



FALL 2023 Programs Guide

(Sep - Dec)

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

CHILDREN'S & YOUTH PROGRAMS

(Pre-School) Music & Movement with Skye (1-3 Yrs) Parented (NEW!)

Thursday, Sep 14 - Oct 19 [9:30 AM]

[#5936](#)

Thursday, Nov 2 - Dec 7 [9:30 AM]

[#5937](#)

(Pre-School) Music & Movement with Skye (4-5 Yrs) Un Parented (NEW!)

Thursday, Sep 14 - Oct 19 [10:30 AM]

[#5957](#)

Thursday, Nov 2 - Dec 7 [10:30 AM]

[#5958](#)

Clay for Kids (Pottery & Ceramics)

Friday, Sep 29 - Nov 3 [5:30 PM]

[#5933](#)

(Friday) Child & Youth Open Gym (Ages 6-14) 2 Hour Program for the price of 1!

Friday, Sep 15 - Dec 15 [3:30 PM]

[#5953](#)

Jr. Basketball Buds (Ages 4-6) (NEW!)

Tuesday, Sep 12- Nov 28 [4:00 PM]

[#5959](#)

Jr. Basketball Buds (Ages 7-9) (NEW!)

Tuesday, Sep 12- Nov 28 [5:00 PM]

[#5960](#)



ART PROGRAMS

(Free) Mid-Sun Music Jam (Weekly)

Tuesdays, Sep 12 - Dec 19 [5:30 PM]

[\(No Registration Required\)](#)

[ART] Watercolour Painting: Intermediate/Advanced Studio

Tuesday, Oct 3 - Dec 5 [9:30 PM]

[#5945](#)

[ART] Watercolour Painting: Introduction/Intermediate

Tuesday, Oct 3 - Dec 5 [1:30 PM]

[#5956](#)

[ART] Acrylic Painting Studio with Alexandre

Wednesday, Sep 13 - Nov 29

[10:30 AM]

[#5940](#)

FITNESS, MOVEMENT & YOGA

(Daytime Floor) Hatha Yoga with Tanya

Wednesday, Sep 13 - Nov 29 [10:00 AM]

[#5941](#)

(Daytime) Total Body Workout with Pam

Wednesday, Sep 20 - Dec 6 [10:30 AM]

[#5932](#)

(Evening) Total Body Workout with Deb

Wednesday, Sep 19 - Dec 5 [7:00 PM]

Tentative

(Beginner) Line Dance with Julian

[Step 1]

Monday, Sep 18 - Dec 11 [10:30 AM]

[#5938](#)

(Intermediate) Line Dance with Julian

[Step 3]

Thursday, Sep 14 - Dec 7 [9:00 AM]

[#5939](#)

OLDER ADULT PROGRAMS

(Adult/Seniors) Strength & Mobility Training with David

Monday, Sep 18 - Dec 11 [9:30 AM]

[#5935](#)

(Free) Social Seniors

Thursday, April 6 - June 22 [1:30 PM]

[\(No Registration Required\)](#)

(Free) Indoor Walking Club

Monday & Wednesday, Sep 6 - Dec 20

[1:15 PM - 2:15 PM]

Monday: [#5930](#)

Wednesday: [#5931](#)



Scan the QR Code to Register online

50+ PROGRAMS

50+ Seated Yoga for Flexibility (Monday)

Monday, Sep 11 - Dec 4 [1:30 PM]

[#5943](#)

50+ Gentle Seated Strength & Stretch

Tuesday, Sep 12 - Nov 28 [1:30 PM]

[#5942](#)

50+ Seniors Balance & Bones

Friday, Sep 15 - Dec 15 [10:15 AM]

[#5952](#)

50+ Stretch, Sports Recovery & Beyond!

Friday, Sep 15 - Dec 15 [9:15 AM]

[#5951](#)

PICKLEBALL LESSONS

(BEGINNER) PICKLEBALL LESSONS

Thursday/Sep 14 - Oct 12 [11:15 AM]

[#5946](#)

(NOVICE PICKLEBALL LESSONS

Thursday/Sep 14 - Oct 12 [1:00 PM]

[#5949](#)

(BEGINNER) PICKLEBALL LESSONS

Thursday/Oct 26 - Nov 23 [11:15AM]

[#5947](#)

(NOVICE/INTERMEDIATE) PICKLEBALL LESSONS

Thursday/Oct 26 - Nov 23 [1:00PM]

[#5950](#)

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]

(Registration opens on the Wednesday of that week) (Starting Oct 22nd)

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

[Click Here for More Details](#)