

Playbook

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

Winter 2025

Winter is here, and so are new programs for all ages and interests, right here in Stouffville!

Whether you're looking to stay active, get creative, or learn something new, there's something for everyone this season.

mayor's message

On behalf of Council, I'm excited to introduce the Winter 2024 edition of the Play Book! Inside, you'll find an exciting mix of programs and activities for all ages and interests. Whether you're looking to stay active, make new connections, or simply have fun, there's something here for everyone.

A big shout-out to our Community Services Commission for putting together this season's incredible line-up. And don't forget - the Holiday Market is back on November 29 & 30! It's a free, festive event that's always a hit with families, so be sure to stop by.

I hope to see you out and about this winter!

Be well, **Iain Lovatt, Mayor**



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Winter 2025 Registration

Residents:
Tuesday, November 26 at 12:00 noon

Flip to page 3 for more information.
Most programs begin January 6, 2025



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 November 26. Once you apply, we will have your account ready for you within 48 hours.

Winter 2025 Registration dates

Residents:

Tuesday, November 26, 2024
at 12:00 noon

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

Non-residents:

Tuesday, December 3, 2024
at 12 noon

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

**Most programs begin
January 6, 2025**

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



- 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

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.

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

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

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



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

Leisure Centre

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

Hours of Operation

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

leisure.services@townofws.ca

Drop-In Programs

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



Skating

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



Swimming

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



Gymnasium

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



Group Fitness

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



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 |
|---------------|-----|------------------|-------|
| Jan 9 - Mar 6 | Thu | 5:00 PM- 7:00 PM | 34848 |

Skating: Adapted

Ages 5-12 Stouffville Clippers Sports Complex \$88

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

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 6 - Mar 3 | Mon | 4:00 PM - 4:45 PM | 34853 |



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 |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 1:00 PM - 3:00 PM | 34854 |

Note

Please come prepared for your Skating Lessons

Participants must have their own skates. 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.

preschool

: Caregiver Attendance Required

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

ABC's & 123's

Ages 3-5 Stouffville Arena \$90

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 |
|---------------|-----|--------------------|-------|
| Jan 7 - Mar 4 | Tue | 9:30 AM - 10:30 AM | 32204 |

Cooking Up Fun

Ages 3-5 Latcham Hall \$135

Join your mini chefs as they learn basic cooking skills such as stirring, measuring ingredients, food decoration and kitchen safety. Along with getting their start in the kitchen environment, 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 |
|----------------|-----|---------------------|-------|
| Jan 9 - Mar 6 | Thu | 6:00 PM - 6:45 PM | 32218 |
| Jan 11 - Mar 8 | Sat | 10:30 AM - 11:15 AM | 32219 |
| | | 11:30 AM - 12:15 PM | 32217 |

Note

Drop into fun!
View the full drop-in schedule at townofws.ca/dropin



Get Ready for School

Ages 3-5 Stouffville Arena \$145

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 |
|---------------|-----|--------------------|-------|
| Jan 8 - Mar 5 | Wed | 9:30 AM - 11:30 AM | 32225 |
| Jan 9 - Mar 6 | Thu | 9:30 AM - 11:30 AM | 32226 |

NEW

Gymnastics: Parent & Me

Ages 2-4 Leisure Centre \$147

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. This program is run in partnership with the Pulsars Gymnastics Club.

| Dates | Day | Time | Code |
|----------------|-----|-------------------|-------|
| Jan 12 - Mar 9 | Sun | 8:45 AM - 9:15 AM | 34866 |
| | | 9:15 AM - 9:45 AM | 34867 |



Gymnastics: Tiny Tumblers



Ages 4-6 Leisure Centre \$147

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 |
|----------------|-----|---------------------|-------|
| Jan 12 - Mar 9 | Sun | 9:50 AM - 10:20 AM | 34865 |
| | | 10:20 AM - 10:50 AM | 35067 |



Junior Scientists



Ages 3-5 Stouffville Arena \$125

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 |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 6:00 PM - 6:45 PM | 32235 |

NEW

Little Learners



Ages 6 months - 6 years Stouffville Arena \$120

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

| Dates | Day | Time | Code |
|---------------|-----|--------------------|-------|
| Jan 6 - Mar 3 | Mon | 9:30 AM - 11:30 AM | 32290 |

Mini Masterpieces



Ages 2-4 Leisure Centre \$115

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 |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 6:00 PM - 6:45 PM | 32241 |



Playball: 2's Can Play Too



Age 2 Stouffville Arena \$162

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

| Dates | Day | Time | Code |
|----------------|-----|--------------------|-------|
| Jan 11 - Mar 8 | Sat | 8:50 AM - 9:20 AM | 32244 |
| | | 9:30 AM - 10:00 AM | 32243 |

Playball for 3's



Age 3 Stouffville Arena \$162

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

Glad Park PS

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 6:00 PM - 6:45 PM | 32246 |

Stouffville Arena

| Dates | Day | Time | Code |
|----------------|-----|---------------------|-------|
| Jan 11 - Mar 8 | Sat | 10:10 AM - 10:55 AM | 32245 |

Playball for 4's and 5's



Ages 4-5 Various Locations \$162

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

Glad Park PS

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 6:55 PM - 7:55 PM | 32248 |

Stouffville Arena

| Dates | Day | Time | Code |
|----------------|-----|---------------------|-------|
| Jan 11 - Mar 8 | Sat | 11:05 AM - 12:05 PM | 32247 |





Powerplay Hockey



Ages 3-6 **Stouffville Clippers Sports Complex** **\$110**

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 |
|---------------|-----|-------------------|-------|
| Jan 7 - Mar 4 | Tue | 8:45 AM - 9:30 AM | 34868 |

NEW

Rainbow Rockers



Ages 2-3 **Leisure Centre** **\$120**

Children will jump, dance, spin and move to new songs and fun favourites in English and French. They will play ukuleles, guitars, keyboards, percussion and hand drums. Lots of participation, singings and rhythmic patterns to engage your child, helping to develop cognitive functions, creativity, fine and gross motor skills, social skills and speech. This program is run in partnership with Shari Tallon.

| Dates | Day | Time | Code |
|----------------|-----|--------------------|-------|
| Jan 11 - Mar 8 | Sat | 9:30 AM - 10:00 AM | 35070 |

NEW

Saturday Safari



Ages 3-5 **Latcham Hall** **\$105**

Learn all about the different animals that crawl, fly, swim and slither in the jungle! Participants will do crafts, read stories, participate in sensory activities and play games

| Dates | Day | Time | Code |
|----------------|-----|--------------------|-------|
| Jan 11 - Mar 8 | Sat | 9:00 AM - 10:00 AM | 32220 |



Shake Your Sillies Out



Ages 2-4 **Leisure Centre** **\$95**

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

| Dates | Day | Time | Code |
|---------------|-----|---------------------|-------|
| Jan 8 - Mar 5 | Wed | 10:00 AM - 10:45 AM | 32251 |

Note

Programs will not run on Monday, February 17 for the Family Day Holiday



Skating Lessons: All Ages (Holiday Break)

Ages 3+ **Stouffville Arena** **\$48**

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

| Dates | Day | Time | Code |
|----------------|-------------|-------------------|-------|
| Dec 30 - Jan 3 | M, T, TH, F | 12:00 PM-12:45 PM | 32255 |

Note

Please come prepared for your Skating Lessons

Participants must have their own skates. 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.



Skating Lessons: Preschool



Ages 3-5 **Stouffville Clippers Sports Complex** **\$110**

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 below to learn more about equipment requirements.*

| Dates | Day | Time | Code |
|---------------|-----|--------------------|-------|
| Jan 7 - Mar 4 | Tue | 8:45 AM - 9:15 AM | 32257 |
| Jan 7 - Mar 4 | Tue | 9:15 AM - 9:45 AM | 32258 |
| Jan 8 - Mar 5 | Wed | 9:00 AM - 9:30 AM | 32260 |
| Jan 8 - Mar 5 | Wed | 9:30 AM - 10:00 AM | 32259 |

Holiday Break **Stouffville Arena** **\$48**

| Dates | Day | Time | Code |
|----------------|-------------|-------------------|-------|
| Dec 30 - Jan 3 | M, T, Th, F | 9:00 AM - 9:30 AM | 32261 |

NEW

Sound Explorers



Ages 4-5 **Leisure Centre** **\$120**

Children will play a variety of instruments including guitars, ukuleles, keyboard, percussion and hand drums, while jamming along with original songs in French and English. They will explore tempos, dynamics and learn rhythmic patterns. Open ended songs inspire participation and help your child develop socially, cognitively, creatively, physically and emotionally. This program is in partnership with Shari Tallon.

| Dates | Day | Time | Code |
|----------------|-----|---------------------|-------|
| Jan 11 - Mar 8 | Sat | 10:00 AM - 10:30 AM | 35071 |

Sportball: Multi-sport



Ages 3-5 Stouffville Arena \$195

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 |
|-----------------|-----|---------------------|-------|
| Jan 8 - Mar 5 | Wed | 5:30 PM - 6:30 PM | 32267 |
| Jan 12 - Mar 9* | Sun | 9:45 AM - 10:45 AM | 32263 |
| Jan 12 - Mar 9* | Sun | 11:45 AM - 12:45 PM | 32264 |

* shorter session | \$172

Sportball: Parent & Child



Ages 2-3 Stouffville Arena \$195

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 |
|-----------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 4:45 PM - 5:30 PM | 32269 |
| Jan 12 - Mar 9* | Sun | 9:00 AM - 9:45 AM | 32268 |

* shorter session | \$172



STEAM Creators: Design & Build Mini



Ages 4-6 Leisure Centre \$150

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 |
|---------------|-----|-------------------|-------|
| Jan 6 - Mar 3 | Mon | 5:30 PM - 6:15 PM | 32294 |



Taekwon-Do: Little Dragons



Ages 4-6 Harry Bowes PS \$265

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 \$77. Testing fees for level completion are an additional charge.

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 6:00 PM - 6:45 PM | 32278 |

Tiny Dancers



Various Locations \$112

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 Stouffville Arena

| Dates | Day | Time | Code |
|----------------|-----|-------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:30 PM - 6:15 PM | 32285 |

Ages 3-4 Leisure Centre

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 9 - Mar 6 | Thu | 5:30 PM - 6:15 PM | 32286 |

Ages 5-6 Stouffville Arena

| Dates | Day | Time | Code |
|----------------|-----|-------------------|-------|
| Jan 6 - Mar 3* | Mon | 6:15 PM - 7:00 PM | 32287 |

Ages 5-6 Leisure Centre

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 9 - Mar 6 | Thu | 6:15 PM - 7:00 PM | 32288 |

* shorter session | \$100



NEW

Toddler Tunes



Ages 6-24 months Leisure Centre \$120

Little ones move to music and play along with egg shakers, tambourines, hand drums, ukuleles, guitars and keyboards. Lots of easy action songs, favourites and originals will stimulate both sides of your child's brain and help them develop cognitively, socially, physically and creatively and assist with language development. This program is run in partnership with Shari Tallon.

| Dates | Day | Time | Code |
|----------------|-----|-------------------|-------|
| Jan 11 - Mar 8 | Sat | 9:00 AM - 9:30 AM | 35069 |



Badminton: Instructional

Leisure Centre \$110

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

Ages 6-8

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 6:00 PM - 7:00 PM | 32207 |

Ages 9-11

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 7:00 PM - 8:00 PM | 32206 |

Note

Drop into fun!

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



Basketball: Level 1

Leisure Centre \$110

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

Ages 5-6

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 7 - Mar 4 | Tue | 5:30 PM - 6:30 PM | 32210 |
| | | 6:30 PM - 7:30 PM | 32208 |

Ages 7-10

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 7 - Mar 4 | Tue | 7:30 PM - 8:30 PM | 32209 |
| Jan 9 - Mar 6 | Thu | 5:30 PM - 6:30 PM | 32211 |



Basketball: Level 2

Leisure Centre \$110

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 |
|----------------|-----|---------------------|-------|
| Jan 12 - Mar 9 | Sun | 11:00 AM - 12:00 PM | 32213 |

Bollywood for Kids

Ages 6-12 19 on the Park \$105

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 |
|----------------|------|-------------------|-------|
| Jan 14 - Mar 4 | Tues | 5:30 PM - 6:30 PM | 34900 |

Cookies and Cakes

Ages 7-10 Latcham Hall \$80

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

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 8 - Feb 5 | Wed | 6:45 PM - 8:15 PM | 32216 |

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 of family to enjoy. No class on February 16.

| Dates | Day | Time | Code |
|-----------------|-----|---------------------|-------|
| Jan 19 - Mar 30 | Sun | 11:00 AM - 12:30 AM | 34898 |



Dance: Hip Hop

Ages 6-9 Stouffville Arena \$95

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 |
|---------------|-----|-------------------|-------|
| Jan 6 - Mar 3 | Mon | 7:00 PM - 8:00 PM | 32228 |



DIY: Arts & Crafts

Ages 6-9 Leisure Centre \$120

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

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 7:00 PM - 8:00 PM | 32221 |

DIY: Jewelry Making

Ages 9-11 **Stouffville Arena** **\$120**

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

| Dates | Day | Time | Code |
|----------------|-----|-------------------|-------|
| Jan 7 - Feb 25 | Tue | 6:00 PM - 7:00 PM | 32222 |



Dodgeball

Wendat Village Public School **\$110**

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 |
|---------------|-----|-------------------|-------|
| Jan 6 - Mar 3 | Mon | 6:00 PM - 7:00 PM | 32223 |

Ages 9-11

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 6 - Mar 3 | Mon | 7:00 PM - 8:00 PM | 32224 |

Intro to Soccer

Ages 6-8 **Leisure Centre** **\$110**

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

| Dates | Day | Time | Code |
|----------------|-----|--------------------|-------|
| Jan 12 - Mar 9 | Sun | 12:15 PM - 1:15 PM | 32233 |

NEW

Intro to Rugby


Ages 8-10 **Leisure Centre** **\$80**

This program offers a fun and dynamic way to build teamwork and fitness while learning a new sport. Partnering with The Markham Irish Rugby Club, the sessions are designed to engage kids with exciting, fast-paced action that keeps them actively involved. By participating, they gain new skills and experience the thrill of a sport that combines strategy, athleticism, respect and teamwork. Indoor running shoes and active wear are required.

| Dates | Day | Time | Code |
|----------------|-----|---------------------|-------|
| Jan 11 - Mar 1 | Sat | 10:30 AM - 11:30 AM | 35068 |



Note **Drop into fun!**
View the full drop-in schedule at townofws.ca/dropin




Jazz Dance

Ages 6-9 **Leisure Centre** **\$110**

Designed to get kids dancing and moving in their own way, children will develop the basic skills of jazz. 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 |
|---------------|-----|-------------------|-------|
| Jan 9 - Mar 6 | Thu | 7:00 PM - 8:00 PM | 32234 |

Junior Scientists

Ages 6-8 **Stouffville Arena** **\$120**

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

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 7:00 PM - 8:00 PM | 32236 |

Kids' Kitchen!

Ages 7-10 **Latcham Hall** **\$120**

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

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 9 - Mar 6 | Thu | 7:15 PM - 8:15 PM | 32238 |

NEW

Musical Marvels


Ages 6-9 **Leisure Centre** **\$200**

Children will have fun playing a variety of keyboards, ukuleles, guitars, hand drums and percussion. They will learn to read music, charts, improvise, explore rhythmic patterns and compose original works. They will learn how to play in groups and individually. The session culminates in a concert for family and friends. This program is in partnership with Shari Tallon. The cost of this course includes a music book.

| Dates | Day | Time | Code |
|----------------|-----|---------------------|-------|
| Jan 11 - Mar 8 | Sat | 10:30 AM - 11:15 AM | 35072 |



Note **Programs will not run on Monday, February 17 for the Family Day Holiday**



Ringette: Learn to Play

Ages 5-10 Stouffville Clippers Sports Complex **\$108**

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

| Dates | Day | Time | Code |
|----------------|-----|-------------------|-------|
| Jan 11 - Mar 8 | Sat | 8:00 AM - 9:00 AM | 32239 |

Skating Lessons: All Ages (Holiday Break)

Ages 3+ Stouffville Arena **\$48**

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

| Dates | Day | Time | Code |
|----------------|-------------|-------------------|-------|
| Dec 30 - Jan 3 | M, T, TH, F | 12:00 PM-12:45 PM | 32255 |



Skating Lessons: Child

Ages 6-12 Stouffville Clippers Sports Complex **\$110**

Skater 1:

For individuals who have never skated before or for skaters who may have been on the ice only a few times. Skaters in this level will work on being able to stand independently on the ice and move without assistance.

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 4:15 PM - 5:05 PM | 32253 |

Skater 2:

For skaters who can stand and move independently on the ice and are able to fall and get up on their own. Skaters will work on skating forward, backwards and stopping.

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 4:15 PM - 5:05 PM | 32254 |

Skater 3:

For individuals who are comfortable skating forwards, backwards and stopping on the ice without assistance. Participants will work on more advanced skating skills.

| Dates | Day | Time | Code |
|---------------|-----|-------------------|-------|
| Jan 8 - Mar 5 | Wed | 4:15 PM - 5:05 PM | 35066 |

Please come prepared for your Skating Lessons

Participants must have their own skates. 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 **\$198**

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

| Dates | Day | Time | Code |
|----------------|-----|---------------------|-------|
| Jan 8 - Mar 5 | Wed | 6:30 PM - 7:30 PM | 32266 |
| Jan 12 - Mar 9 | Sun | 10:45 AM - 11:45 AM | 32265 |



Taekwon-Do

Ages 7-12 Harry Bowes Public School **\$265**

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 \$87. Testing fees for level completion are an additional charge.

White Belt

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32279 |

Yellow Stripe

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32283 |

Yellow Belt

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32281 |

Green Stripe

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32276 |

Green Belt

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32274 |

Blue Stripe

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32272 |

Blue Belt

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32270 |

Red Stripe

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 34863 |

STOUFFVILLE DAY CAMPS

PA Day Camps

PA Day: Ooey Gooley Science Camp

Ages 4-12 Leisure Centre **\$80**

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

| Dates | Day | Time | Code |
|--------|-----|-------------------|-------|
| Jan 31 | Fri | 8:00 AM - 5:00 PM | 32242 |



Note

Extended Camp Hours

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



NEW

PA Day Workshop: Into the Enchanted Theatre

Ages 6-12 19 on the Park **\$80**

This PA Day workshop promises to be a day full of magic, creativity, and learning opportunities! Participants will use their imaginations to create their own original fairy tale character and use them throughout the day. Participants will create stories, improvise magical scenes and immerse themselves in a mystical world of their own making.

| Dates | Day | Time | Code |
|--------|-----|-------------------|-------|
| Jan 17 | Fri | 9:00 AM - 4:00 PM | 34906 |

PA Day: The Magic of Maple

Ages 6-12 Whitchurch-Stouffville Museum **\$80**

Calling all maple lovers! Explore the magic of maple. From baking sweet treats to touring the log cabin, campers will embark on a sweet journey focusing on a Canadian favourite – maple syrup!

| Dates | Day | Time | Code |
|--------|-----|-------------------|-------|
| Jan 31 | Fri | 8:30 AM - 4:30 PM | 34918 |

March Break Camps

March Break: Mini Campers

Ages 4-5 Latcham Hall **\$295**

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

| Dates | Day | Time | Code |
|-----------------|-----------|-------------------|-------|
| Mar 10 - Mar 14 | Mon - Fri | 8:00 AM - 5:00 PM | 34850 |



March Break: Sports Camp

Ages 6-12 Leisure Centre **\$295**

This camp offers an action-packed week of sports and physical activity. Soccer, basketball, pickleball, adapted sport and much more! Campers will participate in activities with their camp teams, arranged by age, and geared to their skill level and abilities.

| Dates | Day | Time | Code |
|-----------------|-----------|-------------------|-------|
| Mar 10 - Mar 14 | Mon - Fri | 8:00 AM - 5:00 PM | 34851 |

March Break Camp: Game On!

Ages 6-12 Whitchurch-Stouffville Museum **\$295**

Join us for a week full of fun and games! Enjoy board games, card games, scavenger hunts, and I Spy. Are you ready for the challenge? Additional activities include Museum tours, themed-crafts, and outdoor time.

| Dates | Day | Time | Code |
|-----------------|-----------|-------------------|-------|
| Mar 10 - Mar 14 | Mon - Fri | 8:30 AM - 4:30 PM | 34919 |

Behind the Curtain: Discover Drama and STEAM

Ages 6-12 19 on the Park **\$350**

Unleash your creativity at Behind the Curtain: Discover Drama and STEAM with Whitchurch-Stouffville Public Library and 19 on the Park. This year, we will welcome The Travelling Stage, who will lead campers through a creative writing workshop one afternoon. Campers will participate in a variety of art and STEAM activities that will culminate in a final performance for friends and family at the Theatre on Friday, March 14, 2025.

| Dates | Day | Time | Code |
|-----------------|-----------|-------------------|-------|
| Mar 10 - Mar 14 | Mon - Fri | 8:30 AM - 4:30 PM | 34907 |



Basketball: Get in the Game

Ages 11-17 Leisure Centre \$126

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 |
|---------------|-----|-------------------|-------|
| Jan 9 - Mar 6 | Thu | 6:30 PM – 7:30 PM | 34845 |



Basketball: Skill Development Clinic

Ages 11-17 Leisure Centre \$126

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 |
|----------------|-----|-------------------|-------|
| Jan. 9 - Mar 6 | Thu | 7:30 PM – 8:30 PM | 34847 |

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. No class on February 16.

| Dates | Day | Time | Code |
|-----------------|-----|-------------------|-------|
| Jan 19 - Mar 30 | Sun | 1:00 PM - 2:30 PM | 34899 |

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 |
|---------------|-----|-------------------|-------|
| Jan 7 - Feb 4 | Tue | 6:00 PM – 8:00 PM | 34849 |

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 |
|-----------------|-----|-------------------|-------|
| Feb 18 - Mar 25 | Tue | 6:00 PM – 8:00 PM | 34852 |

Note

Drop into fun!

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



NEW

Pickleball Basics: Youth

Ages 11-17 Leisure Centre \$80

This program is designed to introduce young players to the exciting sport of pickleball. Participants will learn the fundamental rules, techniques, and strategies of the game through engaging drills and friendly matches. With a focus on skill development, teamwork, and fun, this program is perfect for beginners eager to explore pickleball and enhance their coordination and sportsmanship in a supportive and energetic setting.

| Dates | Day | Time | Code |
|----------------|-----|-------------------|-------|
| Jan 10 - Mar 7 | Fri | 3:45 PM - 4:45 PM | 34870 |

Public Speaking: The Confident Speaker

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 |
|-----------------|-----|-------------------|-------|
| Jan 21 - Feb 11 | Wed | 7:00 PM - 8:00 PM | 34321 |
| Mar 18 - Apr 8 | Wed | 7:00 PM - 8:00 PM | 34322 |



NEW

Intro to Rugby

Ages 11-15 Leisure Centre \$80

This program offers a fun and dynamic way to build teamwork and fitness while learning a new sport. Partnering with The Markham Irish Rugby Club, the sessions are designed to engage kids with exciting, fast-paced action that keeps them actively involved. By participating, they gain new skills and experience the thrill of a sport that combines strategy, athleticism, respect and teamwork.

| Dates | Day | Time | Code |
|----------------|-----|---------------------|-------|
| Jan 11 - Mar 1 | Sat | 11:30 AM - 12:30 PM | 35014 |

NEW

Social Media Safety Workshop

Ages 8-18 19 on the Park \$10

Tailored for youth and led by a local social media influencer, this workshop will touch on key safety practices when it comes to all things TikTok, Instagram and more.

| Dates | Day | Time | Code |
|--------|-----|-------------------|-------|
| Mar 27 | Thu | 6:00 PM - 7:30 PM | 34905 |

NEW

STEAM Creators

Ages 11 - 17 Leisure Centre \$160

Unleash your creativity and curiosity with STEAM Creators, an engaging recreation program designed for youth interested in Science, Technology, Engineering, Arts, and Mathematics. Participants will explore exciting hands-on projects, solve real-world problems, and collaborate with peers to bring their innovative ideas to life. Whether building robots, designing art, or conducting experiments, STEAM Creators fosters critical thinking and creativity while making learning fun and interactive. Join us to discover the exciting possibilities of STEAM and become a creator of tomorrow!

| Dates | Day | Time | Code |
|-----------------|-----|-------------------|-------|
| Jan 13 - Feb 10 | Mon | 7:00 PM - 8:00 PM | 34869 |

Taekwon-Do

Ages 13-18 Harry Bowes Public School \$265

This training gives youth 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 \$87. Testing fees for level completion are an additional charge.

White Belt

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32280 |

Yellow Stripe

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32284 |

Yellow Belt

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32282 |

Green Stripe

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32277 |

Green Belt

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32275 |

Blue Stripe

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32273 |

Blue Belt

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 32271 |

Red Stripe

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

| Dates | Day | Time | Code |
|---------------|-----------|-------------------|-------|
| Jan 7 - Mar 6 | Tue & Thu | 7:00 PM - 8:00 PM | 34864 |



Volleyball: Get in the Game

Ages 11-17 Leisure Centre \$112

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 |
|---------------|-----|-------------------|-------|
| Jan 6 - Mar 3 | Mon | 6:00 PM - 7:00 PM | 34855 |



Volleyball: Skill Development Clinic

Ages 11-17 Leisure Centre \$112

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 |
|----------------|-----|-------------------|-------|
| Jan. 6 - Mar 3 | Mon | 7:00 PM - 8:00 PM | 34857 |

Intro to Rugby



Ready to try something new?

Looking for a fun and dynamic way to boost your child's fitness and teamwork skills?

Join our Intro to Rugby Program!

This exciting program engages youth with fast-paced action, designed to keep them active and involved from start to finish. Rugby combines strategy, athleticism, respect, and teamwork — the perfect blend for any young athlete!

What They'll Learn:

- New skills to challenge their limits
- Teamwork and strategy on the field
- The thrill of rugby's fast-paced play

Get in on the action and sign up today!

See [page 25](#) for more details.

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 **\$120**

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

| Dates | Day | Time | Code |
|----------------|-----|--------------------|-------|
| Jan 15 - Mar 5 | Wed | 9:00 AM - 10:00 AM | 34222 |



NEW

Country Line Dancing: Step 1

Ages 18+ 6240 Main Street **\$55**

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 |
|------------------|-----|-------------------|-------|
| Jan 20 - Feb 10* | Mon | 7:00 PM - 8:00 PM | 34288 |
| Feb 24 - Mar 24 | Mon | 7:00 PM - 8:00 PM | 34289 |

* shorter session | \$44

NEW

Country Line Dancing: Step 2

Ages 18+ 6240 Main Street **\$55**

For dancers with some experience, this session combines choreographed sequences with upbeat tunes, fostering a sense of community and camaraderie among dancers. Whether you're looking to learn new moves, stay active, or simply enjoy the joy of dancing, this program promises a lively and enjoyable experience for adults.

| Dates | Day | Time | Code |
|------------------|-----|-------------------|-------|
| Jan 20 - Feb 10* | Mon | 8:00 PM - 9:00 PM | 34290 |
| Feb 24 - Mar 24 | Mon | 8:00 PM - 9:00 PM | 34291 |

* shorter session | \$44

Introduction to Salsa

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

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

| Dates | Day | Time | Code |
|----------------|------|-------------------|-------|
| Jan 14 - Mar 4 | Tues | 7:00 PM - 8:00 PM | 34904 |





Pickleball: Learn to Play

Ages 18+ Leisure Centre **\$112**

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

| Dates | Day | Time | Code |
|------------------|-----|---------------------|-------|
| Jan 12 - Feb 9* | Sun | 1:45 PM - 3:00 PM | 34227 |
| Jan 17 - Mar 7 | Fri | 11:00 AM - 12:15 PM | 34229 |
| Feb 23 - Mar 23* | Sun | 1:45 PM - 3:00 PM | 34228 |

*shorter session | \$70

Pickleball: Level 2 Drills

Ages 18+ Leisure Centre **\$112**

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 |
|----------------|-----|--------------------|-------|
| Jan 15 - Mar 5 | Wed | 12:00 PM - 1:15 PM | 34230 |

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

Pickleball: Level 3 Drills

Ages 18+ Leisure Centre **\$112**

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 |
|----------------|-----|-------------------|-------|
| Jan 15 - Mar 5 | Wed | 1:15 PM - 2:30 PM | 34318 |



Public Speaking: The Confident Speaker

Ages 18+ Leisure Centre **\$104**

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 |
|-----------------|-----|-------------------|-------|
| Jan 21 - Feb 11 | Tue | 8:00 PM - 9:00 PM | 34319 |
| Mar 18 - Apr 8 | Tue | 8:00 PM - 9:00 PM | 34320 |

Stouffville Adult Volleyball League

Ages 18+ **\$170**

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 |
|-----------------|-----|--------------------|-------|
| Jan 20 - May 26 | Mon | 8:05 PM - 10:00 PM | 34221 |

Competitive Stouffville District SS

| Dates | Day | Time | Code |
|-----------------|-----|-------------------|-------|
| Jan 21 - May 13 | Tue | 6:45 PM - 9:45 PM | 34220 |



Note Programs will not run on Monday, February 17 for the Family Day Holiday



Trivia Night

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

Let the games begin! Back by popular demand, you don't want to 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 throughout for added excitement. Cash bar available onsite.

| Dates | Day | Time | Code |
|--------|-----|-------------------|-------|
| Feb 6 | Thu | 7:00 PM - 9:00 PM | 34901 |
| Mar 6 | Thu | 7:00 PM - 9:00 PM | 34902 |
| Apr 10 | Thu | 7:00 PM - 9:00 PM | 34903 |

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 |
|--------|-----|-------------------|-------|
| Jan 24 | Fri | 1:30 PM - 3:00 PM | 34252 |
| Feb 28 | Fri | 1:30 PM - 3:00 PM | 34253 |
| Mar 28 | Fri | 1:30 PM - 3:00 PM | 34254 |

Afternoon Book Club 2

| Dates | Day | Time | Code |
|--------|-----|-------------------|-------|
| Jan 17 | Fri | 1:30 PM - 3:00 PM | 34255 |
| Feb 21 | Fri | 1:30 PM - 3:00 PM | 34256 |
| Mar 21 | Fri | 1:30 PM - 3:00 PM | 34257 |



Afternoon Book Club 3

| Dates | Day | Time | Code |
|--------|-----|-------------------|-------|
| Jan 10 | Fri | 1:30 PM - 3:00 PM | 34258 |
| Feb 14 | Fri | 1:30 PM - 3:00 PM | 34259 |
| Mar 14 | Fri | 1:30 PM - 3:00 PM | 34260 |

Afternoon Book Club 4

| Dates | Day | Time | Code |
|-------|-----|-------------------|-------|
| Jan 3 | Fri | 1:30 PM - 3:00 PM | 34261 |
| Feb 7 | Fri | 1:30 PM - 3:00 PM | 34262 |
| Mar 7 | Fri | 1:30 PM - 3:00 PM | 34263 |

Evening Book Club 1

| Dates | Day | Time | Code |
|--------|-----|-------------------|-------|
| Jan 22 | Wed | 7:00 PM - 9:30 PM | 34270 |
| Feb 26 | Wed | 7:00 PM - 9:30 PM | 34271 |
| Mar 26 | Wed | 7:00 PM - 9:30 PM | 34272 |

Evening Book Club 2

| Dates | Day | Time | Code |
|--------|-----|-------------------|-------|
| Jan 15 | Wed | 7:00 PM - 9:30 PM | 34273 |
| Feb 19 | Wed | 7:00 PM - 9:30 PM | 34274 |
| Mar 19 | Wed | 7:00 PM - 9:30 PM | 34275 |



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 |
|-----------------|-----|---------------------|-------|
| Jan 7 - Feb 11 | Tue | 10:00 AM - 11:00 AM | 34264 |
| Feb 18 - Mar 25 | Tue | 10:00 AM - 11:00 AM | 34265 |

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 |
|-----------------|-----|-------------------|-------|
| Jan 10 - Feb 14 | Fri | 1:30 PM - 3:00 PM | 34282 |
| Feb 21 - Mar 28 | Fri | 1:30 PM - 3:00 PM | 34283 |

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 |
|-----------------|-----|--------------------|-------|
| Jan 8 - Feb 12 | Wed | 12:00 PM - 1:00 PM | 34284 |
| Feb 19 - Mar 26 | Wed | 12:00 PM - 1:00 PM | 34285 |

Intermediate

| Dates | Day | Time | Code |
|-----------------|-----|-------------------|-------|
| Jan 8 - Feb 12 | Wed | 1:00 PM - 2:00 PM | 34286 |
| Feb 19 - Mar 26 | Wed | 1:00 PM - 2:00 PM | 34287 |

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 |
|----------------|-----|---------------------|-------|
| Jan 9 - Mar 27 | Thu | 10:00 AM - 11:30 AM | 34298 |

Note Programs will not run on **Monday, February 17** for the Family Day Holiday

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 |
|-----------------|-----|-------------------|-------|
| Jan 7 - Feb 11 | Tue | 7:00 PM - 9:00 PM | 34299 |
| Feb 18 - Mar 25 | Tue | 7:00 PM - 9:00 PM | 34300 |



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 |
|--------|-----|-------------------|-------|
| Jan 28 | Tue | 7:00 PM - 9:30 PM | 34305 |
| Feb 25 | Tue | 7:00 PM - 9:30 PM | 34306 |
| Mar 25 | Tue | 7:00 PM - 9:30 PM | 34307 |

Fitness

Forever Fit

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 non-members**

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

| Dates | Day | Time | Code |
|-----------------|-----|---------------------|-------|
| Jan 7 - Feb 11 | Tue | 6:00 PM - 7:00 PM | 34280 |
| Jan 10 - Feb 14 | Fri | 11:00 AM - 12:00 PM | 34276 |
| Jan 10 - Feb 14 | Fri | 7:00 PM - 8:00 PM | 34278 |
| Feb 18 - Mar 25 | Tue | 6:00 PM - 7:00 PM | 34281 |
| Feb 21 - Mar 28 | Fri | 11:00 AM - 12:00 PM | 34277 |
| Feb 21 - Mar 28 | Fri | 7:00 PM - 8:00 PM | 34279 |

Osteo Fit

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 non-members**

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

| Dates | Day | Time | Code |
|------------------|-----|---------------------|-------|
| Jan 6 - Feb 10 | Mon | 11:00 AM - 12:00 PM | 34292 |
| Jan 7 - Feb 11 | Tue | 9:30 AM - 10:30 AM | 34294 |
| Feb 18 - Mar 25 | Tue | 9:30 AM - 10:30 AM | 34295 |
| Feb 24 - Mar 24* | Mon | 11:00 AM - 12:00 PM | 34293 |

*shorter session | \$46.25 members, \$55 non-members



Pilates: Gentle

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 non-members**

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

| Dates | Day | Time | Code |
|-----------------|-----|--------------------|-------|
| Jan 10 - Feb 14 | Fri | 9:30 AM - 10:30 AM | 34296 |
| Feb 21 - Mar 28 | Fri | 9:30 AM - 10:30 AM | 34297 |

Seated Fitness: Strength & Balance

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 non-members**

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

| Dates | Day | Time | Code |
|-----------------|-----|---------------------|-------|
| Jan 9 - Feb 13 | Thu | 11:00 AM - 12:00 PM | 34301 |
| Feb 20 - Mar 27 | Thu | 11:00 AM - 12:00 PM | 34302 |

Stretch 'n' Core

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 non-members**

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

| Dates | Day | Time | Code |
|-----------------|-----|---------------------|-------|
| Jan 8 - Feb 12 | Wed | 11:00 AM - 12:00 PM | 34303 |
| Feb 19 - Mar 26 | Wed | 11:00 AM - 12:00 PM | 34304 |



Yoga

Yoga: Gentle

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 non-members**

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

| Dates | Day | Time | Code |
|-----------------|-----|-------------------|-------|
| Jan 9 - Feb 13 | Thu | 8:30 AM - 9:30 AM | 34308 |
| Feb 20 - Mar 27 | Thu | 8:30 AM - 9:30 AM | 34309 |



55+ Drop-in Programs



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



Yoga: Relaxation

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 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 |
|-----------------|-----|-------------------|-------|
| Jan 7 - Feb 11 | Tue | 7:00 PM - 8:00 PM | 34310 |
| Feb 18 - Mar 25 | Tue | 7:00 PM - 8:00 PM | 34311 |

Yoga: Seated

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 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 |
|-----------------|-----|--------------------|-------|
| Jan 9 - Feb 13 | Thu | 9:45 AM - 10:45 AM | 34312 |
| Feb 20 - Mar 27 | Thu | 9:45 AM - 10:45 AM | 34313 |

Yoga: Seated, Strength & Stretch

Ages 55+ **\$55.50 members**
6240 Main Street **\$66 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 |
|-----------------|-----|--------------------|-------|
| Jan 8 - Feb 12 | Wed | 9:30 AM - 10:30 AM | 34314 |
| Feb 19 - Mar 26 | Wed | 9:30 AM - 10:30 AM | 34315 |



Yoga: Tamil Language Supported

Ages 55+ **\$33 members**
6240 Main Street **\$39 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 |
|-----------------|-----|--------------------|-------|
| Jan 5 - Feb 9 | Sun | 9:45 AM - 10:45 AM | 34316 |
| Feb 16 - Mar 23 | Sun | 9:45 AM - 10:45 AM | 34317 |

Cooking & Baking Workshops



NEW Baking Workshop: Quick Breads

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

Quick breads are simple and delightful baked goods that come together swiftly without the need for yeast or lengthy rising times. These breads, such as chocolate zucchini and banana snickerdoodle will be new additions to your baking repertoire!

| Dates | Day | Time | Code |
|--------|-----|--------------------|-------|
| Feb 23 | Sun | 1:00 PM - 4:00 PM | 34239 |
| Feb 24 | Mon | 10:00 AM - 1:00 PM | 35063 |

NEW Baking Workshop: Baking Fun

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

Baking new recipes opens up a world of creative possibilities in the kitchen! From mini donuts to cookie cups, they will satisfy flavours for all palates!

| Dates | Day | Time | Code |
|--------|-----|--------------------|-------|
| Mar 23 | Sun | 1:00 PM - 4:00 PM | 35064 |
| Mar 24 | Mon | 10:00 AM - 1:00 PM | 35065 |

NEW Cooking Workshop: Easy Meals

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

Enjoy quick and satisfying meals with our easy-to-make dishes! These meals require minimal ingredients and time, making them perfect for busy days.

| Dates | Day | Time | Code |
|-------|-----|--------------------|-------|
| Jan 5 | Sun | 1:00 PM - 4:00 PM | 35059 |
| Jan 6 | Mon | 10:00 AM - 1:00 PM | 35060 |



Save big by signing up for a FREE membership!

Note

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.

NEW Cooking Workshop: Breakfast Dishes

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

Discover the joy of Breakfast with our selection of delicious and satisfying dishes! From bread pudding to French toast and bacon and egg muffins, something for everyone to enjoy!

| Dates | Day | Time | Code |
|--------|-----|--------------------|-------|
| Jan 19 | Sun | 1:00 PM - 4:00 PM | 35061 |
| Jan 20 | Mon | 10:00 AM - 1:00 PM | 35062 |

NEW Cooking Workshop: Soups & Sandwiches

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

Delight in the comforting combination of soups and sandwiches, where classic pairings come alive with fresh and delicious ingredients!

| Dates | Day | Time | Code |
|--------|-----|--------------------|-------|
| Feb 9 | Sun | 1:00 PM - 4:00 PM | 34237 |
| Feb 10 | Mon | 10:00 AM - 1:00 PM | 34238 |



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 |
|---|--------------|-----------|---------|----------|----------|
| Youth (12-17 years) / F-T Student (valid ID required) | \$8.50 | \$76.50 | \$42.50 | \$119.00 | \$446.25 |
| Adult (18+) | \$11.00 | \$99.00 | \$55.50 | \$155.40 | \$582.75 |
| Senior (60+) | \$8.50 | \$76.50 | \$42.50 | \$119.00 | \$446.25 |

*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 | \$40.50 | \$64.00 |
| 5 | \$192.40 | \$304.00 |
| 10 | \$343.50 | \$576.00 |

*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 |
|-----------------|-----|---------------------|-------|
| Jan 7 - Feb 4 | Tue | 11:30 AM - 12:20 PM | 34331 |
| Jan 9 - Feb 6 | Thu | 11:30 AM - 12:20 PM | 34333 |
| Feb 11 - Mar 11 | Tue | 11:30 AM - 12:20 PM | 34332 |
| Feb 13 - Mar 13 | Thu | 11:30 AM - 12:20 PM | 34334 |



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 |
|-----------------|-----|---------------------|-------|
| Jan 8 - Feb 5 | Wed | 11:30 AM - 12:20 PM | 34814 |
| Feb 12 - Mar 12 | Wed | 11:30 AM - 12:20 PM | 34815 |



NEW

Yoga: Prenatal

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

This Yoga is a form of exercise and mediation where breath and specific body positions are used to help connect the mind and body. In addition to modifying positions for pregnancy, prenatal yoga also emphasizes breathing stretches and strengthening moves that help your body prepare for labour. *Participants should check with their physician before enrolling.*

| Dates | Day | Time | Code |
|-----------------|-----|--------------------|-------|
| Jan 8 - Feb 5 | Wed | 12:30 PM - 1:20 PM | 35081 |
| Feb 12 - Mar 12 | Wed | 12:30 PM - 1:20 PM | 35082 |

Note

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

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

Youth

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 |
|-----------------|-----|--------------------|-------|
| Jan 12 - Feb 9 | Sun | 9:30 AM - 10:20 AM | 34343 |
| Feb 16 - Mar 16 | Sun | 9:30 AM - 10:20 AM | 34344 |

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 |
|-----------------|-----|-------------------|-------|
| Jan 8 - Feb 5 | Wed | 5:00 PM - 6:00 PM | 34337 |
| Feb 12 - Mar 5* | Wed | 5:00 PM - 6:00 PM | 34338 |

***shorter session | \$84 (4 lessons)**

Note

Are you a new parent?

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



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 |
|-----------------|-------|---------------------|-------|
| Jan 9 - Feb 6 | Thurs | 5:20 PM - 6:20 PM | 34811 |
| Jan 11 - Feb 8 | Sat | 10:30 AM - 11:30 AM | 34809 |
| Feb 13 - Mar 6* | Thurs | 5:20 PM - 6:20 PM | 34812 |
| Feb 15 - Mar 8* | Sat | 10:30 AM - 11:30 AM | 34810 |

***shorter session | \$42 (4 lessons)**



NEW

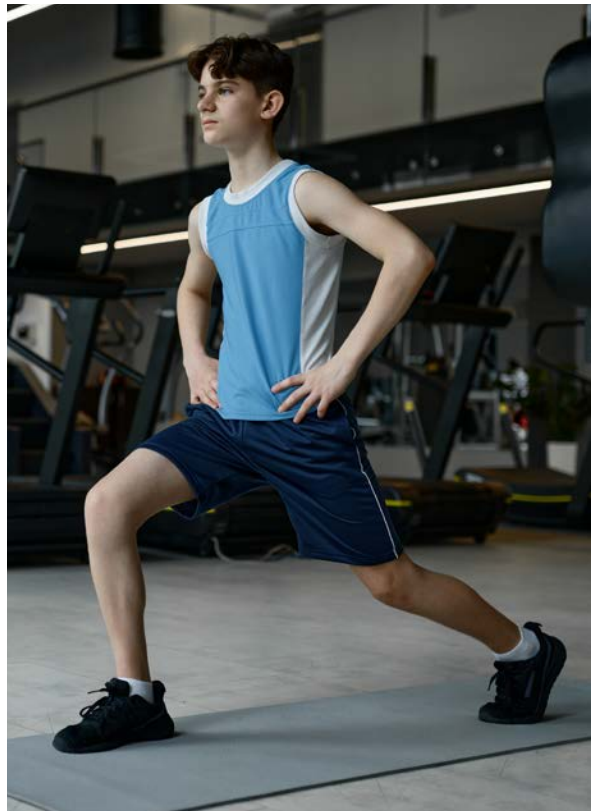
Yoga: Youth

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 |
|-----------------|-----|---------------------|-------|
| Jan 12 - Feb 9 | Sun | 10:30 AM - 11:20 AM | 34818 |
| Feb 16 - Mar 9* | Sun | 10:30 AM - 11:20 AM | 34819 |

***shorter session | \$42 (4 lessons)**



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 |
|----------------|-----|-------------------|-------|
| Jan 9 & 16 | Thu | 7:00 PM - 8:30 PM | 34821 |
| Jan 11 & 18 | Sat | 1:30 PM - 3:00 PM | 34824 |
| Jan 12 & 19 | Sun | 1:30 PM - 3:00 PM | 34827 |
| Jan 23 & 30 | Thu | 7:00 PM - 8:30 PM | 34822 |
| Jan 25 & Feb 1 | Sat | 1:30 PM - 3:00 PM | 34825 |
| Jan 26 & Feb 2 | Sun | 1:30 PM - 3:00 PM | 34828 |
| Feb 6 & 13 | Thu | 7:00 PM - 8:30 PM | 34823 |
| Feb 8 & 15 | Sat | 1:30 PM - 3:00 PM | 34826 |
| Feb 9 & 16 | Sun | 1:30 PM - 3:00 PM | 34829 |
| Feb 20 & 27 | Thu | 7:00 PM - 8:30 PM | 34830 |
| Feb 22 & Mar 1 | Sat | 1:30 PM - 3:00 PM | 34833 |
| Feb 23 & Mar 2 | Sun | 1:30 PM - 3:00 PM | 34836 |
| Mar 6 & 13 | Thu | 7:00 PM - 8:30 PM | 34831 |
| Mar 8 & 15 | Sat | 1:30 PM - 3:00 PM | 34834 |
| Mar 9 & 16 | Sun | 1:30 PM - 3:00 PM | 34837 |
| Mar 20 & 27 | Thu | 7:00 PM - 8:30 PM | 34832 |
| Mar 22 & 29 | Sat | 1:30 PM - 3:00 PM | 34835 |
| Mar 23 & 30 | Sun | 1:30 PM - 3:00 PM | 34838 |



Youth Fitness Drop-in

Ages 12-15 Leisure Centre **\$65**

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 |
|-----------------|-----|-------------------|-------|
| Jan 10 - Mar 30 | Fri | 6:00 PM - 9:00 PM | 34820 |
| | Sat | 1:00 PM - 5:00 PM | |
| | Sun | 1:00 PM - 5:00 PM | |



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 |
|------------------|-----|-------------------|-------|
| Jan 10 - Feb 7 | Fri | 5:00 PM - 5:50 PM | 34842 |
| Feb 14 - Mar 7 * | Fri | 5:00 PM - 5:50 PM | 34843 |

*shorter session | \$42 (4 lessons)

Adult

Cardio Dance

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 |
|-----------------|-----|-------------------|-------|
| Jan 7 - Feb 4 | Tue | 6:30 PM - 7:20 PM | 34876 |
| Feb 11 - Mar 11 | Tue | 6:30 PM - 7:20 PM | 34877 |

Indoor Walking Club

Ages 12+ Stouffville Sportplex **Tue: \$50, Thu: \$50**
***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 |
|-----------------|-----|-------------------|-------|
| Jan 7 - Feb 4 | Tue | 6:30 PM - 7:30 PM | 34345 |
| Feb 11 - Mar 11 | Tue | 6:30 PM - 7:30 PM | 34346 |

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 |
|-----------------|-----|-------------------|-------|
| Jan 6 - Feb 10 | Mon | 5:30 PM - 6:20 PM | 34347 |
| Feb 24 - Mar 17 | Mon | 5:30 PM - 6:20 PM | 34348 |

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 |
|----------------|-----|-------------------|-------|
| Jan 9 - Mar 13 | Thu | 1:00 PM - 2:00 PM | 34813 |



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 |
|-----------------|-----|---------------------|-------|
| Jan 8 - Feb 5 | Wed | 10:45 AM - 11:35 AM | 34816 |
| Feb 12 - Mar 12 | Wed | 10:45 AM - 11:35 AM | 34817 |

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 |
|-----------------|-----|-------------------|-------|
| Jan 7 - Feb 4 | Tue | 7:30 PM - 8:20 PM | 34878 |
| Feb 11 - Mar 11 | Tue | 7:30 PM - 8:20 PM | 34879 |



Calling All Moms with Little Ones! Stay Active, Connect, and Bond with Baby!

Looking for a way to stay fit while bonding with your baby? Join our Mom & Babies Fitness Programs, designed just for you!



Why join?

1 Stay Active

Get moving with exercises tailored for postpartum bodies, with your baby right by your side.

2 Make Connections

Meet and connect with other moms who understand the joys and challenges of motherhood.

3 Bond with Baby

Strengthen that special connection as you engage in activities designed to include your little one.

Join us today and make memories that last a lifetime!

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) | \$2.50 | \$22.50 | \$12.50 | \$35.00 | \$131.25 |
| Youth (6-17 years) / F-T Student (valid ID required) | \$4.50 | \$40.50 | \$24.50 | \$68.60 | \$257.25 |
| Adult (18+) | \$6.50 | \$58.50 | \$36.00 | \$100.80 | \$378.00 |
| Senior (60+) | \$4.50 | \$40.50 | \$24.50 | \$68.60 | \$257.25 |
| Family | \$12.50 | \$112.50 | \$68.00 | \$190.40 | \$714.00 |

*Prices include tax



Winter Sessions Snapshot

| Session Type | Start Date | Parent's Day | End Date | No Lesson |
|--------------|------------|--------------|----------|---------------------|
| Monday | Jan 6 | Feb 24 | Mar 3 | Feb 17 - Family Day |
| Tuesday | Jan 7 | Feb 18 | Mar 4 | |
| Wednesday | Jan 8 | Feb 19 | Mar 5 | |
| Thursday | Jan 9 | Feb 20 | Mar 6 | |
| Friday | Jan 10 | Feb 21 | Mar 7 | |
| Saturday | Jan 11 | Feb 22 | Mar 8 | |
| Sundays | Jan 12 | Feb 23 | Mar 9 | |

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!

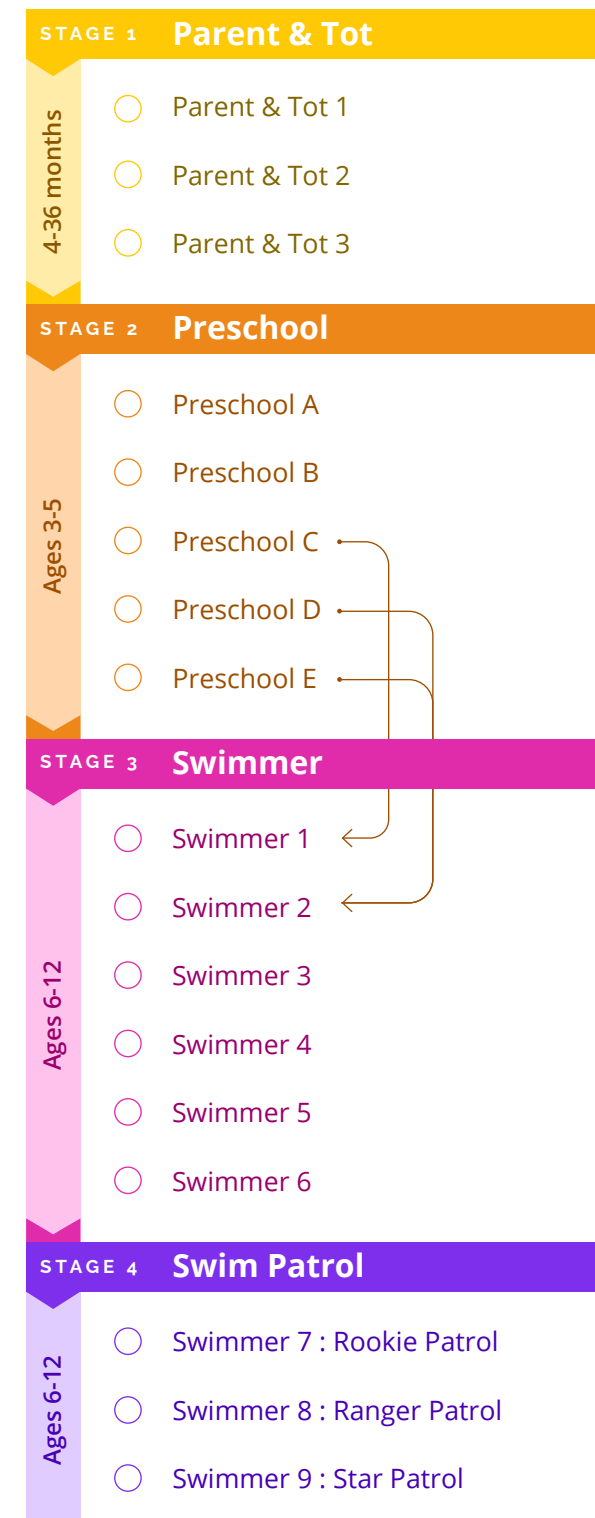
View our drop-in schedules at townofws.ca/dropin



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 Beginner & Advanced: Intro (Ages 9-12)
- Flip to page 66 to see what other leadership programs we have to offer!*

Adult/Teen

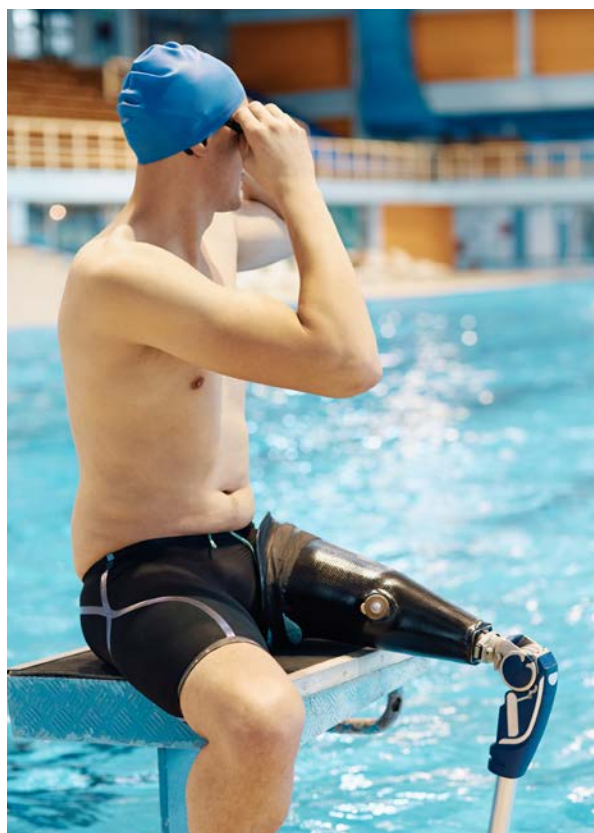
- Ages 13+**
- Adult/Teen 1
 - Adult/Teen 2

Parent's Days

Note

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 **\$155.25**

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

| Dates | Days | Time | Code |
|----------------|------|--------------------|-------|
| Jan 7 - Mar 4 | Tue | 7:00 PM - 7:45 PM | 34324 |
| Jan 12 - Mar 9 | Sun | 12:30 PM - 1:15 PM | 34323 |

babies and preschoolers

Parent & Tot: Level 1 & 2

Ages 4-24 months Leisure Centre **\$132.75**

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 |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:30 PM - 6:00 PM | 34349 |
| Jan 8 - Mar 5 | Wed | 5:30 PM - 6:00 PM | 34354 |
| Jan 11 - Mar 8 | Sat | 11:00 AM - 11:30 AM | 34350 |
| | | 4:30 PM - 5:00 PM | |
| Jan 12 - Mar 9 | Sun | 11:00 AM - 11:30 AM | 34353 |

*shorter session | \$118 (8 lessons)



Parent & Tot: Level 2 & 3

Ages 12-36 months Leisure Centre **\$132.75**

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 |
|----------------|------|---------------------|-------|
| Jan 7 - Mar 4 | Tue | 5:30 PM - 6:00 PM | 34364 |
| Jan 9 - Mar 6 | Thu | 5:30 PM - 6:00 PM | 34363 |
| Jan 10 - Mar 7 | Fri | 5:30 PM - 6:00 PM | 34358 |
| Jan 11 - Mar 8 | Sat | 12:00 PM - 12:30 PM | 34359 |
| Jan 12 - Mar 9 | Sun | 12:00 PM - 12:30 PM | 34360 |
| | | 4:30 PM - 5:00 PM | |

Parent & Tot: Level 1 - 3

Ages 12-36 months Leisure Centre **\$132.75**

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 |
|----------------|------|--------------------|-------|
| Jan 6 - Mar 3* | Mon | 9:30 AM - 10:00 AM | 34356 |
| Jan 8 - Mar 5 | Wed | 9:30 AM - 10:00 AM | 34357 |
| Jan 10 - Mar 7 | Fri | 9:30 AM - 10:00 AM | 34355 |

*shorter session | \$118 (8 lessons)

Preschool A

Ages 3-5 Leisure Centre **\$132.75**

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:00 PM - 5:30 PM | 34368 |
| | | 6:00 PM - 6:30 PM | |
| Jan 7 - Mar 4 | Tue | 5:00 PM - 5:30 PM | 34384 |
| | | 6:00 PM - 6:30 PM | |
| Jan 8 - Mar 5 | Wed | 5:00 PM - 5:30 PM | 34387 |
| | | 6:00 PM - 6:30 PM | |
| Jan 9 - Mar 6 | Thu | 5:00 PM - 5:30 PM | 34381 |
| | | 6:00 PM - 6:30 PM | |
| Jan 10 - Mar 7 | Fri | 5:00 PM - 5:30 PM | 34365 |
| | | 6:00 PM - 6:30 PM | |
| Jan 11 - Mar 8 | Sat | 10:30 AM - 11:00 AM | 34371 |
| | | 11:30 AM - 12:00 PM | |
| | | 12:30 PM - 1:00 PM | |
| | | 5:00 PM - 5:30 PM | |
| Jan 12 - Mar 9 | Sun | 10:30 AM - 11:00 AM | 34376 |
| | | 11:30 AM - 12:00 PM | |
| | | 12:30 PM - 1:00 PM | |
| | | 5:00 PM - 5:30 PM | |

*shorter session | \$118 (8 lessons)

Note

Programs will not run on Monday, February 17 for the Family Day Holiday

📅

Preschool B

Ages 3-5 Leisure Centre \$132.75

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:00 PM - 5:30 PM | 34393 |
| | | 6:00 PM - 6:30 PM | |
| Jan 7 - Mar 4 | Tue | 5:00 PM - 5:30 PM | 34409 |
| | | 6:00 PM - 6:30 PM | |
| Jan 8 - Mar 5 | Wed | 5:00 PM - 5:30 PM | 34412 |
| | | 6:00 PM - 6:30 PM | |
| Jan 9 - Mar 6 | Thu | 5:00 PM - 5:30 PM | 34406 |
| | | 6:00 PM - 6:30 PM | |
| Jan 10 - Mar 7 | Fri | 5:00 PM - 5:30 PM | 34390 |
| | | 6:00 PM - 6:30 PM | |
| Jan 11 - Mar 8 | Sat | 10:30 AM - 11:00 AM | 34396 |
| | | 11:30 AM - 12:00 PM | |
| | | 12:30 PM - 1:00 PM | |
| | | 5:30 PM - 6:00 PM | |
| | | 6:00 PM - 6:30 PM | |
| Jan 12 - Mar 9 | Sun | 10:30 AM - 11:00 AM | 34402 |
| | | 11:30 AM - 12:00 PM | |
| | | 5:30 PM - 6:00 PM | |

*shorter session | \$118 (8 lessons)



Preschool C

Ages 3-5 Leisure Centre \$132.75

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:00 PM - 5:30 PM | 34418 |
| | | 6:00 PM - 6:30 PM | |
| Jan 7 - Mar 4 | Tue | 5:00 PM - 5:30 PM | 34436 |
| | | 6:00 PM - 6:30 PM | |
| Jan 8 - Mar 5 | Wed | 5:00 PM - 5:30 PM | 34439 |
| | | 6:00 PM - 6:30 PM | |
| Jan 9 - Mar 6 | Thu | 5:00 PM - 5:30 PM | 34433 |
| | | 6:30 PM - 7:00 PM | |
| Jan 10 - Mar 7 | Fri | 5:00 PM - 5:30 PM | 34415 |
| | | 6:30 PM - 7:00 PM | |
| Jan 11 - Mar 8 | Sat | 9:30 AM - 10:00 AM | 34421 |
| | | 12:00 PM - 12:30 PM | |
| | | 1:00 PM - 1:30 PM | |
| | | 4:30 PM - 5:00 PM | |
| | | 6:00 PM - 6:30 PM | |
| Jan 12 - Mar 9 | Sun | 9:30 AM - 10:00 AM | 34427 |
| | | 11:30 AM - 12:00 PM | |
| | | 1:00 PM - 1:30 PM | |
| | | 4:30 PM - 5:00 PM | |
| | | 6:00 PM - 6:30 PM | |

*shorter session | \$118 (8 lessons)

Preschool D

Ages 3-5 Leisure Centre \$132.75

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:30 PM - 6:00 PM | 34445 |
| | | 6:30 PM - 7:00 PM | |
| Jan 7 - Mar 4 | Tue | 5:30 PM - 6:00 PM | 34460 |
| | | 6:30 PM - 7:00 PM | |
| Jan 8 - Mar 5 | Wed | 5:30 PM - 6:00 PM | 34463 |
| | | 6:30 PM - 7:00 PM | |
| Jan 9 - Mar 6 | Thu | 5:30 PM - 6:00 PM | 34457 |
| | | 7:00 PM - 7:30 PM | |
| Jan 10 - Mar 7 | Fri | 5:30 PM - 6:00 PM | 34442 |
| | | 7:00 PM - 7:30 PM | |
| Jan 11 - Mar 8 | Sat | 10:00 AM - 10:30 AM | 34448 |
| | | 12:30 PM - 1:00 PM | |
| | | 5:00 PM - 5:30 PM | |
| | | 6:30 PM - 7:00 PM | |
| Jan 12 - Mar 9 | Sun | 10:00 AM - 10:30 AM | 34453 |
| | | 12:00 PM - 12:30 PM | |
| | | 5:00 PM - 5:30 PM | |

*shorter session | \$118 (8 lessons)

Note

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



Preschool E

Ages 3-5 Leisure Centre \$132.75

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 7:00 PM - 7:30 PM | 34467 |
| Jan 8 - Mar 5 | Wed | 7:00 PM - 7:30 PM | 34471 |
| Jan 9 - Mar 6 | Thu | 7:30 PM - 8:00 PM | 34470 |
| Jan 10 - Mar 7 | Fri | 7:30 PM - 8:00 PM | 34466 |
| Jan 11 - Mar 8 | Sat | 11:00 AM - 11:30 AM | 34468 |
| Jan 12 - Mar 9 | Sun | 11:00 AM - 11:30 AM | 34469 |

*shorter session | \$118 (8 lessons)

children and youth



Swimmer 1

Ages 6-12 Leisure Centre **\$132.75**

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

| Dates | Days | Time | Code |
|----------------|------|-------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:30 PM - 6:00 PM | 34663 |
| | | 6:30 PM - 7:00 PM | |
| Jan 7 - Mar 4 | Tue | 5:30 PM - 6:00 PM | 34683 |
| | | 6:30 PM - 7:00 PM | |
| Jan 8 - Mar 5 | Wed | 5:00 PM - 5:30 PM | 34686 |
| | | 5:30 PM - 6:00 PM | |
| | | 6:30 PM - 7:00 PM | |
| Jan 9 - Mar 6 | Thu | 5:30 PM - 6:00 PM | 34680 |
| | | 7:00 PM - 7:30 PM | |
| Jan 10 - Mar 7 | Fri | 5:30 PM - 6:00 PM | 34659 |
| | | 7:00 PM - 7:30 PM | |
| | | 7:30 PM - 8:00 PM | |

*shorter session | \$118 (8 lessons)

| Dates | Days | Time | Code |
|---------------------|------|---------------------|-------|
| Jan 11 - Mar 8 | Sat | 9:30 AM - 10:00 AM | 34666 |
| | | 11:00 AM - 11:30 AM | |
| | | 1:00 PM - 1:30 PM | |
| | | 4:30 PM - 5:00 PM | |
| | | 6:00 PM - 6:30 PM | |
| | | 6:30 PM - 7:00 PM | |
| | | Jan 12 - Mar 9 | |
| 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

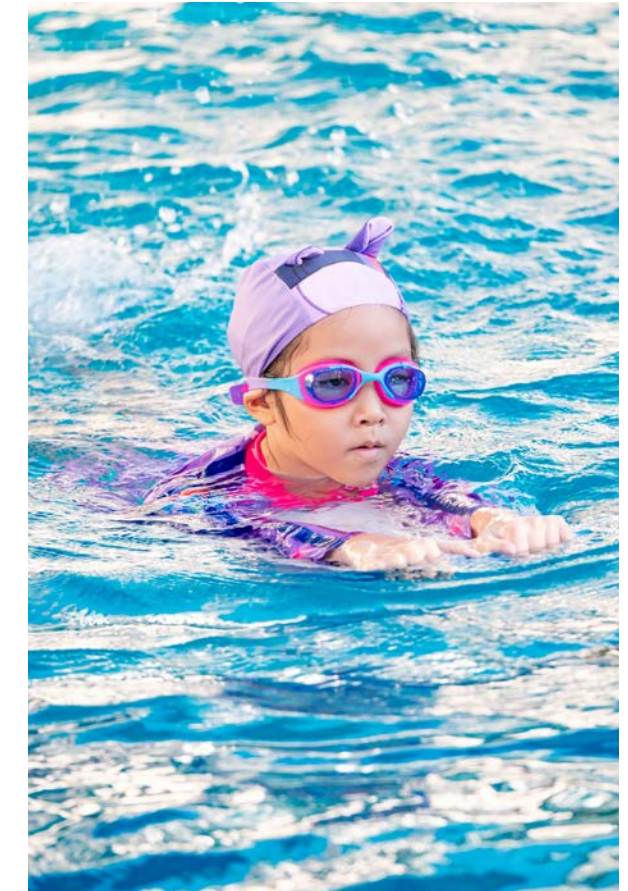
Ages 6-12 Leisure Centre **\$132.75**

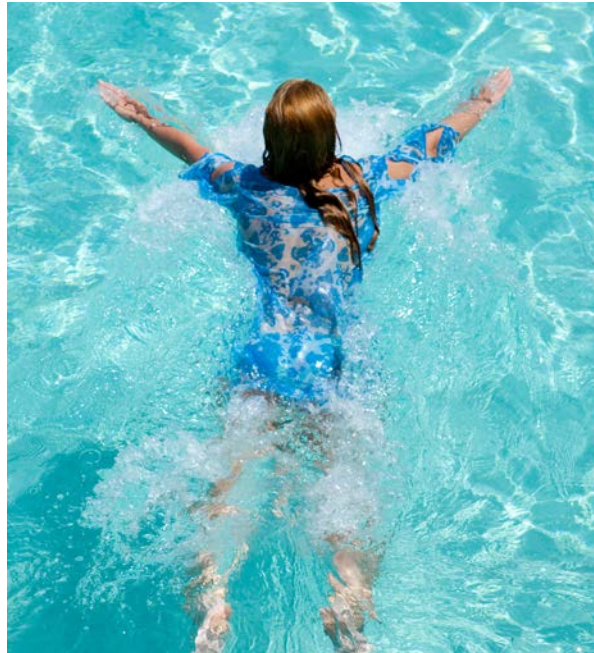
Jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. Children will be able to support themselves at the surface without an aid, learn whip kick, swim 10m on their front and backs, and be introduced to flutter kick interval training.

| Dates | Days | Time | Code |
|----------------|------|-------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:30 PM - 6:00 PM | 34695 |
| | | 7:00 PM - 7:30 PM | |
| Jan 7 - Mar 4 | Tue | 6:30 PM - 7:00 PM | 34714 |
| | | 7:00 PM - 7:30 PM | |
| | | 7:30 PM - 8:00 PM | |
| Jan 8 - Mar 5 | Wed | 5:30 PM - 6:00 PM | 34718 |
| | | 6:30 PM - 7:00 PM | |
| | | 7:00 PM - 7:30 PM | |
| Jan 9 - Mar 6 | Thu | 6:30 PM - 7:00 PM | 34711 |
| | | 7:30 PM - 8:00 PM | |
| Jan 10 - Mar 7 | Fri | 5:30 PM - 6:00 PM | 34691 |
| | | 6:30 PM - 7:00 PM | |
| | | 7:30 PM - 8:00 PM | |

*shorter session | \$118 (8 lessons)

| Dates | Days | Time | Code |
|---------------------|------|---------------------|-------|
| Jan 11 - Mar 8 | Sat | 10:00 AM - 10:30 AM | 34698 |
| | | 12:00 PM - 12:30 PM | |
| | | 1:00 PM - 1:30 PM | |
| | | 5:00 PM - 5:30 PM | |
| | | 5:30 PM - 6:00 PM | |
| | | 6:30 PM - 7:00 PM | |
| | | Jan 12 - Mar 9 | |
| 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 **\$155.25**

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 6:00 PM - 6:45 PM | 34723 |
| Jan 7 - Mar 4 | Tue | 5:30 PM - 6:15 PM | 34727 |
| Jan 8 - Mar 5 | Wed | 6:00 PM - 6:45 PM | 34728 |
| Jan 9 - Mar 6 | Thu | 6:15 PM - 7:00 PM | 34726 |
| Jan 10 - Mar 7 | Fri | 6:15 PM - 7:00 PM | 34722 |
| Jan 11 - Mar 8 | Sat | 10:30 AM - 11:15 AM | 34724 |
| Jan 12 - Mar 9 | Sun | 10:30 AM - 11:15 AM | 34725 |

*shorter session | \$138 (8 lessons)

Note Programs will not run on Monday, February 17 for the Family Day Holiday 

Swimmer 3: Small Group

Ages 6-12 Leisure Centre **\$ 175.50**

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

| Dates | Days | Time | Code |
|----------------|------|--|-------|
| Jan 6 - Mar 3* | Mon | 5:30 PM - 6:00 PM | 34730 |
| Jan 7 - Mar 4 | Tue | 6:30 PM - 7:00 PM | 34738 |
| Jan 8 - Mar 5 | Wed | 5:30 PM - 6:00 PM | 34739 |
| Jan 9 - Mar 6 | Thu | 7:00 PM - 7:30 PM | 34737 |
| Jan 10 - Mar 7 | Fri | 7:00 PM - 7:30 PM | 34729 |
| Jan 11 - Mar 8 | Sat | 12:00 PM - 12:30 PM 4:30 PM - 5:00 PM | 34731 |
| Jan 12 - Mar 9 | Sun | 1:00 PM - 1:30 PM 4:30 PM - 5:00 PM | 34734 |

*shorter session | \$156 (8 lessons)



Swimmer 4

Ages 6-12 Leisure Centre **\$155.25**

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 6:45 PM - 7:30 PM | 34741 |
| Jan 7 - Mar 4 | Tue | 6:15 PM - 7:00PM | 34745 |
| Jan 8 - Mar 5 | Wed | 6:45 PM - 7:30 PM | 34746 |
| Jan 9 - Mar 6 | Thu | 5:30 PM - 6:15 PM | 34744 |
| Jan 10 - Mar 7 | Fri | 5:30 PM - 6:15 PM | 34740 |
| Jan 11 - Mar 8 | Sat | 11:15 AM - 12:00 PM | 34742 |
| Jan 12 - Mar 9 | Sun | 11:15 AM - 12:00 PM | 34743 |

*shorter session | \$138 (8 lessons)

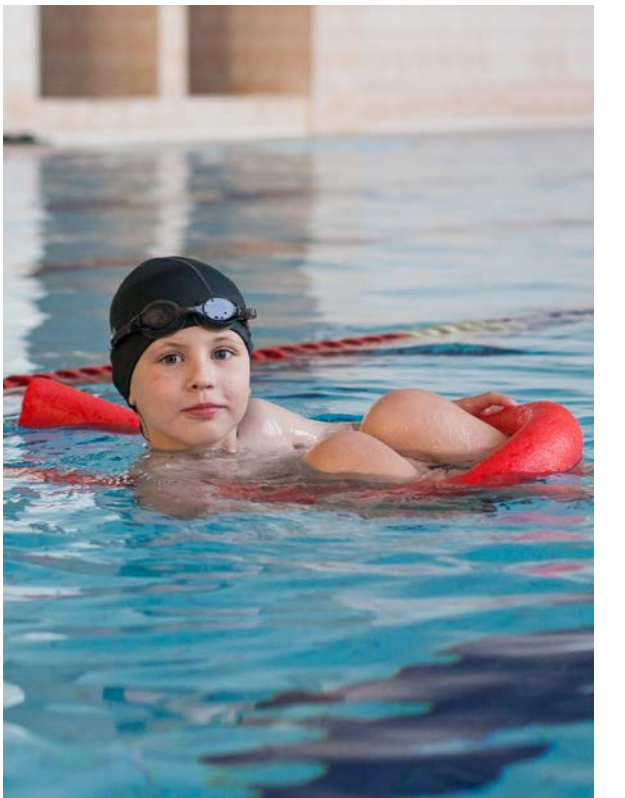
Swimmer 4: Small Group

Ages 6-12 Leisure Centre **\$ 175.50**

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

| Dates | Days | Time | Code |
|----------------|------|---|-------|
| Jan 6 - Mar 3* | Mon | 6:00 PM - 6:30 PM | 34749 |
| Jan 7 - Mar 4 | Tue | 5:30 PM - 6:00 PM | 34757 |
| Jan 8 - Mar 5 | Wed | 6:00 PM - 6:30 PM | 34758 |
| Jan 9 - Mar 6 | Thu | 7:30 PM - 8:00 PM | 34756 |
| Jan 10 - Mar 7 | Fri | 7:30 PM - 8:00 PM | 34748 |
| Jan 11 - Mar 8 | Sat | 12:30 PM - 1:00 PM 5:00 PM - 5:30 PM | 34750 |
| Jan 12 - Mar 9 | Sun | 12:30 PM - 1:00 PM 5:00 PM - 5:30 PM | 34753 |

*shorter session | \$156 (8 lessons)



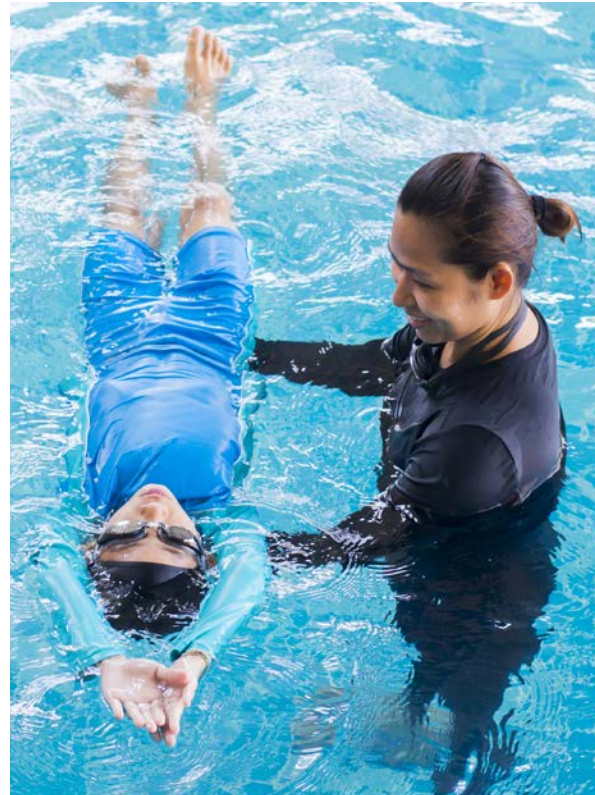
Swimmer 5

Ages 6-12 Leisure Centre \$155.25

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 6:15 PM - 7:00 PM | 34760 |
| Jan 7 - Mar 4 | Tue | 6:15 PM - 7:00 PM | 34764 |
| Jan 8 - Mar 5 | Wed | 6:15 PM - 7:00 PM | 34765 |
| Jan 9 - Mar 6 | Thu | 5:30 PM - 6:15 PM | 34763 |
| Jan 10 - Mar 7 | Fri | 6:00 PM - 6:45 PM | 34759 |
| Jan 11 - Mar 8 | Sat | 10:15 AM - 11:00 AM | 34761 |
| Jan 12 - Mar 9 | Sun | 10:15 AM - 11:00 AM | 34762 |

*shorter session | \$138 (8 lessons)



Swimmer 5: Small Group

Ages 6-12 Leisure Centre \$ 175.50

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 7:00 PM - 7:30 PM | 34767 |
| Jan 7 - Mar 4 | Tue | 7:00 PM - 7:30 PM | 34775 |
| Jan 8 - Mar 5 | Wed | 7:00 PM - 7:30 PM | 34776 |
| Jan 9 - Mar 6 | Thu | 7:30 PM - 8:00 PM | 34774 |
| Jan 10 - Mar 7 | Fri | 5:00 PM - 5:30 PM | 34766 |
| Jan 11 - Mar 8 | Sat | 11:30 AM - 12:00 PM | 34768 |
| | | 5:30 PM - 6:00 PM | |
| Jan 12 - Mar 9 | Sun | 11:30 AM - 12:00 PM | 34771 |
| | | 5:30 PM - 6:00 PM | |

*shorter session | \$156 (8 lessons)



Swimmer 6

Ages 6-12 Leisure Centre \$155.25

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

| Dates | Days | Time | Code |
|----------------|------|--------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:30 PM - 6:15 PM | 34778 |
| Jan 7 - Mar 4 | Tue | 5:30 PM - 6:15 PM | 34782 |
| Jan 8 - Mar 5 | Wed | 5:30 PM - 6:15 PM | 34783 |
| Jan 9 - Mar 6 | Thu | 6:15 PM - 7:00 PM | 34781 |
| Jan 10 - Mar 7 | Fri | 6:45 PM - 7:30 PM | 34777 |
| Jan 11 - Mar 8 | Sat | 9:30 AM - 10:15 AM | 34779 |
| Jan 12 - Mar 9 | Sun | 9:30 AM - 10:15 AM | 34780 |

*shorter session | \$138 (8 lessons)



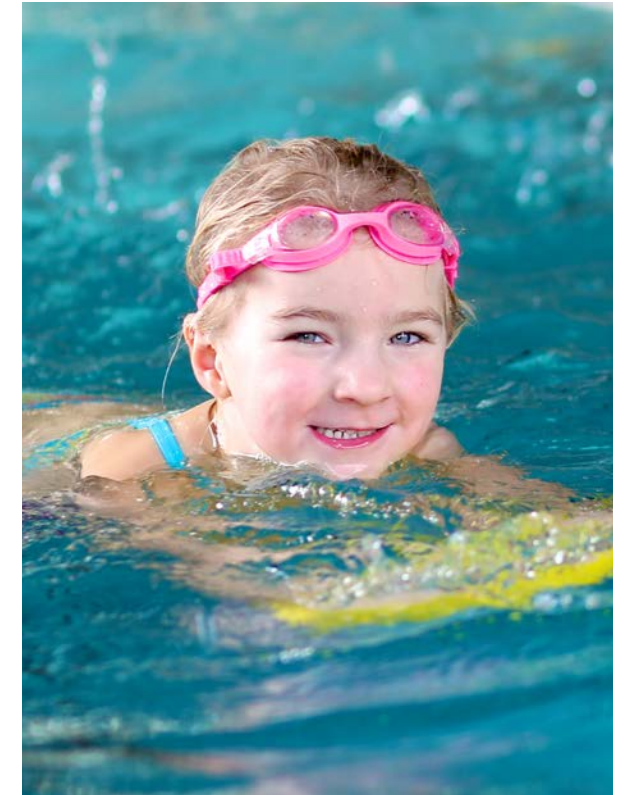
Swimmer 6: Small Group

Ages 6-12 Leisure Centre \$ 175.50

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 6:30 PM - 7:00 PM | 34785 |
| Jan 7 - Mar 4 | Tue | 7:30 PM - 8:00 PM | 34793 |
| Jan 8 - Mar 5 | Wed | 6:30 PM - 7:00 PM | 34794 |
| Jan 9 - Mar 6 | Thu | 7:00 PM - 7:30 PM | 34792 |
| Jan 10 - Mar 7 | Fri | 6:00 PM - 6:30 PM | 34784 |
| Jan 11 - Mar 8 | Sat | 10:30 AM - 11:00 AM | 34786 |
| | | 6:00 PM - 6:30 PM | |
| Jan 12 - Mar 9 | Sun | 10:30 AM - 11:00 AM | 34789 |
| | | 6:00 PM - 6:30 PM | |

*shorter session | \$156 (8 lessons)





Swimmer 7 & 8: Rookie & Ranger Patrol

Ages 6-12 Leisure Centre **\$155.25**

Swimmer 7: Rookie Patrol

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

Swimmer 8: Ranger Patrol

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:00 PM - 5:45 PM | 34796 |
| Jan 7 - Mar 4 | Tue | 7:15 PM - 8:00 PM | 34800 |
| Jan 8 - Mar 5 | Wed | 5:00 PM - 5:45 PM | 34801 |
| Jan 9 - Mar 6 | Thu | 7:15 PM - 8:00 PM | 34799 |
| Jan 10 - Mar 7 | Fri | 7:15 PM - 8:00 PM | 34795 |
| Jan 11 - Mar 8 | Sat | 11:00 AM - 11:45 AM | 34797 |
| Jan 12 - Mar 9 | Sun | 11:45 AM - 12:30 PM | 34798 |

*shorter session | \$138 (8 lessons)

Swimmer 9 & Bronze Star

Ages 6-12 Leisure Centre **\$155.25**

Swimmer 9: Star Patrol

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

Bronze Star

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

| Dates | Days | Time | Code |
|----------------|------|---------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:45 PM - 6:30 PM | 34803 |
| Jan 7 - Mar 4 | Tue | 6:30 PM - 7:15 PM | 34807 |
| Jan 8 - Mar 5 | Wed | 5:45 PM - 6:30 PM | 34808 |
| Jan 9 - Mar 6 | Thu | 6:30 PM - 7:15 PM | 34806 |
| Jan 10 - Mar 7 | Fri | 6:30 PM - 7:15 PM | 34802 |
| Jan 11 - Mar 8 | Sat | 11:45 AM - 12:30 PM | 34804 |
| Jan 12 - Mar 9 | Sun | 11:00 AM - 11:45 AM | 34805 |

*shorter session | \$138 (8 lessons)



Private Swim Lessons

Ages 3+ Private: **\$288**
Leisure Centre Semi Private: **\$198**

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

| Dates | Days | Time | Code |
|----------------|------|-------------------|-------|
| Jan 6 - Mar 3* | Mon | 5:00 PM - 8:00 PM | 34498 |
| Jan 7 - Mar 4 | Tue | 5:30 PM - 8:30 PM | 34615 |
| Jan 8 - Mar 5 | Wed | 5:00 PM - 8:00 PM | 34637 |
| Jan 9 - Mar 6 | Thu | 5:30 PM - 8:30 PM | 34589 |
| Jan 10 - Mar 7 | Fri | 5:00 PM - 7:30 PM | 34472 |
| Jan 11 - Mar 8 | Sat | 9:30 AM - 6:30 PM | 34523 |
| Jan 12 - Mar 9 | Sun | 9:30 AM - 6:30 PM | 34556 |

*shorter session | \$256 private | \$176 semi-private

Junior Lifeguard: Beginner

Ages 9-12 Leisure Centre **\$171**

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 |
|----------------|------|-------------------|-------|
| Jan 7 - Mar 4 | Tue | 8:00 PM - 9:00 PM | 34342 |
| Jan 11 - Mar 8 | Sat | 6:00 PM - 7:00 PM | 34341 |

Junior Lifeguard: Advanced

Ages 9-12 Leisure Centre **\$171**

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 |
|----------------|------|-------------------|-------|
| Jan 9 - Mar 6 | Thu | 8:00 PM - 9:00 PM | 34340 |
| Jan 12 - Mar 9 | Sun | 6:00 PM - 7:00 PM | 34339 |



teen and adult



Adult/Teen 1

Ages 13+ Leisure Centre \$132.75

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

| Dates | Days | Time | Code |
|----------------|------|-------------------|-------|
| Jan 6 - Mar 3* | Mon | 7:00 PM - 7:30 PM | 34325 |
| Jan 8 - Mar 5 | Wed | 7:00 PM - 7:30 PM | 34327 |
| Jan 11 - Mar 8 | Sat | 6:30 PM - 7:00 PM | 34326 |

*shorter session | \$118 (8 lessons)



Adult/Teen 2

Ages 13+ Leisure Centre \$132.75

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

| Dates | Days | Time | Code |
|----------------|------|-------------------|-------|
| Jan 7 - Mar 4 | Tue | 7:30 PM - 8:00 PM | 34330 |
| Jan 9 - Mar 6 | Thu | 7:30 PM - 8:00 PM | 34329 |
| Jan 12 - Mar 9 | Sun | 6:30 PM - 7:00 PM | 34328 |



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
- Tidyng 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 \$232

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 |
|----------------|------|--------------------|-------|
| Jan 6 - Mar 3 | Mon | 4:45 PM - 7:30 PM | 34882 |
| Jan 12 - Mar 9 | Sun | 11:00 AM - 1:30 PM | 34883 |

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 |
|----------------|------|--------------------|-------|
| Jan 8 - Mar 5 | Wed | 5:00 PM - 7:30 PM | 34884 |
| Jan 11 - Mar 8 | Sat | 11:00 AM - 1:30 PM | 34885 |

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 |
|-------------|------|--------------------|-------|
| Jan 25 & 26 | Sat | 11:30 AM - 8:00 PM | 34886 |
| | Sun | 9:30 AM - 6:00 PM | |
| Mar 8 & 9 | Sat | 11:30 AM - 8:00 PM | 34887 |
| | 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 |
|--------|-----|-------------------|-------|
| Jan 5 | Sun | 9:30 AM - 6:00 PM | 34888 |
| Mar 16 | Sun | 9:30 AM - 6:00 PM | 34889 |

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 |
|-----------|------|--------------------|-------|
| Feb 8 - 9 | Sat | 11:30 AM - 8:00 PM | 34890 |
| | 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 |
|-------------|------|-------------------|-------|
| Mar 14 - 16 | Fri | 5:00 PM - 8:00 PM | 34891 |
| Mar 21 - 23 | 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 **\$270**

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 |
|-------------|------------|--------------------|-------|
| Mar 10 - 14 | Mon - Thur | 11:00 AM - 8:30 PM | 34892 |
| | Fri | 12:00 PM - 4:30PM | |

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 |
|--------|-----|-------------------|-------|
| Mar 13 | Thu | 1:00 PM - 7:00 PM | 34893 |



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 |
|-------------|-----|-------------------|-------|
| Mar 14 & 15 | Fri | 5:00 PM - 9:00 PM | 34895 |
| | 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 |
|--------|-----|--------------------|-------|
| Mar 16 | Sun | 10:00 AM - 5:00 PM | 34896 |

SEE (Supervision Evaluation and Enhancement) Auditor

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

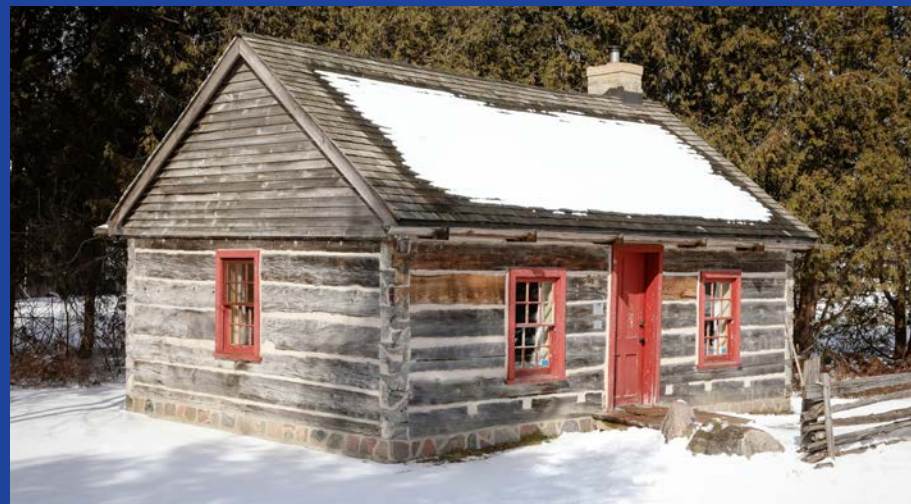
Designed to give participants the knowledge, training, and tools required to evaluate the effectiveness of lifeguard and instructor supervision using Lifesaving Society SEE checklists.

| Date | Day | Time | Code |
|--------|-----|-------------------|-------|
| Mar 13 | Thu | 5:00 PM - 9:00 PM | 34894 |

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

Love Monster

Ages 2-5 Whitchurch-Stouffville Museum \$10

Children will listen to an interactive reading of 'Love Monster' written by Rachel Bright, go on a mini scavenger hunt, make a themed craft and enjoy a snack. Required adult chaperone free of charge.

| Date | Day | Time | Code |
|-------|-----|---------------------|-------|
| Feb 6 | Thu | 10:00 AM - 11:30 AM | 35112 |

Family Day at the Museum

All Ages Whitchurch-Stouffville Museum FREE

Visit the Museum for Family Day fun! Enjoy a horse & wagon ride and demonstrations from a blacksmith! Tour the Museum, visit the newly-restored Schoolhouse, explore new exhibits, create crafts, and more.

| Date | Day | Time |
|--------|-----|--------------------|
| Feb 15 | Sat | 10:00 AM - 3:00 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.

Easter Hoppings

Ages 2-7 Whitchurch-Stouffville Museum \$15

Hop on by in celebration of Easter. Go on an egg hunt through the Museum's heritage buildings, snap a pic at the photo station, create a themed craft, explore exhibit galleries and more! Required adult chaperone free of charge.

| Date | Day | Time | Registration |
|--------|-----|--------------------|--------------|
| Apr 19 | Sat | 11:00 AM - 3:00 PM | Eventbrite |

Killing the Indian in the Child: Generations Lost

Youth/Adult Whitchurch-Stouffville Museum FREE

Presented by the Legacy of Hope Foundation and Department of Canadian Heritage, this exhibit describes the impact of the residential school system on Indigenous children and their families. This exhibition contains difficult subject matter that may be disturbing to some visitors.

| Dates | Day | Time |
|--------------|-----------|--------------------|
| Until Jun 28 | Wed - Sat | 10:00 AM - 4:00 PM |

The Ones We Met: Inuit Traditional Knowledge and the Franklin Expedition

All Ages Whitchurch-Stouffville Museum FREE

Created by the Canadian Museum of History, this exhibit explores the importance of Inuit traditional knowledge and its impact on determining the fate of the Franklin Expedition.

| Dates | Day | Time |
|-----------------|-----------|--------------------|
| Jan 18 - Apr 19 | 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!



Hotel California - The Original Eagles Tribute

Thursday, April 3 • 7:30 PM

Hotel California is the premier tribute to the Eagles and arguably the most popular in the world! The members of Hotel California are huge fans of the Eagles and feel privileged to perform from such an extensive body of amazing work.

Opry Gold: The Kings & Queens of Country Starring Leisa Way & The Wayward Wind Band

Friday, May 16 • 7:30 PM

To share the Opry's history is to share the story of country music! Leisa Way and her phenomenally talented Wayward Wind Band raise the roof with the hottest country songs of all time, including hits from Johnny Cash, Shania Twain, Dolly Parton, George Strait and more!

Yuk-Yuk's On Tour

Friday, February 7 • 8:00 PM

Back by popular demand, three hilarious Yuk Yuk's comics return to 19 on the Park!

Fireside Munsch

Sunday, February 16 • 11:30 AM

Fun for the entire family, M. John Kennedy's hit solo show Fireside Munsch is a high-energy performance featuring four of Robert Munsch's classic stories performed as one wacky storytelling play!

KUNÉ - Canada's Global Orchestra

Sunday, March 15 • 11:00 AM

This family show, perfect for kids, was created through the Royal Conservatory of Music as a celebration of Canada's cultural diversity and pluralism. KUNÉ showcases music from Latin America, Africa and the African Diaspora, the Middle East, Asia and North America. In their fun and interactive performance, four members of the band share their traditional knowledge of the music from these regions.



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
- *Skating Rink

*Open in winter months, subject to weather conditions.
If you'd like to volunteer help maintain your local rink, contact leisure.services@townofws.ca

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 | |



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

Community Parks

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

Parkettes

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

parks



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.



November 29

Christmas Tree Lighting Ceremony



November 29 & 30

Holiday Market



December 7

Santa Claus Parade



December 31

New Year's Eve Fireworks

Note

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

Stay Connected with Stouffville!

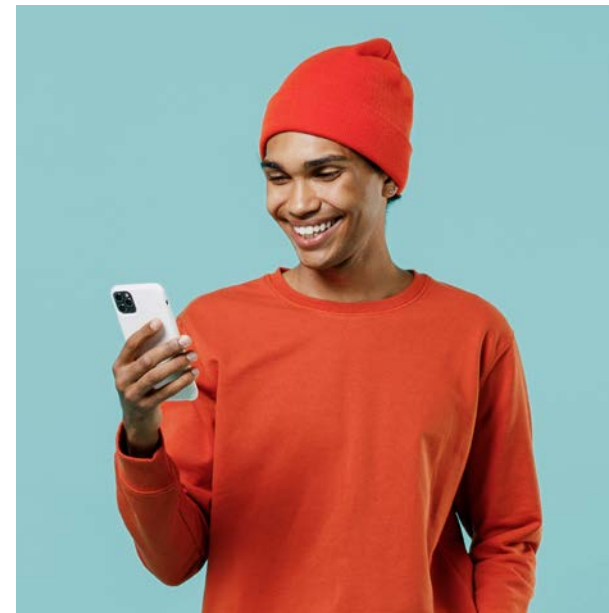
Join us on social media to stay up to date, get involved, and celebrate our vibrant community!

Facebook
@TownofStouffville
@StouffvillePlay
@wsfes
@wsplibrary
@wstownhall

Instagram
@TownofStouffville
@StouffvillePlay
X
@TownofWS
@ws_townhall

LinkedIn
Whitchurch-Stouffville

Follow us and stay in the loop – there's always something going on in Stouffville!



Stouffville

talk
of the town

Talk of the Town Podcast

Our weekly podcast, Talk of the Town, is your best way to stay up to date on everything that goes on in Stouffville. Released every Tuesday, the podcast is chock-full of news, event happenings, upcoming projects, job announcements, and Council updates. Listen on Soundcloud.com or right on our website, townofws.ca

Talk of the Town eNewsletter

The Talk of Town eNewsletter compliments the podcast of the same name and is distributed every other week. It is full of news, events, and other important information you need to know. Sign up to get Stouffville news right in your inbox at townofws.ca/enews

Visit our News Feed

Everything you need to know is posted on the townofws.ca news feed. We have six categories of news you can subscribe to, or just visit the website on a regular basis to see what is new. Recreation, entertainment, fire services, museum, and Council-related items are posted on a regular basis. Don't miss a single story!



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 November 26, 2024.

See page 3 for details.

