



# Spring 2024 Programs Guide (Apr - Jun)

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

**CHILDREN'S & YOUTH PROGRAMS**

**Jr. Basketball Buds (Ages 3-4)**  
Friday, Apr 12 - Jun 21 [3:30 PM]  
[#6122](#)

**Jr. Basketball Buds (Ages 5-7)**  
Friday, Apr 12 - Jun 21 [4:30 PM]  
[#6148](#)

**FITNESS, MOVEMENT & YOGA**

**(Daytime Floor) Hatha Yoga with Tanya**  
Wednesday, Apr 10 - Jun 27 [10:00 AM]  
[#6134](#)

**(Daytime) Total Body Workout with Pam**  
Wednesday, Apr 10 - Jun 19 [10:30 AM]  
[#6135](#)

**(Evening) Hatha & Restore Yoga with Tanya**  
Thursday, Apr 4 - Jun 20 [5:30 PM]  
[#6137](#)

**(Evening) Total Body Workout with Deb**  
Monday, Apr 8 - Jun 17 [6:30 PM]  
[#6144](#)

**(Beginner) Line Dance with Julian [Step 1]**  
Monday, Apr 8 - Jun 17 [10:30 AM]  
[#6139](#)

**(Intermediate) Line Dance with Julian [Step 3]**  
Thursday, Apr 11 - Jun 13 [9:00 AM]  
[#6136](#)

**Strength, Mobility and Power Training with David**  
Monday, Apr 8 - Jun 17 [9:30 AM]  
[#6131](#)

**(NEW) (Evening) Foundations Yoga with Shawna**  
Monday, Apr 15 - Jun 10 [5:00 PM]  
[#6152](#)

**50+ PROGRAMS**

**50+ Seated Yoga for Flexibility (Monday)**  
Monday, Apr 8 - Jun 24 [1:30 PM]  
[#6132](#)

**50+ Gentle Seated Strength & Stretch**  
Tuesday, Apr 9 - Jun 25 [1:30 PM]  
[#6133](#)

**50+ Seniors Balance & Bones**  
Friday, Apr 12 - Jun 14 [10:15 AM]  
[#6138](#)

**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)

**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](#)

**FREE PROGRAMS**

**(Free) Mid-Sun Music Jam (Weekly)**  
Wednesdays [6:00 PM]  
[\(No Registration Required\)](#)

**(Free) Indoor Walking Club**  
Monday & Friday, Apr 1 - Jun 24 [1:30 PM - 2:30 PM]  
Monday: [#6130](#) Friday: [#6129](#)

**(Free) Social Seniors**  
Thursday, Apr 4 - Jun 27 [1:30 PM]  
[\(No Registration Required\)](#)

**FREE!**

**ART PROGRAMS**

**(NEW) Adults Pottery & Ceramics**  
Thursday, May 2 - May 30 [5:30 PM]  
[#6147](#)

**[ART] Watercolour Painting: Intermediate**  
Tuesday, Apr 9 - Jun 11 [1:30 PM]  
[#6149](#)

**PICKLEBALL LESSONS**

**(Beginner/Novice) Pickleball Lessons**  
Thursday, May 23 - Jun 20 [11:15 AM]  
[#6146](#)

**(Novice/Intermediate) Pickleball Lessons**  
Thursday, May 23 - Jun 20 [1:00 PM]  
[#6145](#)



Scan the QR Code to Register online

See a class you want to try!  
E-mail [programs@midsun.org](mailto:programs@midsun.org) to speak with our Program & Community Engagement Coordinator about possibly trying the first class for FREE!