu	7:30 PM - 8:00 PM	33544
Sep 27 - Nov 29	Fri	7:30 PM - 8:00 PM	33540
Sep 28 - Nov 30	Sat	11:00 AM - 11:30 AM	33542
Sep 29 - Dec 1	Sun	11:00 AM - 11:30 AM	33543

children and youth



Swimmer 1

Ages 6-12 Leisure Centre **\$147.50**

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
Sep 23 - Dec 2	Mon	5:30 PM - 6:00 PM	33803
		6:30 PM - 7:00 PM	
Sep 24 - Nov 26	Tue	5:30 PM - 6:00 PM	33823
		6:30 PM - 7:00 PM	
Sep 25 - Nov 27	Wed	5:00 PM - 5:30 PM	33826
		5:30 PM - 6:00 PM	
		6:30 PM - 7:00 PM	
Sep 26 - Dec 5	Thu	5:30 PM - 6:00 PM	33820
		7:00 PM - 7:30 PM	
Sep 27 - Nov 29	Fri	5:30 PM - 6:00 PM	33799
		7:00 PM - 7:30 PM	
		7:30 PM - 8:00 PM	



Dates	Days	Time	Code
Sep 28 - Nov 30	Sat	9:30 AM - 10:00 AM	33806
		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	
		Sep 29 - Dec 1	
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			



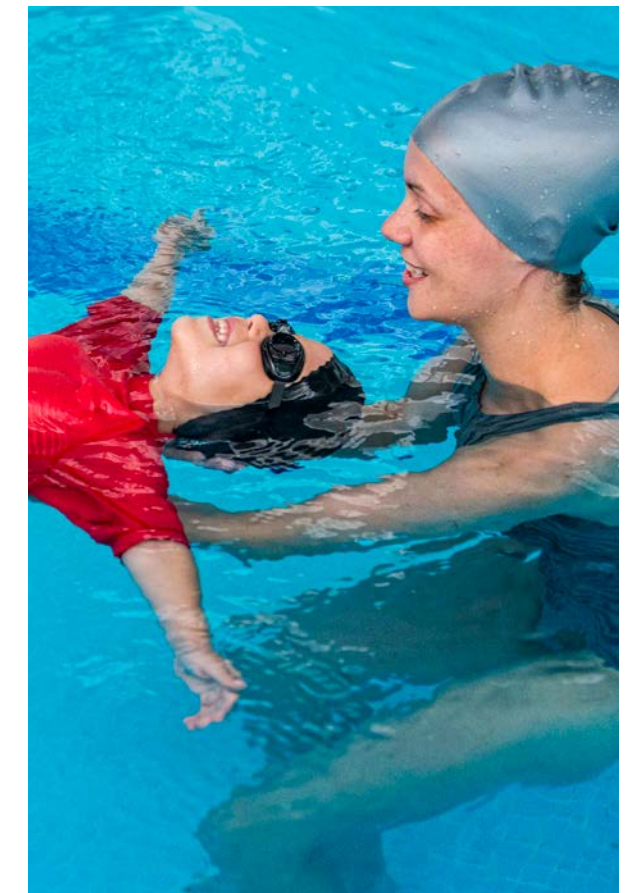
Swimmer 2

Ages 6-12 Leisure Centre **\$147.50**

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
Sep 23 - Dec 2	Mon	5:30 PM - 6:00 PM	33835
		7:00 PM - 7:30 PM	
Sep 24 - Nov 26	Tue	6:30 PM - 7:00 PM	33854
		7:00 PM - 7:30 PM	
		7:30 PM - 8:00 PM	
Sep 25 - Nov 27	Wed	5:30 PM - 6:00 PM	33858
		6:30 PM - 7:00 PM	
		7:00 PM - 7:30 PM	
Sep 26 - Dec 5	Thu	6:30 PM - 7:00 PM	33851
		7:30 PM - 8:00 PM	
Sep 27 - Nov 29	Fri	5:30 PM - 6:00 PM	33831
		6:30 PM - 7:00 PM	
		7:30 PM - 8:00 PM	

Dates	Days	Time	Code
Sep 28 - Nov 30	Sat	10:00 AM - 10:30 AM	33838
		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	
		Sep 29 - Dec 1	
12:00 PM - 12:30 PM			
5:00 PM - 5:30 PM			
5:30 PM - 6:00 PM			
6:30 PM - 7:00 PM			

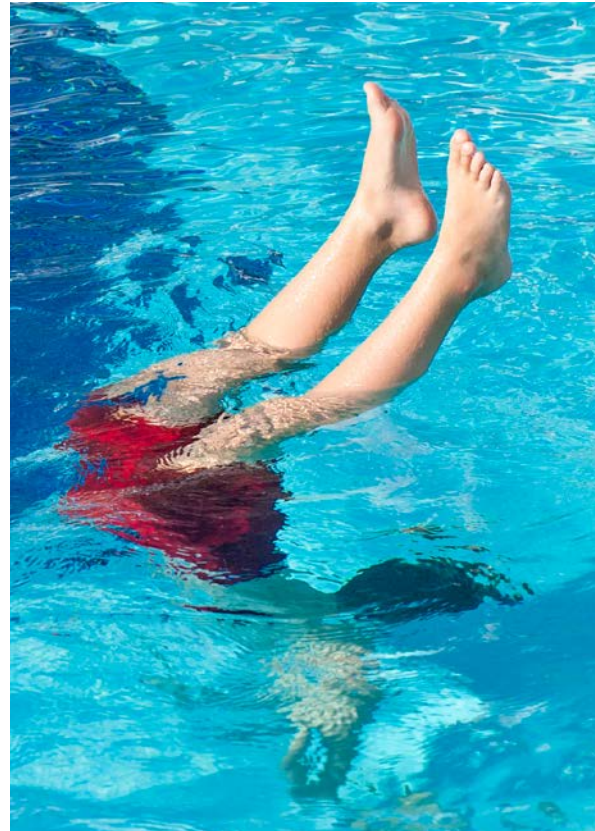


Swimmer 3

Ages 6-12 Leisure Centre \$172.50

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
Sep 23 - Dec 2	Mon	6:00 PM - 6:45 PM	33863
Sep 24 - Nov 26	Tue	5:30 PM - 6:15 PM	33867
Sep 25 - Nov 27	Wed	6:00 PM - 6:45 PM	33868
Sep 26 - Dec 5	Thu	6:15 PM - 7:00 PM	33866
Sep 27 - Nov 29	Fri	6:15 PM - 7:00 PM	33862
Sep 28 - Nov 30	Sat	10:30 AM - 11:15 AM	33864
Sep 29 - Dec 1	Sun	10:30 AM - 11:15 AM	33865



Swimmer 3: Small Group

Ages 6-12 Leisure Centre \$195

Participants will learn and practice all the content of Swimmer 3, but in a smaller class setting.

Dates	Days	Time	Code
Sep 23 - Dec 2	Mon	5:30 PM - 6:00 PM	33751
Sep 24 - Nov 26	Tue	6:30 PM - 7:00 PM	33759
Sep 25 - Nov 27	Wed	5:30 PM - 6:00 PM	33760
Sep 26 - Dec 5	Thu	7:00 PM - 7:30 PM	33758
Sep 27 - Nov 29	Fri	7:00 PM - 7:30 PM	33750
Sep 28 - Nov 30	Sat	12:00 PM - 12:30 PM	33752
		4:30 PM - 5:00 PM	
Sep 29 - Dec 1	Sun	1:00 PM - 1:30 PM	33755
		4:30 PM - 5:00 PM	

Note

Holiday Closures

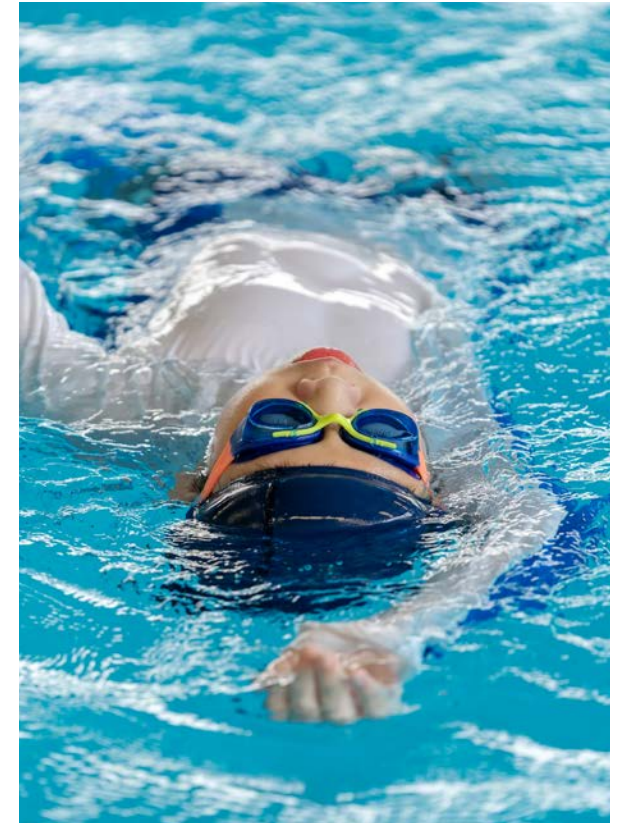
Please note that programs will not run on **October 14** (Thanksgiving) or after 4:00 pm on **October 31** (Halloween).

Swimmer 4

Ages 6-12 Leisure Centre \$172.50

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
Sep 23 - Dec 2	Mon	6:45 PM - 7:30 PM	33870
Sep 24 - Nov 26	Tue	6:15 PM - 7:00PM	33874
Sep 25 - Nov 27	Wed	6:45 PM - 7:30 PM	33875
Sep 26 - Dec 5	Thu	5:30 PM - 6:15 PM	33873
Sep 27 - Nov 29	Fri	5:30 PM - 6:15 PM	33869
Sep 28 - Nov 30	Sat	11:15 AM - 12:00 PM	33871
Sep 29 - Dec 1	Sun	11:15 AM - 12:00 PM	33872



Swimmer 4: Small Group

Ages 6-12 Leisure Centre \$195

Participants will learn and practice all the content of Swimmer 4, but in a smaller class setting.

Dates	Days	Time	Code
Sep 23 - Dec 2	Mon	6:00 PM - 6:30 PM	33762
Sep 24 - Nov 26	Tue	5:30 PM - 6:00 PM	33770
Sep 25 - Nov 27	Wed	6:00 PM - 6:30 PM	33771
Sep 26 - Dec 5	Thu	7:30 PM - 8:00 PM	33769
Sep 27 - Nov 29	Fri	7:30 PM - 8:00 PM	33761
Sep 28 - Nov 30	Sat	12:30 PM - 1:00 PM	33763
		5:00 PM - 5:30 PM	
Sep 29 - Dec 1	Sun	12:30 PM - 1:00 PM	33766
		5:00 PM - 5:30 PM	



Swimmer 5

Ages 6-12 Leisure Centre \$172.50

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
Sep 23 - Dec 2	Mon	6:15 PM - 7:00 PM	33878
Sep 24 - Nov 26	Tue	6:15 PM - 7:00 PM	33882
Sep 25 - Nov 27	Wed	6:15 PM - 7:00 PM	33883
Sep 26 - Dec 5	Thu	5:30 PM - 6:15 PM	33881
Sep 27 - Nov 29	Fri	6:00 PM - 6:45 PM	33877
Sep 28 - Nov 30	Sat	10:15 AM - 11:00 AM	33879
Sep 29 - Dec 1	Sun	10:15 AM - 11:00 AM	33880



Swimmer 5: Small Group

Ages 6-12 Leisure Centre \$195

Participants will learn and practice all the content of Swimmer 5, but in a smaller class setting.

Dates	Days	Time	Code
Sep 23 - Dec 2	Mon	7:00 PM - 7:30 PM	33773
Sep 24 - Nov 26	Tue	7:00 PM - 7:30 PM	33781
Sep 25 - Nov 27	Wed	7:00 PM - 7:30 PM	33782
Sep 26 - Dec 5	Thu	7:30 PM - 8:00 PM	33780
Sep 27 - Nov 29	Fri	5:00 PM - 5:30 PM	33772
Sep 28 - Nov 30	Sat	11:30 AM - 12:00 PM	33774
		5:30 PM - 6:00 PM	
Sep 29 - Dec 1	Sun	11:30 AM - 12:00 PM	33777
		5:30 PM - 6:00 PM	

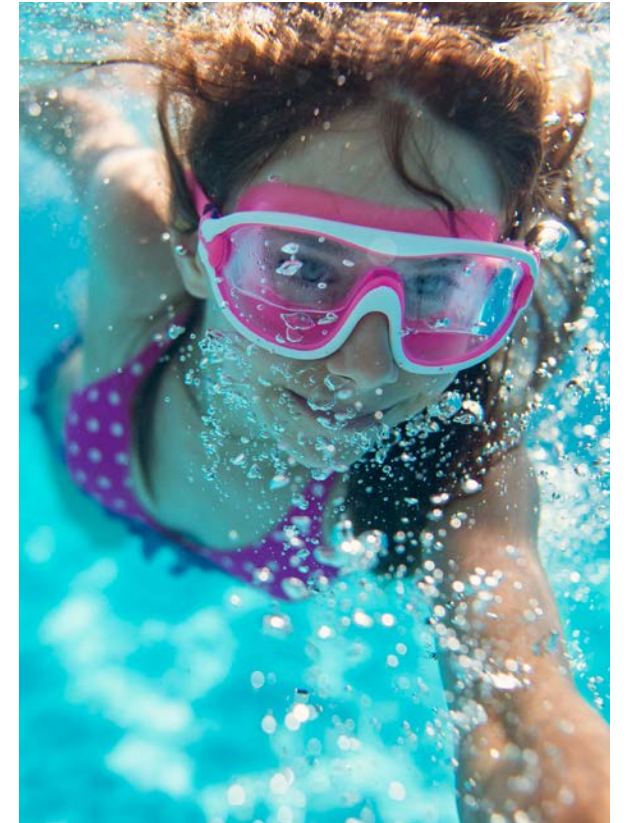


Swimmer 6

Ages 6-12 Leisure Centre \$172.50

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
Sep 23 - Dec 2	Mon	5:30 PM - 6:15 PM	33885
Sep 24 - Nov 26	Tue	5:30 PM - 6:15 PM	33889
Sep 25 - Nov 27	Wed	5:30 PM - 6:15 PM	33890
Sep 26 - Dec 5	Thu	6:15 PM - 7:00 PM	33888
Sep 27 - Nov 29	Fri	6:45 PM - 7:30 PM	33884
Sep 28 - Nov 30	Sat	9:30 AM - 10:15 AM	33886
Sep 29 - Dec 1	Sun	9:30 AM - 10:15 AM	33887



Swimmer 6: Small Group

Ages 6-12 Leisure Centre \$195

Participants will learn and practice all the content of Swimmer 6, but in a smaller class setting.

Dates	Days	Time	Code
Sep 23 - Dec 2	Mon	6:30 PM - 7:00 PM	33784
Sep 24 - Nov 26	Tue	7:30 PM - 8:00 PM	33792
Sep 25 - Nov 27	Wed	6:30 PM - 7:00 PM	33793
Sep 26 - Dec 5	Thu	7:00 PM - 7:30 PM	33791
Sep 27 - Nov 29	Fri	6:00 PM - 6:30 PM	33783
Sep 28 - Nov 30	Sat	10:30 AM - 11:00 AM	33785
		6:00 PM - 6:30 PM	
Sep 29 - Dec 1	Sun	10:30 AM - 11:00 AM	33788
		6:00 PM - 6:30 PM	





Swimmer 7 & 8: Rookie & Ranger Patrol

Ages 6-12 Leisure Centre \$172.50

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
Sep 23 - Dec 2	Mon	5:00 PM - 5:45 PM	33892
Sep 24 - Nov 26	Tue	7:15 PM - 8:00 PM	33896
Sep 25 - Nov 27	Wed	5:00 PM - 5:45 PM	33897
Sep 26 - Dec 5	Thu	7:15 PM - 8:00 PM	33895
Sep 27 - Nov 29	Fri	7:15 PM - 8:00 PM	33891
Sep 28 - Nov 30	Sat	11:00 AM - 11:45 AM	33893
Sep 29 - Dec 1	Sun	11:45 AM - 12:30 PM	33894

Swimmer 9 & Bronze Star

Ages 6-12 Leisure Centre \$172.50

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
Sep 23 - Dec 2	Mon	5:45 PM - 6:30 PM	33899
Sep 24 - Nov 26	Tue	6:30 PM - 7:15 PM	33903
Sep 25 - Nov 27	Wed	5:45 PM - 6:30 PM	33904
Sep 26 - Dec 5	Thu	6:30 PM - 7:15 PM	33902
Sep 27 - Nov 29	Fri	6:30 PM - 7:15 PM	33898
Sep 28 - Nov 30	Sat	11:45 AM - 12:30 PM	33900
Sep 29 - Dec 1	Sun	11:00 AM - 11:45 AM	33901



Private Swim Lessons

Ages 3+ Private: \$320
Leisure Centre Semi Private: \$220

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
Sep 23 - Dec 2	Mon	5:00 PM - 8:00 PM	33572
Sep 24 - Nov 26	Tue	5:30 PM - 8:30 PM	33699
Sep 25 - Nov 27	Wed	5:00 PM - 8:00 PM	33729
Sep 26 - Dec 5	Thu	5:30 PM - 8:30 PM	33665
Sep 27 - Nov 29	Fri	5:00 PM - 7:30 PM	33546
Sep 28 - Nov 30	Sat	9:30 AM - 6:30 PM	33597
Sep 29 - Dec 1	Sun	9:30 AM - 6:30 PM	33632

Junior Lifeguard: Beginner

Ages 9-12 Leisure Centre \$190

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 bridges the gap between swimming lessons and aquatic leadership courses.

Dates	Days	Time	Code
Sep 24 - Nov 26	Tue	8:00 PM - 9:00 PM	33418
Sep 28 - Nov 30	Sat	6:00 PM - 7:00 PM	33415

Junior Lifeguard: Advanced

Ages 9-12 Leisure Centre \$190

Swimmers in this group should have the ability to swim at a higher level of fitness and swimming skills including endurance and speed. They will attempt to perform the lifesaving sport events at the Provincial Level standards. This program bridges the gap between swimming lessons and aquatic leadership courses.

Dates	Days	Time	Code
Sep 26 - Dec 5	Thu	8:00 PM - 9:00 PM	33417
Sep 29 - Dec 1	Sun	6:00 PM - 7:00 PM	33416



teen and adult



Adult/Teen 1

Ages 13+ Leisure Centre **\$147.50**

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
Sep 23 - Dec 2	Mon	7:00 PM - 7:30 PM	33403
Sep 25 - Nov 27	Wed	7:00 PM - 7:30 PM	33405
Sep 28 - Nov 30	Sat	6:30 PM - 7:00 PM	33404

Adult/Teen 2

Ages 13+ Leisure Centre **\$147.50**

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
Sep 24 - Nov 26	Tue	7:30 PM - 8:00 PM	33408
Sep 26 - Dec 5	Thu	7:30 PM - 8:00 PM	33407
Sep 29 - Dec 1	Sun	6:30 PM - 7:00 PM	33406



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
- Tiding the pool deck
- Playing games and singing songs
- Reporting safety issues
- Organizing equipment
- Assisting 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 \$240

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	Days	Time	Code
Sep 23 - Dec 2	Mon	5:00 PM - 7:30 PM	33973
Sep 29 - Dec 1	Sun	11:00 AM - 1:30 PM	33974

Bronze Cross

Ages 13+ Leisure Centre \$195

Swimmers begin transitioning 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	Days	Time	Code
Sep 25 - Nov 27	Wed	5:00 PM - 7:30 PM	33975
Sep 28 - Nov 30	Sat	11:00 AM - 1:30 PM	33976

Standard First Aid & CPR C

Ages 12+ Leisure Centre \$170

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
Sep 21 & 22	Sat & Sun	9:30 AM - 6:00 PM	33977
Oct 19 & 20	Sat	11:00 AM - 7:30 PM	33978
	Sun	9:30 AM - 6:00 PM	
Nov 30 & Dec 1	Sat	11:00 AM - 7:30 PM	33979
	Sun	9:30 AM - 6:00 PM	

Note Join our team once you are certified! View our job openings at townofws.ca/careers

Standard First Aid & CPR C Recertification

Ages 12+ Leisure Centre **\$93**

This course reviews a candidate's existing Standard First Aid and CPR skills. Successful completion renews the award for three years.

Date	Day	Time	Code
Sep 22	Sun	11:30 AM - 8:00 PM	33980
Dec 15	Sun	11:30 AM - 8:00 PM	33981

Assistant Instructor

Ages 14+ Leisure Centre **\$134**

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
Nov 23 & 24	Sat	11:30 AM - 8:00 PM	33982
	Sun	9:30 AM - 6:00 PM	



Instructors: Swim, Lifesaving & Emergency First Aid

Ages 15+ Leisure Centre **\$350**

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	Days	Time	Code
Dec 6 - 8 & Dec 13 - 15	Fri	5:00 PM - 8:00 PM	33983
	Sat	9:30 AM - 7:00 PM	
	Sun	9:30 AM - 7:00 PM	

Note

Have a friend who might want to explore a swim leadership program with you?

Take the plunge together and dive into training with your friend by your side. Encourage them to sign up with you!

National Lifeguard

Ages 15+ Leisure Centre **\$275**

This course is designed to develop a sound understanding of lifeguarding principles, good judgement, and a 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 various emergency situations within an aquatic environment. Successful completion of this course will certify the candidate in Canada's only recognized lifeguarding award.

Dates	Days	Time	Code
Dec 6 - 8 & Dec 13 - 15	Fri	5:00 PM - 9:00 PM	33984
	Sat	10:00 AM - 8:00 PM	
	Sun	10:00 AM - 8:00 PM	

National Lifeguard Recertification

Ages 15+ Leisure Centre **\$93**

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

Date	Day	Time	Code
Dec 8	Sun	9:30 AM - 3:30 PM	33985



Aquatic Supervisor Training

Ages 15+ Leisure Centre **\$160**

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
Dec 20 & 21	Fri	5:00 PM - 9:00 PM	33987
	Sat	9:00 AM - 6:30 PM	

Examiners

Ages 15+ 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 with teaching experience: they must have taught or co-taught at least one course in the stream(s) in which they seek certification as an examiner.

Dates	Day	Time	Code
Dec 22	Sun	10:00 AM - 5:00 PM	33988

SEE (Supervision Evaluation and Enhancement) Auditor

Ages 15+ Leisure Centre **\$62**

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
Dec 19	Thu	5:00 PM - 9:00 PM	33986

Whitchurch-Stouffville Museum & Community Centre

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

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



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 upcoming events, virtual exhibits, and more!

Hours of Operation:

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.

museum

: Caregiver Attendance Required



Creepy Crafts

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

Get into the Halloween spirit with this registered program! Participants will enjoy all things creepy with staff-led crafts and science experiments, including pumpkin painting and mask making. Required adult chaperone free of charge.

Date	Day	Time	Barcode
Oct 19	Sat	12:30 PM - 2:00 PM	34014

Events & Exhibits

44th Annual Victorian Tea

All Ages Whitchurch-Stouffville Museum **\$30**

A delicious taste of Christmas past, featuring a traditional catered tea and a festive tour of the Museum's buildings. Please contact the Museum at (905) 727-8954 or wsmuseum@townofws.ca to book your seating.

Date	Day	Time
Nov 16	Sat	11:30 AM & 1:30 PM

Note

Host your event or book a tour!

We accept bookings for education programs, group tours, and all types of rentals (including corporate rentals and weddings).

Note

Spend PA Days at the Museum!
Flip to page 22 to keep curious minds busy with cooking, and crafty programming.

Santa Visits the Museum

All Ages Whitchurch-Stouffville Museum **\$10**

Santa is visiting the Museum! Join us for a festive day of family fun including a visit with Santa, horse-drawn wagon rides, tour the historic buildings decorated for the holidays, and create holiday crafts! Required adult chaperone free of charge.

Date	Day	Time	Registration
Dec 14	Sat	12:00 PM - 4:00 PM	Eventbrite

The York Regional Forest: A Growing Legacy

All Ages Whitchurch-Stouffville Museum **FREE**

This year marks an important milestone as the Forest turns 100! The York Regional Forest is the heart of the Region's natural landscape, but it was once devastated by deforestation. After a century of restoration, today's forest offers a wide array of ecological and economic benefits to the Region. Learn about the forest's history, restoration, and all of the amazing things that happen there. Take in the sights and sounds of the forest, and learn about its growing legacy.

Dates	Day	Time
Until Dec 14	Wed - Sat	10:00 AM - 4:00 PM



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's exciting Concert Series returns with year-round shows, offering the best in musical and live entertainment!

🎵 Opening Night Reception with Good Lovelies

Thursday, October 3 • 7:00 PM

Kicking off the Concert Series, Good Lovelies join us for this special Opening Night Reception! This evening will include a mesmerizing performance, passed hors d'oeuvres, silent auction, activations and more.

🎭 Yuk-Yuk's On Tour

Friday, November 15 • 8:00 PM

Three hilarious Yuk Yuk's comics return to the 19 on the Park stage by popular demand!



🎵 Sunshine & Broccoli: LIVE for the Holidays!

Sunday, December 15 • 3:00 PM

This eccentric and interactive pop-rock show for families and kids is not to be missed! JUNO-nomainted duo Sunshine & Broccoli captivate with music that has positive messaging and reassurance at its core.

🎵 Sultans of String: Christmas Caravan

Friday, December 20 • 7:30 PM

3-time JUNO nominees and 3-time CFMA winning ambassadors of musical diversity Sultans of String takes audiences on a world music tour with Christmas Caravan! This genre-hopping show expands the traditional notion of Christmas music.

Note

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



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 | Tresttown
Sunnyridge Ave & Filbert Ct |

Fall/Winter Events

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.



We would like to give a huge thank you to the following 2024 Stouffville Celebrates Summer Series Sponsors:

Presenting Sponsor:



Series Sponsors:



Entertainment Sponsors:

- Hyson Properties
- Beaverhall Communities

Celebration Sponsors:

- Flato Homes
- Ledgemark Homes
- Northern Alarm Protection
- Schell Lumber
- SCS Consulting Group
- Stouffville Toyota
- Tim Horton's
- Trentadue Torres Group

We would also like to thank the Presenting Sponsors of the 2024 Stouffville Main Street 5K:



Note

Want to stay up to date on event details?

Visit townofws.ca/events and also find out how to sponsor or volunteer!



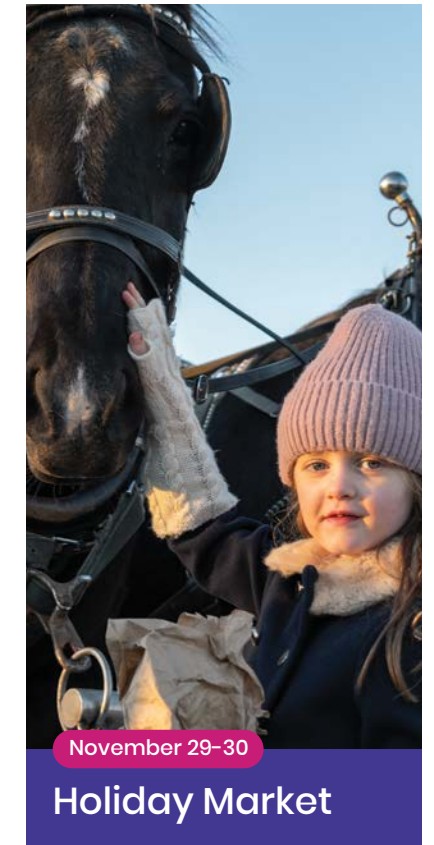
October 26

Halloween in Civic Square



November 22

Christmas Tree Lighting Ceremony



November 29-30

Holiday Market



December 7

Santa Claus Parade



December 31

New Year's Eve Fireworks



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

leisure.services@townofws.ca
905-642-PLAY (7529)
townofws.ca

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 August 20, 2024.

See page 3 for details.

