activeOshawa

2023 Winter Recreation Program Guide



905-436-3311
Oshawa.ca/recreation

f/activeOshawa



Table of Contents

- **Registration Information**
- Page 3
- **Partners and Sponsors**
- Page 4
- **Getting Started**
- **General program information**
- Page 5
- **Program Locations**
- Page 8
- **Recreation Facilities**
- Page 9
- **Inclusion Support Program**
- Page 10
- **Camp Programs**
- Holiday and March Break Camps
- Page 12
- Children 5 and Under Programs
- Page 19
- : Children 6 and Over Programs
- Page 25

- : Adult Programs
- Page 33
- **Fitness Programs and Memberships** Personal Training and Court & Track Rentals
- Page 42
- **Swimming Programs**
- Page 45
- Grandview Special Needs Private Lessons
- Page 72
- Leadership, Safety and First Aid Programs
- Page 73

Subscribe to our e-newsletter

Subscribe to the activeOshawa e-newsletter to receive the most recent news from the City of Oshawa's Recreation and Culture Services Branch right to your inbox. Subscribe today at Oshawa.ca/Subscribe.

The 2023 Winter activeOshawa Guide is produced by the City of Oshawa, Community Services Department, Recreation and Culture Services Branch. Changes to program information may occur after the activeOshawa Guide has been published. For the most up-to-date information, please visit activeOshawa Online Registration at Register.oshawa.ca.

If this information is required in an accessible format, please contact: Service Oshawa. Telephone: 905-436-3311; email: service@oshawa.ca



activeOshawa 2023 Winter Recreation Program Guide

This winter sees the continuation of many of our most popular in-person recreation and culture programs. Programs and services have been planned in accordance with government orders and public health guidelines. Any changes to this guidance may result in changes to programs and services listed in this guide with little notice. For the most up-to-date information, visit Oshawa.ca/activeOshawa.

How to register

Registration dates

General programs, Holiday Camps and **March Break Camps**

Wednesday, November 23, 2022 at 9 a.m.

Swimming Lessons

Thursday, November 24, 2022 at 9 a.m.

Online registration

The easiest way to register!

Visit Register. Oshawa.ca to log in to your account and register for recreation programs online.

New users can create an account by visiting Register.oshawa.ca and selecting the New Account tab. Account activation is immediate.

In-person registration

In-person registration will be available at the Civic Recreation Complex, Delpark Homes Centre, Donevan **Recreation Complex and South Oshawa Community** Centre.

Visit a recreation facility with your registration form. Payments with cash, debit, credit card or cheque payable to the City of Oshawa are accepted.

To view recreation facility hours for in-person registration, see page 9.

2023 Spring/Summer **Program Registration**

activeOshawa Spring/Summer Guide available at Oshawa.ca/activeOshawa.

Registration for Spring general programs and Summer Camp begins at 9 a.m.

Feb **23**

Registration for Spring swim lessons begins at 9 a.m.

Registration for Summer general programs begins at 9 a.m.

Registration for Summer swim lessons begins at 9 a.m.

Follow us on social media

Follow the City of Oshawa's Recreation and Culture Services Branch on social media for the most up-to-date information on activeOshawa news, program updates, and events. @activeOshawa.

3

Thank you to our facility partners



DELPARK HOMES

Delpark Homes Centre - Arena Pad #3

Delpark Homes Centre - Arena Pad #4







Donevan Recreation Complex - Arena

Thank you to our sponsors

Atria Development

Bell

Billyard Insurance Group

Cashew & Clive

Coca Cola

Durham Radio

Gervais Party Rentals

Harmony Hill Retirement Community

HOPA Ports

Jubilee Pavilion

Oshawa This Week/Durhamregion.com

Ontario Motor Sales

Ontario Power Generation

Swish

TD Bank

Tim Hortons

Vandermeer Nursery

Tribute Communities

The City of Oshawa's community partnerships program offers many unique and highly visible sponsorship and advertising opportunities across the City's network of awardwinning facilities, special events and community programs.



To find out more on how your business can participate, contact our Community Partnerships Manager at MHollett@oshawa.ca or at 905-436-3311 ext. 2678



Getting Started with program registration

Registration

Complete your registration online at Register.Oshawa.ca. Having difficulty registering online? Call us at 905-436-3311.

When registering in-person, a <u>registration form</u> is required. Complete the registration form in its entirety and sign the waivers. Full payment is required at the time of registration.

Registrations will not be accepted on accounts that have an outstanding balance.

An administrative fee of \$40 will be charged for all payments returned by the bank. Cheques will not be accepted as the replacement form of payment.

Program changes

The City of Oshawa reserves the right to cancel, postpone or combine classes, limit or increase registration, as well as change the time, location or instructor, if required.

Prices in this Guide

The fees listed include program fees and applicable taxes. Some programs may require the purchase of basic supplies (i.e. art supplies). A detailed list will be emailed to registrants prior to the program starting for programs requiring supplies.

All program fees are subject to change. Where discrepancies in fees appear, the registration system will be taken as the correct fee.

Program cancellations

Programs may be cancelled due to low registration, or circumstances beyond our control. If this situation occurs, you may transfer free of charge to another program (subject to availability) or receive a full credit or refund.

Refund procedure

Participants must fill out a Refund Request Form to begin the refund process.

Full refunds (or credits on account)

Participants will receive a full refund if:

- The program is cancelled by Recreation and **Culture Services**
- The participant withdraws from a program seven (7) days prior to the start of the program.

Partial refunds (or credits on account)

Participants will receive a partial refund if:

 A refund request is received and the participant withdraws from a program less than seven (7) days prior to the program start date and before the second class.

All partial refunds will be pro-rated on the percentage of the program remaining at the time the refund request is received or the program is cancelled, and subject to an \$11 administration fee. Administration fees are waived if the participant accepts a credit on their account for the amount of the eligible refund.

Refunds are not issued for refund requests received after the second class of a program, unless for medical reasons. In the case of a medical reason, a verified doctor's note is required to be submitted at the time of the request.

Age specifications

Participants must be the correct age at the start of the program.

Missed classes

In the event a program registrant is unable to attend a class, make-up classes will not be offered.

For more information about registration, withdrawing from a course and refund policies, visit Oshawa.ca/activeOshawa.

Participants are encouraged to register online at Register.Oshawa.ca.

Waitlists

If your preferred program is full, we recommend being placed on the waitlist. If a space becomes available, registrants will be contacted in order of being placed on the waitlist and offered the available space. There is no charge for being added to the waitlist. If you are already registered in a program and wish to transfer to the now available waitlisted program you may do so for no additional charge.

Oshawa residents may be eligible to receive financial assistance based on annual income to assist with the cost of participation in our programs. The Access to Recreation Subsidy Programs have a variety of financial assistance programs for Oshawa residents. Verify your eligibility by contacting a Supervisor at a recreation facility. For more information about the Access to Recreation Program, visit Oshawa.ca/Subsidy.

Participant responsibilities

All participants are expected to do their part by showing respect for all people and property while attending a City of Oshawa program. Please report any incidents and concerns to staff. Respect Check

Coarse language, bullying, non-compliance, aggressive

or inappropriate behaviour is not permitted. These behaviours will be documented, reported and could result in the removal of a participant from the program.

About our staff

All staff are carefully selected based on their program/ professional experience, leadership skills, enthusiasm and sound judgment.

Oualifications include:

- Extensive pre-program training
- Satisfactory Police Vulnerable Sector Check

Technology requirements

All online programs will be live-streamed using the Cisco WebEx Platform. For the best experience participating in our online programs, participants are asked to have/use the following:

- An internet connection
- A laptop or tablet for optimal user experience
- Webcams may be required during some program participation, look for the webcam symbol
- A headset or earphones to prevent background noises and echo
- Check your sound, microphone and camera to make sure you are all set for your program
- It is highly recommended to close all windows and tabs in your browser before joining the program

Communication - Online programs

Program information will be sent by email and registrants will be contacted by phone the week prior to the start of the program.

Get active with activeOshawa



The City of Oshawa offers leisure swimming, skating, tennis basketball and more!

Program Locations

- **Arts Resource Centre** 45 Oueen St.
- **Civic Recreation Complex** 99 Thornton Rd. S.
- Children's Arena 155 Arena St.
- **Delpark Homes Centre** 1661 Harmony Rd. N.
- **Donevan Recreation Complex** 171 Harmony Rd. S.
- **South Oshawa Community Centre** 1455 Cedar St.
- Looking for a park, playground or recreation facility? Facilities.Oshawa.ca.



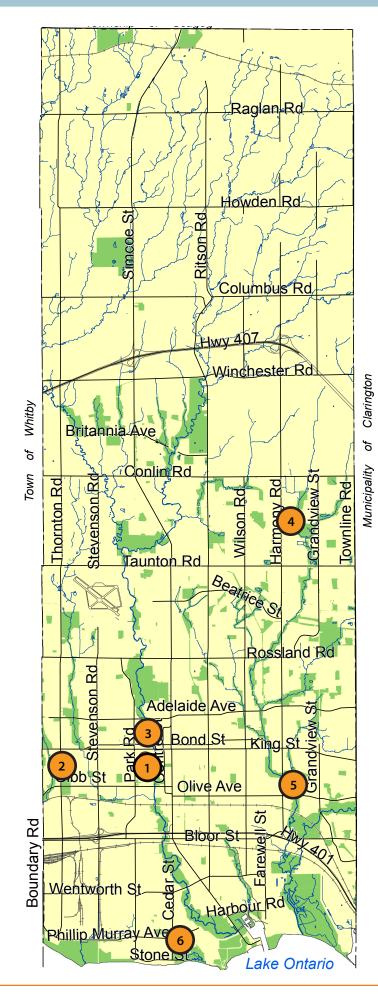
Host a party

Host your birthday party at a City of Oshawa recreation facility. We offer many birthday packages to help you plan the perfect party!



All birthday party packages include one hour in the program room, studio, gymnasium or pool, plus two additional hours in the party room (unless otherwise noted). Fees include party leaders or lifeguards and necessary equipment.

Visit our website for more information about our birthday packages.



Arts Resource Centre

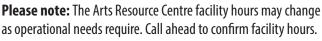
45 Queen Street (Behind City Hall), L1H 3Z3 Tel: 905-436-5654 Fax: 905-436-5609

Facility Hours (during program sessions)

Monday - Thursday: 5 p.m. - 9 p.m. Saturday: 9:30 a.m. - 12:30 p.m. Friday and Sunday: closed







Holiday Hours

Closed: December 31, January 1 and February 20

Facility Amenities

- Art Studios
- Meeting rooms
- · Auditorium/theatre

Delpark Homes Centre

1661 Harmony Road North, L1K OZ8 Tel: 905-436-5455 Fax: 905-436-5457

Facility Hours

Monday - Friday: 6:00am - 10:00pm Saturday & Sunday: 8:00am - 9:00pm



December 31: 6 p.m. - 9 p.m. January 1: 11 a.m. - 5 p.m. February 20: 11 a.m. - 5 p.m.

Facility Amenities

- Leisure pool
- Hot tub & sauna
- · Fitness centre
- Aerobics/Dance studio
- Indoor walking track
- Gymnasium
- Arenas







Splash pad

- · Meeting rooms
- Oshawa Public Library
- Oshawa Senior Citizens Centre
- Cashew & Clive Concessions
- · Hemy Hockey Proshop



Civic Recreation Complex

99 Thornton Road South, L1J 5Y1 Tel: 905-436-5454 Fax: 905-436-5470

Facility Hours

Monday - Friday: 6 a.m. - 10 p.m. Saturday & Sunday: 8 a.m. - 9 p.m.

Holiday Hours

Closed: December 31, January 1 and February 20

Facility Amenities

- Fieldhouse
- Outdoor fields & stadium
- Outdoor 400m track
- Indoor 225m track
- Tennis & squash courts



- Fitness centre & studio
- Lane pool, tot pool & sauna
- · Meeting rooms
- · Rec Room

Donevan Recreation Complex

171 Harmony Road South, L1H 6T4 Tel: 905-725-3536 Fax: 905-725-3086

Registration Hours (effective January 9)

Monday - Thursday: 8:30a.m. - 8 p.m. Friday: 8:30 a.m. - 7 p.m. Saturday and Sunday: closed







Closed: December 31, January 1 and February 20

Facility Amenities

- Pool & sauna
- Arena sponsored by Midway
- Nissan

- Aerobics/Dance studio
- Meeting rooms
- Skateboard park (closed)

South Oshawa Community Centre

1455 Cedar Street, L1J 0A8

Tel: 905-436-5474 Fax: 905-436-5475

Facility Hours

Monday - Sunday: 8:30am - 9:00pm

Holiday Hours

December 31: 11 a.m. - 5 p.m. February 20: 11 a.m. - 5 p.m. Closed: January 1



- Leisure pool & waterslide
- Hot tub & sauna
- Gymnasium
- Fitness centre & studio









- Teaching kitchen
- · Youth Room

Facility hours may change at any time, including holiday hours. For the most up to date facility hours visit Facilities. Oshawa.ca.

Recreation Inclusion Support Program

The City of Oshawa is dedicated to providing accessible and inclusive recreation opportunities for participants of all abilities.



1:1 or 1:2 support can be requested for those participants who benefit from additional support to be successful in a typical recreation program. Requests are fulfilled in order of request and based on the availability of appropriate inclusion staff. Support is not guaranteed. An Inclusion Participant Profile must be on file with the Inclusion Coordinator - to access the form please visit Oshawa.ca/InclusionServices. The Inclusion Coordinator will confirm if the request for inclusion support has been satisfied. Participants may provide their own support staff to assist if desired.

How do I know if inclusion support is required?

Inclusion support may be beneficial if the participant:

- Receives additional support at school
- Receives support at home for basic care
- Engages in behaviour that could affect the safety of themselves or others
- Is associated with a support agency

Participant information prior to start of programs:

To promote success, all participants that access inclusion services are required to complete and return the following forms which can be found at Oshawa.ca/InclusionServices or by request from any recreation facility.

- Confidential Participant Information
- Consent to Care (if required)
- Outside Support Worker Release (if required)
- Medication Administration Request (if required)
- Consent for Assistance in Administering an Epi-Pen (if required)

Requesting Inclusion Support for General Programs

Register for your winter program of choice and the following Inclusion Support Code: 32582.

Requesting Inclusion Support for Holiday Camps

Register for your Holiday Camp of choice and the following Inclusion Support Code for your week of camp: 32648 (Dec 27 - 30) or 32649 (Jan 2 - 6).

Requesting Inclusion Support for March Break Camps

Register for your March Break Camp of choice and the following Inclusion Support Code: 32647.

The Inclusion Coordinator will confirm if the request for inclusion support has been fulfilled. For further inclusion information, please email recinclusionservices@oshawa.ca.

Inclusive Programs

Inclusion Services - Junior Sports



Younger athletes try their hand or foot at fun sports. Hockey, soccer, basketball and many other sports make this course a ton of fun! This course is designed for children with physical and/or developmental needs including autism and their caregiver. Active participation by the caregiver is required.

Age: 2 to 6 years

Location: Delpark Homes Centre

Inclusion Services - Totnastics



Join us in a fun, structured environment where children develop and explore body awareness, gross motor skills, and coordination through active play and creative movement using mats, climbers, trampolines and balance beams. This course is designed for children with physical and/ or developmental needs including autism and their caregiver. Active participation by the caregiver is required.

Age: 4 to 6 years

Location: Delpark Homes Centre

Inclusion Services - Paint Club - Online



Socialize with peers and be creative with canvas and paint. Three to four projects will be completed during this course. Supplies will be provided. Registrants will be contacted by the Inclusion Services Coordinator to make arrangements for pick-up of program supplies.

Age: 11 to 19 years **Location: Online**

Inclusion Services - Youth Group



A program designed for those 15 years of age and older with physical and or developmental needs including autism. Participants must be able to:

- complete activities of daily living independently or with minimal verbal prompts
- transition between activities and locations with ease
- participate safely with an instructor to participant ratio of 1:4

Participants will have the opportunity to participate in a wide range of activities that will be adapted to their abilities and interests in a sensory friendly environment.

Age: 15 to 19 years

Location: Civic Recreation Complex

Program Registration Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Inclusive Programs								
Inclusion Services - Junior Sports	2-6 yrs	DHC	Thu	Jan 12 - Mar 9	6:30 p.m7:15 p.m.	9	32462	\$49.41
Inclusion Services - Junior Sports	2-6 yrs	DHC	Sun	Jan 15 - Mar 12	10:45 a.m11:30 a.m.	9	32476	\$49.41
Inclusion Services - Totnastics	4-6 yrs	DHC	Sat	Jan 14 - Mar 11	10:45 a.m11:30 a.m.	9	32477	\$49.41
Inclusion Services - Paint Club - Online	11-19 yrs	Online	Mon	Jan 30 - Feb 27	6:30 p.m7:15 p.m.	4	32581	\$45.00
Inclusion Services - Youth Group	15-19 yrs	CRC	Tue	Jan 17 - Feb 7	6:00 p.m8:00 p.m.	4	32646	\$97.28

Program is offered online. **DHC - Delpark Homes Centre**

Eligible for financial assistance.

Inclusion Services Support available.

DRC - Donevan Recreation Complex

CRC - Civic Recreation Complex

SOCC - South Oshawa Community Centre

11



Camps

Camp Registration Information

Age Requirements

Each camp program has specific age requirements. Campers must be the required age before the start of camp.

Toileting

Campers must be fully toilet-trained to attend all programs.

Parent Communication

Parents will be contacted by either phone or email prior to their camper's week at camp.

Camp Forms

Parents/guardians must complete all forms online the Thursday before camp starts. The Emergency Contact and Consent Form is a mandatory form for all campers. View camp forms at Oshawa.ca/camps.

If forms are not submitted online the Thursday before camp starts, staff will not receive them in time. If staff do not receive the required forms before the first day of camp, the camper will not be able to attend camp on the first day. In this situation, campers can attend camp the following day after staff receive the completed forms.

What To Bring To Camp

Please send your child to camp with the following:

- A refillable water bottle
- A peanut-free lunch and snacks
- Extra clothing
- Swimsuit and towel

Save time, complete your camp forms online at oshawa.ca/camps

Extended Supervision

Extended supervision is available before and after camp programs for an additional fee at most camp locations.(EX)

Pick-up & Drop-off



In order to ensure campers safety, parents/ guardians are required to sign-in and sign-out campers each day. Government issued photo identification must be presented at the time of pick-up for campers to be released. Please ensure that all individuals permitted to pick up your campers are included on Emergency Contact and Consent Form. Individuals who are not included on the consent form will not be permitted to sign your camper out.

Camper Responsibilities

All campers and staff are expected to do their part by showing respect for all people and property while attending City of Oshawa camps. Please report any incidents and concerns to staff.

Coarse language, bullying, non-compliance, aggressive



or inappropriate behaviour are not permitted at camp. These behaviours will be documented, reported and could result in the removal of a participant from camp.

Lunches & Snacks

Campers are required to bring their own litterless lunch, snacks and extra drinks. Camp lunches (\vec{V}) are available for an additional fee at some camps. Peanuts, peanut butter, tree nuts and all food containing nut by-products are not permitted at camp. 🚱

Swim Requirements



6 years and younger

• Campers are required to wear a lifejacket and be within arms' reach of a supervising quardian at all times.



Age 7 to 9 years = Yellow wristband

• May attempt a facility swim test to obtain a green wristband. If successful, camper does not need to be within arm's reach. If the swim test is unsuccessful or not attempted, the child must remain within arm's reach of a guardian at all times.



Age 7 years and older = Green wristband

- May swim unaccompanied.
- Campers 7 to 9 years may obtain a swim test card upon successful completion of the swim test.

To comply with swimming regulations, campers may be asked to wear a City provided flotation device (PFD - lifejacket) to participate in the swim.

What is the Swim Test?

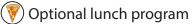
Children must be able to swim 25 metres of the pool independently on their front maintaining a horizontal body position at all times. Children must be able to swim with their face in the water and take breaths without stopping or touching the bottom of the pool. Front crawl is encouraged.

Beat the line, come to a leisure swim and try your swim test before camp begins.

Camp Information Legend







Peanut and nut by-products are not permitted

(EX) Extended supervision





Inclusion Services Support available

Holiday Camps

L'il Tykes Holiday Camp



This camp focuses on fun while developing social, fine and gross motor skills. Campers will participate in games, songs, crafts and sports.

Age: 4 to 6 years

Location: South Oshawa Community Centre

Please leave all valuables at home; as the City is not responsible for lost, damaged or stolen personal items.

Little Legends Camp



Young campers will enjoy action packed fun including active and passive games, sports, arts and crafts and other activities. Campers will not be swimming. An optional lunch is provided by Cashew & Clive.

Age: 4 to 6 years

Location: Delpark Homes Centre



Looking for Inclusion Swimming Lessons?

Flip to page 72 to learn more about our private swimming lessons designed for children and youth who can benefit from inclusion support.

CRC - Civic Recreation Complex CA- Children's Arena DHC - Delpark Homes Centre DRC - Donevan Recreation Complex SOCC - South Oshawa Community Centre

Legendary Day Camp



Campers will enjoy a variety of organized activities, including active and passive games, sports, arts and crafts, and recreational swimming. An optional lunch is provided by Cashew & Clive.

Age: 7 to 13 years

Location: Delpark Homes Centre

Sport & Swim Holiday Camp







Campers will participate in a variety of basic sports drills, skills and small-sided games. Campers will also participate in camp games, crafts and a daily Swim to Survive session taught by certified instructors.

Age: 7 to 13 years

Location: South Oshawa Community Centre

Camp Registration Information

Program	Age	Facility	Day	Dates	Time	Classes	Course	Price
Holiday Camps								
L'il Tykes Holiday Camp	4-6 yrs	SOCC	Tue - Fri	Dec 27 - 30	9:00 a.m4:30 p.m.	4	32601	\$134.40
L'il Tykes Holiday Camp	4-6 yrs	SOCC	Mon-Fri	Jan 2 - 6	9:00 a.m4:30 p.m.	5	32603	\$168.00
Little Legends Camp	4-6 yrs	DHC	Tue - Fri	Dec 27 - 30	9:00 a.m4:30 p.m.	4	32484	\$134.40
Little Legends Camp	4-6 yrs	DHC	Mon - Fri	Jan 2 - 6	9:00 a.m4:30 p.m.	5	32485	\$168.00
Legendary Day Camp	7-13 yrs	DHC	Tue - Fri	Dec 27 - 30	9:00 a.m4:30 p.m.	4	32482	\$134.40
Legendary Day Camp	7-13 yrs	DHC	Mon - Fri	Jan 2 - 6	9:00 a.m4:30 p.m.	5	32483	\$168.00
Sport & Swim Holiday Camp	7-13 yrs	SOCC	Tue - Fri	Dec 27 - 30	9:00 a.m4:30 p.m.	4	32602	\$134.40
Sport & Swim Holiday Camp	7-13 yrs	SOCC	Mon - Fri	Jan 2 - 6	9:00 a.m4:30 p.m.	5	32604	\$168.00

Location	Age	Length	Day	Dates	Time	Classes	Course ID	Price
Extended S	upervisi	ion						
DHC	4-13 yrs	1 hr	Tue - Fri	Dec 27 - 30	8:00 a.m9:00 a.m.	4	32730	\$9.04
DHC	4-13 yrs	1 hr	Tue - Fri	Dec 27 - 30	4:30 p.m5:30 p.m.	4	32745	\$9.04
DHC	4-13 yrs	1 hr	Mon - Fri	Jan 2 - 6	8:00 a.m9:00 a.m.	5	32731	\$11.30
DHC	4-13 yrs	1 hr	Mon - Fri	Jan 2 - 6	4:30 p.m5:30 p.m.	5	32746	\$11.30
SOCC	4-13 yrs	1 hr	Tue - Fri	Dec 27 - 30	4:30 p.m5:30 p.m.	4	32608	\$9.04
SOCC	4-13 yrs	1 hr	Tue - Fri	Dec 27 - 30	8:00 a.m9:00 a.m.	4	32605	\$9.04
SOCC	4-13 yrs	1 hr	Mon - Fri	Jan 2 - 6	4:30 p.m5:30 p.m.	5	32607	\$11.30
SOCC	4-13 yrs	1 hr	Mon - Fri	Jan 2 - 6	8:00 a.m9:00 a.m.	5	32606	\$11.30

Requesting Inclusion Support for Holiday Camps

For inclusion support, register for your Holiday Camp of choice and the following Inclusion Support Code for your week of camp: 32648 (Dec 27 - 30) or 32649 (Jan 2 - 6).

The Inclusion Coordinator will confirm if the request for inclusion support has been fulfilled. For further inclusion information, please email recinclusionservices@oshawa.ca.

March Break Camps

L'il Tykes Camp



This camp focuses on fun while developing social, fine and gross motor skills. Campers will participate in games, songs, crafts and sports.

Age: 4 to 6 years

Location: Civic Recreation Complex, South

Oshawa Community Centre

Little Legends Camp



Young campers will enjoy action packed fun including active and passive games, sports, arts and crafts and other activities. Campers will not be swimming. An optional lunch is provided by Cashew & Clive.

Age: 4 to 6 years

Location: Delpark Homes Centre

Arts Camp





Campers will be lead through an exploration of the arts with a focus on pottery, drawing, painting, acting, dancing, signing, and music. Games, activities and all of the fun will be based around popular themes. A short performance for family and friends will be held on Friday at 4:30 p.m.

Age: 7 to 13 years

Location: Arts Resource Centre

Dance Camp



During this fun-filled week of camp, campers will learn different genres of dance. Campers will participate daily in crafts, active and quiet games and songs.

Age: 7 to 13 years

Location: Donevan Recreation Complex

Day Camp







An action-packed week of camp where campers will enjoy a variety of organized activities, including active and passive games, sports drills, along with some fun arts and crafts.

Age: 7 to 13 years

Location: Children's Arena

Hockey Camp (House League)







Offers hockey players an opportunity to practice and improve their hockey skills while enjoying a camp-like atmosphere. Campers will be on-ice for up to 2 hours per day and participate in other fun activities, including swimming, sports and other active games. Full hockey equipment is required including a CSA approved hockey helmet with full face mask and a neck guard. An optional lunch is provided by Cashew & Clive.

Age: 7 to 13 years

Location: Delpark Homes Centre

Legendary Day Camp







Campers will enjoy a variety of organized activities, including active and passive games, sports, arts and crafts, and recreational swimming. An optional lunch is provided by Cashew & Clive.

Age: 7 to 13 years

Location: Delpark Homes Centre

Sport & Swim Camp









Campers will participate in a variety of basic sports drills, skills and small-sided games. Campers will also participate in camp games, crafts and a daily Swim to Survive session taught by certified instructors.

Age: 7 to 13 years

Location: Civic Recreation Complex, South

Oshawa Community Centre

CRC - Civic Recreation Complex CA- Children's Arena DHC - Delpark Homes Centre DRC - Donevan Recreation Complex SOCC - South Oshawa Community Centre

Camp Registration Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
March Break Camp	S							
L'il Tykes Camp	4-6 yrs	CRC	Mon - Fri	Mar 13 - 17	9:00 a.m4:30 p.m.	5	31828	\$168.00
L'il Tykes Camp	4-6 yrs	SOCC	Mon - Fri	Mar 13 - 17	9:00 a.m4:30 p.m.	5	32626	\$168.00
Little Legends Camp	4-6 yrs	DHC	Mon - Fri	Mar 13 - 17	9:00 a.m4:30 p.m.	5	32487	\$168.00
Arts Camp	7-13 yrs	ARC	Mon - Fri	Mar 13 - 17	9:00 a.m4:30 p.m.	5	33069	\$168.00
Hockey Camp (House League)	7-13 yrs	DHC	Mon - Fri	Mar 13 - 17	8:30 a.m4:30 p.m.	5	32009	\$230.40
Dance Camp	7-13 yrs	DRC	Mon - Fri	Mar 13 - 17	9:00 a.m4:30 p.m.	5	32587	\$168.00
Day Camp	7-13 yrs	CA	Mon - Fri	Mar 13 - 17	9:00 a.m4:30 p.m.	5	32590	\$168.00
Sport & Swim Camp	7-13 yrs	CRC	Mon - Fri	Mar 13 - 17	9:00 a.m4:30 p.m.	5	31826	\$168.00
Sport & Swim Camp	7-13 yrs	SOCC	Mon - Fri	Mar 13 - 17	9:00 a.m4:30 p.m.	5	32627	\$168.00
Legendary Day Camp	7-13 yrs	DHC	Mon - Fri	Mar 13 - 17	9:00 a.m4:30 p.m.	5	32486	\$168.00

Location	Age	Length	Day	Dates	Time	Classes	Course ID	Price
Extend	ed Supe	rvision						
ARC	4-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	8:00 a.m9:00 a.m.	5	33070	\$11.30
ARC	7-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	4:30 p.m5:30 p.m.	5	33096	\$11.30
CA	7-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	8:00 a.m9:00 a.m.	5	32591	\$11.30
CA	7-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	4:30 p.m5:30 p.m.	5	32592	\$11.30
CRC	4-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	8:00 a.m9:00 a.m.	5	31829	\$11.30
CRC	4-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	4:30 p.m5:30 p.m.	5	31830	\$11.30
DHC	4-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	7:30 a.m8:30 a.m.	5	32776	\$11.30
DHC	4-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	8:00 a.m9:00 a.m.	5	32416	\$11.30
DHC	4-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	4:30 p.m5:30 p.m.	5	32417	\$11.30
DRC	7-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	8:00 a.m9:00 a.m.	5	32588	\$11.30
DRC	7-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	4:30 p.m5:30 p.m.	5	32589	\$11.30
SOCC	4-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	8:00 a.m9:00 a.m.	5	32629	\$11.30
SOCC	4-13 yrs	1 hr	Mon - Fri	Mar 13 - 17	4:30 p.m5:30 p.m.	5	32630	\$11.30

Requesting Inclusion Support for March Break Camps

For inclusion support, register for your March Break Camp of choice and the following Inclusion Support Code: 32647. The Inclusion Coordinator will confirm if the request for inclusion support has been fulfilled.

For further inclusion information, please email recinclusionservices@oshawa.ca.

Delpark Homes Centre Camp \$10 Lunches

Provided by Cashew & Clive

For an additional \$10, a lunch program is available to Delpark Homes Centre campers daily. Registration for the lunches can be completed at the time of registration or prior to your week of camp.

Delpark Homes Centre (Camp Lunches provided I	by Cashew & Clive: \$10 p	er lunch	
Monday	Tuesday	Wednesday	Thursday	Friday
Choice of: large triangle slice of pepperoni, cheese or veggie pizza Choice of: juice box, plain milk, chocolate milk or water With: cucumbers, carrots, and chocolate chip cookie	Choice of: hot dog or bagel with cheddar cheese Choice of: juice box, plain milk, chocolate milk or water With: grapes and cheese string	Choice of: 4 chicken nuggets or a bagel and Cream Cheese Choice of: juice box, plain milk, chocolate milk or water With: unsweetened apple sauce and granola bar	Choice of: 3 pancakes Choice of: juice box, plain milk, chocolate milk or water With: banana and yogurt tube	Choice of: large triangle slice of pepperoni, cheese or veggie pizza Choice of: juice box, plain milk, chocolate milk or water With: veggies and skim milk pudding cup
Additional slice of pizza: \$2.50	Additional hot dog or bagel: \$1.25	Additional 4 Chicken Nuggets or Bagel: \$2.85	Additional Pancakes: \$1.50	Additional slice of pizza: \$2.50

Camp lunch orders accepted until Friday prior to camp starting. Select the appropriate course ID for day of week and camp session.											
Monday Tuesday Wednesday Thursday Friday											
Dec 27-30	n/a	n/a	32748	n/a	32747						
Jan 2-6	n/a	n/a	32774	n/a	32774						
Mar 13-17	32749	32750	32751	32752	32753						

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Children 5 and Under

Arts & Crafts

Mini Muck & Mess - Parented



Create works of art that are crazy, fun, and too messy to make at home! An active art program for preschoolers to use their imagination and be creative.

Age: 2 to 4 years

Location: Arts Resource Centre, South Oshawa

Community Centre

Crafty Kids



Fun-filled session of crafts, colouring, sculpting, and painting to bring imagination to life through art. A masterpiece is created each week to take home and put on display.

Age: 3 to 5 years

Location: Arts Resource Centre

Muck & Mess



Create works of art that are crazy, fun, and too messy to make at home! An active art program for preschoolers to use their imagination and be creative.

Age: 3 to 5 years

Location: Arts Resource Centre

Comic Book Creation



Do you love comic books? Learn the basics of planning, designing, and creating your own graphic novels and comic book strips. Participants will create a plot and transform it into their very own illustrated story.

Age: 5 to 9 years

Location: Donevan Recreation Complex

Drawing Skills - Junior



Does your child love to draw? They will learn basic techniques needed to draw portraits, landscapes and abstract drawings using media such as pencils, markers, pastels and charcoal.

Age: 5 to 9 years

Location: Arts Resource Centre, Donevan

Recreation Complex

Dance

Ballet - Preschool





Children will learn the basics of ballet in this non-competitive, structured program, focusing on fun, improving balance, and enhancing coordination skills.

Age: 3 to 5 years

Location: Donevan Recreation Complex, South

Oshawa Community Centre

Hip Hop - Preschool



Introduction to the steps and moves of hip hop dancing.

Age: 3 to 5 years

Location: Donevan Recreation Complex, South

Oshawa Community Centre

Acro - Intro **6 5**

Incorporating jumps, cartwheels and other acrobatics this introductory program combines jazz, dance and gymnastics.

Age: 5 to 7 years

Location: Donevan Recreation Complex

Ballet - Child/Youth



Aimed at improving a dancer's balance, body awareness, and graceful movement by focusing on ballet and basic body positions.

Age: 5 to 7 years

Location: Donevan Recreation Complex

Drama & Music

Little Actors



Casting call for little actors ready to step into the spotlight! Songs, dances, and fairy tales are explored. Activities and games focus on co-operation, movement, voice, and imagination.

Age: 4 to 6 years

Location: Arts Resource Centre

Preschool

Ouick Picks - Parented





Experience favourite characters and themes while taking part in stories, crafts, songs, games, and activities.

Age: 2 to 4 years

Location: Donevan Recreation Complex

Totnastics - Parented





Join in a fun, structured environment where children develop and explore body awareness, gross motor skills, and co-ordination through active play and creative movement using mats, climbers, trampolines, and balance beams.

Age: 2 to 3 years

Location: Delpark Homes Centre

Music, Movement & Make Believe



Explore movement through music, dance, songs, and imaginative play. The emphasis is on fun, nurturing creative imagination, social interaction, and learning through music.

Age: 3 to 5 years

Location: Arts Resource Centre

Ready, Set, School



Prepare for junior kindergarten with counting, printing, art, and social skills. Take part in circles and creative group and individual activities that are theme-based and encourage independence. Each season has a separate curriculum. Children must be toilet trained and out of diapers. Children may only register for one Ready, Set, School course per program session.

Age: 3 to 5 years

Location: Delpark Homes Centre

Sports

Junior Sports - Parented







Younger athletes try their hand or foot at fun sports. Hockey, soccer, basketball, and many other sports make this course a ton of fun!

Age: 2 to 3 years

Location: Delpark Homes Centre, South Oshawa

Community Centre

Sportball Multi-Sport - Parented







Build self-esteem and confidence with creative and non-competitive skill development in our Parent & Child Multi-Sport program for children ages 2 to 3 years. Sports include floor hockey, baseball, basketball, soccer, tennis, volleyball, and golf. A Sportball non-refundable Kit must be purchased separately in advance to your child's program start date. The Sportball office will email you directly with the details.

Age: 2 to 3 years

Location: Delpark Homes Centre

Learn to Skate - Parent & Child





Sportball Multi-Sport

New skaters are introduced to the fundamental skating skills with the assistance of a parent. Instructors lead parents and children through various games and activities to make the child reach a comfort level on the ice. Parents must have competent skating ability in order to help their child during the program and may only accompany one child on the ice. All program participants (adult and child) must wear a CSA approved hockey helmet on the ice. Bicycle and ski helmets are not permitted. A face mask and gloves/mitts are strongly recommended.

Age: 2 to 5 years

Location: Delpark Homes Centre, Donevan

Recreation Complex

Hockey Skills - Parent & Child



First time hockey players are introduced to the fundamentals of hockey through drills and activities in a fun learning environment. Participants need full hockey equipment including a CSA approved hockey helmet with full face mask and neck guard. Parents are required to wear a CSA approved hockey helmet and must have competent skating ability in order to help their child during the program.

Age: 3 to 5 years

Location: Delpark Homes Centre

T-Ball Skills



"And... it's outta here! This fun, entry-level introduction to the game of baseball will focus on basic skill development such as throwing, catching, and hitting. Baseball gloves are mandatory for all participants."

Age: 3 to 5 years

Location: South Oshawa Community Centre

Multi-sport programs focus on skill development in floor hockey, baseball, basketball, soccer, tennis, volleyball, and golf. Programs are creative, non-competitive, and help children build self-esteem and prepare for a future of confident sports participation. A Sportball non-refundable Kit must be purchased separately in advance to your child's program start date. The Sportball office will email you directly with the details.

Age: 3 to 5 years

Location: Delpark Homes Centre

Junior Sports



Younger athletes try their hand or foot at fun sports. Hockey, soccer, basketball, and many other sports make this course a ton of fun!

Age: 4 to 6 years

Location: Delpark Homes Centre

Learn to Skate - Child



Skating skills are taught in a progressive sequence of seven levels. New participants are assessed at the first class and assigned to the most appropriate level. Participants previously enrolled in this program should bring progress cards to the first class. All program participants must wear a CSA approved hockey helmet on the ice. Bicycle and ski helmets are not permitted. A face mask and gloves/ mitts are strongly recommended.

Age: 5 to 11 years

Location: Delpark Homes Centre, Donevan

Recreation Complex





Program Registration Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Mini Muck & Mess - Parented	2-4 yrs	ARC	Sat	Jan 14 - Mar 11	10:15 a.m11:00 a.m.	9	31876	\$49.41
Mini Muck & Mess - Parented	2-4 yrs	SOCC	Tue	Jan 10 - Mar 7	3:30 p.m4:15 p.m.	9	32732	\$49.41
Crafty Kids	3-5 yrs	ARC	Thu	Jan 12 - Mar 9	4:45 p.m5:30 p.m.	9	31859	\$49.41
Muck & Mess	3-5 yrs	ARC	Sat	Jan 14 - Mar 11	11:15 a.m12:00 p.m.	9	31877	\$49.41
Comic Book Creation	5-9 yrs	DRC	Mon	Jan 9 - Mar 6	5:00 p.m6:00 p.m.	8	31839	\$80.00
Drawing Skills - Junior	5-9 yrs	ARC	Wed	Jan 11 - Mar 8	5:00 p.m6:00 p.m.	9	31855	\$90.00
Drawing Skills - Junior	5-9 yrs	DRC	Tue	Jan 10 - Mar 7	5:00 p.m6:00 p.m.	9	31850	\$90.00
Drawing Skills - Junior	5-9 yrs	DRC	Thu	Jan 12 - Mar 9	5:00 p.m6:00 p.m.	9	31870	\$90.00
Dance								
Ballet - Preschool	3-5 yrs	DRC	Mon	Jan 9 - Mar 6	5:15 p.m5:45 p.m.	8	32433	\$33.60
Ballet - Preschool	3-5 yrs	DRC	Tue	Jan 10 - Mar 7	5:50 p.m6:20 p.m.	9	32434	\$37.80
Ballet - Preschool	3-5 yrs	DRC	Wed	Jan 11 - Mar 8	5:50 p.m6:20 p.m.	9	32435	\$37.80
Ballet - Preschool	3-5 yrs	DRC	Sat	Jan 14 - Mar 11	9:50 a.m10:20 a.m.	9	32436	\$37.80
Ballet - Preschool	3-5 yrs	SOCC	Sat	Jan 14 - Mar 25	9:30 a.m10:00 a.m.	9	32300	\$37.80
Ballet - Preschool	3-5 yrs	SOCC	Sat	Jan 14 - Mar 25	11:00 a.m11:30 a.m.	9	32302	\$37.80
Hip Hop - Preschool	3-5 yrs	DRC	Mon	Jan 9 - Mar 6	5:50 p.m6:20 p.m.	8	32437	\$33.60
Hip Hop - Preschool	3-5 yrs	DRC	Tue	Jan 10 - Mar 7	5:15 p.m5:45 p.m.	9	32438	\$37.80
Hip Hop - Preschool	3-5 yrs	DRC	Wed	Jan 11 - Mar 8	6:25 p.m6:55 p.m.	9	32439	\$37.80
Hip Hop - Preschool	3-5 yrs	DRC	Thu	Jan 12 - Mar 9	5:15 p.m5:45 p.m.	9	32440	\$37.80
Hip Hop - Preschool	3-5 yrs	DRC	Sat	Jan 14 - Mar 11	9:15 a.m9:45 a.m.	9	32441	\$37.80
Hip Hop - Preschool	3-5 yrs	SOCC	Sat	Jan 14 - Mar 25	11:45 a.m12:15 p.m.	9	32303	\$37.80
Hip Hop - Preschool	3-5 yrs	SOCC	Sat	Jan 14 - Mar 25	10:15 a.m10:45 a.m.	9	32301	\$37.80
Acro - Intro	5-7 yrs	DRC	Wed	Jan 11 - Mar 8	5:15 p.m5:45 p.m.	9	32444	\$37.80
Acro - Intro	5-7 yrs	DRC	Sat	Jan 14 - Mar 11	10:25 a.m10:55 a.m.	9	32445	\$37.80
Acro - Intro	5-7 yrs	DRC	Sat	Jan 14 - Mar 11	11:00 a.m11:30 a.m.	9	32446	\$37.80
Ballet - Child/Youth	5-7 yrs	DRC	Tue	Jan 10 - Mar 7	6:25 p.m6:55 p.m.	9	32443	\$37.80
Drama & Music	-							
Little Actors	4-6 yrs	ARC	Mon	Jan 9 - Mar 6	5:15 p.m6:00 p.m.	8	31833	\$43.92
Little Actors	4-6 yrs	ARC	Sat	Jan 14 - Mar 11	10:30 a.m11:15 a.m.	9	31879	\$49.41
Preschool								
Quick Picks - Parented	2-4 yrs	DRC	Thu	Jan 12 - Feb 2	10:15 a.m11:00 a.m.	4	32428	\$21.96
Quick Picks - Parented	2-4 yrs	DRC	Thu	Jan 12 - Feb 2	9:15 a.m10:00 a.m.	4	32427	\$21.96
Quick Picks - Parented	2-4 yrs	DRC	Thu	Feb 9 - Mar 2	10:15 a.m11:00 a.m.	4	32430	\$21.96
Quick Picks - Parented	2-4 yrs	DRC	Thu	Feb 9 - Mar 2	9:15 a.m10:00 a.m.	4	32429	\$21.96
Totnastics - Parented	2-3 yrs	DHC	Thu	Jan 12 - Mar 9	10:05 a.m10:50 a.m.	9	32473	\$49.41
Totnastics - Parented	2-3 yrs	DHC	Thu	Jan 12 - Mar 9	9:15 a.m10:00 a.m.	9	32472	\$49.41
Totnastics - Parented	2-3 yrs	DHC	Sat	Jan 14 - Mar 11	9:00 a.m9:45 a.m.	9	32474	\$49.41
Totnastics - Parented	2-3 yrs	DHC	Sat	Jan 14 - Mar 11	9:50 a.m10:35 a.m.	9	32475	\$49.41
Ready, Set, School	3-5 yrs	DHC	Mon, Wed	Jan 9 - Mar 8	9:15 a.m11:15 a.m.	17	32478	\$248.88
Ready, Set, School	3-5 yrs	DHC	Mon, Wed	Jan 9 - Mar 8	12:00 p.m2:00 p.m.	17	32479	\$248.88

Program Registration Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Preschool								
Ready, Set, School	3-5 yrs	DHC	Tue, Thu	Jan 10 - Mar 9	9:15 a.m11:15 a.m.	18	32480	\$263.52
Ready, Set, School	3-5 yrs	DHC	Tue, Thu	Jan 10 - Mar 9	12:00 p.m2:00 p.m.	18	32481	\$263.52
Music, Movement & Make Believe	3-5 yrs	ARC	Sat	Jan 14 - Mar 11	9:30 a.m10:15 a.m.	9	31873	\$67.50
Sports								
Junior Sports - Parented	2-3 yrs	DHC	Tue	Jan 10 - Mar 7	9:15 a.m10:00 a.m.	9	32468	\$49.41
Junior Sports - Parented	2-3 yrs	DHC	Tue	Jan 10 - Mar 7	10:05 a.m10:50 a.m.	9	32469	\$49.41
Junior Sports - Parented	2-3 yrs	DHC	Sun	Jan 15 - Mar 12	9:50 a.m10:35 a.m.	9	32471	\$49.41
Junior Sports - Parented	2-3 yrs	DHC	Sun	Jan 15 - Mar 12	9:00 a.m9:45 a.m.	9	32470	\$49.41
Junior Sports - Parented	2-3 yrs	SOCC	Wed	Jan 11 - Mar 8	5:00 p.m5:45 p.m.	9	32736	\$49.41
Junior Sports - Parented	2-3 yrs	SOCC	Sun	Jan 15- Mar 12	9:30 a.m10:15 a.m.	9	32737	\$49.41
Sportball Multi-Sport - Parented	2-3 yrs	DHC	Tue	Jan 10 - Mar 28	4:45 p.m5:30 p.m.	11	32467	\$187.00
Learn to Skate - Parent & Child	2-5 yrs	DHC	Tue	Jan 10 - Mar 7	6:00 p.m6:50 p.m.	9	31800	\$98.10
Learn to Skate - Parent & Child	2-5 yrs	DRC	Thu	Jan 12- Mar 9	5:00 p.m5:50 p.m.	9	32728	\$98.10
Learn to Skate - Parent & Child	2-5 yrs	DHC	Sat	Jan 14 - Mar 11	12:00 p.m12:50 p.m.	9	31894	\$98.10
Learn to Skate - Parent & Child	2-5 yrs	DRC	Mon	Jan 9 - Mar 6	6:00 p.m6:50 p.m.	8	32418	\$87.20
Learn to Skate - Parent & Child	2-5 yrs	DRC	Mon	Jan 9 - Mar 6	7:00 p.m7:50 p.m.	8	32419	\$87.20
Learn to Skate - Parent & Child	2-5 yrs	DRC	Fri	Jan 13 - Mar 10	5:00 p.m5:30 p.m.	9	32420	\$49.05
Learn to Skate - Parent & Child	2-5 yrs	DRC	Sat	Jan 14 - Mar 11	10:00 a.m10:50 a.m.	9	32421	\$98.10
Learn to Skate - Parent & Child	2-5 yrs	DRC	Sat	Jan 14 - Mar 11	11:00 a.m11:50 a.m.	9	32422	\$98.10
Hockey Skills - Parent & Child	3-5 yrs	DHC	Wed	Jan 11 - Mar 8	6:00 p.m6:50 p.m.	9	31797	\$98.10
Sportball Multi-Sport	3-5 yrs	DHC	Tue	Jan 10 - Mar 28	5:30 p.m6:30 p.m.	11	32459	\$187.00
T-Ball Skills	3-5 yrs	SOCC	Tue	Jan 10 - Mar 7	4:30 p.m5:15 p.m.	9	32304	\$40.50
T-Ball Skills	3-5 yrs	SOCC	Wed	Jan 11 - Mar 8	6:00 p.m6:45 p.m.	9	32729	\$40.50
Junior Sports	4-6 yrs	DHC	Thu	Jan 12 - Mar 9	5:15 p.m6:00 p.m.	9	32461	\$40.50
Learn to Skate - Child	5-11 yrs	DHC	Tue	Jan 10 - Mar 7	7:00 p.m7:50 p.m.	9	31801	\$93.42
Learn to Skate - Child	5-11 yrs	DHC	Thu	Jan 12 - Mar 9	6:00 p.m6:50 p.m.	9	31803	\$93.42
Learn to Skate - Child	5-11 yrs	DHC	Thu	Jan 12 - Mar 9	7:00 p.m7:50 p.m.	9	31804	\$93.42
Learn to Skate - Child	5-11 yrs	DHC	Thu	Jan 12 - Mar 9	8:00 p.m8:50 p.m.	9	31805	\$93.42
Learn to Skate - Child	5-11 yrs	DHC	Sat	Jan 14 - Mar 11	1:00 p.m1:50 p.m.	9	31895	\$93.42
Learn to Skate - Child	5-11 yrs	DHC	Sat	Jan 14 - Mar 11	2:00 p.m2:50 p.m.	9	31896	\$93.42
Learn to Skate - Child	5-11 yrs	DRC	Mon	Jan 9 - Mar 6	6:00 p.m6:50 p.m.	8	32410	\$83.04
Learn to Skate - Child	5-11 yrs	DRC	Mon	Jan 9 - Mar 6	7:00 p.m7:50 p.m.	8	32411	\$83.04
Learn to Skate - Child	5-8 yrs	DRC	Fri	Jan 13 - Mar 10	5:00 p.m5:30 p.m.	9	32426	\$49.05
Learn to Skate - Child	5-11 yrs	DRC	Fri	Jan 13 - Mar 10	5:30 p.m6:20 p.m.	9	32412	\$93.42
Learn to Skate - Child	5-11 yrs	DRC	Fri	Jan 13 - Mar 10	6:30 p.m7:20 p.m.	9	32413	\$93.42
Learn to Skate - Child	5-11 yrs	DRC	Sat	Jan 14 - Mar 11	10:00 a.m10:50 a.m.	9	32414	\$93.42
Learn to Skate - Child	5-11 yrs	DRC	Sat	Jan 14 - Mar 11	11:00 a.m11:50 a.m.	9	32415	\$93.42

ARC - Art Resource Centre CRC - Civic Recreation Complex DHC - Delpark Homes Centre DRC - Donevan Recreation Complex SOCC - South Oshawa Community Centre



Children 6 and Over

Arts & Crafts

Comic Book Creation



Do you love comic books? Learn the basics of planning, designing, and creating your own graphic novels and comic book strips. Participants will create a plot and transform it into their very own illustrated story.

Age: 5 to 9 years

Location: Donevan Recreation Complex

Drawing Skills - Junior





Does your child love to draw? They will learn basic techniques needed to draw portraits, landscapes and abstract drawings using media such as pencils, markers, pastels and charcoal.

Age: 5 to 9 years

Location: Arts Resource Centre, Donevan

Recreation Complex

Art Exploration - Child/Youth



An exploration of various creative mediums including sculpting, drawing, and painting. Class material will be based around popular themes with each art form being taught over two-week segments.

Age: 6 to 12 years

Location: Arts Resource Centre

Cartooning - Beginner



Learn the basics of cartoon drawing such as facial expressions, costume designs and caricatures. Participants will be encouraged to use their imagination and humor to create different cartoon characters.

Age: 6 to 12 years

Location: Donevan Recreation Complex

Claymation



Use clay and plasticine along with your imagination to create a story, 3D characters, design backgrounds, props, and build mini sets or dioramas. Working with our instructor, participants will record their creations making their very own stop motion animation.

Age: 6 to 12 years

Location: Arts Resource Centre

Minecraft© Creations





This class will be focused around the popular game Minecraft©. Participants will unleash their creativity by making a variety of Minecraft[©] projects using watercolours, drawing, painting and sculpting.

Age: 6 to 12 years

Location: Donevan Recreation Complex

Pottery - Child/Youth





An introduction to pottery using basic hand building techniques. Participants will be encouraged to use their imaginations to create projects such as musical instruments, jewelry boxes, dragons, castles, animals and figurines.

Age: 6 to 12 years

Location: Arts Resource Centre

Pottery Workshop - Child/Youth



In this workshop participants will be guided in their creation learning basic hand building techniques and exploring such areas as construction, design, and glazing. Participants will create one piece per workshop and all pieces created will be fired and ready to take home approximately two weeks after the workshop.

Age: 6 to 12 years

Location: Arts Resource Centre



Anime Introduction



Learn how to create sketches, and full colour illustrations in the popular Japanese cartoon style 'Anime'. Using a variety of drawing media, learn how to create various characters, costumes and facial expressions.

Age: 8 to 13 years

Location: Arts Resource Centre

Drawing Skills - Youth



Does your child love to draw? They will learn basic techniques needed to draw portraits, landscapes and abstract drawings using media such as pencils, markers, pastels and charcoal.

Age: 10 to 14 years

Location: Arts Resource Centre, Donevan

Recreation Complex

Acrylic Painting - Youth



Youth will be encouraged to experiment with a variety of techniques, including paint handling and application, brush work, colour theory and composition.

Age: 10 to 15 years

Location: Arts Resource Centre

Dance

Acro - Intro



Incorporating jumps, cartwheels and other acrobatics this introductory program combines jazz, dance and gymnastics.

Age: 5 to 7 years

Location: Donevan Recreation Complex

Ballet - Child/Youth





Aimed at improving a dancer's balance, body awareness, and graceful movement by focusing on ballet and basic body positions.

Age: 5 to 7 years

Location: Donevan Recreation Complex

Funky Town



A fun, recreational dance program that teaches some of the latest hip hop video dance moves. The program includes cardio warm up and dance combinations to the latest radio hits. Focus is on building self-esteem and confidence in a non-competitive environment.

Age: 6 to 9 years

Location: Donevan Recreation Complex

Hip Hop - Level 1



Introduction to the steps and moves of hip hop dancing.

Age: 6 to 9 years

Location: Donevan Recreation Complex

Hip Hop - Level 2



Building on previous hip hop knowledge by adding funky dance moves and combinations, and a more challenging dance routine.

Age: 8 to 12 years

Location: Donevan Recreation Complex

Drama & Music

Little Actors



Casting call for little actors ready to step into the spotlight! Songs, dances, and fairy tales are explored. Activities and games focus on co-operation, movement, voice, and imagination.

Age: 4 to 6 years

Location: Arts Resource Centre

Specialty fitness program.

Eligible for financial assistance.



Junior Actors



Activities and games will focus on co-operation, movement, voice, and imagination. Songs, dances, and fairy tales will be explored.

Age: 6 to 10 years

Location: Arts Resource Centre

Musical Theatre



Combining dancing, and acting to musical numbers from popular shows, participants will practice then perform at an informal recital for family and friends at the end of the session.

Age: 6 to 12 years

Location: Arts Resource Centre

Lights. Camera, Action!



Participants will collaborate to create a theatrical performance of their very own by writing a script, directing, and acting. Participants will showcase their work in a performance for friends and family at the end of the session.

Age: 9 to 13 years

Location: Arts Resource Centre

Musical Keyboarding



Participants will be taught basic keyboard functions, note reading, chords, and popular songs, Keyboards are provided.

Age: 9 to 14 years

Location: Arts Resource Centre

Fitness

Family Fitness Circuit - Child



A sure fire heart pumping class the whole family can do! Designed in a circuit training style, a variety of exercises are done to work both the heart and muscles.

Age: 8 to 17 years

Location: Civic Recreation Complex

Specialty fitness program.

Eligible for financial assistance.

Yoga - Family: Child Registrant





Develop physical strength, endurance, flexibility, and learn basic yoga moves while spending quality time with your child. A yoga mat and warm clothing are recommended. To register the adult for this program, see page 41.

Age: 10 to 15 years

Location: Donevan Recreation Complex

Weight Training - Teen



This program will give teens the tools to create a safe workout routine. Youth between the ages of 13-17 must successfully complete the course in order to use the City of Oshawa fitness centres.

Age: 13 to 17 years

Location: Civic Recreation Complex, Delpark Homes Centre, South Oshawa Community Centre

Sports

Junior Sports



Younger athletes try their hand or foot at fun sports. Hockey, soccer, basketball, and many other sports make this course a ton of fun!

Age: 4 to 6 years

Location: Delpark Homes Centre

Require Inclusion Support?

See page 10 for more information about Inclusion Support Services for recreation programs like Totnastics and Junior Sports.



Learn to Skate - Child



Skating skills are taught in a progressive sequence of seven levels. New participants are assessed at the first class and assigned to the most appropriate level. Participants previously enrolled in this program should bring progress cards to the first class. All program participants must wear a CSA approved hockey helmet on the ice. Bicycle and ski helmets are not permitted. A face mask and gloves/mitts are strongly recommended.

Age: 5 to 11 years

Location: Delpark Homes Centre, Donevan

Recreation Complex

Floor Hockey



Floor Hockey- House League caliber and first time hockey players are taught fundamental hockey skills; stick handling, puck control, passing and shooting

Age: 6 to 8 years

Location: South Oshawa Community Centre

Hockey Skills



House league calibre and first time hockey players are taught fundamental hockey skills: stick handling, puck control, passing and shooting. Participants must be able to skate in order to attend this program and are required to wear full hockey equipment including a CSA approved hockey helmet with full face mask and neck guard.

Age: 6 to 8 years, 9 to 12 years **Location: Delpark Homes Centre**

Sportball Multi-Sport



Multi-sport programs focus on skill development in floor hockey, baseball, basketball, soccer, tennis, volleyball, and golf. Programs are creative, non-competitive, and help children build self-esteem and prepare for a future of confident sports participation. A Sportball non-refundable kit must be purchased separately in advance to your child's program start date. The Sportball office will email you directly with the details.

Age: 6 to 9 years

Location: Delpark Homes Centre

Badminton





Join friends for some fun, exercise, and learn the skills of the game! Racquets and shuttles are provided for players new to the game.

Age: 7 to 10 years, 11 to 14 years **Location: Delpark Homes Centre**

Basketball





Learn the basics of basketball in a fun and friendly environment.

Age: 7 to 10 years, 11 to 14 years

Location: Delpark Homes Centre, South Oshawa

Community Centre

Dodgeball - Child/Youth



This program focuses on the game of dodgeball and incorporates different versions such as king's court, elimination dodgeball, and many more!

Age: 7 to 10 years, 11 to 14 years **Location: Delpark Homes Centre**

Children 6 and Over

Kidz X-FITT



A fast-paced fitness circuit developing balance, body control, flexibility, and movement through running, jumping, hopping, climbing, throwing, and skipping. This program is sure to be challenging but exhilarating for the athlete in training and the nonathlete looking to get active.

Age: 8 to 12 years

Location: Civic Recreation Complex

Learn to Skate - Youth



Skating skills are taught in a progressive sequence of seven levels. New participants are assessed at the first class and assigned to the most appropriate level. Participants previously enrolled in this program should bring progress cards to the first class. All program participants must wear a CSA approved hockey helmet on the ice. Bicycle and ski helmets are not permitted. A face mask and gloves/ mitts are strongly recommended.

Age: 12 to 17 years

Location: Delpark Homes Centre

Program Registration Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Comic Book Creation	5-9yrs	DRC	Mon	Jan 9 - Mar 6	5:00 p.m 6:00 p.m.	8	31839	\$80.00
Drawing Skills - Junior	5-9yrs	DRC	Tue	Jan 10 - Mar 7	5:00 p.m 6 :00 p.m.	9	31850	\$90.00
Drawing Skills - Junior	5-9yrs	DRC	Thu	Jan 12 - Mar 9	5:00 p.m 6 :00 p.m.	9	31870	\$90.00
Drawing Skills - Junior	5-9yrs	ARC	Wed	Jan 11 - Mar 8	5:00 p.m 6 :00 p.m.	9	31855	\$90.00
Art Exploration - Child/Youth	6-12 yrs	ARC	Tue	Jan 10 - Mar 7	5:00 p.m 6:00 p.m.	9	31843	\$90.00
Art Exploration - Child/Youth	6-12 yrs	ARC	Thu	Jan 12 - Mar 9	5:45 p.m 6:45 p.m.	9	31860	\$90.00
Cartooning - Beginner	6-12 yrs	DRC	Tue	Jan 10 - Mar 7	6:15 p.m 7:15 p.m.	9	31851	\$90.00
Claymation	6-12 yrs	ARC	Mon	Jan 9 - Mar 6	5:00 p.m 6:30 p.m.	8	31835	\$120.00
Mincecraft Creations	6-12 yrs	DRC	Mon	Jan 9 - Mar 6	6:15 p.m 7:15 p.m.	8	31840	\$80.00
Pottery - Child/Youth	6-12 yrs	ARC	Mon	Jan 9 - Mar 6	5:00 p.m 6:30 p.m.	8	31837	\$111.04
Pottery - Child/Youth	6-12 yrs	ARC	Tue	Jan 10 - Mar 7	5:00 p.m 6:30 p.m.	9	31846	\$124.92
Pottery - Child/Youth	6-12 yrs	ARC	Wed	Jan 11 - Mar 8	5:00 p.m 6:30 p.m.	9	31853	\$124.92
Pottery Workshop - Child/ Youth	6-12 yrs	ARC	Sat	Jan 28	12:30 p.m 3:30 p.m.	1	31909	\$37.50
Pottery Workshop - Child/ Youth	6-12 yrs	ARC	Sat	Feb 25	12:30 p.m 3:30 p.m.	1	31910	\$37.50
Anime Introduction	8-13 yrs	ARC	Mon	Jan 9 - Mar 6	6:45 p.m 8:15 p.m.	8	31836	\$120.00
Drawing Skills - Youth	10-14 yrs	ARC	Wed	Jan 11 - Mar 8	6:15 p.m 7:45 p.m.	9	31857	\$135.00
Drawing Skills - Youth	10-14 yrs	DRC	Thu	Jan 12 - Mar 9	6:15 p.m 7:45 p.m.	9	31871	\$135.00
Acrylic Painting -Youth	10-15 yrs	ARC	Tue	Jan 10 - Mar 7	6:15 p.m 7:45 p.m.	9	31844	\$135.00
Dance								
Acro - Intro	5-7 yrs	DRC	Wed	Jan 11 - Mar 8	5:15 p.m5:45 p.m.	9	32444	\$37.80
Acro - Intro	5-7 yrs	DRC	Sat	Jan 14 - Mar 11	10:25 a.m10:55 a.m.	9	32445	\$37.80

ARC- Arts Resource Centre CRC - Civic Recreation Complex DHC - Delpark Homes Centre DRC - Donevan Recreation Complex SOCC - South Oshawa Community Centre

Program Registration Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Dance								
Acro - Intro	5-7 yrs	DRC	Sat	Jan 14 - Mar 11	11:00 a.m11:30 a.m.	9	32446	\$37.80
Ballet - Child/Youth	5-7 yrs	DRC	Tue	Jan 10 - Mar 7	6:25 p.m6:55 p.m.	9	32443	\$37.80
Funky Town	6-9 yrs	DRC	Mon	Jan 9 - Mar 6	6:25 p.m 6:55 p.m.	8	32442	\$33.60
Hip Hop - Level 1	6-9 yrs	DRC	Thu	Jan 12 - Mar 9	5:50 p.m 6:20 p.m.	9	32450	\$37.80
Hip Hop - Level 2	8-12 yrs	DRC	Thu	Jan 12 - Mar 9	6:25 p.m 6:55 p.m.	9	32451	\$37.80
Drama & Music								
Little Actors	4-6 yrs	ARC	Mon	Jan 9 - Mar 6	5:15 p.m6:00 p.m.	8	31833	\$43.92
Little Actors	4-6 yrs	ARC	Sat	Jan 14 - Mar 11	10:30 a.m11:15 a.m.	9	31879	\$49.41
Junior Actors	6-12 yrs	ARC	Mon	Jan 9 - Mar 6	6:15 p.m 7:15 p.m.	8	31834	\$57.60
Junior Actors	6-12 yrs	ARC	Sat	Jan 14 - Mar 11	11:30 a.m 12:30 p.m.	9	31881	\$64.80
Musical Theatre	6-12 yrs	ARC	Tue	Jan 10 - Mar 7	6:15 p.m 7:15 p.m.	9	31841	\$64.80
Lights, Camera, Action!	9-13 yrs	ARC	Tue	Jan 10 - Mar 7	7:30 p.m 8:30 p.m.	9	31842	\$64.80
Musical Keyboarding - An Introduction	9-14 yrs	ARC	Wed	Jan 11 - Mar 8	6:00 p.m 7:00 p.m.	9	32093	\$89.82
Fitness								
Family Fitness Circuit- Child	8-17 yrs	CRC	Wed	Jan 11 - Mar 29	6:00 p.m 6:45 p.m.	12	32610	\$31.56
Yoga - Family: Child Registrant	10-15 yrs	DRC	Mon	Jan 9 - Mar 6	7:05 p.m 8:00 p.m.	8	32448	\$34.24
Weight Training - Teen	13-17 yrs	CRC	Sat	Jan 7	10:00 a.m 2:00 p.m.	1	31822	Free
Weight Training - Teen	13-17 yrs	CRC	Sat	Jan 28	10:00 a.m 2:00 p.m.	1	31823	Free
Weight Training - Teen	13-17 yrs	CRC	Sat	Feb 18	10:00 a.m 2:00 p.m.	1	31824	Free
Weight Training - Teen	13-17 yrs	CRC	Sat	Mar 18	10:00 a.m 2:00 p.m.	1	31825	Free
Weight Training - Teen	13-17 yrs	DHC	Sun	Jan 15	4:00 p.m 8:00 p.m.	1	31818	Free
Weight Training - Teen	13-17 yrs	DHC	Sun	Feb 5	4:00 p.m 8:00 p.m.	1	31819	Free
Weight Training - Teen	13-17 yrs	DHC	Sun	Feb 26	4:00 p.m 8:00 p.m.	1	31820	Free
Weight Training - Teen	13-17 yrs	DHC	Sun	Mar 19	4:00 p.m 8:00 p.m.	1	31821	Free
Weight Training - Teen	13-17 yrs	SOCC	Sun	Jan 22	1:00 p.m 5:00 p.m.	1	32453	Free
Weight Training - Teen	13-17 yrs	SOCC	Sun	Feb 12	1:00 p.m 5:00 p.m.	1	32454	Free
Weight Training - Teen	13-17 yrs	SOCC	Sun	Mar 5	1:00 p.m 5:00 p.m.	1	32455	Free
Weight Training - Teen	13-17 yrs	SOCC	Sun	Mar 26	1:00 p.m 5:00 p.m.	1	32456	Free
Sports								
Junior Sports	4-6 yrs	DHC	Thu	Jan 12 - Mar 9	5:15 p.m 6:00 p.m.	9	32461	\$40.50
Learn to Skate - Child	5-11 yrs	DHC	Tue	Jan 10 - Mar 7	7:00 p.m7:50 p.m.	9	31801	\$93.42
Learn to Skate - Child	5-11 yrs	DHC	Thu	Jan 12 - Mar 9	6:00 p.m6:50 p.m.	9	31803	\$93.42
Learn to Skate - Child	5-11 yrs	DHC	Thu	Jan 12 - Mar 9	7:00 p.m7:50 p.m.	9	31804	\$93.42
Learn to Skate - Child	5-11 yrs	DHC	Thu	Jan 12 - Mar 9	8:00 p.m8:50 p.m.	9	31805	\$93.42
Learn to Skate - Child	5-11 yrs	DHC	Sat	Jan 14 - Mar 11	1:00 p.m1:50 p.m.	9	31895	\$93.42

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Program Registration Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Sports								
Learn to Skate - Child	5-11 yrs	DHC	Sat	Jan 14 - Mar 11	2:00 p.m2:50 p.m.	9	31896	\$93.42
Learn to Skate - Child	5-11 yrs	DRC	Mon	Jan 9 - Mar 6	6:00 p.m6:50 p.m.	8	32410	\$83.04
Learn to Skate - Child	5-11 yrs	DRC	Mon	Jan 9 - Mar 6	7:00 p.m7:50 p.m.	8	32411	\$83.04
Learn to Skate - Child	5-11 yrs	DRC	Fri	Jan 13 - Mar 10	5:00 p.m5:30 p.m.	9	32426	\$49.05
Learn to Skate - Child	5-11 yrs	DRC	Fri	Jan 13 - Mar 10	5:30 p.m6:20 p.m.	9	32412	\$93.42
Learn to Skate - Child	5-11 yrs	DRC	Fri	Jan 13 - Mar 10	6:30 p.m7:20 p.m.	9	32413	\$93.42
Learn to Skate - Child	5-11 yrs	DRC	Sat	Jan 14 - Mar 11	10:00 a.m10:50 a.m.	9	32414	\$93.42
Learn to Skate - Child	5-11 yrs	DRC	Sat	Jan 14 - Mar 11	11:00 a.m11:50 a.m.	9	32415	\$93.42
Floor Hockey	6-8 yrs	SOCC	Wed	Jan 11 - Mar 8	7:00 p.m7:45 p.m.	9	32741	\$40.50
Hockey Skills	6-8 yrs	DHC	Wed	Jan 11 - Mar 8	7:00 p.m 7:50 p.m.	9	31798	\$93.42
Sportball Multi-Sport	6-9 yrs	DHC	Tue	Jan 10 - Mar 28	6:30 p.m 7:30 p.m.	11	32460	\$187.00
Badminton	7-10 yrs	DHC	Sun	Jan 15 - Mar 12	2:30 p.m 3:30 p.m.	9	32465	\$54.00
Badminton	11-14 yrs	DHC	Sun	Jan 15 - Mar 12	3:45 p.m 4:45 p.m.	9	32466	\$54.00
Basketball	7-10 yrs	DHC	Sun	Jan 15 - Mar 12	12:00 p.m 1:00 p.m.	9	32463	\$54.00
Basketball	7-10 yrs	SOCC	Sun	Jan 15 - Mar 12	7:15 p.m 8:15 p.m.	9	32306	\$54.00
Basketball	10-14 yrs	SOCC	Sun	Jan 15 - Mar 12	6:00 p.m 7:00 p.m.	9	32305	\$54.00
Basketball	11-14 yrs	DHC	Sun	Jan 15 - Mar 12	1:15 p.m 2:15 p.m.	9	32464	\$54.00
Basketball	11-14 yrs	SOCC	Sun	Jan 11 - Mar 12	4:45 p.m5:45 p.m.	9	32625	\$54.00
Dodgeball - Child/Youth	7-10 yrs	DHC	Mon	Jan 9 - Mar 6	5:45 p.m 6:45 p.m.	8	32457	\$48.00
Dodgeball - Child/Youth	11-14yrs	DHC	Mon	Jan 9 - Mar 6	6:45 p.m 7:45 p.m.	8	32458	\$48.00
Kidz X-FITT	8-12 yrs	CRC	Wed	Jan 11 - Mar 29	5:00 p.m 5:45 p.m.	12	31815	\$54.00
Hockey Skills	9-12 yrs	DHC	Wed	Jan 11 - Mar 8	8:00 p.m 8:50 p.m.	9	31799	\$93.42
Learn to Skate - Youth	12-17 yrs	DHC	Thu	Jan 12 - Mar 9	8:00 p.m 8:50 p.m.	9	31806	\$93.42



ARC- Arts Resource Centre CRC - Civic Recreation Complex DHC - Delpark Homes Centre DRC - Donevan Recreation Complex SOCC - South Oshawa Community Centre



Adults

Arts & Crafts

Art Exploration - Adult



Participants will be introduced to a variety of art mediums and techniques. This class will explore drawing, painting, and sculpting through exciting weekly projects. Participants may be required to purchase some of their own art supplies after the first class.

Age: 16 years +

Location: Arts Resource Centre

Acrylic Painting



An introduction to basic acrylic painting through a series of projects relating to art concepts and techniques. Ideal for painters of all abilities wanting to refresh their skills and/or learn new techniques. Participants will be required to purchase their own art supplies after the first class.

Age: 16 years +

Location: Arts Resource Centre

Introduction to Pottery



This course will introduce participants to the craft of pottery and sculpture at a beginner level. It will feature hand building, instruction in form, texture, construction, and design. Decoration and glaze techniques will also be taught. Fee includes clay.

Age: 16 years +

Location: Arts Resource Centre

Require Inclusion Support?



See page 10 for more information about Inclusion Support Services for our winter recreation programs.

Pottery & Sculpture - Intermediate





This program is designed for those with previous pottery experience who are looking to improve skills and further explore pottery and sculpture concepts. It is recommended that you have previously participated in at least two pottery courses. The program will further explore use of texture, construction and design. Wheel throwing, decoration and glaze techniques will be taught. Fee includes clay.

Age: 16 years +

Location: Arts Resource Centre

Mixed Media





Participants will create a variety of projects working with many different materials. Explore the boundaries between drawing, printing, painting, collage and sculpting to create dynamic and multi-layer compositions. Participants will be required to purchase some of their own art supplies after the first class.

Age: 16 years +

Location: Arts Resource Centre

Pottery & Sculpture - Open Studio



Bring creative ideas to these fun and relaxing afternoons. This is not a structured class, but an instructor will be available to answer questions and guide participants through projects. Fee includes one sleeve of clay, glaze, and firing. Additional sleeves of clay are available for purchase.

Age: 16 years +

Location: Arts Resource Centre





Eligible for financial assistance.



Inclusion Services Support available.

Pottery Workshop - Adult



Participants will create a single piece while learning basic hand building techniques and explore areas such as construction, design, and glazing in a one day creative workshop. All pieces created will be fired and ready to take home approximately two weeks after the workshop.

Age: 16 years +

Location: Arts Resource Centre

Dance

Zumba®



Zumba is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that is moving millions of people toward health.

Age: 15 years +

Location: Civic Recreation Complex, Delpark

Homes Centre

Country Line Dancing



Learn many varieties of the popular country line dances. Partners are not required. Please wear soft-soled shoes.

Age: 18 years +

Location: Donevan Recreation Complex

Social Ballroom - Couples



This class introduces you to the Waltz, Fox Trot, Tango, Rhumba, Cha-Cha, and Jive. Fee includes both participants. Register only one of the two people attending the class.

Age: 18 years +

Location: Donevan Recreation Complex

Fitness

Family Fitness Circuit - Child





A sure fire heart pumping class the whole family can do! Designed in a circuit training style, a variety of exercises are done to work both the heart and muscles.

Age: 8 to 17 years

Location: Civic Recreation Complex

Weight Training - Teen



This program will give teens the tools to create a safe workout routine. Youth between the ages of 13-17 must successfully complete the course in order to use the City of Oshawa fitness centres.

Age: 13 to 17 years

Location: Civic Recreation Complex, Delpark Homes Centre, South Oshawa Community Centre

AB Attack



This class will take you to the next level by adding standing functional core training to traditional floor ab exercises to give you a vigorous core strengthening experience.

Age: 15 years +

Location: Civic Recreation Complex, South

Oshawa Community Centre

Aquafit - Deep Water



Instructors are trained in the latest techniques in providing safe aquatic exercises to improve flexibility, aerobic capacity, muscular strength, and endurance. Classes include a warm-up, aerobics, muscle conditioning exercises and a cool-down. Participants must be comfortable in deep water.

Age: 15 years +

Location: Civic Recreation Complex

Specialty fitness program.



Eligible for financial assistance.



Inclusion Services Support available.

Aquafit - Diaper Fit



Water exercise class for parent and infant. Classes include a warm-up, aerobics, muscle conditioning exercises and a cool-down. Infant will be in baby boat for support during the class and will be part of the exercise program.

Age: 15 years +

Location: Delpark Homes Centre

Aquafit - Shallow Water



Instructors are trained in the latest techniques in providing safe aquatic exercises to improve flexibility, aerobic capacity, muscular strength, and endurance. Classes include a warm-up, aerobics, muscle conditioning exercises and a cool-down. Participants must be comfortable in deep water.

Age: 15 years +

Location: Civic Recreation Complex, Delpark Homes Centre, Donevan Recreation Complex,

South Oshawa Community Centre

Basic Bootcamp



This class introduces you to a circuit of drills that keep you moving, including strength training, cardio endurance, and calisthenics all while gaining muscle and losing inches at the same time.

Age: 15 years +

Location: South Oshawa Community Centre

Basic Bootcamp (Women Only)



This class introduces you to a circuit of drills that keep you moving, including strength training, cardio endurance, and calisthenics all while gaining muscle and losing inches at the same time.

Age: 15 years +

Location: Donevan Recreation Complex

BodyMAX





A cardio-free, total body strength-training program, using weights, bands, fit balls, core boards and bosus.

Age: 15 years +

Location: Delpark Homes Centre, South Oshawa

Community Centre

Cardio Sculpt



This class incorporates intervals of cardio, body sculpting, and abdominal work which will improve your muscle strength and overall endurance.

Age: 15 years +

Location: Civic Recreation Complex, Delpark

Homes Centre

Cycle



A great workout simulating race conditions through interval sprints, hill climbing, cardio conditioning, and stretch components.

Age: 15 years +

Location: Civic Recreation Complex, Delpark

Homes Centre

Easy Fit



This class is for beginners, older adults and those returning to fitness after a long break. Various equipment is used to focus on developing your cardiovascular, balance and muscle strength through stretching and postural exercises.

Age: 15 years +

Location: South Oshawa Community Centre



Osteo FIT



This class safely tones and strengthens your muscles with gentle aerobics and stimulating resistance training. Improve your bone density while you improve your fitness level.

Age: 15 years +

Location: Civic Recreation Complex

Yoga

Enjoy the many benefits of yoga including relaxation, stress reduction, increased concentration, and improved strength and flexibility. A yoga mat and warm clothing are recommended.

Age: 15 years +

Location: Civic Recreation Complex, Delpark Homes Centre, Donevan Recreation Complex

Yoga - Gentle





Release chronic tension, cultivate concentration, calm restless thoughts, invite deep peace and encourage self-acceptance through breathing and gentle movement. A yoga mat and warm clothing are recommended.

Age: 15 years +

Location: Civic Recreation Complex

Yoga - Family: Adult Registrant

Develop physical strength, endurance, flexibility, and learn basic yoga moves while spending quality time with your child. A yoga mat and warm clothing are recommended. To register the child for this program, see page 31.

Age: 16 years +

Location: Donevan Recreation Complex

Family Fitness Circuit-Adult



A sure fire heart pumping class the whole family can do! Designed in a circuit training style, a variety of exercises are done to work both the heart and muscles.

Age: 18 years +

Location: Civic Recreation Complex

High Energy Aquafit Training (H.E.A.T.)



Challenge your fitness level and improve your cardio conditioning with strength, balance and core training segments. This low impact, high energy class will help burn calories fast and help you feel de-stressed and invigorated.

Age: 18 years +

Location: South Oshawa Community Centre

50 & Better Fitness



Best suited for the 50+ age group, this class includes low impact aerobics, step, and muscle conditioning.

Age: 50 years +

Location: Civic Recreation Complex, Delpark

Homes Centre

Stretch and Balance



Flexibility is a key component to fitness. Learn safe and effective stretching exercises to improve or maintain your flexibility along with working on your balance.

Age: 50 years +

Location: Civic Recreation Complex

37

Sports

Learn to Skate - Youth



Skating skills are taught in a progressive sequence of seven levels. New participants are assessed at the first class and assigned to the most appropriate level. Participants previously enrolled in this program should bring progress cards to the first class. All program participants must wear a CSA approved hockey helmet on the ice. Bicycle and ski helmets are not permitted. A face mask and gloves/ mitts are strongly recommended.

Age: 12 to 17 years

Location: Delpark Homes Centre

Hockey Skills - Adult



Recreational and beginner hockey players will practice fundamental hockey skills: skating, stick handling, passing, and shooting. All participants must wear full hockey equipment including a CSA approved hockey helmet. A face shield (visor/cage) is recommended.

Age: 18 years +

Location: Delpark Homes Centre

Hockey Skills - Women



Recreational and beginner hockey players will practice fundamental hockey skills: skating, stick handling, passing and shooting. All participants must wear full hockey equipment including a CSA approved hockey helmet. A face shield (visor/cage) is recommended.

Age: 18 years +

Location: Delpark Homes Centre

Learn to Skate - Adult



Learn basic skating skills to help you feel more comfortable on the ice including: starting, stopping, striding and gliding. All participants are required to wear a CSA approved hockey helmet.

Age: 18 years +

Location: Delpark Homes Centre





activeOshawa Winter 2023





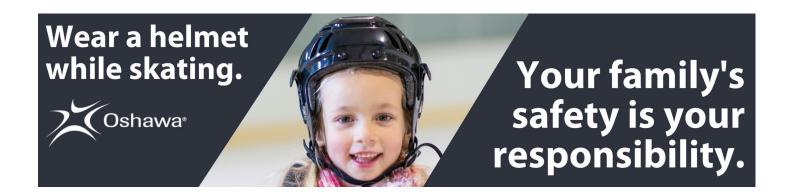
Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Acrylic Painting	16+	ARC	Thu	Feb 9 - Mar 9	7:00 p.m 9:00 p.m.	5	31869	\$122.40
Art Exploration - Adult	16+	ARC	Sat	Jan 14 - Mar 11	10:45 a.m 12:45 p.m.	9	32099	\$115.92
Introduction to Pottery	16+	ARC	Tue	Jan 10 - Mar 7	7:00 p.m 9:00 p.m.	9	31847	\$130.50
Mixed Media	16+	ARC	Thu	Jan 12 - Feb 2	7:00 p.m 9:00 p.m.	4	31862	\$51.52
Pottery and Sculpture - Intermediate	16+	ARC	Wed	Jan 11 - Mar 8	7:00 p.m 9:00 p.m.	9	31854	\$130.50
Pottery and Sculpture - Open Studio	16+	ARC	Mon	Jan 9 - Mar 6	7:00 p.m 9:00 p.m.	8	31838	\$116.00
Pottery Workshop - Adult	16+	ARC	Sat	Jan 14	12:30 p.m 3:30 p.m.	1	31906	\$41.25
Pottery Workshop - Adult	16+	ARC	Sat	Feb 11	12:30 p.m 3:30 p.m.	1	31907	\$41.25
Pottery Workshop - Adult	16+	ARC	Sat	Mar 4	12:30 p.m 3:30 p.m.	1	31908	\$41.25
Dance								
Zumba®	15 yrs +	CRC	Mon	Jan 9 - Mar 27	6:30 p.m 7:30 p.m.	11	31816	\$104.61
Zumba®	15 yrs +	DHC	Wed	Jan 11 - Mar 29	7:30 p.m 8:30 p.m.	12	31442	\$114.12
Country Line Dancing	18 yrs +	DRC	Fri	Jan 13 - Mar 10	6:00 p.m. 7:00 p.m.	9	32431	\$85.89
Social Ballroom - Couples	18 yrs +	DRC	Fri	Jan 13 - Mar 10	7:00 p.m 8:30 p.m.	9	32432	\$192.51
Fitness								
Family Fitness Circuit- Child	8-17 yrs	CRC	Wed	Jan 11 - Mar 29	6:00 p.m 6:45 p.m.	12	32610	\$31.56
Weight Training - Teen	13-17 yrs	CRC	Sat	Jan 7	10:00 a.m 2:00 p.m.	1	31822	Free
Weight Training - Teen	13-17 yrs	CRC	Sat	Jan 28	10:00 a.m 2:00 p.m.	1	31823	Free
Weight Training - Teen	13-17 yrs	CRC	Sat	Feb 18	10:00 a.m 2:00 p.m.	1	31824	Free
Weight Training - Teen	13-17 yrs	CRC	Sat	Mar 18	10:00 a.m 2:00 p.m.	1	31825	Free
Weight Training - Teen	13-17 yrs	DHC	Sun	Jan 15	4:00 p.m 8:00 p.m.	1	31818	Free
Weight Training - Teen	13-17 yrs	DHC	Sun	Feb 5	4:00 p.m 8:00 p.m.	1	31819	Free
Weight Training - Teen	13-17 yrs	DHC	Sun	Feb 26	4:00 p.m 8:00 p.m.	1	31820	Free
Weight Training - Teen	13-17 yrs	DHC	Sun	Mar 19	4:00 p.m 8:00 p.m.	1	31821	Free
Weight Training - Teen	13-17 yrs	SOCC	Sun	Jan 22	1:00 p.m 5:00 p.m.	1	32453	Free
Weight Training - Teen	13-17 yrs	SOCC	Sun	Feb 12	1:00 p.m 5:00 p.m.	1	32454	Free
Weight Training - Teen	13-17 yrs	SOCC	Sun	Mar 5	1:00 p.m 5:00 p.m.	1	32455	Free
Weight Training - Teen	13-17 yrs	SOCC	Sun	Mar 26	1:00 p.m 5:00 p.m.	1	32456	Free
Aquafit - Deep Water	15 yrs +	CRC	Mon	Jan 9 - Mar 6	10:00 a.m 10:45 a.m.	8	32062	\$63.36
Aquafit - Deep Water	15 yrs +	CRC	Thu	Jan 12 - Mar 9	10:00 a.m 10:45 a.m.	9	32070	\$71.28
Aquafit - Deep Water	15 yrs +	CRC	Fri	Jan 13 - Mar 10	10:00 a.m 10:45 a.m.	9	32072	\$71.28
Aquafit - Deep Water	15 yrs +	CRC	Tue	Jan 17 - Mar 7	10:00 a.m 10:45 a.m.	8	32065	\$63.36
Aquafit - Diaper Fit	15 yrs +	DHC	Wed	Jan 11 - Mar 8	1:00 p.m 1:45 p.m.	9	32401	\$71.28
Aquafit - Shallow Water	15 yrs +	CRC	Mon	Jan 9 - Mar 6	9:00 a.m 9:45 a.m.	8	32063	\$63.36
Aquafit - Shallow Water	15 yrs +	CRC	Tue	Jan 10 - Mar 7	9:00 a.m 9:45 a.m.	9	32064	\$71.28

ARC- Arts Resource Centre CRC - Civic Recreation Complex DHC - Delpark Homes Centre DRC - Donevan Recreation Complex SOCC - South Oshawa Community Centre

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Fitness								
Aquafit - Shallow Water	15 yrs +	CRC	Thu	Jan 12 - Mar 9	9:00 a.m 9:45 a.m.	9	32066	\$71.28
Aquafit - Shallow Water	15 yrs +	CRC	Fri	Jan 13 - Mar 10	9:00 a.m 9:45 a.m.	9	32071	\$71.28
Aquafit - Shallow Water	15 yrs +	DHC	Mon	Jan 9 - Mar 6	9:00 a.m 9:45 a.m.	8	32390	\$63.36
Aquafit - Shallow Water	15 yrs +	DHC	Mon	Jan 9 - Mar 6	8:00 p.m 8:45 p.m.	8	32391	\$63.36
Aquafit - Shallow Water	15 yrs +	DHC	Tue	Jan 10 - Mar 7	9:00 a.m 9:45 a.m.	9	32392	\$71.28
Aquafit - Shallow Water	15 yrs +	DHC	Tue	Jan 10- Mar 7	9:45 a.m10:30 a.m.	9	32393	\$71.28
Aquafit - Shallow Water	15 yrs +	DHC	Wed	Jan 11 - Mar 8	8:00 p.m 8:45 p.m.	9	32396	\$71.28
Aquafit - Shallow Water	15 yrs +	DHC	Wed	Jan 11 - Mar 8	9:00 a.m 9:45 a.m.	9	32394	\$71.28
Aquafit - Shallow Water	15 yrs +	DHC	Wed	Jan 11 - Mar 8	9:45 a.m 10:30 a.m.	9	32395	\$71.28
Aquafit - Shallow Water	15 yrs +	DHC	Thu	Jan 12 - Mar 9	9:00 a.m 9:45 a.m.	9	32397	\$71.28
Aquafit - Shallow Water	15 yrs +	DHC	Thu	Jan 12 - Mar 9	9:45 a.m 10:30 a.m.	9	32398	\$71.28
Aquafit - Shallow Water	15 yrs +	DHC	Fri	Jan 13 - Mar 10	9:00 a.m 9:45 a.m.	9	32399	\$71.28
Aquafit - Shallow Water	15 yrs +	DHC	Fri	Jan 13 - Mar 10	9:45 a.m 10:30 a.m.	9	32400	\$71.28
Aquafit - Shallow Water	15 yrs +	DRC	Mon	Jan 9 - Mar 6	10:00 a.m 10:45 a.m.	8	32043	\$63.36
Aquafit - Shallow Water	15 yrs +	DRC	Wed	Jan 11 - Mar 8	10:00 a.m 10:45 a.m.	9	32044	\$71.28
Aquafit - Shallow Water	15 yrs +	DRC	Fri	Jan 13 - Mar 10	10:00 a.m 10:45 a.m.	9	32045	\$71.28
Aquafit - Shallow Water	15 yrs +	SOCC	Mon	Jan 9 - Mar 6	9:15 a.m 10:00 a.m.	8	32576	\$63.36
Aquafit - Shallow Water	15 yrs +	SOCC	Wed	Jan 11 - Mar 8	9:15 a.m 10:00 a.m.	9	32577	\$71.28
Aquafit - Shallow Water	15 yrs +	SOCC	Fri	Jan 13 - Mar 10	9:15 a.m 10:00 a.m.	9	32578	\$71.28
AB Attack	15 yrs +	CRC	Wed	Jan 11 - Mar 29	10:45 a.m11:15 a.m.	12	32743	\$45.02
AB Attack	15 yrs +	SOCC	Mon	Jan 9 - Mar 27	7:30 p.m8:00 p.m.	10	32296	\$37.49
Basic Bootcamp	15 yrs +	SOCC	Tue	Jan 10 - Apr 4	6:00 p.m6:55 p.m.	11	32297	\$82.50
Basic Bootcamp (Women Only)	15 yrs +	DRC	Thu	Jan 12 - Mar 9	7:45 p.m8:40 p.m.	9	32452	\$67.50
BodyMAX	15 yrs +	DHC	Mon	Jan 9 - Mar 27	6:30 p.m7:25 p.m.	11	31911	\$82.50
BodyMAX	15 yrs +	DHC	Thu	Jan 12 - Mar 30	10:00 a.m10:55 a.m.	12	31431	\$90.00
BodyMAX	15 yrs +	SOCC	Wed	Jan 11 - Mar 29	7:30 p.m8:25 p.m.	11	32298	\$82.50
Cardio Sculpt	15 yrs +	CRC	Wed	Jan 11 - Mar 29	9:30 a.m10:25 a.m.	12	31811	\$90.00
Cardio Sculpt	15 yrs +	DHC	Thu	Jan 12 - Mar 30	6:30 p.m7:25 p.m.	12	31997	\$90.00
Cardio Sculpt	15 yrs +	DHC	Fri	Jan 13 - Mar 31	9:30 a.m10:25 a.m.	12	31435	\$90.00
Cycle	15 yrs +	CRC	Mon	Jan 10 - Mar 27	10:45 a.m 11:30 a.m.	11	31810	\$61.93
Cycle	15 yrs +	DHC	Mon	Jan 9 - Mar 27	9:00 a.m 9:45 a.m.	10	31438	\$56.30
Cycle	15 yrs +	DHC	Wed	Jan 11 - Mar 29	9:00 a.m 9:45 a.m.	11	31439	\$61.93
Cycle	15 yrs +	DHC	Wed	Jan 11 - Mar 29	5:00 p.m 5:45 p.m.	12	31440	\$67.56
Easy Fit	15 yrs +	SOCC	Mon	Jan 9 - Mar 27	6:30 p.m7:25 p.m.	10	32268	\$75.09
Easy Fit	15 yrs +	SOCC	Wed	Jan 11 - Apr 5	6:30 p.m7:25 p.m.	11	32299	\$82.50
Osteo FIT	15 yrs +	CRC	Tue	Jan 10 - Mar 28	10:30 a.m11:25 a.m.	12	31808	\$90.00
Osteo FIT	15 yrs +	CRC	Fri	Jan 13 - Mar 31	9:30 a.m10:25 a.m.	12	31814	\$90.00

ARC- Arts Resource Centre CRC - Civic Recreation Complex DHC - Delpark Homes Centre DRC - Donevan Recreation Complex SOCC - South Oshawa Community Centre

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Fitness								
Yoga	15 yrs +	CRC	Tue	Jan 10 - Mar 28	7:00 p.m7:55 p.m.	12	31809	\$110.64
Yoga	15 yrs +	DHC	Mon	Jan 9 - Mar 27	10:00 a.m10:55 a.m.	11	31424	\$101.42
Yoga	15 yrs +	DHC	Wed	Jan 11 - Mar 29	10:00 a.m10:55 a.m.	12	31425	\$110.64
Yoga	15 yrs +	DHC	Wed	Jan 11 - Mar 29	6:00 p.m6:55 p.m.	12	31426	\$110.64
Yoga	15 yrs +	DRC	Mon	Jan 9 - Mar 6	8:05 p.m9:00 p.m.	8	32449	\$73.76
Yoga - Gentle	15 yrs +	CRC	Thu	Jan 12 - Mar 30	7:00 p.m7:55 p.m.	12	31813	\$110.64
Yoga - Family: Adult Registrant	15 yrs +	DRC	Mon	Jan 9 - Mar 6	7:05 p.m8:00 p.m.	8	32447	\$73.76
Family Fitness Circuit- Adult	18 yrs +	CRC	Wed	Jan 11 - Mar 29	6:00 p.m 6:45 p.m.	12	32609	\$67.56
High Energy Aquafit Training (H.E.A.T.)	18 yrs +	SOCC	Sat	Jan 7 - Mar 4	11:00 a.m11:45 a.m.	9	32579	\$71.28
High Energy Aquafit Training (H.E.A.T.)	18 yrs +	SOCC	Thu	Jan 12 - Mar 9	8:00 p.m8:45 p.m.	9	32580	\$71.28
50 & Better Fitness	50 yrs +	CRC	Mon	Jan 9 - Mar 27	9:30 a.m10:25 a.m.	11	31807	\$82.50
50 & Better Fitness	50 yrs +	CRC	Thu	Jan 12 - Mar 30	10:30 a.m11:25 a.m.	12	31812	\$90.00
50 & Better Fitness	50 yrs +	DHC	Mon	Jan 9 - Mar 27	11:00 a.m11:55 a.m.	11	31427	\$82.50
50 & Better Fitness	50 yrs +	DHC	Tue	Jan 10 - Mar 28	11:00 a.m11:55 a.m.	12	31429	\$90.00
50 & Better Fitness	50 yrs +	DHC	Wed	Jan 11 - Mar 29	11:00 a.m11:55 a.m.	12	31428	\$90.00
50 & Better Fitness	50 yrs +	DHC	Thu	Jan 12 - Mar 30	11:00 a.m11:55 a.m.	12	31912	\$90.00
50 & Better Fitness	50 yrs +	DHC	Fri	Jan 13 - Mar 31	11:00 a.m11:55 a.m.	12	31430	\$90.00
Stretch and Balance	50 yrs +	CRC	Fri	Jan 13 - Mar 31	10:45 a.m11:30 a.m.	12	32744	\$67.56
Sports								
Hockey Skills - Adult	18 yrs +	DHC	Mon	Jan 9 - Mar 6	7:30 p.m 8:50 p.m.	8	31796	\$147.84
Hockey Skills - Women	18 yrs +	DHC	Mon	Jan 9 - Mar 6	6:30 p.m 7:20 p.m.	8	31795	\$98.56
Learn to Skate - Youth	12-17 yrs	DHC	Thu	Jan 12 - Mar 9	8:00 p.m 8:50 p.m.	9	31806	\$93.42
Learn to Skate - Adult	18 yrs +	DHC	Tue	Jan 10 - Mar 7	8:00 p.m 8:50 p.m.	9	31802	\$110.88



ARC- Arts Resource Centre CRC - Civic Recreation Complex DHC - Delpark Homes Centre DRC - Donevan Recreation Complex SOCC - South Oshawa Community Centre

Fitness Centres

Civic Recreation Complex

99 Thornton Road South Tel.: 905-436-5454



Delpark Homes Centre

1661 Harmony Road North Tel.: 905-436-5455



South Oshawa **Community Centre**

1455 Cedar Street Tel.: 905-436-5474



Fitness Memberships

All-Inclusive

Fitness Centre

Swim, Skate & Walk

All Inclusive Membership



Includes access to all fitness centres, year-round, unlimited fitness classes, racquet sports add-on, discounted personal training services, indoor/outdoor track access, leisure swimming, skating and drop-in sports programs. Register to your class of choice to reserve your spot. Some conditions apply, learn more at Oshawa.ca/GetFit.

	Youth/ Full-Time Student	Adult 18 years+	Family	Senior Oshawa Resident 65+
Annual	\$419.82	\$549.04	\$1033.54	\$379
3 month	\$144.73	\$196.38	\$379.88	\$127.89
6 month	\$235.74	\$313.30	\$600.78	\$211.26

Level 2: Fitness Centre Membership



All the services of the Level 1 plus access to the Fitness Centres at the Civic Recreation Complex, Delpark Homes Centre and South Oshawa Community Centre. Some conditions apply, learn more at Oshawa.ca/

	Youth/ Full-Time Student	Adult 18 years+ Family		Senior Oshawa Resident 65+
Annual	\$267.40	\$401.10	\$735.49	\$217.50
1 month	\$42.82	\$64.18	\$139.05	\$34.82
3 month	\$106.98	\$160.44	\$307.54	\$87.02
6 month	\$160.41	\$240.69	\$454.67	\$130.52

Level 1: Swim, Skate & Walk Membership



Unlimited admission to our leisure swimming, skating and drop-in sports programs. As well as access to our indoor and outdoor tracks, the Rec Room and Youth Room.

	Youth/ Full-Time Student	Adult 18 years+	Family	Senior Oshawa Resident 65+
Annual	\$150.38	\$234.05	\$338.32	\$60
1 month	\$24.07	\$37.45	\$80.23	\$9.59
3 month	\$60.17	\$93.60	\$168.48	\$23.99
6 month	\$90.24	\$140.41	\$246.05	\$30

Note: Not all membership benefits may be available at this time. All membership and admissions rates are subject to change. For a full listing of membership and admissions details and limitations, please visit Oshawa.ca/GetFit.

Personal Training

Why have a personal trainer?

- Help you set and achieve realistic and attainable fitness goals
- Create an exercise program to help you reach those fitness goals
- Educate you on the importance of safe and proper technique
- Help you make the most of your time at the gym
- Keep you motivated and on track with program adjustments when needed



Training Packages & Programs

Smart Start Package

A great start towards physical health. Let our professional team evaluate your fitness level and create a training program specifically for you. You will receive 1 fitness assessment and 1 personal training session in which a certified personal trainer will walk you through your personal training program.

Non-Member Fee	\$108.71
Member Fee	\$89.56

Certified Fitness Assessment

A certified fitness consultant will evaluate your current fitness level and help identify areas for improvement.

Non-Member Fee	\$55.56
Member Fee	\$45.81

Personal Training Fees

Personal training sessions are up to 60 minutes in length.

	1 session	2 sessions	5 sessions	10 sessions
Non-Member Fee	\$55.56	\$108.71	\$271.77	\$483.19
Member Fee	\$45.81	\$89.56	\$223.91	\$398.10

We are your Fitness Team

Call us if you have questions about our fitness memberships, programs and training.

Civic Recreation Complex

Catharine Fairweather 905-436-3311 ext. 2638

Delpark Homes Centre

Jessica Youngs 905-436-3311 ext. 5035

South Oshawa Community Centre

905-436-3311 ext. 5303 Adam Salter





With the All-Inclusive or Level 2: Fitness Membership receive discounts on:

- Personal Training
- Smart Start Packages
- Fitness Assessments



Play Tennis & Squash!

Play tennis and squash at the Civic Recreation Complex.

FACILITY	COURT	FALL AND WINTER HOURS
Civic Recreation Complex	Squash	Effective September 6, 2022 to July 3, 2023 Monday to Friday: 6:00 a.m 10:00 p.m. Saturday & Sunday: 8:00 a.m 9:00 p.m.
	Tennis	Effective September 6, 2022 to July 3, 2023 *Monday to Friday: 6:00 a.m 10:00 p.m. *Saturday & Sunday: 8:00 a.m 9:00 p.m. *temperature permitting

Court Rental Rates

COURT RENTAL	MEMBER FEE*	NON-MEMBER FEE
Squash - 40 minutes	\$2.67	\$21.12
Tennis - 60 minutes	\$14	\$32
Court No Show Fee	\$10.99	\$10.99



Racquet Sport Add-on

This add-on entitles you to advance court booking privileges, the reduced court fee for tennis, squash and badminton. Racquet Sport Add-ons are available for either a Level 1 or 2 membership and included in the All Inclusive membership. **NOTE:** If a non-member is participating in tennis/squash with members the non-member court fee applies.

TERM	FEE
Annual	\$167.19
1 Month	\$14.03
3 Month	\$42.82
6 Month	\$83.60

Indoor and Outdoor Tracks

The City of Oshawa has 2 indoor tracks and 1 outdoor track available for use by Level 1, 2 and All-Inclusive members and through general admission fees.

Single Admission to **Indoor and Outdoor Tracks**

Single admission fee permit one-time access to the track.

Child/ Youth	\$3.03
Adult	\$4.70
Family	\$9.98
Seniors	\$1.20

CIVIC RECREATION COMPLEX **OUTDOOR TRACK** 400 metre Mondo track, 8 lanes **Effective until November 30**

Monday to Friday: 6:00 a.m. to Dusk Saturday & Sunday: 8:00 a.m. to Dusk

The outdoor track will close for the season on December 1, 2022

Note: Hours of Operation are subject to change as weather, track and/or stadium rentals may require the closure of the track to the public.

CIVIC RECREATION COMPLEX INDOOR TRACK

225 metre Mondo track, 4 lanes

Effective September 6

Monday, Wednesday & Friday: 6:00 a.m. - 10:00 p.m. Tuesday & Thursday: 6:00 a.m. - 6:30 p.m. & 7:30 p.m. - 10:00 p.m. Saturday & Sunday: 8:00 a.m. - 9:00 p.m.

Note: The above times are shared with Sport Clubs using Lanes 3 and 4. Lanes 1 and 2 are available for public use.

*temperature permitting

DELPARK HOMES CENTRE INDOOR WALKING TRACK

130 metres (approx.), 2 lanes

Effective September 6

Monday to Friday: 6:00 a.m. - 10:00 p.m. Saturday & Sunday: 8:00 a.m. - 9:00 p.m.

Note: strollers are not permitted on the track.

44

activeOshawa Winter 2023 / www.oshawa.ca/recreation / register.oshawa.ca \ 905-436-3311





Swimming

General Information

Indoor Pools

Centennial Pool, Civic Recreation Complex 99 Thornton Road South; 905-436-5454

- 6 lane, 25 yard pool
- Diving board
- Tot pool
- Universal change room
- Sauna

Donevan Recreation Complex Pool 171 Harmony Road South; 905-725-3536

- 6 lane, 25 metre pool
- Universal change room
- Sauna

Before you go, you should know...

- Bring a bathing suit, towel and goggles if needed.
- Long hair should be tied back.
- Street shoes are not permitted on the pool deck. If you would like to wear shoes, they must be indoor sandals or water shoes.
- Lockers are available for use; belongings cannot be left in the change cubicles.
- Pool admission policies are in effect during all leisure swims. See oshawa.ca/swim for details.
- Do not eat large meals before you come swimming, try a light snack instead.
- Swimming lessons are designed to work on personal improvement and becoming water safe.
- Badges are not the only indicator of success, it takes time to learn to swim and achieve goals.

COVID -19 Protocol

Please be advised appropriate COVID-19 protocols may be in place. These protocols will be dependent on provincial guidance and could include parents/ caregivers being in the water with their child.

Delpark Homes Centre Pool 1661 Harmony Road North; 905-436-5455

- Leisure pool
- Water slide, lazy river and water spray
- 3 lane, 25 metré pool
- Universal change room
- Sauna
- Whirlpool

South Oshawa Community Centre Pool 1455 Cedar Street; 905-436-5474

- Leisure pool
- Water slide and water spray
- 3 lane, 25 metre pool
- Universal change room
- Sauna
- Whirlpool

Change Room Policies

Delpark Homes Centre, Civic Recreation Complex, Donevan Recreation Complex and South Oshawa Community Centre:

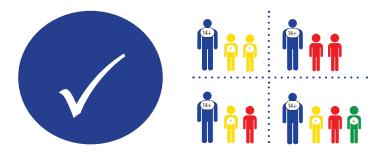
- Mixed gender families are required to use the universal change room.
- Unaccompanied children under 12 years of age are required to use the universal change room. (Only children 12 years and older are allowed in gender specific change rooms at the Delpark Homes Centre.)

Change Room Storage:

Cubicles are for changing only. Do not leave your personal belongings in the changing cubicles. Saving cubicles is not permitted. Coin and padlock lockers are available at all facilities. Please secure your belongings. The City of Oshawa is not responsible for lost or stolen items. Ensure your valuables are left at home.



Do you meet the Pool Admission Requirements?



What is the Swim Test?

Children must be able to swim 25 metres of the pool independently on their front maintaining a horizontal body position at all times. Children must be able to swim with their face in the water and take breaths without stopping or touching the bottom of the pool. Front Crawl is encouraged.

Pool Fouling Closures

A pool fouling can cause a closure of our pools anywhere between 1 to 24 hours

Adopt some healthy habits to help stop the spread of germs and reduce the number of closures in our pools:

- Feed your children at least one hour before swimming.
- Wash your body thoroughly with soap and water beforé swimming.
- Take your children to the bathroom before swimming.
- Children not toilet trained must wear swim diapers made for swimming pool use.
- Wash your hands with soap and water after using the toilet or after changing diapers.
- Do not spit in the pool.
- Do not swim when you have diarrhea or are feeling sick. This is especially important for children in diapers.
- Health regulations require that a fouling may result in a pool closure anywhere from one hour to 24 hours depending on the nature of the fouling.



- 6 years and youngerRatio: 1:2 (guardian must be 14 years or older)
- Children must be within arm's reach of a supervising guardian at all times.

Age 7 to 9 years = Yellow wristband

- Ratio: 1:2 (guardian must be 14 years or older)
- May attempt a facility swim test to obtain a green wristband. If súccessful, child does not need to be within arm's reach. If the swim test is unsuccessful or not attempted, the child must remain within arm's reach of a quardian at all times.



Age 10 years and older = Green wristband

Photography and Videos



The use of any device with photo or recording capabilities is strictly prohibited in all change rooms. Permission to take photographs during times other than swimming lessons must be granted by a Lifeguard prior to taking any photographs/videos. Photos/videos may only be taken of your own family. Underwater photography is not permitted.



Parented Programs

Some preschool programs require parents and/or guardians to actively participate in the program. To identify these programs, look for the P symbol.

City of Oshawa converted from Red Cross to Lifesaving Society swimming lessons

The Red Cross announced in early 2022 that it is ending its water safety program in Canada.

As a result, the City of Oshawa has converted to the Lifesaving Society for the delivery of its Swim Programs. For more information and to view our list of frequently asked questions, visit Oshawa.ca/swimlessons.

What does this mean for you and your family's swimming lessons?

Adapting to the layout of the new program.

- The Lifesaving Society Swim Program has a strong emphasis on swimming as a lifesaving skill, whereas the Red Cross program focused on stroke development. Due to this shift in focus, the level you will need to register your swimmer in could be vastly different (Please see chart below).
- The levels and content of the new program differ greatly. Please email activeOshawa@oshawa.ca if you require support in determining where you or your child would fit in the new program.
- The new program has a more streamlined pathway to Aquatic leadership courses.
- A report card upon completion of the Session will still be provided.

View the chart below to see how your Red Cross level will convert to our new Lifesaving Society levels.

Red Cross to Lifesaving Society Conversion Chart

Former Red Cross Level	New Lifesaving Society Level	Age requirement
Star Fish	Parent and Tot 1	4 - 12 months
Duck	Parent and Tot 2	12 - 24 months
Sea Turtle	Parent and Tot 3	24 - 36 months
	Transition level	2 - 5 years
Sea Otter	Fail: Preschool 1 / Pass: Preschool 2	3 -5 years
Salamander	Fail: Preschool 2 / Pass: Preschool 3	3 -5 years
Sunfish	Fail: Preschool 3 / Pass: Preschool 4	3 -5 years
Crocodile	Fail: Preschool 4 / Pass: Preschool 5	3 -5 years
Whale	Preschool 5 or Swimmer 2 based on age	3 -5 years
Level 1	Swimmer 1	6 - 15 years
Level 2	Swimmer 2	6 - 15 years
Level 3	Fail: Swimmer 2 / Pass: Swimmer 3	6 - 15 years
Level 4	Swimmer 3	6 - 15 years
Level 5	Swimmer 4	6 - 15 years
Level 6	Swimmer 5	6 - 15 years
Level 7	Swimmer 6	6 - 15 years
Level 8	Swimmer 7	6 - 15 years
Level 9	Fail: Swimmer 7 / Pass: Swimmer 8	6 - 15 years
Level 10	Fail: Swimmer 9 / Pass: Swimmer 10	6 - 15 years
Adult	Adult Swimmer	14 years +
n/a	Fitness Swimmer	12 - 16 years

For more information about our transition from Red Cross to Lifesaving Society Swim for Life program, visit Oshawa.ca/swimlessons.

Swimming Level Descriptions

Parent and Tot (4-36 months)





Parent and Tot 1 (4-12 months)

Designed for the 4 to 12-month-old to learn to enjoy the water with the parent.

Parent and Tot 2 (12-24 months)

Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.

Parent and Tot 3 (24-36 months)

Designed for the 24 to 36 -month old to learn to enjoy the water with the parent.

Transition Level (2-3 years)



Transition Level (2-5 years)

This program is designed for toddlers/preschoolers who are comfortable in the water and are capable of doing skills independent from a caregiver. Caregivers are to participate (and should come prepared to be in the class) until their instructor lets them know their child can do it themselves.

Preschool (3-5 years)



Preschool 1 (3-5 years)

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide assisted on their front and back and learn to get their faces wet and blow bubbles underwater.

Preschool 2 (3-5 years)

These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket they'll glide on their front and back.

Preschool 3 (3-5 years)

These preschoolers will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

Preschool 4 (3-5 years)

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.

Preschool 5 (3-5 years)

These advanced preschoolers are challenged with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get an introduction to whip kick.







Swimming Level Descriptions

Swimmer Levels (6-15 years)



Swimmer 1

These swimmers will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back with assistance.

Swimmer 2

These swimmers will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim on their front and back, and be introduced to flutter kick interval training.

Swimmer 3

These swimmers will do different entries, in-water front somersaults and handstands. They'll work on front crawl, back crawl and whip kick. Flutter kick interval training increases.

Swimmer 4

These swimmers will swim underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new challenges include the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints and front or back crawl interval training.

Swimmer 5

These swimmers will master entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl and breaststroke. Then they'll pick up the pace in sprints and two interval trainings.

Swimmer 6

These swimmers will rise to the challenge of aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and improve fitness with swimming workouts.

Swimmer 7

These swimmers will rise to the challenge of aquatic skills including stride entries, lifesaving kicks like eggbeater and scissor kick. They'll develop strength and endurance through stroke developments and workouts.

Swimmer 8 - Rookie

Swimmers continue stroke development with 50 m swims of front crawl, back crawl, and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and a 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.



Swimmer 9 - Ranger

Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.



Swimmer 10 - Star

Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone, joint injuries and respiratory emergencies including asthma allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting victims face up in shallow water.



Parent and Tot 1/2

Age: 4 to 24 months Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpa	rk Homes Ce	entre			
Sat	Jan 7 - Mar 4	10:30 a.m.	9	31635	\$79.92
Sat	Jan 7 - Mar 4	11:30 a.m.	9	31636	\$79.92
Sat	Jan 7 - Mar 4	12:30 p.m.	9	31637	\$79.92
Sat	Jan 7 - Mar 4	9:30 a.m.	9	31634	\$79.92
Sun	Jan 8 - Mar 5	10:30 a.m.	9	31639	\$79.92
Sun	Jan 8 - Mar 5	11:30 a.m.	9	31640	\$79.92
Sun	Jan 8 - Mar 5	12:30 p.m.	9	31641	\$79.92
Sun	Jan 8 - Mar 5	9:30 a.m.	9	31638	\$79.92
Mon	Jan 9 - Mar 6	4:30 p.m.	8	31642	\$71.04
Mon	Jan 9 - Mar 6	5:30 p.m.	8	31643	\$71.04
Mon	Jan 9 - Mar 6	6:30 p.m.	8	31644	\$71.04
Mon	Jan 9 - Mar 6	7:00 p.m.	8	31645	\$71.04
Tues	Jan 10 - Mar 7	5:00 p.m.	9	31646	\$79.92
Tues	Jan 10 - Mar 7	6:00 p.m.	9	31647	\$79.92
Tues	Jan 10 - Mar 7	7:00 p.m.	9	31648	\$79.92
Wed	Jan 11 - Mar 8	4:30 p.m.	9	31649	\$79.92
Wed	Jan 11 - Mar 8	5:30 p.m.	9	31650	\$79.92
Wed	Jan 11 - Mar 8	6:30 p.m.	9	31651	\$79.92
Wed	Jan 11 - Mar 8	7:00 p.m.	9	31652	\$79.92
Thu	Jan 12 - Mar 9	5:00 p.m.	9	31653	\$79.92
Thu	Jan 12 - Mar 9	6:00 p.m.	9	31654	\$79.92
Thu	Jan 12 - Mar 9	7:00 p.m.	9	31655	\$79.92
Done	van Recreati	on Com	plex		
Sat	Jan 7 - Mar 4	10:15 a.m.	8	32276	\$71.04
Wed	Jan 11 - Mar 8	6:45 p.m.	9	32058	\$79.92
South	Oshawa Co	mm <u>unit</u>	y Ce	ntre	
Sat	Jan 7 - Mar 4	9:00 a.m.	9	32488	\$79.92
Sun	Jan 8 - Mar 5	10:00 a.m.	9	32489	\$79.92

Parent and Tot 1/2/3

Age: 4 to 36 months

Day	Dates	Time	Class #	Course ID	Fee
Civic F	Recreation (Complex			
Sun	Jan 8 - Mar 5	4:00 p.m.	9	32004	\$79.92
Sun	Jan 8 - Mar 5	6:00 p.m.	9	32005	\$79.92
Tue	Jan 10 - Mar 7	5:00 p.m.	9	31845	\$79.92
Tue	Jan 10 - Mar 7	6:00 p.m.	9	31922	\$79.92
Thu	Jan 12 - Mar 9	5:00 p.m.	9	31933	\$79.92
Thu	Jan 12 - Mar 9	6:00 p.m.	9	31934	\$79.92
Delpa	rk Homes C	entre			
Mon	Jan 9 - Mar 6	10:00 a.m.	8	31676	\$71.04
Mon	Jan 9 - Mar 6	9:00 a.m.	8	31674	\$71.04
Mon	Jan 9 - Mar 6	9:30 a.m.	8	31675	\$71.04
Tues	Jan 10 - Mar 7	1:00 p.m.	9	31680	\$79.92
Tues	Jan 10 - Mar 7	1:30 p.m.	9	31681	\$79.92
Tues	Jan 10 - Mar 7	10:00 a.m.	9	31679	\$79.92
Tues	Jan 10 - Mar 7	9:00 a.m.	9	31677	\$79.92
Tues	Jan 10 - Mar 7	9:30 a.m.	9	31678	\$79.92
Wed	Jan 11 - Mar 8	10:00 a.m.	9	31684	\$79.92
Wed	Jan 11 - Mar 8	9:00 a.m.	9	31682	\$79.92
Wed	Jan 11 - Mar 8	9:30 a.m.	9	31683	\$79.92
Thu	Jan 12 - Mar 9	10:00 a.m.	9	31687	\$79.92
Thu	Jan 12 - Mar 9	9:00 a.m.	9	31685	\$79.92
Thu	Jan 12 - Mar 9	9:30 a.m.	9	31686	\$79.92
Fri	Jan 13 - Mar 10	1:00 p.m.	9	31693	\$79.92
Fri	Jan 13 - Mar 10	1:30 p.m.	9	31694	\$79.92
Fri	Jan 13 - Mar 10	10:00 a.m.	9	31692	\$79.92
Fri	Jan 13 - Mar 10	9:00 a.m.	9	31690	\$79.92
Fri	Jan 13 - Mar 10	9:30 a.m.	9	31691	\$79.92
South	Oshawa Co	mmun <u>i</u> t	y Ce	ntre	
Tue	Jan 10 - Mar 7	4:30 p.m.	9	32490	\$79.92
Thu	Jan 12 - Mar 9	4:30 p.m.	9	32491	\$79.92

Parent and Tot 3

Age: 24 to 36 months Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpa	rk Homes C	entre			
Sat	Jan 7 - Mar 4	10:00 a.m.	9	31657	\$79.92
Sat	Jan 7 - Mar 4	11:00 a.m.	9	31658	\$79.92
Sat	Jan 7 - Mar 4	12:00 p.m.	9	31659	\$79.92
Sat	Jan 7 - Mar 4	9:00 a.m.	9	31656	\$79.92
Sun	Jan 8 - Mar 5	10:00 a.m.	9	31661	\$79.92
Sun	Jan 8 - Mar 5	11:00 a.m.	9	31662	\$79.92
Sun	Jan 8 - Mar 5	12:00 p.m.	9	31663	\$79.92
Sun	Jan 8 - Mar 5	9:00 a.m.	9	31660	\$79.92
Mon	Jan 9 - Mar 6	5:00 p.m.	8	31664	\$71.04
Mon	Jan 9 - Mar 6	6:00 p.m.	8	31665	\$71.04
Tue	Jan 10 - Mar 7	4:30 p.m.	9	31666	\$79.92
Tue	Jan 10 - Mar 7	5:30 p.m.	9	31667	\$79.92
Tue	Jan 10 - Mar 7	6:30 p.m.	9	31668	\$79.92
Wed	Jan 11 - Mar 8	5:00 p.m.	9	31669	\$79.92
Wed	Jan 11 - Mar 8	6:00 p.m.	9	31670	\$79.92
Thu	Jan 12 - Mar 9	4:30 p.m.	9	31671	\$79.92
Thu	Jan 12 - Mar 9	5:30 p.m.	9	31672	\$79.92
Thu	Jan 12 - Mar 9	6:30 p.m.	9	31673	\$79.92
South	Oshawa Co	mmunit	y Ce	ntre	
Sat	Jan 7 - Mar 4	10:00 a.m.	9	32492	\$79.92
Sun	Jan 8 - Mar 5	11:00 a.m.	9	32493	\$79.92

Transition Level

Age: 2 to 5 years Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic F	Recreation C	omplex			
Tue	Jan 10 - Mar 7	5:00 p.m.	9	31848	\$79.92
Delpa	rk Homes C	entre			
Sat	Jan 7 - Mar 4	11:15 a.m.	9	32351	\$79.92
Sat	Jan 7 - Mar 4	11:45 a.m.	9	32352	\$79.92
Sat	Jan 7 - Mar 4	12:45 p.m.	9	32353	\$79.92
Sat	Jan 7 - Mar 4	9:45 a.m.	9	32350	\$79.92
Sun	Jan 8 - Mar 5	11:15 a.m.	9	32355	\$79.92
Sun	Jan 8 - Mar 5	11·45 a.m.	9	32356	\$79.92

Transition Level ...continued

Day	Dates	Time	Class #	Course ID	Fee
Delpa	rk Homes Co	entre			
Sun	Jan 8 - Mar 5	12:45 p.m.	9	32357	\$79.92
Sun	Jan 8 - Mar 5	9:45 a.m.	9	32354	\$79.92
Mon	Jan 9 - Mar 6	4:45 pm.	8	32358	\$71.04
Mon	Jan 9 - Mar 6	5:00 p.m.	8	32359	\$71.04
Mon	Jan 9 - Mar 6	5:30 p.m.	8	32360	\$71.04
Mon	Jan 9 - Mar 6	6:00 p.m.	8	32361	\$71.04
Mon	Jan 9 - Mar 6	6:30 p.m.	8	32362	\$71.04
Tues	Jan 10 - Mar 7	1:00 p.m.	9	32363	\$79.92
Tues	Jan 10 - Mar 7	1:30 p.m.	9	32364	\$79.92
Tues	Jan 10 - Mar 7	4:30 p.m.	9	32365	\$79.92
Tues	Jan 10 - Mar 7	4:45 p.m.	9	32366	\$79.92
Tues	Jan 10 - Mar 7	5:00 p.m.	9	32367	\$79.92
Tues	Jan 10 - Mar 7	5:30 p.m.	9	32368	\$79.92
Tues	Jan 10 - Mar 7	6:00 p.m.	9	32369	\$79.92
Tues	Jan 10 - Mar 7	6:30 p.m.	9	32370	\$79.92
Tues	Jan 10 - Mar 7	7:00 p.m.	9	32371	\$79.92
Wed	Jan 11 - Mar 8	1:00 p.m.	9	32372	\$79.92
Wed	Jan 11 - Mar 8	1:30 p.m.	9	32373	\$79.92
Wed	Jan 11 - Mar 8	4:45 p.m.	9	32374	\$79.92
Wed	Jan 11 - Mar 8	5:00 p.m.	9	32375	\$79.92
Wed	Jan 11 - Mar 8	5:30 p.m.	9	32376	\$79.92
Wed	Jan 11 - Mar 8	6:00 p.m.	9	32377	\$79.92
Wed	Jan 11 - Mar 8	6:30 p.m.	9	32378	\$79.92
Thu	Jan 12 - Mar 9	4:30 p.m.	9	32381	\$79.92
Thu	Jan 12 - Mar 9	4:45 p.m.	9	32382	\$79.92
Thu	Jan 12 - Mar 9	5:00 p.m.	9	32383	\$79.92
Thu	Jan 12 - Mar 9	5:30 p.m.	9	32384	\$79.92
Thu	Jan 12 - Mar 9	6:00 p.m.	9	32385	\$79.92
Thu	Jan 12 - Mar 9	6:30 p.m.	9	32386	\$79.92
Thu	Jan 12 - Mar 9	7:00 p.m.	9	32387	\$79.92
Fri	Jan 13 - Mar 10	1:00 p.m.	9	32388	\$79.92
Fri	Jan 13 - Mar 10	1:30 p.m.	9	32389	\$79.92

Preschool 1

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee			
Civic	Civic Recreation Complex							
Sun	Jan 8 - Mar 5	4:00 p.m.	9	32006	\$79.92			
Sun	Jan 8 - Mar 5	5:00 p.m.	9	32007	\$79.92			
Tues	Jan 10 - Mar 7	5:00 p.m.	9	31849	\$79.92			
Tues	Jan 10 - Mar 7	5:30 p.m.	9	31866	\$79.92			
Tues	Jan 10 - Mar 7	6:00 p.m.	9	31867	\$79.92			
Tues	Jan 10 - Mar 7	6:30 p.m.	9	31868	\$79.92			
Thu	Jan 12 - Mar 9	5:00 p.m.	9	31935	\$79.92			
Thu	Jan 12 - Mar 9	5:30 p.m.	9	31936	\$79.92			
Thu	Jan 12 - Mar 9	6:30 p.m.	9	31938	\$79.92			
Thu	Jan 12 - Mar 9	6:00 p.m.	8	31937	\$71.04			
Delpa	rk Homes C	entre						
Sat	Jan 7 - Mar 4	10:00 a.m.	9	31697	\$79.92			
Sat	Jan 7 - Mar 4	10:30 a.m.	9	31698	\$79.92			
Sat	Jan 7 - Mar 4	11:00 a.m.	9	31699	\$79.92			
Sat	Jan 7 - Mar 4	11:30 a.m.	9	31700	\$79.92			
Sat	Jan 7 - Mar 4	12:00 p.m.	9	31701	\$79.92			
Sat	Jan 7 - Mar 4	12:30 p.m.	9	31702	\$79.92			
Sat	Jan 7 - Mar 4	9:00 a.m.	9	31695	\$79.92			
Sat	Jan 7 - Mar 4	9:30 a.m.	9	31696	\$79.92			
Sun	Jan 8 - Mar 5	10:00 a.m.	9	31705	\$79.92			
Sun	Jan 8 - Mar 5	10:30 a.m.	9	31706	\$79.92			
Sun	Jan 8 - Mar 5	11:00 a.m.	9	31707	\$79.92			
Sun	Jan 8 - Mar 5	11:30 a.m.	9	31708	\$79.92			
Sun	Jan 8 - Mar 5	12:00 p.m.	9	31709	\$79.92			
Sun	Jan 8 - Mar 5	12:30 p.m.	9	31710	\$79.92			
Sun	Jan 8 - Mar 5	9:00 a.m.	9	31703	\$79.92			
Sun	Jan 8 - Mar 5	9:30 a.m.	9	31704	\$79.92			
Mon	Jan 9 - Mar 6	4:30 p.m.	8	31711	\$71.04			
Mon	Jan 9 - Mar 6	5:00 p.m.	8	31712	\$71.04			
Mon	Jan 9 - Mar 6	5:30 p.m.	8	31713	\$71.04			
Mon	Jan 9 - Mar 6	6:00 p.m.	8	31714	\$71.04			
Mon	Jan 9 - Mar 6	6:30 p.m.	8	31715	\$71.04			
Mon	Jan 9 - Mar 6	7:00 p.m.	8	31716	\$71.04			
Tues	Jan 10 - Mar 7	1:00 p.m.	9	31717	\$79.92			
Tues	Jan 10 - Mar 7	1:30 p.m.	9	31718	\$79.92			
Tues	Jan 10 - Mar 7	4:30 p.m.	9	31719	\$79.92			

Preschool 1 ...continued

Day	Dates	Time	Class #	Course ID	Fee
Delpa	rk Homes Ce	entre			
Tues	Jan 10 - Mar 7	5:00 p.m.	9	31720	\$79.92
Tues	Jan 10 - Mar 7	5:30 p.m.	9	31721	\$79.92
Tues	Jan 10 - Mar 7	6:00 p.m.	9	31722	\$79.92
Tues	Jan 10 - Mar 7	6:30 p.m.	9	31723	\$79.92
Tues	Jan 10 - Mar 7	7:00 p.m.	9	31724	\$79.92
Tues	Jan 10 - Mar 7	7:15 p.m.	9	31725	\$79.92
Wed	Jan 11 - Mar 8	1:00 p.m.	9	31726	\$79.92
Wed	Jan 11 - Mar 8	1:30 p.m.	9	31727	\$79.92
Wed	Jan 11 - Mar 8	4:30 p.m.	9	31728	\$79.92
Wed	Jan 11 - Mar 8	5:00 p.m.	9	31729	\$79.92
Wed	Jan 11 - Mar 8	5:30 p.m.	9	31730	\$79.92
Wed	Jan 11 - Mar 8	6:00 p.m.	9	31731	\$79.92
Wed	Jan 11 - Mar 8	6:30 p.m.	9	31732	\$79.92
Wed	Jan 11 - Mar 8	7:00 p.m.	9	31733	\$79.92
Thu	Jan 12 - Mar 9	4:30 p.m.	9	31736	\$79.92
Thu	Jan 12 - Mar 9	5:00 p.m.	9	31737	\$79.92
Thu	Jan 12 - Mar 9	5:30 p.m.	9	31738	\$79.92
Thu	Jan 12 - Mar 9	6:00 p.m.	9	31739	\$79.92
Thu	Jan 12 - Mar 9	6:30 p.m.	9	31740	\$79.92
Thu	Jan 12 - Mar 9	7:00 p.m.	9	31741	\$79.92
Thu	Jan 12 - Mar 9	7:15 p.m.	9	31742	\$79.92
Fri	Jan 13 - Mar 10	1:00 p.m.	9	31743	\$79.92
Fri	Jan 13 - Mar 10	1:30 p.m.	9	31744	\$79.92
South	Oshawa Co	mmunit	y Ce	ntre	
Sat	Jan 7 - Mar 4	9:00 a.m.	9	32494	\$79.92
Sat	Jan 7 - Mar 4	10:00 a.m.	9	32495	\$79.92
Sun	Jan 8 -Mar 5	10:00 a.m.	9	32496	\$79.92
Sun	Jan 8 -Mar 5	11:00 a.m.	9	32497	\$79.92
Tue	Jan 10 - Mar 7	5:00 p.m.	9	32498	\$79.92
Tue	Jan 10 - Mar 7	6:00 p.m.	9	32499	\$79.92
Thu	Jan 12 - Mar 9	5:00 p.m.	9	32500	\$79.92
Thu	Jan 12 - Mar 9	6:00 p.m.	9	32501	\$79.92

Preschool 2

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic	Recreation (Complex	(
Sun	Jan 8 - Mar 5	4:00 p.m.	9	32008	\$79.92
Tues	Jan 10 - Mar 7	5:30 p.m.	9	31875	\$79.92
Tues	Jan 10 - Mar 7	6:00 p.m.	9	31899	\$79.92
Tues	Jan 10 - Mar 7	6:30 p.m.	9	31900	\$79.92
Thu	Jan 12 - Mar 9	5:00 p.m.	9	31939	\$79.92
Thu	Jan 12 - Mar 9	5:30 p.m.	9	31940	\$79.92
Thu	Jan 12 - Mar 9	6:00 p.m.	9	31941	\$79.92
Thu	Jan 12 - Mar 9	6:30 p.m.	9	31942	\$79.92
Delpa	rk Homes C	entre			
Sat	Jan 7 - Mar 4	10:00 a.m.	9	31751	\$79.92
Sat	Jan 7 - Mar 4	10:30 a.m.	9	31752	\$79.92
Sat	Jan 7 - Mar 4	11:00 a.m.	9	31753	\$79.92
Sat	Jan 7 - Mar 4	11:15 a.m.	9	31754	\$79.92
Sat	Jan 7 - Mar 4	11:45 a.m.	9	31755	\$79.92
Sat	Jan 7 - Mar 4	12:00 p.m.	9	31756	\$79.92
Sat	Jan 7 - Mar 4	12:30 p.m.	9	31757	\$79.92
Sat	Jan 7 - Mar 4	12:45 p.m.	9	31758	\$79.92
Sat	Jan 7 - Mar 4	9:00 a.m.	9	31749	\$79.92
Sat	Jan 7 - Mar 4	9:45 a.m.	9	31750	\$79.92
Sun	Jan 8 - Mar 5	10:00 a.m.	9	31761	\$79.92
Sun	Jan 8 - Mar 5	10:30 a.m.	9	31762	\$79.92
Sun	Jan 8 - Mar 5	11:00 a.m.	9	31763	\$79.92
Sun	Jan 8 - Mar 5	11:15 a.m.	9	31764	\$79.92
Sun	Jan 8 - Mar 5	11:45 a.m.	9	31765	\$79.92
Sun	Jan 8 - Mar 5	12:00 p.m.	9	31766	\$79.92
Sun	Jan 8 - Mar 5	12:30 p.m.	9	31767	\$79.92
Sun	Jan 8 - Mar 5	12:45 p.m.	9	31768	\$79.92
Sun	Jan 8 - Mar 5	9:00 a.m.	9	31759	\$79.92
Sun	Jan 8 - Mar 5	9:45 a.m.	9	31760	\$79.92
Mon	Jan 9 - Mar 6	4:30 p.m.	8	31769	\$71.04
Mon	Jan 9 - Mar 6	5:00 p.m.	8	31770	\$71.04
Mon	Jan 9 - Mar 6	5:30 p.m.	8	31771	\$71.04
Mon	Jan 9 - Mar 6	6:00 p.m.	8	31772	\$71.04
Mon	Jan 9 - Mar 6	6:30 p.m.	8	31773	\$71.04
Mon	Jan 9 - Mar 6	7:00 p.m.	8	31774	\$71.04
Tue	Jan 10 - Mar 7	4:30 p.m.	9	31775	\$79.92

Preschool 2 ...continued

Day	Dates	Time	Class #	Course ID	Fee
Delpa	rk Homes C	entre			
Tue	Jan 10 - Mar 7	5:00 p.m.	9	31776	\$79.92
Tue	Jan 10 - Mar 7	5:30 p.m.	9	31777	\$79.92
Tue	Jan 10 - Mar 7	6:00 p.m.	9	31778	\$79.92
Tue	Jan 10 - Mar 7	6:30 p.m.	9	31779	\$79.92
Tue	Jan 10 - Mar 7	7:00 p.m.	9	31780	\$79.92
Wed	Jan 11 - Mar 8	4:30 p.m.	9	31781	\$79.92
Wed	Jan 11 - Mar 8	5:00 p.m.	9	31782	\$79.92
Wed	Jan 11 - Mar 8	5:30 p.m.	9	31783	\$79.92
Wed	Jan 11 - Mar 8	6:00 p.m.	9	31784	\$79.92
Wed	Jan 11 - Mar 8	6:30 p.m.	9	31785	\$79.92
Wed	Jan 11 - Mar 8	7:00 p.m.	9	31786	\$79.92
Thu	Jan 12 - Mar 9	4:30 p.m.	9	31787	\$79.92
Thu	Jan 12 - Mar 9	5:00 p.m.	9	31788	\$79.92
Thu	Jan 12 - Mar 9	5:30 p.m.	9	31789	\$79.92
Thu	Jan 12 - Mar 9	6:00 p.m.	9	31790	\$79.92
Thu	Jan 12 - Mar 9	6:30 p.m.	9	31791	\$79.92
Thu	Jan 12 - Mar 9	7:00 p.m.	9	31792	\$79.92

Preschool 1/2

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee	
Civic Recreation Complex						
Sun	Jan 8 - Mar 5	6:30 p.m.	9	32034	\$79.92	

Preschool 3

Age: 3 to 5 years

Day	Dates	Time	Class #	Course ID	Fee			
Civic Recreation Complex								
Sun	Jan 8 - Mar 5	4:30 p.m.	9	32019	\$79.92			
Tue	Jan 10 - Mar 7	5:30 p.m.	9	31878	\$79.92			
Tue	Jan 10 - Mar 7	6:30 p.m.	9	31923	\$79.92			
Thu	Jan 12 - Mar 9	5:30 p.m.	9	31967	\$79.92			

Preschool 3 ...continued

Day	Dates	Time	Class #	Course ID	Fee
Delpa	rk Homes Co	entre			
Sat	Jan 7 - Mar 4	10:00 a.m.	9	32105	\$79.92
Sat	Jan 7 - Mar 4	11:15 a.m.	9	32106	\$79.92
Sat	Jan 7 - Mar 4	11:45 a.m.	9	32107	\$79.92
Sun	Jan 8 - Mar 5	10:00 a.m.	9	32108	\$79.92
Sun	Jan 8 - Mar 5	11:15 a.m.	9	32109	\$79.92
Sun	Jan 8 - Mar 5	11:45 a.m.	9	32110	\$79.92
Mon	Jan 9 - Mar 6	6:00 p.m.	8	32111	\$71.04
Mon	Jan 9 - Mar 6	6:45 p.m.	8	32112	\$71.04
Tue	Jan 10 - Mar 7	5:45 p.m.	9	32113	\$79.92
Tue	Jan 10 - Mar 7	6:00 p.m.	9	32114	\$79.92
Wed	Jan 11 - Mar 8	6:00 p.m.	9	32115	\$79.92
Wed	Jan 11 - Mar 8	6:45 p.m.	9	32116	\$79.92
Thu	Jan 12 - Mar 9	5:45 p.m.	9	32117	\$79.92
Thu	Jan 12 - Mar 9	6:00 p.m.	9	32118	\$79.92

Preschool 2/3

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
South	Oshawa Co	mmunit	ty Ce	ntre	
Sat	Jan 7 - Mar 4	9:30 a.m.	9	32502	\$79.92
Sat	Jan 7 - Mar 4	10:30 a.m.	9	32503	\$79.92
Sun	Jan 8 - Mar 5	10:30 a.m.	9	32504	\$79.92
Sun	Jan 8 - Mar 5	11:30 a.m.	9	32505	\$79.92
Tue	Jan 10 - Mar 7	5:30 p.m.	9	32506	\$79.92
Tue	Jan 10 - Mar 7	6:30 p.m.	9	32507	\$79.92
Thu	Jan 12 - Mar 9	5:30 p.m.	9	32508	\$79.92
Thu	Jan 12 - Mar 9	6:30 p.m.	9	32509	\$79.92

Preschool 4

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee				
Civic F	Civic Recreation Complex								
Sun	Jan 8 - Mar 5	4:30 p.m.	9	32020	\$79.92				
Sun	Jan 8 - Mar 5	5:30 p.m.	9	32028	\$79.92				
Tue	Jan 10 - Mar 7	5:30 p.m.	9	31890	\$79.92				
Tue	Jan 10 - Mar 7	6:30 p.m.	9	31924	\$79.92				
Thu	Jan 12 - Mar 9	5:30 p.m.	9	31968	\$79.92				

Preschool 3/4

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee				
Civic F	Civic Recreation Complex								
Thu	Jan 12 - Mar 9	6:30 p.m.	9	31993	\$79.92				

Preschool 5

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee		
Civic F	Civic Recreation Complex						
Sun	Jan 8 - Mar 5	5:30 p.m.	9	32027	\$79.92		
Tue	Jan 10 - Mar 7	6:15 p.m.	9	31925	\$79.92		
Thu	Jan 12 - Mar 9	6:45 p.m.	9	31994	\$79.92		

Preschool 4/5

Age: 3 to 5 years

Day	Dates	Time	Class #	Course ID	Fee		
Delpark Homes Centre							
Sat	Jan 7 - Mar 4	10:45 a.m.	9	32120	\$79.92		
Sat	Jan 7 - Mar 4	9:00 a.m.	9	32119	\$79.92		
Sun	Jan 8 - Mar 5	10:45 a.m.	9	32122	\$79.92		
Sun	Jan 8 - Mar 5	9:00 a.m.	9	32121	\$79.92		

Preschool 4/5 ...continued

Day	Dates	Time	Class #	Course ID	Fee				
D I			π	ID					
Delpa	rk Homes C	entre							
Mon	Jan 9 - Mar 6	5:45 p.m.	8	32123	\$71.04				
Tue	Jan 10 - Mar 7	6:45 p.m.	9	32124	\$79.92				
Wed	Jan 11 - Mar 8	5:45 p.m.	9	32125	\$79.92				
Thu	Jan 12 - Mar 9	6:45 p.m.	9	32126	\$79.92				
South	South Oshawa Community Centre								
Tue	Jan 10 - Mar 7	7:00 p.m.	9	32510	\$79.92				
Thu	Jan 12 - Mar 9	7:00 p.m.	9	32511	\$79.92				

Swimmer 1

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee				
Civic Recreation Complex									
Sun	Jan 8 - Mar 5	4:00 p.m.	9	32010	\$79.92				
Sun	Jan 8 - Mar 5	4:30 p.m.	9	32011	\$79.92				
Tue	Jan 10 - Mar 7	5:00 p.m.	9	31858	\$79.92				
Tue	Jan 10 - Mar 7	6:00 p.m.	9	31891	\$79.92				
Tue	Jan 10 - Mar 7	7:00 p.m.	9	31892	\$79.92				
Tue	Jan 10 - Mar 7	7:30 p.m.	9	31893	\$79.92				
Thu	Jan 12 - Mar 9	5:00 p.m.	9	31959	\$79.92				
Thu	Jan 12 - Mar 9	5:30 p.m.	9	31960	\$79.92				
Thu	Jan 12 - Mar 9	6:30 p.m.	9	31961	\$79.92				
Thu	Jan 12 - Mar 9	7:00 p.m.	9	31995	\$79.92				
Thu	Jan 12 - Mar 9	7:30 p.m.	9	31962	\$79.92				
Delpa	rk Homes Co	entre							
Sat	Jan 7 - Mar 4	10:45 a.m.	9	32169	\$79.92				
Sat	Jan 7 - Mar 4	11:00 a.m.	9	32170	\$79.92				
Sat	Jan 7 - Mar 4	12:00 p.m.	9	32171	\$79.92				
Sat	Jan 7 - Mar 4	12:45 p.m.	9	32172	\$79.92				
Sat	Jan 7 - Mar 4	9:15 a.m.	9	32168	\$79.92				
Sun	Jan 8 - Mar 5	10:45 a.m.	9	32174	\$79.92				
Sun	Jan 8 - Mar 5	11:00 a.m.	9	32175	\$79.92				
Sun	Jan 8 - Mar 5	12:00 p.m.	9	32176	\$79.92				
Sun	Jan 8 - Mar 5	12:45 p.m.	9	32177	\$79.92				
Sun	Jan 8 - Mar 5	9:15 a.m.	9	32173	\$79.92				
Mon	Jan 9 - Mar 6	4:30 p.m.	8	32178	\$71.04				
Mon	Jan 9 - Mar 6	5:30 p.m.	8	32179	\$71.04				
Mon	Jan 9 - Mar 6	6:30 p.m.	8	32180	\$71.04				

Swimmer 1 ...continued

Day	Dates	Time	Class #	Course ID	Fee		
Delpark Homes Centre							
Mon	Jan 9 - Mar 6	7:00 p.m.	8	32181	\$71.04		
Mon	Jan 9 - Mar 6	7:15 p.m.	8	32182	\$71.04		
Tue	Jan 10 - Mar 7	4:30 p.m.	9	32183	\$79.92		
Tue	Jan 10 - Mar 7	5:30 p.m.	9	32184	\$79.92		
Tue	Jan 10 - Mar 7	6:45 p.m.	9	32185	\$79.92		
Tue	Jan 10 - Mar 7	7:00 p.m.	9	32186	\$79.92		
Wed	Jan 11 - Mar 8	4:30 p.m.	9	32187	\$79.92		
Wed	Jan 11 - Mar 8	5:30 p.m.	9	32188	\$79.92		
Wed	Jan 11 - Mar 8	6:30 p.m.	9	32189	\$79.92		
Wed	Jan 11 - Mar 8	7:00 p.m.	9	32190	\$79.92		
Wed	Jan 11 - Mar 8	7:15 p.m.	9	32191	\$79.92		
Thu	Jan 12 - Mar 9	4:30 p.m.	9	32192	\$79.92		
Thu	Jan 12 - Mar 9	5:30 p.m.	9	32193	\$79.92		
Thu	Jan 12 - Mar 9	6:45 p.m.	9	32194	\$79.92		
Thu	Jan 12 - Mar 9	7:00 p.m.	9	32195	\$79.92		
South	Oshawa Co	mmunit	y Ce	ntre			
Sat	Jan 7 - Mar 4	9:30 a.m.	9	32512	\$79.92		
Sat	Jan 7 - Mar 4	10:30 a.m.	9	32513	\$79.92		
Sun	Jan 8 - Mar 5	10:30 a.m.	9	32514	\$79.92		
Sun	Jan 8 - Mar 5	11:30 a.m.	9	32515	\$79.92		
Tue	Jan 10 - Mar 7	4:30 p.m.	9	32516	\$79.92		
Tue	Jan 10 - Mar 7	6:00 p.m.	9	32517	\$79.92		
Thu	Jan 12 - Mar 9	4:30 p.m.	9	32518	\$79.92		
Thu	Jan 12 - Mar 9	6:00 p.m.	9	32519	\$79.92		

Swimmer 2

Age: 6 to 12 years

Day	Dates	Time	Class #	Course ID	Fee					
Civic F	Civic Recreation Complex									
Tue	Jan 10 - Mar 7	5:00 p.m.	9	31861	\$79.92					
Tue	Jan 10 - Mar 7	6:00 p.m.	9	31897	\$79.92					
Tue	Jan 10 - Mar 7	6:30 p.m.	9	31898	\$79.92					
Thu	Jan 12 - Mar 9	5:00 p.m.	9	31963	\$79.92					
Thu	Jan 12 - Mar 9	5:30 p.m.	9	31964	\$79.92					
Thu	Jan 12 - Mar 9	6:00 p.m.	9	31996	\$79.92					

Swimmer 2 ...continued

Day	Dates	Time	Class #	Course ID	Fee
Delpa	rk Homes C	entre			
Sat	Jan 7 - Mar 4	10:15 a.m.	9	32197	\$79.92
Sat	Jan 7 - Mar 4	12:15 p.m.	9	32198	\$79.92
Sat	Jan 7 - Mar 4	12:30 p.m.	9	32199	\$79.92
Sat	Jan 7 - Mar 4	9:30 a.m.	9	32016	\$79.92
Sat	Jan 7 - Mar 4	9:45 a.m.	9	32196	\$79.92
Sun	Jan 8 - Mar 5	10:15 a.m.	9	32202	\$79.92
Sun	Jan 8 - Mar 5	12:15 p.m.	9	32203	\$79.92
Sun	Jan 8 - Mar 5	12:30 p.m.	9	32204	\$79.92
Sun	Jan 8 - Mar 5	9:30 a.m.	9	32200	\$79.92
Sun	Jan 8 - Mar 5	9:45 a.m.	9	32201	\$79.92
Mon	Jan 9 - Mar 6	5:15 p.m.	8	32205	\$71.04
Mon	Jan 9 - Mar 6	6:15 p.m.	8	32206	\$71.04
Mon	Jan 9 - Mar 6	6:45 p.m.	8	32207	\$71.04
Tue	Jan 10 - Mar 7	4:45 p.m.	9	32208	\$79.92
Tue	Jan 10 - Mar 7	5:45 p.m.	9	32209	\$79.92
Tue	Jan 10 - Mar 7	7:15 p.m.	9	32210	\$79.92
Wed	Jan 11 - Mar 8	5:15 p.m.	9	32211	\$79.92
Wed	Jan 11 - Mar 8	6:15 p.m.	9	32212	\$79.92
Wed	Jan 11 - Mar 8	6:45 p.m.	9	32213	\$79.92
Thu	Jan 12 - Mar 9	4:45 p.m.	9	32214	\$79.92
Thu	Jan 12 - Mar 9	5:45 p.m.	9	32215	\$79.92
Thu	Jan 12 - Mar 9	7:15 p.m.	9	32216	\$79.92

Swimmer 1/2

Age: 6 to 15 years Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic F	Recreation C	omplex			
Sun	Jan 8 - Mar 5	5:30 p.m.	9	32032	\$79.92
Sun	Jan 8 - Mar 5	6:30 p.m.	9	32033	\$79.92
Done	van Recreati	on Com	plex		
Sat	Jan 7 - Mar 4	10:15 a.m.	8	32277	\$71.04
Sat	Jan 7 - Mar 4	11:15 a.m.	8	32278	\$71.04
Sat	Jan 7 - Mar 4	11:45 a.m.	8	32291	\$71.04
Wed	Jan 11 - Mar 8	6:45 p.m.	9	32059	\$79.92
Wed	Jan 11 - Mar 8	7:15 p.m.	9	32060	\$79.92

Swimmer 3

Age: 6 to 15 years

Day	Dates	Time	Class #	Course ID	Fee				
Civic Recreation Complex									
Sun	Jan 8 - Mar 5	5:00 p.m.	9	32021	\$79.92				
Sun	Jan 8 - Mar 5	6:00 p.m.	9	32022	\$79.92				
Tue	Jan 10 - Mar 7	5:30 p.m.	9	31880	\$79.92				
Tue	Jan 10 - Mar 7	6:30 p.m.	9	31901	\$79.92				
Thu	Jan 12 - Mar 9	5:30 p.m.	9	31969	\$79.92				
Thu	Jan 12 - Mar 9	6:00 p.m.	9	31970	\$79.92				
Thu	Jan 12 - Mar 9	7:00 p.m.	9	31971	\$79.92				
Delpa	ark Homes C	entre							
Sat	Jan 7 - Mar 4	10:15 a.m.	9	32223	\$79.92				
Sat	Jan 7 - Mar 4	10:30 a.m.	9	32224	\$79.92				
Sat	Jan 7 - Mar 4	11:30 a.m.	9	32225	\$79.92				
Sat	Jan 7 - Mar 4	11:45 a.m.	9	32226	\$79.92				
Sat	Jan 7 - Mar 4	12:45 p.m.	9	32227	\$79.92				
Sat	Jan 7 - Mar 4	9:15 a.m.	9	32222	\$79.92				
Sun	Jan 8 - Mar 5	10:15 a.m.	9	32229	\$79.92				
Sun	Jan 8 - Mar 5	10:30 a.m.	9	32230	\$79.92				
Sun	Jan 8 - Mar 5	11:30 a.m.	9	32231	\$79.92				
Sun	Jan 8 - Mar 5	11:45 a.m.	9	32232	\$79.92				
Sun	Jan 8 - Mar 5	12:45 p.m.	9	32233	\$79.92				
Sun	Jan 8 - Mar 5	9:15 a.m.	9	32228	\$79.92				
Mon	Jan 9 - Mar 6	5:15 p.m.	8	32234	\$71.04				
Mon	Jan 9 - Mar 6	5:45 p.m.	8	32236	\$71.04				
Mon	Jan 9 - Mar 6	6:15 p.m.	8	32237	\$71.04				
Mon	Jan 9 - Mar 6	7:15 p.m.	8	32238	\$71.04				
Tue	Jan 10 - Mar 7	5:45 p.m.	9	32239	\$79.92				
Tue	Jan 10 - Mar 7	6:15 p.m.	9	32240	\$79.92				
Tue	Jan 10 - Mar 7	7:00 p.m.	9	32241	\$79.92				
Wed	Jan 11 - Mar 8	5:15 p.m.	9	32242	\$79.92				
Wed	Jan 11 - Mar 8	5:45 p.m.	9	32243	\$79.92				
Wed	Jan 11 - Mar 8	6:15 p.m.	9	32244	\$79.92				
Wed	Jan 11 - Mar 8	7:15 p.m.	9	32245	\$79.92				
Thu	Jan 12 - Mar 9	5:45 p.m.	9	32246	\$79.92				
Thu	Jan 12 - Mar 9	6:15 p.m.	9	32247	\$79.92				
Thu	Jan 12 - Mar 9	7:00 p.m.	9	32248	\$79.92				

Swimmer 2/3

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
South	Oshawa Co	mmunit	y Ce	ntre	
Sat	Jan 7 - Mar 4	9:00 a.m.	9	32520	\$79.92
Sat	Jan 7 - Mar 4	10:00 a.m.	9	32521	\$79.92
Sun	Jan 8 - Mar 5	10:00 a.m.	9	32522	\$79.92
Sun	Jan 8 - Mar 5	11:00 a.m.	9	32523	\$79.92
Tue	Jan 10 - Mar 7	5:00 p.m.	9	32524	\$79.92
Tue	Jan 10 - Mar 7	6:30 p.m.	9	32525	\$79.92
Thu	Jan 12 - Mar 9	5:00 p.m.	9	32526	\$79.92
Thu	Jan 12 - Mar 9	6:30 p.m.	9	32527	\$79.92

Swimmer 4 ...continued

Day	Dates	Time	Class #	Course ID	Fee		
Delpa	rk Homes Co	entre					
Wed	Jan 11 - Mar 8	5:45 p.m.	9	32321	\$79.92		
Wed	Jan 11 - Mar 8	6:45 p.m.	9	32322	\$79.92		
Wed	Jan 11 - Mar 8	7:00 p.m.	9	32323	\$79.92		
Thu	Jan 12 - Mar 9	5:15 p.m.	9	32324	\$79.92		
Thu	Jan 12 - Mar 9	6:15 p.m.	9	32325	\$79.92		
Thu	Jan 12 - Mar 9	6:45 p.m.	9	32326	\$79.92		
Donevan Recreation Complex							
Wed	Jan 11 - Mar 8	7:45 p.m.	9	32079	\$79.92		

Swimmer 4

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic F	Recreation C	omplex			
Sun	Jan 8 - Mar 5	5:00 p.m.	9	32023	\$79.92
Sun	Jan 8 - Mar 5	6:00 p.m.	9	32024	\$79.92
Tue	Jan 10 - Mar 7	5:30 p.m.	9	31882	\$79.92
Tue	Jan 10 - Mar 7	7:00 p.m.	9	31902	\$79.92
Thu	Jan 12 - Mar 9	6:00 p.m.	9	31987	\$79.92
Thu	Jan 12 - Mar 9	7:00 p.m.	9	31988	\$79.92
Delpa	rk Homes Co	entre			
Sat	Jan 7 - Mar 4	10:45 a.m.	9	32307	\$79.92
Sat	Jan 7 - Mar 4	11:15 a.m.	9	32308	\$79.92
Sat	Jan 7 - Mar 4	12:00 p.m.	9	32309	\$79.92
Sun	Jan 8 - Mar 5	10:45 a.m.	9	32310	\$79.92
Sun	Jan 8 - Mar 5	11:15 a.m.	9	32311	\$79.92
Sun	Jan 8 - Mar 5	12:00 p.m.	9	32312	\$79.92
Mon	Jan 9 - Mar 6	5:15 p.m.	8	32313	\$71.04
Mon	Jan 9 - Mar 6	5:45 p.m.	8	32314	\$71.04
Mon	Jan 9 - Mar 6	6:45 p.m.	8	32315	\$71.04
Mon	Jan 9 - Mar 6	7:00 p.m.	8	32316	\$71.04
Tue	Jan 10 - Mar 7	5:15 p.m.	9	32317	\$79.92
Tue	Jan 10 - Mar 7	6:15 p.m.	9	32318	\$79.92
Tue	Jan 10 - Mar 7	6:45 p.m.	9	32319	\$79.92
Wed	Jan 11 - Mar 8	5:15 p.m.	9	32320	\$79.92

Swimmer 3/4

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee			
Done	Donevan Recreation Complex							
Sat	Jan 7 - Mar 4	10:15 a.m.	8	32270	\$71.04			
Sat	Jan 7 - Mar 4	10:45 a.m.	8	32271	\$71.04			
Wed	Jan 11 - Mar 8	6:45 p.m.	9	32048	\$79.92			
Wed	Jan 11 - Mar 8	8:15 p.m.	9	32082	\$79.92			

Swimmer 5

Age: 6 to 15 years

Lessons: 30 minutes per class, *45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic F	Recreation C	omplex			
*Sun	Jan 8 - Mar 5	5:00 p.m.	9	32025	\$79.92
*Tue	Jan 10 - Mar 7	5:30 p.m.	9	31872	\$79.92
*Thu	Jan 12 - Mar 9	6:00 p.m.	9	31989	\$79.92
Delpa	rk Homes Co	entre			
Sat	Jan 7 - Mar 4	10:00 a.m.	9	32327	\$79.92
Sat	Jan 7 - Mar 4	12:30 p.m.	9	32328	\$79.92
Sun	Jan 8 - Mar 5	10:00 a.m.	9	32329	\$79.92
Sun	Jan 8 - Mar 5	12:30 p.m.	9	32330	\$79.92
Mon	Jan 9 - Mar 6	4:45 p.m.	8	32331	\$71.04
Mon	Jan 9 - Mar 6	6:15 p.m.	8	32332	\$71.04
Tue	Jan 10 - Mar 7	5:15 p.m.	9	32333	\$79.92

Swimmer 5 ...continued

Day	Dates	Time	Class #	Course ID	Fee				
Delpa	rk Homes Co	entre							
Tue	Jan 10 - Mar 7	6:30 p.m.	9	32334	\$79.92				
Wed	Jan 11 - Mar 8	4:45 p.m.	9	32335	\$79.92				
Wed	Jan 11 - Mar 8	6:15 p.m.	9	32336	\$79.92				
Thu	Jan 12 - Mar 9	5:15 p.m.	9	32337	\$79.92				
Thu	Jan 12 - Mar 9	6:30 p.m.	9	32338	\$79.92				
Done	Donevan Recreation Complex								
Sat	Jan 7 - Mar 4	10:45 a.m.	8	32279	\$71.04				
Wed	Jan 11 - Mar 8	7:15 p.m.	9	32061	\$79.92				

Swimmer 4/5

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class	Course	Fee
			#	ID	
South	Oshawa Co	mmunit	y Ce	ntre	
Sat	Jan 7 - Mar 4	9:30 a.m.	9	32528	\$79.92
Sat	Jan 7 - Mar 4	10:30 a.m.	9	32529	\$79.92
Sun	Jan 8 - Mar 5	10:30 a.m.	9	32530	\$79.92
Sun	Jan 8 - Mar 5	11:30 a.m.	9	32531	\$79.92
Tue	Jan 10 - Mar 7	5:30 p.m.	9	32532	\$79.92
Thu	Jan 12 - Mar 9	5:30 p.m.	9	32533	\$79.92

Swimmer 6

Age: 6 to 15 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic F	Recreation C	omplex			
Sun	Jan 8 - Mar 5	5:00 p.m.	9	32026	\$79.92
Tue	Jan 10 - Mar 7	5:30 p.m.	9	31874	\$79.92
Thu	Jan 12 - Mar 9	6:00 p.m.	9	31990	\$79.92
Delpa	rk Homes Co	entre			
Sat	Jan 7 - Mar 4	11:30 a.m.	9	32339	\$79.92
Sun	Jan 8 - Mar 5	11:30 a.m.	9	32340	\$79.92
Mon	Jan 9 - Mar 6	5:15 p.m.	8	32341	\$71.04
Mon	Jan 9 - Mar 6	7:15 p.m.	8	32342	\$71.04
Tue	Jan 10 - Mar 7	5:30 p.m.	9	32343	\$79.92
Tue	Jan 10 - Mar 7	6:45 p.m.	9	32344	\$79.92
Wed	Jan 11 - Mar 8	5:15 p.m.	9	32345	\$79.92

Swimmer 6 ...continued

Day	Dates	Time	Class #	Course ID	Fee				
Delpa	Delpark Homes Centre								
Wed	Jan 11 - Mar 8	7:15 p.m.	9	32346	\$79.92				
Thu	Jan 12 - Mar 9	5:30 p.m.	9	32347	\$79.92				
Thu	Jan 12 - Mar 9	6:45 p.m.	9	32348	\$79.92				
Donevan Recreation Complex									
Sat	Jan 7 - Mar 4	11:15 a.m.	8	32284	\$71.04				
Wed	Jan 11 - Mar 8	7:45 p.m.	9	32075	\$79.92				

Swimmer 5/6

Age: 6 to 15 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee		
Civic F	Civic Recreation Complex						
Thu	Jan 12 - Mar 9	6:30 p.m.	9	31992	\$79.92		
Tue	Jan 10 - Mar 7	6:30 p.m.	9	31927	\$79.92		
Thu	Jan 12 - Mar 9	6:30 p.m.	9	31992	\$79.92		

Swimmer 7

Age: 6 to 15 years

Day	Dates	Time	Class #	Course ID	Fee
Civic R	ecreation Co	omplex			
Sun	Jan 8 - Mar 5	5:45 p.m.	9	32029	\$79.92
Tue	Jan 10 - Mar 7	6:15 p.m.	9	31926	\$79.92
Thu	Jan 12 - Mar 9	6:30 p.m.	9	31991	\$79.92
Thu	Jan 12 - Mar 9	7:15 p.m.	9	31998	\$79.92
Donev	an Recreatio	on Comp	olex		
Sat	Jan 7 - Mar 4	12:00 p.m.	8	32292	\$71.04
Wed	Jan 11 - Mar 8	8:30 p.m.	9	32084	\$79.92

Swimmer 6/7

Age: 6 to 15 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
South	Oshawa Co	mmunit	y Ce	ntre	
Tue	Jan 10 - Mar 7	7:00 p.m.	9	32534	\$79.92
Thu	Jan 12 - Mar 9	7:00 p.m.	9	32535	\$79.92

Swimmer 8/9/10 - Rookie/Ranger/Star

Age: 6 to 15 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic F	Recreation C	omplex			
Sun	Jan 8 - Mar 5	6:00 p.m.	9	32030	\$79.92
Tue	Jan 10 - Mar 7	6:45 p.m.	9	31928	\$79.92
Thu	Jan 12 - Mar 9	7:15 p.m.	9	32000	\$79.92
Done	an Recreati	on Com	plex		
Sat	Jan 7 - Mar 4	10:15 a.m.	8	32269	\$71.04
Wed	Jan 11 - Mar 8	6:45 p.m.	9	32047	\$79.92

It's the facts...

- Children under five, young men and older adults have the highest drowning risk
- Drowning can occur in as little as a few centimetres of water
- Drowning is fast and silent
- Bathtub drownings occur every year among young children and older adults





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Low Ratio Swim Lessons

Low Ratio Swim - Preschool 2/3

A smaller ratio swimming lesson of 3:1.

Preschool 2: These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they will glide on their front and back.

Preschool 3: These preschoolers will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

Age: 3 to 5 years

Lessons: 30 minutes per class **Location: Delpark Homes Centre**

Family Swim - Low Ratio

Low Ratio Family Swim Lessons are designed for family/friends to learn together in the water (all participants must be registered in the code). Each participant will be able to work on their own swim techniques all while having fun together and is ideal for participants who are close in skill sets. Each registration must have a minimum of 2 swimmers. Price listed is per participant. Call the coordinator at the location where the lesson is taking place to add extra participants to a maximum of 3 participants. Civic R.C. ext. 2787 or Donevan R.C. ext. 5707.

Age: 3 to 13 years

Lessons: 30 minutes per class

Location: Civic Recreation Complex

Low Ratio Swim - Swimmer 2/3

A smaller ratio swimming lesson of 3:1.

Swimmer 2: These swimmers will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim on their front and back, and be introduced to flutter kick interval training. **Swimmer 3:** These swimmers will do different entries, do in-water front somersaults and handstands. They'll work on front crawl, back crawl and whip kick. Flutter kick interval training increases.

Age: 6 to 13 years

Lessons: 30 minutes per class

Location: Donevan Recreation Complex

Low Ratio Swim - Swimmer 3/4

Swimmer 3: These swimmers will do different entries, do in-water front somersaults and handstands. They'll work on front crawl, back crawl and whip kick. Flutter kick interval training increases.

Swimmer 4: These swimmers will swim underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new challenges include the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints and front or back crawl interval training.

Age: 6 to 13 years

Lessons: 30 minutes per class

Location: Donevan Recreation Complex



Low Ratio Swimming

Low Ratio Swim - Swimmer 3

A smaller ratio swimming lesson of 3:1. These swimmers will do different entries, do in-water front somersaults and handstands. They'll work on front crawl, back crawl and whip kick. Flutter kick interval training increases.

Age: 6 to 15 yrs

Lessons: 30 minutes per class **Location: Delpark Homes Centre**

Low Ratio Swim - Swimmer 4

A smaller ratio swimming lesson of 3:1. These swimmers will swim underwater and lengths

of front, back crawl, whip kick, and breaststroke arms with breathing. Their new challenges include the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints and front or back crawl interval training.

Age: 6 to 15 yrs

Lessons: 30 minutes per class **Location: Delpark Homes Centre**



Low Ratio Swim - Swimmer 5/6

A smaller ratio swimming lesson of 3:1.

Swimmer 5: These swimmers will master entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl and breaststroke. Then they'll pick up the pace in sprints and two interval trainings.

Swimmer 6: These swimmers will rise to the challenge of aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and improve fitness with swimming workouts.

Age: 6 to 15 yrs

Lessons: 30 minutes per class

Location: Delpark Homes Centre, Donevan

Recreation Complex

Low Ratio Swim - Swimmer 7

A smaller ratio swimming lesson of 3:1.

These swimmers will rise to the challenge of aquatic skills including stride entries, lifesaving kicks like eggbeater and scissor kick. They'll develop strength and endurance through stroke developments and workouts.

Age: 6 to 15 yrs

Lessons: 30 minutes per class

Location: Donevan Recreation Complex



CRC - Civic Recreation Complex

DHC - Delpark Homes Centre

DRC - Donevan Recreation Complex

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Low Ratio Swim Lessons								
Low Ratio Swim - Preschool 2/3	3-5 yrs	DHC	Sat	Jan 7 - Mar 4	11:30 a.m.	9	32128	\$162.00
Low Ratio Swim - Preschool 2/3	3-5 yrs	DHC	Sat	Jan 7 - Mar 4	9:30 a.m.	9	32127	\$162.00
Low Ratio Swim - Preschool 2/3	3-5 yrs	DHC	Sun	Jan 8 - Mar 5	11:30 a.m.	9	32130	\$162.00
Low Ratio Swim - Preschool 2/3	3-5 yrs	DHC	Sun	Jan 8 - Mar 5	9:30 a.m.	9	32129	\$162.00
Low Ratio Swim - Preschool 2/3	3-5 yrs	DHC	Mon	Jan 9 - Mar 6	5:00 p.m.	8	32131	\$144.00
Low Ratio Swim - Preschool 2/3	3-5 yrs	DHC	Tue	Jan 10 - Mar 7	5:00 p.m.	9	32132	\$162.00
Low Ratio Swim - Preschool 2/3	3-5 yrs	DHC	Tue	Jan 10 - Mar 7	6:30 p.m.	9	32133	\$162.00
Low Ratio Swim - Preschool 2/3	3-5 yrs	DHC	Wed	Jan 11 - Mar 8	5:00 p.m.	9	32134	\$162.00
Low Ratio Swim - Preschool 2/3	3-5 yrs	DHC	Thu	Jan 12 - Mar 9	5:00 p.m.	9	32135	\$162.00
Low Ratio Swim - Preschool 2/3	3-5 yrs	DHC	Thu	Jan 12 - Mar 9	6:30 p.m.	9	32136	\$162.00
Family Swim - Low Ratio	3-13 yrs	CRC	Sun	Jan 8 - Mar 5	4:30 p.m.	9	32017	\$162.00
Family Swim - Low Ratio	3-13 yrs	CRC	Sun	Jan 8 - Mar 5	6:30 p.m.	9	32018	\$162.00
Family Swim - Low Ratio	3-13 yrs	CRC	Thu	Jan 12 - Mar 9	5:00 p.m.	9	31950	\$162.00
Family Swim - Low Ratio	3-13 yrs	CRC	Thu	Jan 12 - Mar 9	5:30 p.m.	9	31951	\$162.00
Family Swim - Low Ratio	3-13 yrs	CRC	Thu	Jan 12 - Mar 9	6:45 p.m.	9	31952	\$162.00
Family Swim - Low Ratio	3-13 yrs	CRC	Thu	Jan 12 - Mar 9	7:00 p.m.	9	31953	\$162.00
Family Swim - Low Ratio	3-13 yrs	CRC	Thu	Jan 12 - Mar 9	7:30 p.m.	9	31954	\$162.00
Family Swim - Low Ratio	3-13 yrs	CRC	Tue	Jan 17 - Mar 7	5:00 p.m.	8	31856	\$144.00
Family Swim - Low Ratio	3-13 yrs	CRC	Tue	Jan 17 - Mar 7	6:00 p.m.	8	31903	\$144.00
Family Swim - Low Ratio	3-13 yrs	CRC	Tue	Jan 17 - Mar 7	7:00 p.m.	8	31904	\$144.00
Family Swim - Low Ratio	3-13 yrs	CRC	Tue	Jan 17 - Mar 7	7:30 p.m.	8	31905	\$144.00
Low Ratio Swim - Level 2/3	6-13 yrs	DRC	Sat	Jan 7 - Mar 4	10:45 a.m.	8	32280	\$144.00
Low Ratio Swim - Level 2/3	6-13 yrs	DRC	Wed	Jan 11 - Mar 8	7:45 p.m.	9	32281	\$162.00
Low Ratio Swim - Level 3/4	6-13 yrs	DRC	Sat	Jan 7 - Mar 4	12:45 p.m.	8	32293	\$144.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DHC	Sat	Jan 7 - Mar 4	12:15 p.m.	9	32138	\$162.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DHC	Sat	Jan 7 - Mar 4	9:45 a.m.	9	32137	\$162.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DHC	Sun	Jan 8 - Mar 5	12:15 p.m.	9	32140	\$162.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DHC	Sun	Jan 8 - Mar 5	9:45 a.m.	9	32139	\$162.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DHC	Mon	Jan 9 - Mar 6	6:15 p.m.	8	32141	\$144.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DHC	Tue	Jan 10 - Mar 7	5:15 p.m.	9	32142	\$162.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DHC	Tue	Jan 10 - Mar 7	6:15 p.m.	9	32143	\$162.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DHC	Wed	Jan 11 - Mar 8	6:15 p.m.	9	32144	\$162.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DHC	Thu	Jan 12 - Mar 9	5:15 p.m.	9	32145	\$162.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DHC	Thu	Jan 12 - Mar 9	6:15 p.m.	9	32146	\$162.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DRC	Sat	Jan 7 - Mar 4	10:45 a.m.	8	32282	\$144.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DRC	Sat	Jan 7 - Mar 4	11:45 a.m.	8	32283	\$144.00
Low Ratio Swim - Swimmer 1/2	6-15 yrs	DRC	Wed	Jan 11 - Mar 8	7:15 p.m.	9	32074	\$162.00
Low Ratio Swim - Swimmer 3	6-15 yrs	DHC	Sat	Jan 7 - Mar 4	11:00 a.m.	9	32148	\$162.00
Low Ratio Swim - Swimmer 3	6-15 yrs	DHC	Sat	Jan 7 - Mar 4	9:00 a.m.	9	32147	\$162.00

Parented program.

5 Eligible for financial assistance.

• Inclusion Services Support available.

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Low Ratio Swim Lessons								
Low Ratio Swim - Swimmer 3	6-15 yrs	DHC	Sun	Jan 8 - Mar 5	11:00 a.m.	9	32150	\$162.00
Low Ratio Swim - Swimmer 3	6-15 yrs	DHC	Sun	Jan 8 - Mar 5	9:00 a.m.	9	32149	\$162.00
Low Ratio Swim - Swimmer 3	6-15 yrs	DHC	Mon	Jan 9 - Mar 6	4:45 p.m.	8	32151	\$144.00
Low Ratio Swim - Swimmer 3	6-15 yrs	DHC	Tue	Jan 10 - Mar 7	4:45 p.m.	9	32152	\$162.00
Low Ratio Swim - Swimmer 3	6-15 yrs	DHC	Wed	Jan 11 - Mar 8	4:45 p.m.	9	32153	\$162.00
Low Ratio Swim - Swimmer 3	6-15 yrs	DHC	Thu	Jan 12 - Mar 9	4:45 p.m.	9	32154	\$162.00
Low Ratio Swim - Swimmer 4	6-15 yrs	DHC	Sat	Jan 7 - Mar 4	9:30 a.m.	9	32155	\$162.00
Low Ratio Swim - Swimmer 4	6-15 yrs	DHC	Sun	Jan 8 - Mar 5	9:30 a.m.	9	32156	\$162.00
Low Ratio Swim - Swimmer 4	6-15 yrs	DHC	Mon	Jan 9 - Mar 6	5:45 p.m.	8	32157	\$144.00
Low Ratio Swim - Swimmer 4	6-15 yrs	DHC	Tue	Jan 10 - Mar 7	4:30 p.m.	9	32158	\$162.00
Low Ratio Swim - Swimmer 4	6-15 yrs	DHC	Wed	Jan 11 - Mar 8	5:45 p.m.	9	32159	\$162.00
Low Ratio Swim - Swimmer 4	6-15 yrs	DHC	Thu	Jan 12 - Mar 9	4:30 p.m.	9	32160	\$162.00
Low Ratio Swim - Swimmer 5/6	6-15 yrs	DHC	Sat	Jan 7 - Mar 4	10:30 a.m.	9	32161	\$162.00
Low Ratio Swim - Swimmer 5/6	6-15 yrs	DHC	Sun	Jan 8 - Mar 5	10:30 a.m.	9	32162	\$162.00
Low Ratio Swim - Swimmer 5/6	6-15 yrs	DHC	Mon	Jan 9 - Mar 6	6:45 p.m.	8	32163	\$144.00
Low Ratio Swim - Swimmer 5/6	6-15 yrs	DHC	Tue	Jan 10 - Mar 7	5:45 p.m.	9	32164	\$162.00
Low Ratio Swim - Swimmer 5/6	6-15 yrs	DHC	Wed	Jan 11 - Mar 8	6:45 p.m.	9	32165	\$162.00
Low Ratio Swim - Swimmer 5/6	6-15 yrs	DHC	Thu	Jan 12 - Mar 9	5:45 p.m.	9	32166	\$162.00
Low Ratio Swim - Swimmer 5/6	6-15 yrs	DRC	Sat	Jan 7 - Mar 4	11:45 a.m.	8	32288	\$144.00
Low Ratio Swim - Swimmer 5/6	6-15 yrs	DRC	Wed	Jan 11 - Mar 8	8:15 p.m.	9	32081	\$162.00
Low Ratio Swim - Swimmer 7	6-15 yrs	DRC	Wed	Jan 11 - Mar 8	8:45 p.m.	9	32086	\$162.00



Private Swim Lessons

Private Swim - 30 minutes

Private Swimming lessons are designed for participants who would like a 1:1 ratio. Participants will receive individual attention to improve their swimming technique and have the convenience of selecting their preferred day and time. Levels will be determined upon registration. For Semi Private lessons requests at Civic, Donevan and SOCC please contact the Aquatic Coordinators:

Civic Recreation Complex ext. 2603 Donevan Recreation Complex ext. 5707 South Oshawa Community Centre ext. 5308

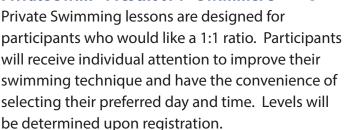
Age: 3 to 14 years

Lessons: 30 minutes per class

Location: Civic Recreation Complex, South Oshawa

Community Centre

Private Swim - Preschool 1 - Swimmer 3



Age: 3 to 15 years

Lessons: 30 minutes per class **Location: Delpark Homes Centre**



Private Swim Lessons - Swimmer 1-3

Private Swimming lessons are designed for participants who would like a 1:1 ratio. Participants will receive individual attention to improve their swimming technique and have the convenience of selecting their preferred day and time. Levels will be determined upon registration.

Age: 5 to 15 years

Lessons: 30 minutes per class

Location: Donevan Recreation Complex

Private Swim - Swimmer 4 - 7

Private Swimming lessons are designed for participants who would like a 1:1 ratio. Participants will receive individual attention to improve their swimming technique and have the convenience of selecting their preferred day and time. Levels will be determined upon registration.

Age: 5 to 15 years

Lessons: 30 minutes per class

Location: Civic Recreation Complex, Delpark Homes Centre, Donevan Recreation Complex

Private Swim Lessons - Adult

Private Swimming lessons are designed for participants who would like a 1:1 ratio. Participants will receive individual attention to improve their swimming technique and have the convenience of selecting their preferred day and time. Levels will be determined upon registration. For Semi Private lessons requests at Civic, Donevan and SOCC please contact the Aquatic Coordinators:

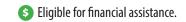
Civic Recreation Complex ext. 2603 Donevan Recreation Complex ext. 5707 South Oshawa Community Centre ext. 5308

Age: 16 years +

Lessons: 30 minutes per class

Location: Donevan Recreation Complex





Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Private Swim Lessons								
Private Swim - 30 minutes	3-14 yrs	CRC	Sun	Jan 8 - Mar 5	4:00 p.m.	9	32012	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Sun	Jan 8 - Mar 5	5:30 p.m.	9	32013	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Sun	Jan 8 - Mar 5	6:30 p.m.	9	32014	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Sun	Jan 8 - Mar 5	6:30 p.m.	9	32015	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Tue	Jan 10 - Mar 7	5:00 p.m.	9	31852	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Tue	Jan 10 - Mar 7	5:30 p.m.	9	31914	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Tue	Jan 10 - Mar 7	6:00 p.m.	9	31915	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Tue	Jan 10 - Mar 7	7:00 p.m.	9	31916	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Tue	Jan 10 - Mar 7	7:00 p.m.	9	31917	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Tue	Jan 10 - Mar 7	7:30 p.m.	9	31919	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Tue	Jan 10 - Mar 7	7:30 p.m.	9	31918	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Tue	Jan 10 - Mar 7	7:30 p.m.	9	31920	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Tue	Jan 10 - Mar 7	7:30 p.m.	9	31921	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Thu	Jan 12 - Mar 9	5:30 p.m.	9	31972	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Thu	Jan 12 - Mar 9	6:00 p.m.	9	31973	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Thu	Jan 12 - Mar 9	6:30 p.m.	9	31974	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Thu	Jan 12 - Mar 9	7:00 p.m.	9	31975	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Thu	Jan 12 - Mar 9	7:30 p.m.	9	31976	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Thu	Jan 12 - Mar 9	7:30 p.m.	9	31978	\$248.40
Private Swim - 30 minutes	3-14 yrs	CRC	Thu	Jan 12 - Mar 9	7:30 p.m.	9	31977	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Sat	Jan 7 - Mar 4	9:00 a.m.	9	32536	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Sat	Jan 7 - Mar 4	9:30 a.m.	9	32537	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Sat	Jan 7 - Mar 4	10:00 a.m.	9	32538	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Sat	Jan 7 - Mar 4	10:30 a.m.	9	32539	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Sun	Jan 8 - Mar 5	10:00 a.m.	9	32540	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Sun	Jan 8 - Mar 5	10:30 a.m.	9	32541	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Sun	Jan 8 - Mar 5	11:00 a.m.	9	32542	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Sun	Jan 8 - Mar 5	11:30 a.m.	9	32543	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Tue	Jan 10 - Mar 7	4:30 p.m.	9	32544	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Tue	Jan 10 - Mar 7	5:00 p.m.	9	32545	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Tue	Jan 10 - Mar 7	5:30 p.m.	9	32546	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Tue	Jan 10 - Mar 7	6:00 p.m.	9	32547	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Tue	Jan 10 - Mar 7	6:30 p.m.	9	32548	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Tue	Jan 10 - Mar 7	7:00 p.m.	9	32549	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Thu	Jan 12 - Mar 9	4:30 p.m.	9	32550	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Thu	Jan 12 - Mar 9	5:00 p.m.	9	32551	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Thu	Jan 12 - Mar 9	5:30 p.m.	9	32552	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Thu	Jan 12 - Mar 9	6:00 p.m.	9	32553	\$248.40



• Inclusion Services Support available.

S Eligible for financial assistance.

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Private Swim Lessons								
Private Swim - 30 minutes	3-14 yrs	SOCC	Thu	Jan 12 - Mar 9	6:30 p.m.	9	32554	\$248.40
Private Swim - 30 minutes	3-14 yrs	SOCC	Thu	Jan 12 - Mar 9	7:00 p.m.	9	32555	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sat	Jan 7 - Mar 4	10:15 a.m.	9	31596	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sat	Jan 7 - Mar 4	10:45 a.m.	9	31597	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sat	Jan 7 - Mar 4	11:15 a.m.	9	31598	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sat	Jan 7 - Mar 4	11:45 a.m.	9	31599	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sat	Jan 7 - Mar 4	12:15 p.m.	9	31600	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sat	Jan 7 - Mar 4	12:45 p.m.	9	31601	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sat	Jan 7 - Mar 4	9:15 a.m.	9	31594	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sat	Jan 7 - Mar 4	9:45 a.m.	9	31595	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sun	Jan 8 - Mar 5	10:15 a.m.	9	31604	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sun	Jan 8 - Mar 5	10:45 a.m.	9	31605	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sun	Jan 8 - Mar 5	11:15 a.m.	9	31606	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sun	Jan 8 - Mar 5	11:45 a.m.	9	31607	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sun	Jan 8 - Mar 5	12:15 p.m.	9	31608	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sun	Jan 8 - Mar 5	12:45 p.m.	9	31609	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sun	Jan 8 - Mar 5	9:15 a.m.	9	31602	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Sun	Jan 8 - Mar 5	9:45 a.m.	9	31603	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Mon	Jan 9 - Mar 6	4:30 p.m.	8	31610	\$220.80
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Mon	Jan 9 - Mar 6	5:00 p.m.	8	31611	\$220.80
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Mon	Jan 9 - Mar 6	5:30 p.m.	8	31612	\$220.80
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Mon	Jan 9 - Mar 6	6:00 p.m.	8	31613	\$220.80
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Mon	Jan 9 - Mar 6	6:30 p.m.	8	31614	\$220.80
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Mon	Jan 9 - Mar 6	7:00 p.m.	8	31615	\$220.80
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Tue	Jan 10 - Mar 7	5:00 p.m.	9	31616	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Tue	Jan 10 - Mar 7	5:15 p.m.	9	31617	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Tue	Jan 10 - Mar 7	5:45 p.m.	9	31618	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Tue	Jan 10 - Mar 7	6:15 p.m.	9	31619	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Tue	Jan 10 - Mar 7	7:00 p.m.	9	31620	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Tue	Jan 10 - Mar 7	7:15 p.m.	9	31621	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Wed	Jan 11 - Mar 8	4:30 p.m.	9	31622	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Wed	Jan 11 - Mar 8	5:00 p.m.	9	31623	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Wed	Jan 11 - Mar 8	5:30 p.m.	9	31624	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Wed	Jan 11 - Mar 8	6:00 p.m.	9	31625	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Wed	Jan 11 - Mar 8	6:30 p.m.	9	31626	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Wed	Jan 11 - Mar 8	7:00 p.m.	9	31627	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Thu	Jan 12 - Mar 9	5:00 p.m.	9	31628	\$248.40
Private Swim- Preschool 1 - Swimmer 3	3-15 yrs	DHC	Thu	Jan 12 - Mar 9	5:15 p.m.	9	31629	\$248.40

CRC - Civic Recreation Complex

DHC - Delpark Homes Centre

DRC - Donevan Recreation Complex

Private Swim Lessons							Course ID	Price
I IIVate Swilli Lessolis			_					
Private Swim- Preschool 1 - Swimmer 3 3-	-15 yrs	DHC	Thu	Jan 12 - Mar 9	5:45 p.m.	9	31630	\$248.40
Private Swim- Preschool 1 - Swimmer 3 3-	-15 yrs	DHC	Thu	Jan 12 - Mar 9	6:15 p.m.	9	31631	\$248.40
Private Swim- Preschool 1 - Swimmer 3 3-	-15 yrs	DHC	Thu	Jan 12 - Mar 9	7:00 p.m.	9	31632	\$248.40
Private Swim- Preschool 1 - Swimmer 3 3-	-15 yrs	DHC	Thu	Jan 12 - Mar 9	7:15 p.m.	9	31633	\$248.40
Private Swim - Swimmer 1-3 5-	-15 yrs	DRC	Sat	Jan 7 - Mar 4	11:15 a.m.	8	32285	\$220.80
Private Swim - Swimmer 1-3 5-	-15 yrs	DRC	Sat	Jan 7 - Mar 4	12:15 p.m.	8	32287	\$220.80
Private Swim - Swimmer 1-3 5-	-15 yrs	DRC	Sat	Jan 7 - Mar 4	12:15 p.m.	8	32286	\$220.80
Private Swim - Swimmer 1-3 5-	-15 yrs	DRC	Wed	Jan 11 - Mar 8	6:45 p.m.	9	32050	\$248.40
Private Swim - Swimmer 1-3 5-	-15 yrs	DRC	Wed	Jan 11 - Mar 8	7:45 p.m.	9	32078	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	CRC	Tue	Jan 10 - Mar 7	5:00 p.m.	9	31864	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	CRC	Tue	Jan 10 - Mar 7	5:00 p.m.	9	31863	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	CRC	Thu	Jan 12 - Mar 9	5:00 p.m.	9	31966	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	CRC	Thu	Jan 12 - Mar 9	5:00 p.m.	9	31948	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	CRC	Thu	Jan 12 - Mar 9	5:00 p.m.	9	31965	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	10:15 a.m.	9	31555	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	10:15 a.m.	9	31556	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	10:45 a.m.	9	31557	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	11:15 a.m.	9	31558	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	11:45 a.m.	9	31559	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	12:15 p.m.	9	31561	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	12:15 p.m.	9	31560	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	12:45 p.m.	9	31562	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	9:15 a.m.	9	31553	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	9:15 a.m.	9	31552	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sat	Jan 7 - Mar 4	9:45 a.m.	9	31554	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sun	Jan 8 - Mar 5	10:15 a.m.	9	31567	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sun	Jan 8 - Mar 5	10:15 a.m.	9	31566	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sun	Jan 8 - Mar 5	10:45 a.m.	9	31568	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sun	Jan 8 - Mar 5	11:15 a.m.	9	31569	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sun	Jan 8 - Mar 5	11:45 a.m.	9	31570	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sun	Jan 8 - Mar 5	12:15 p.m.	9	31571	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sun	Jan 8 - Mar 5	12:15 p.m.	9	31572	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sun	Jan 8 - Mar 5	12:45 p.m.	9	31573	\$248.40
Private Swim - Swimmer 4-7 5-	-15 yrs	DHC	Sun	Jan 8 - Mar 5	9:15 a.m.	9	31564	\$248.40
	-15 yrs	DHC	Sun	Jan 8 - Mar 5	9:15 a.m.	9	31563	\$248.40
	-15 yrs	DHC	Sun	Jan 8 - Mar 5	9:45 a.m.	9	31565	\$248.40

CRC - Civic Recreation Complex

DHC - Delpark Homes Centre

DRC - Donevan Recreation Complex

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Private Swim Lessons								
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Mon	Jan 9 - Mar 6	5:00 p.m.	8	31574	\$220.80
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Mon	Jan 9 - Mar 6	5:30 p.m.	8	31575	\$220.80
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Mon	Jan 9 - Mar 6	6:00 p.m.	8	31576	\$220.80
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Mon	Jan 9 - Mar 6	6:30 p.m.	8	31577	\$220.80
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Mon	Jan 9 - Mar 6	7:00 p.m.	8	31578	\$220.80
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Tue	Jan 10 - Mar 7	5:15 p.m.	9	31579	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Tue	Jan 10 - Mar 7	6:00 p.m.	9	31580	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Tue	Jan 10 - Mar 7	6:15 p.m.	9	31581	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Tue	Jan 10 - Mar 7	6:45 p.m.	9	31582	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Tue	Jan 10 - Mar 7	7:15 p.m.	9	31583	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Wed	Jan 11 - Mar 8	5:00 p.m.	9	31584	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Wed	Jan 11 - Mar 8	5:30 p.m.	9	31585	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Wed	Jan 11 - Mar 8	6:00 p.m.	9	31586	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Wed	Jan 11 - Mar 8	6:30 p.m.	9	31587	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Wed	Jan 11 - Mar 8	7:00 p.m.	9	31588	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Thu	Jan 12 - Mar 9	5:15 p.m.	9	31589	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Thu	Jan 12 - Mar 9	6:00 p.m.	9	31590	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Thu	Jan 12 - Mar 9	6:15 p.m.	9	31591	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Thu	Jan 12 - Mar 9	6:45 p.m.	9	31592	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DHC	Thu	Jan 12 - Mar 9	7:15 p.m.	9	31593	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DRC	Sat	Jan 7 - Mar 4	10:15 a.m.	8	32272	\$220.80
Private Swim - Swimmer 4-7	5-15 yrs	DRC	Sat	Jan 7 - Mar 4	11:15 a.m.	8	32273	\$220.80
Private Swim - Swimmer 4-7	5-15 yrs	DRC	Wed	Jan 11 - Mar 8	7:15 p.m.	9	32073	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DRC	Wed	Jan 11 - Mar 8	7:45 p.m.	9	32076	\$248.40
Private Swim - Swimmer 4-7	5-15 yrs	DRC	Wed	Jan 11 - Mar 8	8:45 p.m.	9	32077	\$248.40
Private Swim - Adult	16 yrs +	DRC	Sat	Jan 7 - Mar 4	10:15 a.m.	8	32274	\$220.80
Private Swim - Adult	16 yrs +	DRC	Sat	Jan 7 - Mar 4	10:45 a.m.	8	32275	\$220.80
Private Swim - Adult	16 yrs +	DRC	Wed	Jan 11 - Mar 8	6:45 p.m.	9	32052	\$248.40
Private Swim - Adult	16 yrs +	DRC	Wed	Jan 11 - Mar 8	7:15 p.m.	9	32067	\$248.40
Private Swim - Adult	16 yrs +	DRC	Wed	Jan 11 - Mar 8	8:15 p.m.	9	32068	\$248.40
Private Swim - Adult	16 yrs +	DRC	Wed	Jan 11 - Mar 8	8:15 p.m.	9	32069	\$248.40

CRC - Civic Recreation Complex

DHC - Delpark Homes Centre

DRC - Donevan Recreation Complex

Specialty Swim Lessons

Springboard Diving - Level 1

Following the Canadian Amateur Diving Association curriculum, learn an introduction to basic springboard diving skills. Participants must be comfortable in the deep end and be able to tread water for 1 minute.

Age: 8 years +

Lessons: 45 minutes per class

Location: Civic Recreation Complex

Fitness Swimmer

The Fitness Swimmer program is for swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices including interval training. Participants set their own goals.

Age: 12 to 16 years

Lessons: 60 minutes per class

Location: Civic Recreation Complex

Adult Swimmer

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Adult Swimmer levels. Instructors should be prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn to achieve their personal swimming goals.

Age: 14 years +, 16 years + Lessons: 45 minutes per class

Location: Civic Recreation Complex, Donevan

Recreation Complex

Parented program.

Eligible for financial assistance.

Triathlon Swim Training for Adults

Work on your stroke technique and endurance to support you in your swimming portion of the event.

Age: 15 years +

Lessons: 60 minutes per class

Location: Civic Recreation Complex

Photography in City of Oshawa Recreation Facilities

For the protection and privacy of all users in City of Oshawa facilities, patrons wishing to use video cameras or other photographic devices must receive permission from staff before filming.

The use of all camera, cell phones, personal digital assistants (PDAs) and any other device designed to take photographs is prohibited in all change room and washroom areas in City of Oshawa facilities.



City of Oshawa Recreation and Culture Services

JOIN OUR TEA

Offering seasonal and part-time positions

Oshawa.ca/jobs

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Specialty Swim Les	sons							
Springboard Diving - Level 1	8 yrs +	CRC	Sun	Jan 8 - Mar 5	4:00 p.m.	9	32035	\$79.92
Springboard Diving - Level 1	8 yrs +	CRC	Sun	Jan 8 - Mar 5	4:45 p.m.	9	32036	\$79.92
Fitness Swimmer	12-16 yrs	CRC	Sat	Jan 7 - Mar 4	4:30 p.m.	9	32046	\$106.56
Adult Swimmer	14 yrs +	CRC	Sun	Jan 8 - Mar 5	5:45 p.m.	9	32031	\$77.22
Adult Swimmer	14 yrs +	CRC	Tue	Jan 10 - Mar 7	7:15 p.m.	9	31930	\$77.22
Adult Swimmer	14 yrs +	CRC	Tue	Jan 10 - Mar 7	7:15 p.m.	9	31929	\$77.22
Adult Swimmer	14 yrs +	CRC	Thu	Jan 12 - Mar 9	7:15 p.m.	9	32001	\$77.22
Adult Swimmer	14 yrs +	CRC	Thu	Jan 12 - Mar 9	7:15 p.m.	9	32002	\$77.22
Adult Swimmer	16 yrs +	DRC	Sat	Jan 7 - Mar 4	11:15 a.m.	8	32289	\$68.64
Adult Swimmer	16 yrs +	DRC	Sat	Jan 7 - Mar 4	12:00 p.m.	8	32290	\$68.64
Adult Swimmer	16 yrs +	DRC	Wed	Jan 11 - Mar 8	8:45 p.m.	9	32088	\$77.22
Triathlon Swim Training for Adults	15 yrs +	CRC	Sat	Jan 7 - Mar 4	5:30 p.m.	9	32042	\$106.56

activeOshawa

Visit a City of Oshawa recreation facility today!





CRC - Civic Recreation Complex

/activeOshawa

DHC - Delpark Homes Centre

DRC - Donevan Recreation Complex

SOCC - South Oshawa Community Centre

71

Grandview Special Needs Private

Grandview Special Needs Private



This program is specifically designed for children and youth with special needs and incorporate an adapted aquatics approach to swimming lessons based on individual requirements.

The private lessons are for participants 3-19 years of age. For group lessons, participants must be able to swim 25 meters independently. Participants require screening by Grandview Children's Centre prior to the date of the first lesson. Once participants are registered, Grandview Children's Centre will be in contact to arrange the screening. Please contact Grandview Children's Centre at 905 728 1673 for more information. Levels are based on participant requests.

Program Registration Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Grandview Special Needs	Private	Lessor	าร					
Grandview Special Needs Private	3-19 yrs	DHC	Fri	Jan 11 - Mar 8	6:00 p.m.	9	32762	\$149.22
Grandview Special Needs Private	3-19 yrs	DHC	Fri	Jan 11 - Mar 8	5:30 p.m.	9	32761	\$149.22
Grandview Special Needs Private	3-19 yrs	DHC	Fri	Jan 13 - Mar 10	5:00 p.m.	9	32349	\$149.22
Grandview Special Needs Private	3-19 yrs	DHC	Fri	Jan 13 - Mar 10	6:30 p.m.	9	32763	\$149.22
Grandview Special Needs Private	3-19 yrs	SOCC	Wed	Jan 11 - Mar 8	4:30 p.m.	9	32556	\$149.72
Grandview Special Needs Private	3-19 yrs	socc	Wed	Jan 11 - Mar 8	5:00 p.m.	9	32557	\$149.72
Grandview Special Needs Private	3-19 yrs	SOCC	Wed	Jan 11 - Mar 8	5:30 p.m.	9	32558	\$149.72
Grandview Special Needs Private	3-19 yrs	SOCC	Wed	Jan 11 - Mar 8	6:00 p.m.	9	32559	\$149.72

Water safety tips for children and families:

- Stay within arms' reach of children under five
- Stay On Guard! Supervision of children and non-swimmers is key
- Always swim with a buddy
- · Always wear a life jacket when you are in a boat
- Take swimming lessons
- Swim in lifeguarded areas



Lifesaving Society

www.lifesavingsociety.com

CRC - Civic Recreation Complex

DHC - Delpark Homes Centre

DRC - Donevan Recreation Complex

How to become a City of Oshawa Lifeguard and Swim Instructor

To be considered for employment, candidates are required to possess the minimum certifications: National Lifequard, Swim for Life Instructor and Lifesaving/Emergency First Aid Instructor and Standard First Aid. All must be current within 2 years.

Online application submissions are accepted for Lifeguard and Swim Instructor positions. Visit www.oshawa.ca/employment.





Lifequard Path to Certification

Bronze Star - Optional

Designed for candidates 13 years and younger to build fitness, endurance and lifesaving skills. This is an optional step on the path to lifequarding.

- Bronze Medallion & Emergency First Aid with CPR B Prerequisite: Must be at least 13 years by exam date or hold a Bronze Star certification.
- **Bronze Cross** Prerequisite: Bronze Medallion and Emergency First Aid or Standard First Aid certification.
- Standard First Aid with CPR C Must be completed through a WSIB certified agency and current within 2 years. The City of Oshawa offers Lifesaving Society First Aid programming.
- **National Lifequard** Prerequisites: Must be 15 years or older by exam date and hold a Bronze Cross (current or expired) and current WSIB approved Standard First Aid certification.



Swim Instructor Path to Certification

Lifesaving Society Assistant Instructor - Optional

Prerequisites: Must be 14 years or older by end of course and hold a Bronze Cross certification.

Swim for Life Instructor Prerequisites: Must be 15 years or older by end of course and hold a Bronze Cross certification. It is strongly recommended candidates complete their Lifesaving Society Assistant Instructor certification before taking this course.

Lifesaving/Emergency First Aid Instructor Prerequisites: Must be 15 years or older by end of course and hold a Bronze Cross certification.

Please visit **www.oshawa.ca/lifeguarding** for more information about our leadership programs.

Join the City's Aquatic Team!

We are looking for enthusiastic and energetic certified Lifeguards and Swim Instructors for all our pools. Flexible working hours available include daytime, evening and weekend shifts to fit your schedule.

Visit www.oshawa.ca/employment for current employment opportunities.

All applicants are thanked for their interest, however, only selected candidates will be contacted.

Leadership, Safety & first Aid

Junior Lifequard in Training (JLT)



This class is an alternative to traditional test-based aquatic programs. The JLT stresses fun and aquatic skill development based on personal-best achievement. Building on skills they already have, JLT's work to develop and improve swimming and other aquatic skills with emphasis on: Swimming skills, Lifesaving skills, Lifesaving knowledge, Leadership & teamwork. Candidates must be comfortable in deep water and able to pass a swim test which consists of a 25 metre front crawl swim and treading water for 1 minute.

Age: 8 to 13 years

Location: Donevan Recreation Complex

Select these materials when registering:

Program date	Materials code	Location
Jan 7	32051	CRC
Jan 11	32097	DRC

Bronze Star



Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Age: 10 to 13 years

Location: Civic Recreation Complex, Donevan

Recreation Complex

Babysitter Course



This course is designed to teach the basics of caring for children from infants to school age. Participants learn what makes a great babysitter, how to maintain safety in various environments, and what to do in an emergency. The course also discusses how to find work, and keep yourself safe while being a babysitter.

Age: 11+

Location: Civic Recreation Complex

Bronze Cross



The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifequard and leadership certification programs. Prerequisite: Bronze Medallion and **Emergency First Aid or Standard First Aid**

Age: 13 years +

Location: Donevan Recreation Complex

Select these materials when registering:

		5			
Program date	Award code	Manual code	Location		
Jan 8	32100	32101	DRC		



___Program is offered online.



Eligible for financial assistance.



Inclusion Services Support available.

Bronze Medallion & Emergency First Aid

This Lifesaving Society course is the prerequisite for Bronze Cross. Participants develop stroke efficiency and endurance in a 400 metre timed swim as well as emergency first aid, CPR and victim assessment skills. Prerequisite: Minimum 13 years of age by exam date or Bronze Star Award. Prerequisite: Must be at least 13 years or older by exam date or hold a Bronze Star certification.

Age: 13 years +

Location: Civic Recreation Complex, Donevan Recreation Complex, South Oshawa Community Centre

Select these materials when registering:

Program date	Award	Award	Manual	Location	
Jan 7	32039 32040		32038	CRC	
Jan 8	32103		32104	DRC	
Jan 12	32585	32586	32584	SOCC	

Standard First Aid & CPR C

This course provides comprehensive training covering all aspects of Standard First Aid and CPR-C.

Age: 13 years +

Location: Civic Recreation Complex, Donevan

Recreation Complex

Select these materials when registering:

Program date	Award code	Manual code	Location	
Feb 25	32087	32085	CRC	
Mar 12	32263	32264	DRC	

Standard First Aid & CPR C (Recert)



Successful candidates will receive both Standard First Aid and CPR-C certification. Recertification can only be done through the original certifying agency. A recertification course can only be taken once. Award holders must then repeat the full Standard First Ald course. Prerequisite: Current Lifesaving Standard First Aid and CPR-C certification not more than three years from the date of issue.

Age: 13 years +

Location: Civic Recreation Complex, Donevan

Recreation Complex

Assistant Instructor



Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor course prepares candidates to help instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching while they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized. Candidates are required to provide proof of vaccination, government id and the City of Oshawa screening checkmark upon entry to every class. Prerequisite: Must be 14 years or older by the end of the course and hold a Bronze Cross certification.

Age: 14 years +

Location: Donevan Recreation Complex

Select these materials when registering:

Award code: 32257 Manual code: 32258



Important Reminder:

When registering for a Leadership, Safety and First Aid Program, don't forget to register for the Course ID and corresponding Award and/or Manual code.

75

Leadership, Safety and First Aid

Lifesaving Swim/Instructor Combo

The Lifesaving Society Swim Instructor, Instructor and Emergency First Aid Instructor course prepares the instructor to teach and evaluate basic swim strokes and related skills, to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. Upon successful completion, candidates will receive three certifications.

Prerequisite: Must be 15 years or older by the end of the course and hold a Bronze Cross certification.

Age: 15 years +

Location: Donevan Recreation Complex

Select these materials when registering:

Award codes: 32254, 32254

National Lifequard - Pool



As Canada's professional lifeguard standard, National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. The course emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership, and communication skills. Fitness requirements include a timed object recovery, 50-metre sprint challenge, 50-metre rescue drill, and 400-metre endurance challenge. Prerequisite: Minimum 15 years of age by the exam date, Bronze Cross and Standard First Aid from one of Lifesaving Society, St. John Ambulance, Canadian Red Cross, Canadian Ski Patrol.

Age: 15 years +

Location: Donevan Recreation Complex

Select these materials when registering:

Award code: 32220 Manual code: 32221

National Lifequard - Recert



The National Lifeguard award remains current for a period of two years. This is a mandatory program to recertify the award. Fitness requirements include a timed object recovery, 50-metre sprint challenge, 50-metre rescue drill, and 400-metre endurance challenge. Prerequisite: National Lifeguard Certification

Age: 15 years +

Location: Donevan Recreation Complex

Aquatic Supervisor (10 Hours)



This course is for experienced lifequards who are interested in becoming deck-level supervisory staff. The Aquatic Supervisor course provides the knowledge and skills, beyond National Lifeguard certification, to manage a safe aquatic environment. **Prerequisite:** National Lifeguard or Swim Instructor or Lifesaving Instructor certification and a letter from your employer to prove you have a minimum

of 100 hours deck-level experience as a lifeguard/

Age: 17 years + **Location: Online**

instructor.

Select these materials when registering:

Award code: 32260 Manual code: 32261

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Leadership, Safety & First Aid								
Junior Lifeguard in Training	8-13 yrs	DRC	Sat	Jan 7 - Mar 4	11:00 .am12:00 p.m.	8	32095	\$76.80
Junior Lifeguard in Training	8-13 yrs	DRC	Wed	Jan 11 - Mar 8	7:30 p.m8:30 p.m.	9	32096	\$86.40
Bronze Star	10 yrs +	CRC	Tue	Jan 10 - Mar 7	7:00 p.m8:00 p.m.	9	32003	\$107.53
Bronze Star	10 yrs +	CRC	Sat	Jan 14 - Mar 11	4:30 p.m5:30 p.m.	9	32041	\$107.53
Bronze Star	10 yrs +	DRC	Sat	Jan 7 - Mar 4	12:00 p.m1:15 p.m.	8	32218	\$118.20
Bronze Star	10 yrs +	DRC	Wed	Jan 11 - Mar 8	8:30 p.m9:30 p.m.	9	32217	\$107.53
Babysitter Course	11 yrs +	CRC	Sat	Jan 14	9:00 a.m5:00 p.m.	1	32080	\$45.59
Bronze Cross	13 yrs +	DRC	Sun	Jan 8 - Mar 5	9:00 a.m11:45 a.m.	8	32098	\$232.88
Bronze Medallion & Emergency First Aid	13 yrs +	CRC	Sat	Jan 7 - Mar 4	4:15 p.m6:30 p.m.	9	32037	\$114.00
Bronze Medallion & Emergency First Aid	13 yrs +	DRC	Sun	Jan 8 - Mar 5	9:00 a.m11:30 a.m.	8	32102	\$114.00
Bronze Medallion & Emergency First Aid	13 yrs +	SOCC	Thu	Jan 12 - Mar 9	5:00 p.m7:15 p.m.	9	32583	\$114.00
Standard First Aid & CPR C	13 yrs +	CRC	Sat, Sun	Feb 25 - 26	9:00 a.m5:00 p.m.	2	32083	\$90.00
Standard First Aid & CPR C	13 yrs +	DRC	Sat, Sun	Jan 28 - 29	9:00 a.m5:00 p.m.	2	32262	\$90.00
Standard First Aid & CPR C	13 yrs +	DRC	Sat, Sun	Mar 11-12	9:00 a.m5:00 p.m.	2	32265	\$90.00
Standard First Aid & CPR C (Recert)	13 yrs +	DRC	Sat	Jan 21	9:00 a.m5:00 p.m.	1	32266	\$54.72
Standard First Aid & CPR C (Recert)	13 yrs +	DRC	Sat	Mar 18	9:00 a.m5:00 p.m.	1	32267	\$54.72
Assistant Instructor	14 yrs +	DRC	Sat	Jan 7 - Mar 4	4:00 p.m6:30 p.m.	8	32256	\$109.44
Lifesaving Swim/Instructor Combo	15 yrs +	DRC	Sat	Jan 7 - Mar 4	9:00 a.m2:00 p.m.	8	32252	\$218.80
National Lifeguard - Pool	15 yrs +	DRC	Sun	Jan 8 - Mar 5	12:00 p.m5:00 p.m.	8	32219	\$218.80
National Lifeguard - Pool	15 yrs +	DRC	Mon-Fri	Mar 13 - 17	8:30 a.m4:30 p.m.	5	32235	\$218.80
National Lifeguard - Recert	15 yrs +	DRC	Sun	Jan 8	3:00 p.m8:00 p.m.	1	32250	\$61.20
National Lifeguard - Recert	15 yrs +	DRC	Sun	Feb 19	3:00 p.m8:00 p.m.	1	32251	\$61.20
National Lifeguard - Recert	15 yrs +	DRC	Sun	Mar 12	9:00 a.m2:00 p.m.	1	32249	\$61.20
Aquatic Supervisor (10 Hours)	17 yrs +	Online	Tue	Feb 21-28	5:00 p.m10:00 p.m.	2	32259	\$128.80



CRC - Civic Recreation Complex

DHC - Delpark Homes Centre

DRC - Donevan Recreation Complex

UPCOMING Lity Zverts EXPLORE

2022

Oshawa Celebrates December 31 Delpark Homes Centre 6 p.m. - 9 p.m.

2023

Community Clean-up April

Doors Open Saturday May 6 10 a.m. - 4 p.m.

> Peony Festival Saturday June 10 & Sunday June II Oshawa Valley Botanical Gardens

Canada Day Saturday July I Lakeview Park













(f) /CultureCountsOshawa