



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

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

ART PROGRAMS

**[ART] Watercolour Painting:
Intermediate**

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

[#5830](#)

**[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)

Scan the QR Code to
Register online

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](#)

