



# Spring 2023 Programs Guide (April - June)

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

## CHILDREN'S & YOUTH PROGRAMS

**Clay for Kids (Pottery & Ceramics)**  
Friday, Apr 21 - May 19 [5:30 PM]

[#5785](#)

**Clay for Kids (Pottery & Ceramics)**  
Friday, May 26 - June 23 [5:30 PM]

[#5786](#)

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

Friday, Apr 21 - Jun 23 [3:30 PM]

[#5807](#)

**Build up Basketball (Ages 8-12) with  
Coach Sambu (NEW!)**

Tuesday, Apr 18 - June 20 [4:00 PM]

[#5812](#)

## Leader in Training (Ages 12-18)

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

If interested send us an email:  
[volunteer@midsun.org](mailto:volunteer@midsun.org)

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

## ART PROGRAMS

**[ART] Watercolour Painting:  
Introduction/Intermediate**

Tuesday, Apr 18 - Jun 20 [1:30 PM]

[#5830](#)

**[ART] Watercolour Painting:  
Advanced Studio**

Wednesday, Apr 19 - Jun 21 [1:30 PM]

[#5849](#)

**[ART] Acrylic Painting Studio with  
Alexandre**

Wednesday, Apr 19 - Jun 21 [10:30 AM]

[#5766](#)

**Mid-Sun Music Jam (Bi-Weekly) (NEW!)**

Tuesday, April 18 - June 20 [6:00 PM]

(No Registration Required)

## FITNESS, MOVEMENT & YOGA

**Energizing Evening Yoga with Gladys**  
Monday, Apr 17 - Jun 12 [6:30 PM]

[#5769](#)

**(Evening) Total Body Workout with Pam**

Tuesday, Apr 18 - Jun 20 [6:30 PM]

[#5768](#)

**(Evening) Restorative Yin Yoga with  
Michelle**

Friday, Apr 21 - Jun 23 [7:30 PM]

[#5770](#)

**(Daytime) Total Body Workout with Pam**

Wednesday, Apr 19 - Jun 21 [10:30 AM]

[#5767](#)

**(Saturday) Outdoor Bootcamp with  
Kaley (NEW!)**

Saturday, Apr 15 - Jun 10 [9:30 AM]

[#5750](#)

**(Daytime Floor) Hatha Yoga with Tanya**

Wednesday, Apr 19 - Jun 21 [10:00 AM]

[#5763](#)

**(Beginner) Line Dance with Julian  
[Step 1]**

Monday, Apr 17 - Jun 19 [10:30 AM]

[#5771](#)

**(Novice) Line Dance with Julian  
[Step 2]**

Monday, Apr 17 - Jun 19 [12:00 PM]

[#5773](#)

**(Intermediate) Line Dance with Julian  
[Step 3]**

Thursday, Apr 20 - Jun 22 [9:00 AM]

[#5772](#)

## OLDER ADULT PROGRAMS

**Adult & Seniors Mobility Training**  
Monday, Apr 17 - Jun 19 [9:30 AM]

[#5761](#)

**Social Seniors**

Thursday, April 3 - June 22 [1:30 PM]

(No Registration Required)

**(Free) Walking Club**

Monday & Wednesday, Apr 17 - Jun 21

[1:15 PM]

Mon: [#5809](#)

Wed: [#5810](#)

## 50+ PROGRAMS

**50+ Seated Yoga for Flexibility**  
Monday, Apr 17 - Jun 19 [1:30 PM]

[#5765](#)

**50+ Gentle Seated Strength & Stretch**

Tuesday, Apr 18 - Jun 20 [1:30 PM]

[#5764](#)

**50+ Seniors Balance & Bones**

Friday, Apr 21 - Jun 23 [10:00 AM]

[#5806](#)

**50+ Stretch it to the Limit! (NEW!)**

Friday, Apr 21 - Jun 23 [9:15 AM]

[#5813](#)

## PICKLEBALL LESSONS

**(BEGINNER) PICKLEBALL LESSONS**  
Thursday/Apr 20 - May 18 [11:15AM]

[#5775](#)

**(NOVICE) PICKLEBALL LESSONS**  
Thursday/Apr 20 - May 18 [1:00PM]

[#5776](#)

**(BEGINNER) PICKLEBALL LESSONS**  
Thursday/May 25 - Jun 22 [11:15AM]

[#5777](#)

**(NOVICE) PICKLEBALL LESSONS**  
Thursday/May 25 - Jun 22 [1:00PM]

[#5778](#)

## PICKLEBALL PRE-REG

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

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

**Sundays [11:30 am - 2:00 pm] (NEW!)**  
(Registration opens on the Wednesday of that week)

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

[Click Here for More Details](#)



Scan the QR Code to  
Register online