



# Winter 2024 Programs Guide (Jan - Apr)

(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, Jan 19 - Feb 23 [5:30 PM]

[#6063](#)

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

2 Hour Program for the price of 1!

Friday, Jan 26 - Apr 5 [3:30 PM]

[#6058](#)

## Leaders in Training (Ages 14-18)

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

### (Free) Mid-Sun Music Jam (Weekly)

Wednesdays, TBA  
[6:00 PM]

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

### [ART] Watercolour Painting: Beginner

Tuesday, Jan 16 - Mar 19 [9:30 AM]

[#6047](#)

### [ART] Watercolour Painting: Intermediate

Tuesday, Jan 16 - Mar 19 [1:30 PM]

[#6046](#)

### [ART] Watercolour Painting: Advanced Studio

Wednesday, Jan 17 - Mar 20 [1:30 PM]

[#6071](#)

### [ART] Acrylic Painting Studio with Alexandre

Wednesday, Jan 31 - Apr 3 [10:30 AM]

[#6057](#)

## FITNESS, MOVEMENT & YOGA

### (Daytime Floor) Hatha Yoga with Tanya

Wednesday, Jan 17 - Mar 20 [10:00 AM]

[#6052](#)

### (Daytime) Total Body Workout with Pam

Wednesday, Jan 17 - Mar 27 [10:30 AM]

[#6049](#)

### (Evening) Hatha & Restore Yoga with Tanya

Wednesday, Jan 18 - Mar 21 [5:30 PM]

[#6056](#)

### (Evening) Total Body Workout with Deb

Monday, Jan 22 - Apr 1 [6:30 PM]

[#6048](#)

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

Monday, Jan 22 - Apr 1 [10:30 AM]

[#6050](#)

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

Thursday, Jan 18 - Mar 21 [9:00 AM]

[#6051](#)

## OLDER ADULT PROGRAMS

### Strength, Mobility and Power Training with David

Monday, Jan 15 - Mar 25 [9:30 AM]

[#6044](#)

### (Free) Social Seniors

Thursday, Jan 11 - Apr 4 [1:30 PM]

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

### (Free) Indoor Walking Club

Monday & Friday, Jan 8 - Mar 25 [1:30 PM - 2:30 PM]

Monday: [#6064](#) Friday: [#6065](#)



Scan the QR Code to Register online

## 50+ PROGRAMS

### 50+ Seated Yoga for Flexibility (Monday)

Monday, Jan 15 - Mar 25 [1:30 PM]

[#6054](#)

### 50+ Gentle Seated Strength & Stretch

Tuesday, Jan 16 - Mar 19 [1:30 PM]

[#6053](#)

### 50+ Seniors Balance & Bones

Friday, Jan 19 - Mar 22 [10:15 AM]

[#6045](#)

## PICKLEBALL LESSONS

### (BEGINNER) PICKLEBALL LESSONS

Thursday, Jan 25 - Feb 22 [11:15 AM]

[#6059](#)

### (NOVICE PICKLEBALL LESSONS

Thursday, Jan 25 - Feb 22 [1:00 PM]

[#6061](#)

### (BEGINNER/NOVICE) PICKLEBALL LESSONS

Thursday, Feb 29 - Mar 28 [11:15AM]

[#6060](#)

### (NOVICE/INTERMEDIATE) PICKLEBALL LESSONS

Thursday, Feb 29 - Mar 28 [1:00PM]

[#6062](#)

## PICKLEBALL PRE-REG

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

**Wednesdays [12:00 pm - 2:30 pm]**  
(Registration opens on the Friday of the week prior)

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

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

[Click Here for More Details](#)