



SPRING 2024 NEWSLETTER

midsun.org



SPRING 2024 PROGRAMS



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

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](#)

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

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

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!



Scan the QR Code to Register online

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

Spring is upon us and Mid-Sun is excited to announce a handful of new programs. Browse our program guide in order to find something new to blossom into!

Program Registration is set for
Wednesday, March 20th

Online 7:00 AM
In-Person/Over the Phone 9:00 AM

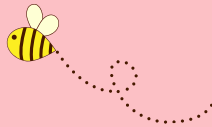




Looking for an evening of Theatre at a low cost?

Mid-Sun has got you covered!

With the help of our Seniors Committee and the New Horizon's Grant, we will be hosting a theatre night for those ages 55 and up. This is an off-site excursion with transport provided to and from the event.



Mid-Sun Community Centre Presents

Wine Tasting



Friday, March 15th
7:00 pm - 10:00 pm

Tickets are Available Now!

\$65.00: Single Ticket
\$480.00: Table of 8 (\$5.00 Discount on each ticket)
Includes 8 wine tastings, gourmet grazing table, prizes and more

No More Tickets left!

Must be over 18 years of age.
 All guests will be entered in a door prize raffle.
 Multiple prizes will be awarded throughout the evening relating to the theme of "Wines of the World".

TICKET SALES ARE CLOSED!

WINE EVENT

UPDATE: SUMMER DAY CAMPS CANCELLED FOR 2024

Thank you for your interest in our Summer Day Camps, and your patience while we awaited news on our long awaited Roof Replacement. We have just been notified that we have been awarded the additional funding required to complete this very important project. Unfortunately, we will not be able to occupy the centre while construction is underway, thus cancelling Summer Day Camps for the Summer of 2024.

We are deeply disappointed that we will not be able to host our families this year, but hope you will re-join us next year.




www.midsun.org/daycamps
FEBRUARY 23, 2024

Thank you for your support and we hope that you will join us again in 2025. Please ensure that you sign up for the Day Camp Newsletter through the link on our website (www.midsun.org/daycamps) to get the most up to date news on next years offerings!



ANY QUESTIONS REGARDING PROGRAMS?

send us an email with your questions, requests and more.

programs@midsun.org

[E-MAIL](#)

