

# Winter 2026 Programs



## Monday

- Strength, Mobility and Power Training with David #6707**  
Jan 12 - Mar 23 (10 Weeks) **(\$130.00)**  
9:30 am - 10:30 am
- (Beginner) Line Dance with Julian [Step 1] #6705**  
Jan 12 - Mar 23 (10 Weeks) **(\$135.00)**  
10:30 am - 11:30 am
- Gentle Yoga with Terri #6688**  
Jan 12 - Mar 23 (10 Weeks) **(\$135.00)**  
11:30 am - 12:30 am
- 50+ Gentle Seated Yoga for Flexibility (Monday) #6681**  
Jan 12 - Mar 23 (10 Weeks) **(\$150.00)**  
1:45 pm - 2:45 pm

## Tuesday

- Pre-Reg Pickleball Tuesdays**  
[Registration opens on Tuesday the week before] **M: (\$5.00)**  
**10: 15 am - 12:45 pm** **NM: (\$8.00)**
- [ART] Intermediate Watercolour Painting #6686**  
Jan 13 - Mar 17 (10 Weeks) **(\$280.00)**  
1:30 pm - 3:30 pm
- 50+ Gentle Seated Strength & Stretch (Tuesday) #6682**  
Jan 13 - Mar 24 (11 Weeks) **(\$165.00)**  
1:45 pm - 2:45 pm
- (Evening) Total Body Workout with Alina #6689**  
Jan 13 - Mar 24 (11 Weeks) **(\$150.00)**  
6:30 pm - 7:30 pm

- Intermediate Pickleball Lessons #6696**  
Jan 6 - Jan 27 (4 Weeks) **(\$100.00)**
- Beginner Pickleball Lessons #6698**  
Feb 3 - Feb 24 (4 Weeks) **(\$100.00)**
- Intermediate Pickleball Lessons #6697**  
Mar 3 - Mar 24 (4 Weeks) **(\$100.00)**
- 7:30 pm - 9:00 pm**

## Wednesday

- (Daytime Floor) Hatha Yoga with Tanya #6683**  
Jan 7 - Mar 25 (12 Weeks) **(\$180.00)**  
10:00 am - 11:00 am

- Beginner Pickleball Lessons #6692**  
Jan 7 - Jan 28 (4 Weeks) **(\$100.00)**
- Novice Pickleball Lessons #6693**  
Feb 4 - Feb 25 (4 Weeks) **(\$100.00)**
- Beginner Pickleball Lessons #6695**  
Mar 4 - Mar 25 (4 Weeks) **(\$100.00)**
- 10:30 am - 12:00 pm**

- 50+ Semi-Seated Wellness Wednesdays #6685**  
Jan 7 - Mar 18 (11 Weeks) **(\$165.00)**  
1:45 pm - 2:45 pm

## Thursday

- (Intermediate) Line Dance with Julian [Step 3] #6706**  
Jan 8 Mar 19 (11 Weeks) **(\$165.00)**  
9:30 am - 11:00 am
- Indoor Walking Club (Monday & Thursday) #6680**  
Jan 5 - Mar 26 (12 Weeks) **(\$45.00)**  
1:30 pm - 2:30 pm
- (Evening) Hatha & Restore Yoga with Tanya #6684**  
Jan 8 - Mar 26 (12 Weeks) **(\$180.00)**  
5:30 pm - 6:30 pm

## Friday

- 50+ Seniors Balance & Bones #6708**  
Jan 9 - Mar 20 (11 Weeks) **(\$140.00)**  
10:15 am - 11:15 am
- Pre-Reg Pickleball Fridays**  
[Registration opens on Friday the week before] **M: (\$5.00)**  
**10:15 am - 12:45 pm** **NM: (\$8.00)**

## Sunday

- Children & Youth Skipping Club (Ages 6-13) #6679**  
Jan 11 - Mar 15 (8 Weeks) **(\$110.00)**  
11:20 am - 12:20 pm

Scan the QR Code to view all our programs.

Register online at [midsun.org](http://midsun.org)



Please Note:

Not all programs are listed on our Program Guide. Program details may be subject to change