

# SPRING 2026 PROGRAMS



## Monday

- Strength, Mobility and Power Training with David #6762** **(\$110.00)**  
Apr 13 - Jun 8 (8 Weeks)  
9:30 am - 10:30 am
- (Beginner) Line Dance with Julian [Step 1] #6775** **(\$122.00)**  
Apr 13 - Jun 15 (9 Weeks)  
10:30 am - 11:30 am
- Gentle Yoga with Terri #6777** **(\$122.00)**  
Apr 13 - Jun 15 (9 Weeks)  
11:30 am - 12:30 pm
- 50+ Gentle Seated Yoga with Tanya (Monday) #6772** **(\$135.00)**  
Apr 13 - Jun 15 (9 Weeks)  
1:45 pm - 2:45 pm

## Tuesday

- Pre-Reg Pickleball Tuesdays** **M: (\$5.00)**  
[Registration opens on Tuesday the week before] **NM: (\$8.00)**  
10:15 am - 12:45 pm
- [ART] Intermediate Watercolour Painting #6774** **(\$280.00)**  
Apr 7 - Jun 9 (10 Weeks)  
1:30 pm - 3:30 pm
- 50+ Gentle Seated Strength & Stretch (Tuesday) #6771** **(\$165.00)**  
Apr 7 - Jun 16 (11 Weeks)  
1:45 pm - 2:45 pm
- U5 & U6 Mid-Sun Jr. Soccer Stars #6753** **(\$125.00)**  
Apr 7 - Jun 9 (10 Weeks)  
6:00 pm - 6:50 pm
- U7 - U8 Mid-Sun Sr. Soccer Stars #6754** **(\$135.00)**  
Apr 7 - Jun 9 (10 Weeks)  
6:00 pm - 6:50 pm
- (Evening) Total Body Workout with Alina #6778** **(\$150.00)**  
Apr 7 - Jun 16 (11 Weeks)  
6:30 pm - 7:30 pm

## Tuesday Cont.

- Beginner Pickleball Lessons #6829** **(\$105.00)**  
April 14 - May 5 (4 Weeks)
- Intermediate Pickleball Lessons #6830** **(\$105.00)**  
May 19 - Jun 9 (4 Weeks)
- 7:30 pm - 9:00 pm**

## Wednesday

- (Daytime Floor) Hatha Yoga with Tanya #6769** **(\$165.00)**  
Apr 8 - Jun 17 (11 Weeks)  
10:00 am - 11:00 am
- Beginner Pickleball Lessons #6827** **(\$105.00)**  
April 15 - May 6 (4 Weeks)
- Novice Pickleball Lessons #6828** **(\$105.00)**  
May 20 - Jun 10 (4 Weeks)
- 10:30 am - 12:00 pm**
- 50+ Semi-Seated Wellness Wednesdays #6773** **(\$150.00)**  
Apr 8 - Jun 10 (10 Weeks)  
1:45 pm - 2:45 pm
- SPECIAL OFFER** **(\$125.00)**

## Thursday

- (Intermediate) Line Dance with Julian [Step 3] #6776** **(\$135.00)**  
Apr 9 - Jun 11 (9 Weeks)  
9:30 am - 11:00 am
- Indoor Walking Club (Monday & Thursday) #6831** **(\$45.00)**  
Apr 9 - Jun 18 (11 Weeks)  
1:30 pm - 2:30 pm
- (Evening) Hatha & Restore Yoga with Tanya #6770** **(\$165.00)**  
Apr 9 - Jun 18 (11 Weeks)  
5:30 pm - 6:30 pm

## Friday

- 50+ Seniors Balance & Bones #6761** **(\$120.00)**  
Apr 10 - Jun 5 (9 Weeks)  
10:15 am - 11:15 am
- Pre-Reg Pickleball Fridays** **M: (\$5.00)**  
[Registration opens on Friday the week before] **NM: (\$8.00)**  
10:15 am - 12:45 pm

Scan the QR Code to view all our programs.  
Register online at [midsun.org](https://midsun.org)



### Please Note:

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