

# *active*Oshawa

## recreation guide

arts

camp

fitness

registered programs

sports

swimming



# welcome

## Message from His Worship Mayor Dan Carter

Welcome to the 2025 summer edition of the activeOshawa Recreation Guide – your roadmap to wellness. Whether you're a long-time resident or new to our city, I invite you to take full advantage of the many exciting recreational and cultural opportunities our staff have prepared for you and your loved ones.

The activeOshawa Recreation Guide is an excellent tool that can assist you with your health and wellness journey while keeping you informed about our city's upcoming events and programs.

On behalf of members of Council, I encourage you to be active, involved, and curious about what our great city has to offer. We have an extensive park and recreational trail system and are home to some of the best events in Ontario.

Oshawa is a city in which you can enjoy and explore with family and friends. We look forward to seeing you soon!



Photo courtesy of Sabarish Santhosh on Unsplash





**Standing (left to right):**

Ward 3 City Councillor Bradley Marks  
 Ward 5 Regional & City Councillor Brian Nicholson  
 Ward 1 Regional & City Councillor John Neal  
 Ward 4 Regional & City Councillor Rick Kerr  
 Ward 1 City Councillor Rosemary McConkey  
 Ward 4 City Councillor Derek Giberson

**Seated (left to right):**

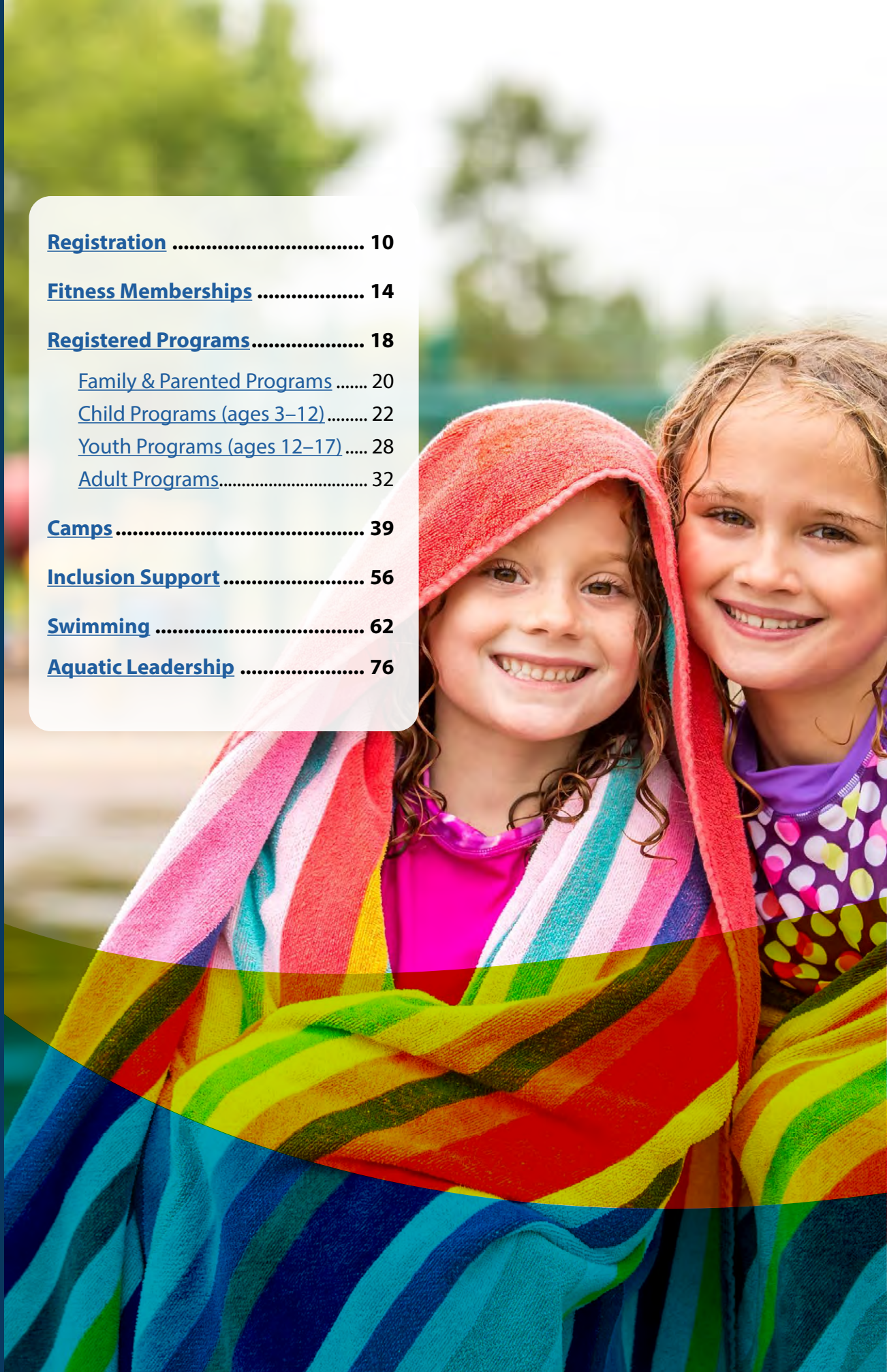
Ward 2 City Councillor Jim Lee  
 Ward 3 Regional & City Councillor Bob Chapman  
 Mayor Dan Carter  
 Ward 2 Regional & City Councillor  
 Tito-Dante Marimpietri  
 Ward 5 City Councillor John Gray

The City of Oshawa is situated on lands and waters within the Williams Treaties Territory, home to seven First Nation communities of the Michi Saagiig and Chippewa Anishinaabeg, who have cared for and maintained these lands from time immemorial and continue to do so to present day.

Learn more at  
[Oshawa.ca/LandAcknowledgement](https://Oshawa.ca/LandAcknowledgement).

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# Our facilities



## Arts Resource Centre

45 Queen St. | 905-436-5654



## Civic Recreation Complex

99 Thornton Rd. S. | 905-436-5454



## Delpark Homes Centre

1661 Harmony Rd. N. | 905-436-5455



## Donevan Recreation Complex

171 Harmony Rd. S. | 905-725-3536



## Northview Community Centre

150 Beatrice St. E. | 905-432-1984



## South Oshawa Community Centre

1455 Cedar St. | 905-436-5474

For the most up-to-date facility hours visit [Facilities.Oshawa.ca](https://Facilities.Oshawa.ca).

## Our outdoor locations

### **Camp Samac Pool**

275 Conlin Rd. E.

### **Lakeview Park Beach**

1500 Simcoe St. S.

### **Northway Court Park**

922 Oshawa Blvd. N.

### **North Oshawa Park**

1139 Mary St. N.

### **Rotary Park**

254 Centre St. S.

### **Stone Street Park**

1535 Cedar St.



Looking for a park, playground  
or recreation facility?  
[Facilities.Oshawa.ca](https://Facilities.Oshawa.ca).

Form more information about  
City splash pads, visit  
[Oshawa.ca/Splashpads](https://Oshawa.ca/Splashpads).

## Our splash pads

### **Baker Park**

151 Baker Ct.

### **Cordova Valley Park**

811 Glen St.

### **Deer Valley Park**

870 Deer Valley Dr.

### **Delpark Homes Centre**

1661 Harmony Rd. N.

### **Easton Park**

900 Adelaide Ave. E.

### **Glen Stewart Park**

201 Cabot St.

### **Lakeview Park**

1500 Simcoe St. S.

### **Lake Vista Park**

450 Emerald Ave.

### **Mackenzie Park**

1234 Athabasca St.

### **Northview Park**

1196 Ritson Rd. N.

### **Pinecrest Park**

1350 Beatrice St. E.

### **Sandy Hawley Park**

2500 Kentucky Derby Way





# Rotary Pool

**254 Centre Street South**

The City is undertaking the redevelopment of Rotary Park (254 Centre St. S.), a community park immediately south of the Downtown area and adjacent to the picturesque Oshawa Creek Valley. The redevelopment includes a new outdoor pool, playground, splash pad, parking lot, pathways and site amenities.





# Book Your Perfect Space for Any Occasion!

From arena and pool rentals to weddings in city parks, we offer a variety of rental spaces for every occasion. Whether it's a sports event, meeting, or family gathering, we've got you covered.



[Learn how you can rent a space today.](#)





Thank you to our facility partners



The City of Oshawa's community partnerships program offers many unique and highly visible sponsorship and advertising opportunities across the City's network of award-winning 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](mailto:MHollett@oshawa.ca) or at 905-436-3311 ext. 2678.

# thank you

## Thank you to our event 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



# registration



Summer programs  
run from July to  
September

## Registration dates

### Summer Camps

Tuesday, April 8, 9 a.m.

### Swimming Lessons

Tuesday, May 13, 9 a.m.

### General Programs

Thursday, May 15, 9 a.m.



**Before you explore your favourite camps and registered programs, here are a few things to remember.**

## Register online

### The easiest way to register!

Visit [Register.Oshawa.ca](https://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](https://Register.Oshawa.ca) and selecting Create Account.

Need help? Check out our online tutorials to get tips on how to register for activeOshawa programs. [Oshawa.ca/activeoshawaonlinehelp](https://Oshawa.ca/activeoshawaonlinehelp)

## Register in person

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.

## Follow us on social media

Find the most up-to-date activeOshawa news, program updates, and event info:

 [@oshawacity](https://www.facebook.com/oshawacity)

 [@oshawacity](https://twitter.com/oshawacity)

 [@cityofoshawa](https://www.instagram.com/cityofoshawa)

## Recreation for 55+

### ◆ Residents save big on recreation!

Residents 55 years of age and older, living in or paying property taxes in Oshawa, qualify for discounted rates on City recreation programs, fitness memberships, and admission fees for recreation facilities.

**Learn more at**  
[Oshawa.ca/55Plus](https://Oshawa.ca/55Plus).

## Registration

Having difficulty registering online? Check out our online tutorials to get tips on how to register for activeOshawa programs.

[Oshawa.ca/activeoshawaonlinehelp](https://oshawa.ca/activeoshawaonlinehelp)

When registering in-person, a [registration form](#) 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 \$50 will be charged for all returned payments. 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

Fees listed in this Guide do not include applicable taxes.

The fees listed include program charges. Some programs may require the purchase of basic supplies (e.g., art materials). A detailed list will be sent to registrants before the program begins for those requiring supplies.

All program fees are subject to change. In case of any discrepancies in fees, the fee in the registration system will be considered correct.

## 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.

## NEW Refund procedure

The City of Oshawa has updated its refund procedure. For more information, visit [Oshawa.ca/Refund](https://oshawa.ca/Refund).

## 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 and a refund will not be issued.

## NEW Waitlists

If your preferred program is full, we recommend joining the waitlist. If a space becomes available, you may be contacted by email and offered the available space. If you are already registered in a program and wish to transfer to the available waitlisted program, you may do so at no additional cost.

Make sure your email is to date so you don't miss out on available programs.

## Financial assistance

Oshawa residents may be eligible to receive financial assistance based on annual income to assist with the cost of participating in our programs. The City offers a variety of financial assistance programs for Oshawa residents. Verify your eligibility by contacting a Supervisor at a recreation facility. For more information about our financial assistance programs, visit [Oshawa.ca/Subsidy](https://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.



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.

### Qualifications include:

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

For more information about registration, withdrawing from a course and refund policies, visit [Oshawa.ca/activeOshawa](https://Oshawa.ca/activeOshawa).

Participants are encouraged to register online at [Register.Oshawa.ca](https://Register.Oshawa.ca).

## Get in on the fun this season

### ◆ Swim, skate, and drop-in sports!

Find activities for all ages, including basketball, pickleball, and much more.

View our activity schedules at [Register.Oshawa.ca](https://Register.Oshawa.ca).



# fitness memberships



**Advantage**



**Advantage**

With the All-inclusive or Fitness Centre membership, receive discounts on personal training, smart start packages and fitness assessments.



## Gain access to fitness classes, indoor tracks, courts, pools, rinks, drop-in programs, and fitness centres.

Our Fitness Membership and Membership Add-on options allow you to customize your membership to meet your fitness goals.

### Level 2: All Inclusive Membership



Includes access to all fitness centres, unlimited fitness classes, racquet sports add-on, discounted personal training services, indoor 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](https://Oshawa.ca/GetFit).

	Youth/ Full-Time Student	Adult 18 years+	Family	Senior Oshawa Resident 55+
Annual	\$371.64	\$485.88	\$915.96	\$337.20
3 month	\$128.25	\$174.00	\$336.25	\$113.25
6 month	\$209.76	\$277.44	\$532.32	\$188.52

### 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/GetFit](https://Oshawa.ca/GetFit).

	Youth/ Full-Time Student	Adult 18 years+	Family	Senior Oshawa Resident 55+
Annual	\$238.92	\$355.80	\$655.80	\$193.80
1 month	\$38.00	\$57.00	\$123.25	\$31.00
3 month	\$94.75	\$142.00	\$272.25	\$78.00
6 month	\$142.02	\$213.72	\$403.56	\$115.50

### Level 1: Swim, Skate and Walk Membership



Unlimited admission to our leisure swimming, skating, and drop-in sports programs. As well as access to our indoor tracks, the Civic Recreation Complex Rec Room and South Oshawa Community Centre Youth Room. Some conditions may apply. Learn more at [Oshawa.ca/Membership](https://Oshawa.ca/Membership).

	Youth/ Full-Time Student	Adult 18 years+	Family	Senior Oshawa Resident 55+
Annual	\$135.36	\$207.12	\$300.00	\$53.10
1 month	\$21.50	\$33.25	\$71.00	\$8.50
3 month	\$53.25	\$83.00	\$149.25	\$21.25
6 month	\$82.32	\$124.80	\$219.00	\$26.55

## Fitness membership details

- All fitness centre users between the ages of 13–17 must complete the Teen Weight Training course. See [page 28](#).
- Membership and admission rates are subject to change.
- Family admission/passes are restricted to two adults and their children, 17 years of age and younger, living at the same residence. Proof of age required at the time of purchase.
- Memberships do not include Shinny Hockey or Fieldhouse Drop-ins.
- Adult rates apply to non-resident seniors 55+ years.
- Classes are limited by room/pool capacity. Most classes are on a first come, first served basis.

## Group Fitness Add-on

Includes free registration to all regular General Fitness classes and daytime Aquafit classes, and a 50% discount on Specialty Fitness and evening Aquafit classes. This add-on can be purchased before the start of the summer program session.



## Racquet Sport Add-on

Includes advance court booking privileges and reduced court fee for tennis and squash.

Annual	1 month	3 month	6 month
\$148.68	\$12.50	\$38.00	\$74.34



## ★ Rent a bocce court at Radio Park, 200 Grenfell St.

### Bocce Rental Rates

- Community/Non-Profit: \$7 per hour, per court
- Commercial and Tournaments/Events: \$25 per hour, per court
- Lights are available for evening play at an additional cost.

Large groups like schools, sports leagues and clubs wanting exclusive use of the courts are to contact the [Facility Booking Office](#).

Learn more about bocce court rentals at [Oshawa.ca/courtrentals](https://oshawa.ca/courtrentals).



# Track and Court

## Indoor Tracks

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

Learn more about memberships and admission fees at [Oshawa.ca/Membership](https://oshawa.ca/Membership).

Civic Recreation Complex	Delpark Homes Centre
<b>Indoor track</b> 225m Mondo track, 4 lanes	<b>Indoor walking track</b> 130m, 2 lanes

## Court Rentals

For details about our tennis and squash court rentals, visit [Oshawa.ca/courtrentals](https://oshawa.ca/courtrentals).



# Personal Training

## Training Packages & Programs

### Smart Start Package

Our fitness team will 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 training program.

### Personal Training

Personal training sessions are up to 60 minutes.

Visit [Oshawa.ca/PersonalTrainer](https://oshawa.ca/PersonalTrainer) for more information and the latest fees.



# registered programs



## Registration date

### General Programs

Thursday, May 15, 9 a.m.



Summer programs  
run from July to  
September



The City offers many registered programs for families, children, youth, and adults.

## Register online

### The easiest way to register!

Visit [Register.Oshawa.ca](https://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](https://Register.Oshawa.ca) and selecting Create Account.

## Need help?

Check out our online tutorials to get tips on how to register for activeOshawa programs. [Oshawa.ca/activeoshawaonlinehelp](https://Oshawa.ca/activeoshawaonlinehelp)



## Before you go, you should know

### Parented programs



- Some programs require parents/guardians to actively participate
- Look out for parented program symbol

### Ice programs

- CSA approved hockey helmets are required for all on-ice programs
- Participants under 18 years must wear CSA approved helmets with a full mask



All programs are eligible for financial assistance unless marked (\*)



Inclusion Services support can be requested unless marked (\*)



Specialty fitness programs are marked with a star



### Looking for inclusive swim lessons?

See [page 73](#) to find the link to inclusive private swim lessons for participants 3 to 19 years of age.



Programs are eligible for financial assistance unless marked (\*)

## Sports

### **\*Sportball Multi-Sport Outdoor – Parented**

Children will participate in a different sport each week. Programs are creative, non-competitive, and help children build self-esteem and prepare for a future of confident sports participation. Parent are required to actively participate with their child.

**Age: 24 to 36 months**

**Location: Northway Court Park**

**\*Note: This program is not eligible for financial assistance.**

### **\*Sportball Soccer Outdoor – Parented**

Learn the fundamentals of soccer in a non-competitive environment. Parents are required to actively participate with their child.

**Age: 24 to 36 months**

**Location: Northway Court Park,  
Sandy Hawley Park**

**\*Note: This program is not eligible for financial assistance.**







## Summer Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
<b>Sports</b>								
Sportball Multi-Sport Outdoor – Parented	24–36 mths	NCP	Thu	Jul 3–Aug 28	9:15 a.m.–10:00 a.m.	9	48286	\$187.47
Sportball Soccer Outdoor – Parented	24–36 mths	NCP	Tue	Jul 8–Aug 26	5:15 p.m.–6:00 p.m.	8	48273	\$166.64
Sportball Soccer Outdoor – Parented	24–36 mths	SHP	Thu	Jul 3–Aug 28	5:15 p.m.–6:00 p.m.	9	50924	\$187.47

NCP – Northway Court Park    SHP – Sandy Hawley Park

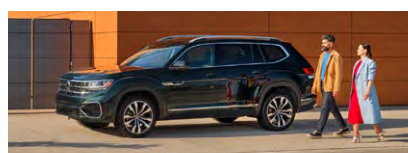
# OWASCO

### Audi Durham

905-579-0088  
audidurham.ca  
audisales@owasco.com



905-579-0010  
owascovolkswagen.ca  
vwsales@owasco.com



905-697-0678  
owascorv.com  
rvsales@owasco.com



## New to Oshawa?

Explore and discover everything the City has to offer including:

- City information
- Living
- Studying
- Utilities
- Entertainment



SCAN ME

## Oshawa.ca/Welcome

# child programs

## ages 3–12



Programs are eligible for financial assistance unless marked (\*)



Inclusion Services support can be requested for all programs unless marked (\*)



### Arts & Crafts

#### **Pottery – Child/Youth – Level 1**

An introduction to pottery using basic hand building techniques. Participants will be encouraged to use their imaginations to create themed projects.

**Age: 6 to 12 years**

**Location: Arts Resource Centre**

#### **Drawing Skills – Junior**

Learn the 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**

### 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. An informal recital for family and friends will be held at the end of the course. This is a child only class and caregivers will not be permitted in the studio; however, they are required to wait in the facility and be within call during the program time.

**Age: 3 to 5 years**

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



### **Hip Hop – Preschool**

Introduction to the steps and moves of hip hop dancing. An informal recital for family and friends will be held at the end of the course. This is a child only class and caregivers will not be permitted in the studio; however, they are required to wait in the facility and be within call during the program time.

**Age: 3 to 5 years**

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

### **Find Your Groove**

Participants use their creative minds in this unstructured environment and dance to various genres of music, interpreting instructions, and suggestions provided by the instructor while experiencing the healthy benefits of being active and having fun. This is a child only class and caregivers will not be permitted in the studio; however, they are required to wait in the facility and be within call during the program time.

**Age: 3 to 5 years**

**Location: Donevan Recreation Complex**

### **Acro – Intro**

Incorporating jumps, cartwheels, and other acrobatics this introductory program combines jazz, dance, and gymnastics. An informal recital for family and friends will be held at the end of the session. This is a child only class and caregivers will not be permitted in the studio; however, they are required to wait in the facility and be within call during the program time.

**Age: 5 to 7 years**

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

### **Ballet – Child**

Children will learn the basics of ballet in this non-competitive, structured program, focusing on fun, improving balance, and enhancing coordination skills. An informal recital for family and friends will be held at the end of the course. This is a child only class and caregivers will not be permitted in the studio; however, they are required to wait in the facility and be within call during the program time.

**Age: 6 to 8 years**

**Location: Donevan Recreation Complex**

### **Hip Hop – Level 1**

Introduction to the steps and moves of hip hop dancing. An informal recital for family and friends will be held at the end of the course. This is a child only class and caregivers will not be permitted in the studio; however, they are required to wait in the facility and be within call during the program time.

**Age: 6 to 10 years**

**Location: Delpark Homes Centre,  
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**

### 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 12 years**

**Location: Arts Resource Centre**

### Vocal & Singing

Learn the fundamentals of singing including breathing, posture, diction, pitch, and tempo!

**Age: 6 to 12 years**

**Location: Arts Resource Centre**



## Sports

### \*Sportball Multi-Sport Outdoor

Children will participate in a different sport each week. Programs are creative, non-competitive, and help children build self-esteem and prepare for a future of confident sports participation. Parents are required to remain at the field during the classes.

**Age: 3 to 5 years, 6 to 9 years**

**Location: Northway Court Park**

**\*Note: This program is not eligible for financial assistance.**

### \*Sportball Soccer Outdoor

Focuses on the fundamentals of soccer, including throw-ins, passing, dribbling, and goalie skills. This program enables children to implement the soccer skills taught in order to play a soccer game with success and confidence.

**Age: 3 to 5 years, 6 to 9 years**

**Location: Northway Court Park,  
Sandy Hawley Park**

**\*Note: This program is not eligible for financial assistance.**

### 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**





## Summer Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
<b>Arts &amp; Crafts</b>								
Drawing Skills – Junior	5–9 yrs	ARC	Tue	Jul 15–Aug 19	5:30 p.m.–6:30 p.m.	6	47112	\$67.20
Drawing Skills – Junior	5–9 yrs	ARC	Thu	Jul 17–Aug 21	5:30 p.m.–6:30 p.m.	6	47120	\$67.20
Drawing Skills – Junior	5–9 yrs	ARC	Thu	Jul 17–Aug 21	6:45 p.m.–7:45 p.m.	6	47121	\$67.20
Pottery – Child/Youth – Level 1	6–12 yrs	ARC	Tue	Jul 15–Aug 19	5:00 p.m.–6:30 p.m.	6	47114	\$108.00
Pottery – Child/Youth – Level 1	6–12 yrs	ARC	Thu	Jul 17–Aug 21	5:00 p.m.–6:30 p.m.	6	47122	\$108.00
<b>Dance</b>								
Ballet – Preschool	3–5 yrs	DHC	Wed	Jul 2–Aug 20	4:30 p.m.–5:00 p.m.	8	47187	\$36.00
Ballet – Preschool	3–5 yrs	DRC	Tue	Jul 8–Aug 19	5:15 p.m.–5:45 p.m.	7	49091	\$31.50
Find Your Groove	3–5 yrs	DRC	Tue	Jul 8–Aug 19	6:25 p.m.–6:55 p.m.	7	49093	\$31.50
Hip Hop – Preschool	3–5 yrs	DHC	Wed	Jul 2–Aug 20	5:15 p.m.–5:45 p.m.	8	47188	\$36.00
Hip Hop – Preschool	3–5 yrs	DRC	Tue	Jul 8–Aug 19	5:50 p.m.–6:20 p.m.	7	49092	\$31.50
Acro – Intro	5–7 yrs	DHC	Wed	Jul 2–Aug 20	7:00 p.m.–7:30 p.m.	8	51415	\$36.00
Acro – Intro	5–7 yrs	DRC	Thu	Jul 3–Aug 21	5:50 p.m.–6:20 p.m.	8	49097	\$36.00
Ballet – Child	6–8 yrs	DRC	Thu	Jul 3–Aug 21	5:15 p.m.–5:45 p.m.	8	49096	\$36.00
Hip Hop – Level 1	6–10 yrs	DHC	Wed	Jul 2–Aug 20	6:00 p.m.–6:45 p.m.	8	47190	\$54.00
Hip Hop – Level 1	6–10 yrs	DRC	Thu	Jul 3–Aug 21	6:25 p.m.–6:55 p.m.	8	49099	\$36.00
<b>Drama &amp; Music</b>								
Little Actors	4–6 yrs	ARC	Thu	Jul 17–Aug 21	5:30 p.m.–6:15 p.m.	6	47116	\$36.00
Junior Actors	6–12 yrs	ARC	Thu	Jul 17–Aug 21	6:30 p.m.–8:00 p.m.	6	47117	\$70.20
Vocal & Singing	6–12 yrs	ARC	Thu	Jul 17–Aug 21	6:30 p.m.–7:30 p.m.	6	47119	\$67.20
<b>Sports</b>								
Sportball Multi-Sport Outdoor	3–5 yrs	NCP	Thu	Jul 3–Aug 28	10:00 a.m.–11:00 a.m.	9	48287	\$187.47
Sportball Soccer Outdoor	3–5 yrs	NCP	Wed	Jul 2–Aug 27	6:00 p.m.–7:00 p.m.	9	48277	\$187.47
Sportball Soccer Outdoor	3–5 yrs	NCP	Tue	Jul 8–Aug 26	6:00 p.m.–7:00 p.m.	8	48275	\$166.64
Sportball Soccer Outdoor	3–5 yrs	SHP	Thu	Jul 3–Aug 28	6:00 p.m.–7:00 p.m.	9	50925	\$187.47
Sportball Soccer Outdoor	3–5 yrs	SHP	Thu	Jul 3–Aug 28	7:00 p.m.–8:00 p.m.	9	50926	\$187.47
Learn to Skate – Child	5–11 yrs	DHC	Tue	Jul 8–Aug 19	5:00 p.m.–5:50 p.m.	7	48049	\$77.00
Learn to Skate – Child	5–11 yrs	DHC	Tue	Jul 8–Aug 19	6:00 p.m.–6:50 p.m.	7	48050	\$77.00
Learn to Skate – Child	5–11 yrs	DHC	Tue	Jul 8–Aug 19	7:00 p.m.–7:50 p.m.	7	48051	\$77.00
Learn to Skate – Child	5–11 yrs	DHC	Tue	Jul 8–Aug 19	8:00 p.m.–8:50 p.m.	7	48052	\$77.00
Sportball Multi-Sport Outdoor	6–9 yrs	NCP	Thu	Jul 3–Aug 28	11:00 a.m.–12:00 p.m.	9	48288	\$187.47
Sportball Soccer Outdoor	6–9 yrs	NCP	Wed	Jul 2–Aug 27	7:00 p.m.–8:00 p.m.	9	48283	\$187.47
Sportball Soccer Outdoor	6–9 yrs	NCP	Tue	Jul 8–Aug 26	7:00 p.m.–8:00 p.m.	8	48276	\$166.64

ARC – Arts Resource Centre   DHC – Delpark Homes Centre   DRC – Donevan Recreation Complex  
NCP – Northway Court Park   SHP – Sandy Hawley Park

## Get your free Grade 5 Action Pass!



### ✦ For all Grade 5 students in Durham

Get a pass that grants access to free swimming, free skating, and free drop-in sport programs at City of Oshawa recreation centres!

Learn more at [Oshawa.ca/DropInSports](https://Oshawa.ca/DropInSports).



## “I THOUGHT I WAS STRONG, BUT POSTPARTUM DEPRESSION BROUGHT ME TO MY KNEES.”

### THESE ARE THE FACES OF ONTARIO SHORES.



They are moms like Tiffany, whose dream of a big happy family was overshadowed by years of fertility issues and a traumatic delivery. After being referred to the Shoppers Drug Mart Women's Clinic at Ontario Shores, Tiffany was diagnosed with postpartum depression, anxiety, and OCD, finding the crucial help she needed. With your help, we can be there for even more families to provide urgent and caring support.

Help change the face of mental health  
[facesofontarioshores.ca](https://facesofontarioshores.ca)







## ◆ City of Oshawa Fitness Perks

### **Residents 55+ save big on recreation!**

Residents 55 years of age and older, living in or paying property taxes in Oshawa, qualify for discounted rates on City recreation programs, fitness memberships, and admission fees for recreation facilities.

Learn more at [Oshawa.ca/55Plus](https://Oshawa.ca/55Plus).

### **Choose your fitness membership today!**

Customize your membership and gain access to classes, indoor tracks, courts, pools, rinks, drop-in programs, and fitness centres. Add-ons are available for group fitness and racquet sports.

See Fitness Memberships, [p. 15](#).

# youth programs

## ages 12–17



Programs are eligible for financial assistance unless marked (\*)



Inclusion Services support can be requested for all programs unless marked (\*)

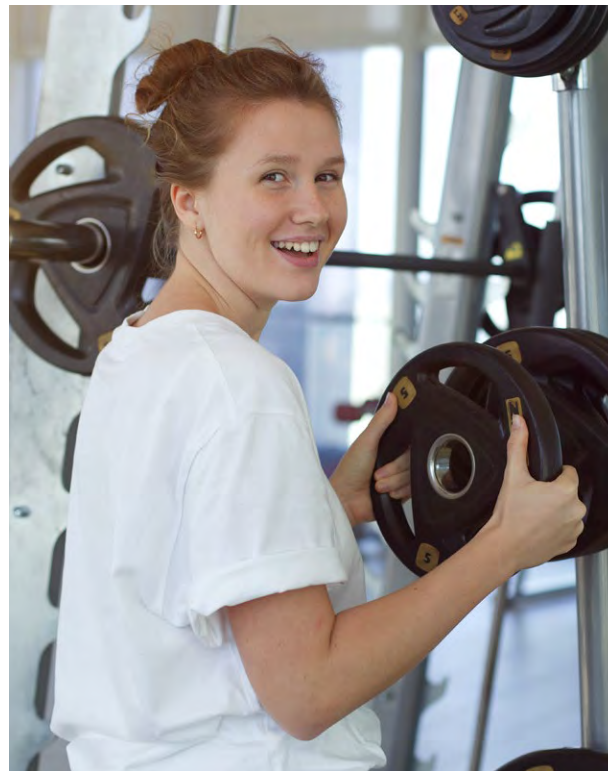
### Arts & Crafts

#### Drawing Skills – Youth

Participants 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**



### Drama & Music

#### \*Musical Keyboarding – An Introduction

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**

**\*Note: This program is not eligible for financial assistance.**

### Fitness

#### Weight Training – Teen

Teens learn the tools to create a safe workout routine. The class covers equipment orientations, education on safe fitness programs, training techniques, and fitness centre etiquette. Youth between the ages of 13–17 must successfully complete the course in order to use City of Oshawa fitness centres. The minimum purchase of a one month child/youth Level 2 membership is required to register for this course unless participants are already part of a family Level 2 membership.

**Age: 13 to 17 years**

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



## Safety

### Babysitter Course

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. Please bring a pen/pencil, a doll or stuffed toy, and a peanut free lunch.

**Age: 11 years +**

**Location: Civic Recreation Complex**

## Stay safe on the ice

◆ **Your family's safety is your responsibility.**

**Wear a helmet while skating.**

## Sports

### 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 non-athlete looking to get active.

**Age: 8 to 14 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**





## Summer Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
<b>Arts &amp; Crafts</b>								
Drawing Skills – Youth	10–14 yrs	ARC	Tue	Jul 15–Aug 19	6:45 p.m.–8:15 p.m.	6	47113	\$100.80
<b>Drama &amp; Music</b>								
Musical Keyboarding – An Introduction	9–14 yrs	ARC	Thu	Jul 17–Aug 21	5:15 p.m.–6:15 p.m.	6	47118	\$63.60
<b>Fitness</b>								
Weight Training – Teen	13–17 yrs	CRC	Sat	Jun 28	10:00 a.m.–2:00 p.m.	1	51481	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	Jul 19	10:00 a.m.–2:00 p.m.	1	51477	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	Aug 9	10:00 a.m.–2:00 p.m.	1	51476	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	Aug 23	10:00 a.m.–2:00 p.m.	1	51478	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	Sep 13	10:00 a.m.–2:00 p.m.	1	51479	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Jul 4	4:00 p.m.–8:00 p.m.	1	47032	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Jul 13	4:00 p.m.–8:00 p.m.	1	47033	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Aug 1	4:00 p.m.–8:00 p.m.	1	47034	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Aug 17	4:00 p.m.–8:00 p.m.	1	47035	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Sep 5	4:00 p.m.–8:00 p.m.	1	47036	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Sep 14	4:00 p.m.–8:00 p.m.	1	47037	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Jul 6	1:00 p.m.–5:00 p.m.	1	47250	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Jul 27	1:00 p.m.–5:00 p.m.	1	47251	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Aug 17	1:00 p.m.–5:00 p.m.	1	47252	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Sep 7	1:00 p.m.–5:00 p.m.	1	47253	\$0.00
<b>Safety</b>								
Babysitter Course	11 yrs+	CRC	Sun	Aug 24	9:00 a.m.–5:00 p.m.	1	50298	\$89.60
<b>Sports</b>								
Kidz X-FITT	8–14 yrs	CRC	Wed	Jul 9–Sep 17	5:00 p.m.–5:45 p.m.	11	48961	\$54.45
Kidz X-FITT	8–14 yrs	CRC	Wed	Jul 9–Sep 17	6:00 p.m.–6:45 p.m.	11	48962	\$54.45
Learn to Skate – Youth	12–17 yrs	DHC	Tue	Jul 8–Aug 19	8:00 p.m.–8:50 p.m.	7	48053	\$77.00

ARC – Arts Resource Centre   CRC – Civic Recreation Complex   DHC – Delpark Homes Centre  
SOCC – South Oshawa Community Centre

### Get involved



**Looking to volunteer with the City of Oshawa?**

Find opportunities at [Oshawa.ca/volunteer](https://Oshawa.ca/volunteer).





**Respect the dignity and spirit of all people – children, youth, adults, and staff.**

Set a good example for your family, team members, and those around you by creating a supportive, positive experience. Build confidence, develop and improve skills, and have fun.



[Oshawa.ca/RespectCheck](https://Oshawa.ca/RespectCheck)

# adult programs



Programs are eligible for financial assistance unless marked (\*)



Inclusion Services support can be requested for all programs unless marked (\*)



The star symbol on a course indicates that it is a specialty fitness class and that the specialty fitness drop-in fee applies

## Arts & Crafts

### **Pottery & Sculpture – Open Studio**

Bring creative ideas to these fun and relaxing classes. This is not a structured class, but an instructor will be available to answer questions and guide participants through projects. Fee includes up to 1 sleeve of clay, glaze, and firing. Additional sleeves of clay are available for purchase.

**Age: 16 years +**

**Location: Arts Resource Centre**



## Dance

### Zumba®

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

**Age: 15 years +**

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

## Fitness

### **NEW** Women on Weights (WOW)

Women On Weights (WOW) is designed to engage and teach women of all ages and abilities the importance of exercise. This program will teach participants proper technique for a variety of exercises as well as the benefits of training. Participants will learn how to use the fitness centre equipment safely and confidently, and most importantly, you will learn about your body and yourself. It is our goal that by the end of this program you feel comfortable within the gym setting.

**Age: 13 years +**

**Location: Civic Recreation Complex**

### AB Attack

Take it to the next level by adding standing functional core training to traditional floor ab exercises for a vigorous core strengthening experience.

**Age: 15 years +**

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

### AquaFit – Shallow Water



Water exercise exerts less impact on the joints and is suitable for swimmers and non-swimmers. Components include a warm-up, aerobics, muscle conditioning exercises, and a cool-down.

**Age: 15 years +**

**Location: Delpark Homes Centre**

**Note: Evening classes are Specialty Fitness.**

### Basic Bootcamp

Introduces 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: Delpark Homes Centre,  
South Oshawa Community Centre**

### BodyMAX

A cardio-free, total body strength training program using a variety of strength equipment and body weight exercises.

**Age: 15 years +**

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



### Cardio Sculpt

Incorporating intervals of cardio, body sculpting, and abdominal work which will improve 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: Delpark Homes Centre,  
South Oshawa Community Centre**

### Easy Fit

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

**Age: 15 years +**

**Location: South Oshawa Community Centre**

### Osteo FIT

Safely tone and strengthen muscles with gentle aerobics and stimulating resistance training. Improve bone density while improving fitness level.

**Age: 15 years +**

**Location: Civic Recreation Complex**

### Weigh Back Wednesdays

What better way to build strength than having some great oldies music playing as motivation in the background. A certified instructor will take you through safe and fun movements using a variety of equipment and some good old music.

**Age: 15 years +**

**Location: South Oshawa Community Centre**

### 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**





### 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**

### 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 flexibility along with working on balance.

**Age: 50 years +**

**Location: Civic Recreation Complex**




## Sports

### Learn to Skate Adult

Learn basic skating skills to help 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**



# Emergency Preparedness

Emergencies can happen anytime, anywhere.

Is your family **ready?** **72 Hours**

**Be prepared to take care of yourself and your family for a minimum of 72 hours (3 days).**

[oshawa.ca/emergencynews](https://oshawa.ca/emergencynews)



## HERONHILLS IN PORT PERRY



### PHASE 2 NOW OPEN

**A MASTER PLANNED COMMUNITY  
IN PORT PERRY**

**ALL BRICK TOWNS, SINGLES  
+ BUNGALOWS**

CONTACT US TODAY  
[HERONHILLS@DELPARKHOMES.CA](mailto:HERONHILLS@DELPARKHOMES.CA)  
OR LEARN MORE & REGISTER  
[DELPARKHOMES.CA](https://DELPARKHOMES.CA)



## Summer Program Information


Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
<b>Arts &amp; Crafts</b>								
Pottery & Sculpture – Open Studio	16 yrs+	ARC	Tue	Jul 15–Aug 19	7:00 p.m.–9:00 p.m.	6	47115	\$132.00
Pottery & Sculpture – Open Studio	16 yrs+	ARC	Thu	Jul 17–Aug 21	7:00 p.m.–9:00 p.m.	6	47123	\$132.00
<b>Dance</b>								
Zumba®	15 yrs+	CRC	Mon	Jul 7–Sep 15	6:30 p.m.–7:30 p.m.	9	50756	\$82.80
Zumba®	15 yrs+	DHC	Wed	Jul 2–Sep 17	7:30 p.m.–8:30 p.m.	12	47040	\$110.40
<b>Fitness</b>								
Women On Weights (WOW)	13 yrs+	CRC	Sun	Jul 6–Aug 24	4:30 p.m.–6:30 p.m.	7	50768	\$117.07
AB Attack	15 yrs+	CRC	Wed	Jul 2–Sep 17	10:30 a.m.–11:00 a.m.	12	48319	\$44.40
AB Attack	15 yrs+	DHC	Wed	Jul 2–Sep 17	7:45 p.m.–8:15 p.m.	12	47029	\$44.40
AquaFit – Shallow Water	15 yrs+	DHC	Mon	Jun 30–Aug 25	8:00 a.m.–8:45 a.m.	8	50770	\$69.60
AquaFit – Shallow Water	15 yrs+	DHC	Wed	Jul 2–Aug 27	8:00 a.m.–8:45 a.m.	9	50481	\$78.30
AquaFit – Shallow Water	15 yrs+	DHC	Wed	Jul 2–Aug 27	8:00 p.m.–8:45 p.m.	9	50482	\$78.30
AquaFit – Shallow Water	15 yrs+	DHC	Sat	Jul 5–Aug 23	8:00 a.m.–8:45 a.m.	8	50480	\$69.60
Basic Bootcamp	15 yrs+	DHC	Tue	Jul 8–Sep 16	6:30 p.m.–7:25 p.m.	11	47028	\$81.40
Basic Bootcamp	15 yrs+	SOCC	Tue	Jul 8–Sep 16	6:30 p.m.–7:25 p.m.	11	47246	\$81.40
BodyMAX	15 yrs+	CRC	Tue	Jul 8–Sep 16	6:00 p.m.–6:55 p.m.	11	48340	\$81.40
BodyMAX	15 yrs+	DHC	Mon	Jun 30–Sep 15	6:30 p.m.–7:25 p.m.	10	47026	\$74.00
BodyMAX	15 yrs+	DHC	Thu	Jul 3–Sep 18	10:00 a.m.–10:55 a.m.	12	47027	\$88.80
Cardio Sculpt	15 yrs+	CRC	Wed	Jul 2–Sep 17	9:30 a.m.–10:25 a.m.	12	48320	\$88.80
Cardio Sculpt	15 yrs+	DHC	Thu	Jul 3–Sep 18	6:30 p.m.–7:25 p.m.	12	47030	\$88.80
Cardio Sculpt	15 yrs+	DHC	Fri	Jul 4–Sep 19	9:30 a.m.–10:25 a.m.	12	47031	\$88.80
Cycle	15 yrs+	DHC	Wed	Jul 2–Sep 17	5:30 p.m.–6:15 p.m.	12	47017	\$66.60
Cycle	15 yrs+	SOCC	Tue	Jul 8–Sep 16	7:30 p.m.–8:15 p.m.	11	47247	\$61.05
Easy Fit	15 yrs+	SOCC	Wed	Jul 9–Sep 17	6:30 p.m.–7:25 p.m.	11	47248	\$81.40
Osteo FIT	15 yrs+	CRC	Fri	Jul 4–Sep 19	9:30 a.m.–10:25 a.m.	12	48325	\$88.80
Osteo FIT	15 yrs+	CRC	Tue	Jul 8–Sep 16	10:30 a.m.–11:25 a.m.	11	48318	\$81.40
Osteo FIT	15 yrs+	CRC	Thu	Jul 17–Sep 18	9:15 a.m.–10:10 a.m.	10	48324	\$74.00
Weigh Back Wednesdays	15 yrs+	SOCC	Wed	Jul 9–Sep 17	7:30 p.m.–8:25 p.m.	11	47249	\$81.40
Yoga	15 yrs+	CRC	Tue	Jul 8–Sep 16	7:05 p.m.–8:00 p.m.	11	48314	\$96.80
Yoga	15 yrs+	DHC	Mon	Jun 30–Sep 15	10:00 a.m.–10:55 a.m.	10	47018	\$88.00
Yoga	15 yrs+	DHC	Wed	Jul 2–Sep 17	10:00 a.m.–10:55 a.m.	12	47021	\$105.60
Yoga	15 yrs+	DHC	Wed	Jul 2–Sep 17	6:30 p.m.–7:25 p.m.	12	47019	\$105.60
Yoga	15 yrs+	DHC	Thu	Jul 3–Sep 18	9:00 a.m.–9:55 a.m.	12	51094	\$105.60
Yoga	15 yrs+	DHC	Tue	Jul 8–Sep 16	10:00 a.m.–10:55 a.m.	11	47020	\$96.80
Yoga – Gentle	15 yrs+	CRC	Thu	Jul 3–Sep 18	7:05 p.m.–8:00 p.m.	12	48315	\$105.60



## Summer Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
<b>Fitness</b>								
50 & Better Fitness	50 yrs+	CRC	Thu	Jul 3–Sep 18	10:30 a.m.–11:25 a.m.	12	48323	\$88.80
50 & Better Fitness	50 yrs+	CRC	Mon	Jul 7–Sep 15	9:25 a.m.–10:20 a.m.	9	48316	\$66.60
50 & Better Fitness	50 yrs+	DHC	Mon	Jun 30–Sep 15	11:00 a.m.–11:55 a.m.	10	47022	\$74.00
50 & Better Fitness	50 yrs+	DHC	Thu	Jul 3–Sep 18	11:00 a.m.–11:55 a.m.	12	47024	\$88.80
50 & Better Fitness	50 yrs+	DHC	Fri	Jul 4–Sep 19	11:00 a.m.–11:55 a.m.	12	47025	\$88.80
50 & Better Fitness	50 yrs+	DHC	Tue	Jul 8–Sep 16	11:00 a.m.–11:55 a.m.	11	47023	\$81.40
Stretch and Balance	50 yrs+	CRC	Fri	Jul 4–Sep 19	10:30 a.m.–11:25 a.m.	12	48326	\$88.80
Stretch and Balance	50 yrs+	CRC	Mon	Jul 7–Sep 15	10:30 a.m.–11:25 a.m.	9	48317	\$66.60
<b>Sports</b>								
Learn to Skate – Adult	18 yrs+	DHC	Tue	Jul 8–Aug 19	9:00 p.m.–9:50 p.m.	7	48054	\$81.20


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



# MIDWAY NISSAN

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## Get in on the fun this season

### ◆ Swim, skate, and drop-in sports!

Find activities for all ages, including basketball, pickleball, and much more.

View our activity schedules at [Register.Oshawa.ca](https://Register.Oshawa.ca).



## Take the worry out of wireless.

Visit us at four locations across Oshawa.

Learn more at [freedommobile.ca](https://freedommobile.ca).





# camps



## Registration date

**Summer Camps**  
Tuesday, April 8, 9 a.m.



Complete your  
registration online at  
[Register.Oshawa.ca](https://Register.Oshawa.ca)

**We offer a variety of day camps for children of all ages from arts and dance to hockey and sports camps.**

## What to bring to camp

**Send your child with the essentials!**

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



Government-issued identification is required to be presented EVERY time you pick up your child from camp.



## New Refund Policy

✦ **The City of Oshawa has updated its refund procedure.**

**For more information, visit [Oshawa.ca/Refund](https://Oshawa.ca/Refund).**

## 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.

### Financial Assistance



Assistance programs are available to Oshawa residents wishing to access camps. These include the Durham Region Social Services Recreation Program Card, Canadian Tire Jumpstart, and the Recreation Fee Assistance Program. Programs that are offered in partnership with community organizations or businesses do not qualify for fee assistance. Programs qualify for assistance unless marked otherwise (\*). Verify your eligibility by contacting a Supervisor at a recreation facility.

### Cancellations & Waitlists

Register early to help ensure you get your first choice of camps. Camps may be cancelled due to low registration, or circumstances beyond our control. If a camp is cancelled, you will be contacted by staff to help choose a different camp (where space is available). If we cannot register you for another camp a full refund will be provided.

If your preferred camp is full, we recommend joining the waitlist. If a space becomes available, you may be contacted by email and offered the available space. If you are already registered in a camp and wish to transfer to the available waitlisted camp, you may do so at no additional cost.

Make sure your email is to date so you don't miss out.



## Extended Supervision

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



## 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](https://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.

## Lunches & Snacks

Campers are required to bring their own litterless lunch, snacks, and extra drinks. Peanuts, peanut butter, tree nuts, and all food containing nut by-products are not permitted at camp.



The Camp Lunch Program is available for an additional fee at most camps. To see lunch options or to place your order, complete our Camp Lunch Order Form at [Oshawa.ca/Camps](https://Oshawa.ca/Camps).

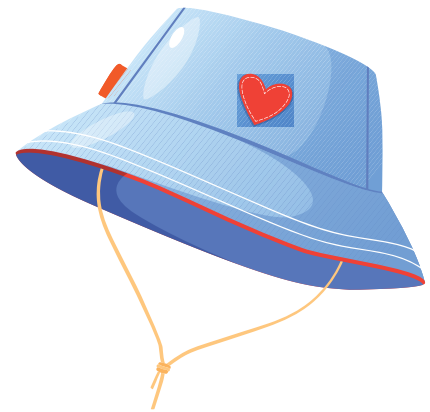


## Parent Communication

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

## Statutory Holidays

Camps are not offered on July 1 (Canada Day) and August 4 (Civic Holiday – McLaughlin Day).



## Delpark Homes Centre Camp Lunches



**\$13.00**

Provided by Cashew & Clive

For an additional \$13.00, a lunch program is available to Delpark Homes Centre campers daily.

To see lunch options or to place your order, complete our Camp Lunch Order Form at [Oshawa.ca/Camps](https://Oshawa.ca/Camps).



## Photo Policy



Photos and videos are not permitted during camp programs, other than specific cases where performances have been identified (e.g. Dance Camp). Photos may be taken by the City of Oshawa for promotional purposes. In this case, all parents/guardians will be notified and required to give signed permission.

## 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.

**The City is not responsible for lost, damaged or stolen items.**

## Inclusion Support for Camps



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 camp program. Requests are fulfilled in order of request and based on the availability of appropriate inclusion staff. Support is not guaranteed. Participants may provide their own support staff to assist if desired.

### Summer Camps

Register for your Summer Camp of choice and the Inclusion course ID for your camp dates.

Camp Dates	Inclusion ID
Jun 30, Jul 2–Jul 4	50709
Jul 7–Jul 11	50710
Jul 14–Jul 18	50711
Jul 21–Jul 25	50712
Jul 28–Aug 1	50713
Aug 5–Aug 8	50714
Aug 11–Aug 15	50715
Aug 18–Aug 22	50716
Aug 25–Aug 29	50717

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





## Swimming at Camp



Camps that offer recreational swimming have swim requirements to keep campers safe.

**Yellow and green wristbands are provided based on the age of the camper and their ability to pass the swim test.**

To pass the swim test, campers must be able to swim 25 metres of the pool independently on their front, maintaining a horizontal body position at all times. Campers 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.

Wristbands	Age	Supervision	Additional Information
Yellow	7–9 yrs	<p><b>Fail swim test</b> – swim under direct supervision of a camp counsellor and must wear a life jacket</p> <p><b>Pass swim test</b> – will receive a green wristband and may swim unaccompanied</p>	<p>Before camp begins, campers can complete their swim test during select <a href="#">leisure swim times</a> at a City pool.</p>
Green	10 yrs +	<p><b>Pass swim test</b> – may enter the deep end of the pool</p>	<p>If your camper passes the swim test prior to camp and has a swim test card, please bring it on the first day of camp.</p>







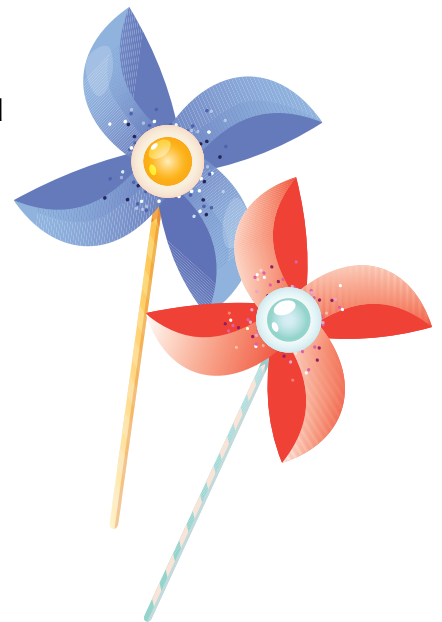
## Camp Notes

### Reminders

-  All camps are eligible for financial assistance unless marked (\*)
-  Inclusion Services support can be requested for all camps unless marked (\*)
-  The Camp Lunch Program is available at all camps unless marked (\*)
-  Peanut and nut by-products **are not permitted** at camps
-  Extended supervision is available at all camps

### Legend

-  Recreational swim
-  Photos permitted



## Camp Descriptions

### Little Dancers

Campers will learn different genres of dance and will perform a dance routine to a latest hit song. Campers will also participate in outdoor water play daily. Additional activities include creative crafts, indoor/outdoor games, and songs. A short performance for family and friends will be held on Friday afternoon.

**Age: 4 to 6 years**

**Time: 9:00 a.m. to 4:30 p.m.**



### Little Legends Camp

Young campers will enjoy action-packed fun including active and passive games, sports, arts and crafts, and other activities. Campers will participate in outdoor water play daily (summer camp only). Campers will not be swimming. An optional lunch is available for an additional fee.

**Ages: 4 to 6 years**

**Time: 9:00 a.m. to 4:30 p.m.**

### Little Sportsters

Full day camp for 4 to 6 year olds full of games, songs, crafts, and sports. While the focus is on fun, children are developing social, fine, and gross motor skills, making for a great first camp experience.

**Ages: 4 to 6 years**

**Time: 9:00 a.m. to 4:30 p.m.**

### Arts Camp

Campers will be lead through an exploration of the arts with a focus on drawing, painting, acting, dancing, singing, and music. Games and activities will be based around popular themes. An optional pizza lunch is offered on Friday for an additional fee.

**Ages: 7 to 13 years**

**Time: 9:00 a.m. to 4:30 p.m.**



### Dance Camp

During this fun-filled week, campers will learn different genres of dance. Campers will participate daily in crafts, active and quiet games, and recreational swimming. A short performance for family and friends will be held on Friday afternoon.

**Ages: 7 to 13 years**

**Time: 9:00 a.m. to 4:30 p.m.**



### 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 two 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 available for an additional fee.

**Ages: 7 to 13 years**

**Time: 8:30 a.m. to 4:30 p.m.**



### Day Camp

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

**Ages: 7 to 13 years**

**Time: 9:00 a.m. to 4:30 p.m.**





### Legendary Day Camp

During this action-packed week of 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 available for an additional fee.

**Age: 7 to 13 years**

**Time: 9:00 a.m. to 4:30 p.m.**



### Sport & Swim Camp

Campers will participate in a variety of basic sports drills, skills, and small-sided games. Campers will also participate in games, crafts, and recreational swimming.

**Age: 7 to 13 years**

**Time: 9:00 a.m. to 4:30 p.m.**



### \*Athletic Adventures Camp

Designed for campers who are ready to challenge themselves and try something new. Campers will start their day at the Delpark Homes Centre. Monday and Friday will be spent at Delpark Homes Centre learning and practicing skills in a variety of sports, swimming, and skating. Tuesday, Wednesday, and Thursday campers will board a bus and visit some exciting locations. Trips may include indoor bike park, treetop trekking, rock wall climbing, and archery. An optional lunch is available on Monday and Friday for an additional fee.

**Age: 8 to 14 years**

**Time: 9:00 a.m. to 4:30 p.m.**

**\*Note: This program is not eligible for financial assistance.**





### \*Daytrippers Day Camp



Campers will start their daily adventures from Delpark Homes Centre. Mondays and Fridays will be spent at Delpark Homes Centre participating in recreational swimming, camp activities, and skating. Tuesday, Wednesday, and Thursday campers will board a bus and visit some exciting locations. Trips may include the Toronto Zoo, an outdoor Escape Maze, Cedar Park Resort, and more! An optional lunch is available on Monday and Friday for an additional fee.

**Age: 8 to 14 years**

**Time: 9:00 a.m. to 4:30 p.m.**

**\*Note: This program is not eligible for financial assistance.**

### Leader-in-Training



Gain a variety of leadership skills in a fun and exciting recreation environment. Skills include program planning, child/group management, leadership techniques, games/activities, and planning and communication skills. The course consists of in-class theory and lessons, a chance to use skills learned in a camp atmosphere and daily recreational swimming.

**Age: 12 to 14 years**

**Time: 9:00 a.m. to 4:30 p.m.**



### Counsellor-in-Training

Gain leadership skills in a fun and exciting recreation environment. Skills include program planning, child/group management, leadership techniques, games/activities, and planning and communication skills. Youth will learn how to prepare a resume, participate in an interview, and will be certified in Standard First Aid & CPR-C. The course consists of one week of in-class theory and two weeks of hands-on experience at camp locations throughout the City of Oshawa. Transportation to and from the program and placement sites is the responsibility of the participant. Participants will be required to attempt the City of Oshawa Swim test if they do not already have a swim test on file.

**Age: 14 to 16 years**

**Time: 9:00 a.m. to 4:30 p.m.**





## Summer Camps Program Information **Ex**

Program	Age	Day	Dates	Time	Classes	Course ID	Price
<b>Arts Resource Centre</b>							
Arts Camp	7–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	48195	\$168.00
Arts Camp	7–13 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	48197	\$210.00
Arts Camp	7–13 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	48198	\$210.00
Arts Camp	7–13 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	48200	\$210.00
Arts Camp	7–13 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	48201	\$210.00
Arts Camp	7–13 yrs	Tue–Fri	Aug 5–Aug 8	9:00 a.m.–4:30 p.m.	4	48202	\$168.00
Arts Camp	7–13 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	48204	\$210.00
Arts Camp	7–13 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	48205	\$210.00
Arts Camp	7–13 yrs	Mon–Fri	Aug 25–Aug 29	9:00 a.m.–4:30 p.m.	5	48206	\$210.00
Extended Supervision – 1 hour	7–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	8:00 a.m.–9:00 a.m.	4	48266	\$22.40
Extended Supervision – 1 hour	7–13 yrs	Mon, Wed–Fri	Jun 30, Jun 2–Jul 4	4:30 p.m.–5:30 p.m.	4	48267	\$22.40
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Jul 7–Jul 11	8:00 a.m.–9:00 a.m.	5	48268	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Jul 7–Jul 11	4:30 p.m.–5:30 p.m.	5	48270	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Jul 14–Jul 18	8:00 a.m.–9:00 a.m.	5	48269	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Jul 14–Jul 18	4:30 p.m.–5:30 p.m.	5	48272	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Jul 21–Jul 25	8:00 a.m.–9:00 a.m.	5	48278	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Jul 21–Jul 25	4:30 p.m.–5:30 p.m.	5	48279	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Jul 28–Aug 1	8:00 a.m.–9:00 a.m.	5	48280	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Jul 28–Aug 1	4:30 p.m.–5:30 p.m.	5	48281	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Tue–Fri	Aug 5–Aug 8	8:00 a.m.–9:00 a.m.	4	48282	\$22.40
Extended Supervision – 1 hour	7–13 yrs	Tue–Fri	Aug 5–Aug 8	4:30 p.m.–5:30 p.m.	4	48284	\$22.40
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Aug 11–Aug 15	8:00 a.m.–9:00 a.m.	5	48285	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Aug 11–Aug 15	4:30 p.m.–5:30 p.m.	5	48289	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Aug 18–Aug 22	8:00 a.m.–9:00 a.m.	5	48290	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Aug 18–Aug 22	4:30 p.m.–5:30 p.m.	5	48291	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Aug 25–Aug 29	8:00 a.m.–9:00 a.m.	5	48292	\$28.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Aug 25–Aug 29	4:30 p.m.–5:30 p.m.	5	48293	\$28.00



## Summer Camps Program Information continued

Program	Age	Day	Dates	Time	Classes	Course ID	Price
<b>Civic Recreation Complex</b>							
Little Sportsters	4–6 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	48992	\$168.00
Little Sportsters	4–6 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	48998	\$210.00
Little Sportsters	4–6 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	48993	\$210.00
Little Sportsters	4–6 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	48999	\$210.00
Little Sportsters	4–6 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	48994	\$210.00
Little Sportsters	4–6 yrs	Tue–Fri	Aug 5–Aug 8	9:00 a.m.–4:30 p.m.	4	48991	\$168.00
Little Sportsters	4–6 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	48995	\$210.00
Little Sportsters	4–6 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	48996	\$210.00
Little Sportsters	4–6 yrs	Mon–Fri	Aug 25–Aug 29	9:00 a.m.–4:30 p.m.	5	48997	\$210.00
Sport & Swim Camp	7–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	48969	\$168.00
Sport & Swim Camp	7–13 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	48964	\$210.00
Sport & Swim Camp	7–13 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	48965	\$210.00
Sport & Swim Camp	7–13 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	48966	\$210.00
Sport & Swim Camp	7–13 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	48967	\$210.00
Sport & Swim Camp	7–13 yrs	Tue–Fri	Aug 5–Aug 8	9:00 a.m.–4:30 p.m.	4	48963	\$168.00
Sport & Swim Camp	7–13 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	48968	\$210.00
Sport & Swim Camp	7–13 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	48970	\$210.00
Sport & Swim Camp	7–13 yrs	Mon–Fri	Aug 25–Aug 29	9:00 a.m.–4:30 p.m.	5	48971	\$210.00
Extended Supervision – 1 hour	4–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	8:00 a.m.–9:00 a.m.	4	49012	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	4:30 p.m.–5:30 p.m.	4	50407	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 7–Jul 11	8:00 a.m.–9:00 a.m.	5	49171	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 7–Jul 11	4:30 p.m.–5:30 p.m.	5	50406	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 14–Jul 18	8:00 a.m.–9:00 a.m.	5	49168	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 14–Jul 18	4:30 p.m.–5:30 p.m.	5	50408	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 21–Jul 25	8:00 a.m.–9:00 a.m.	5	49169	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 21–Jul 25	4:30 p.m.–5:30 p.m.	5	50409	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 28–Aug 1	8:00 a.m.–9:00 a.m.	5	49170	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 28–Aug 1	4:30 p.m.–5:30 p.m.	5	50410	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Tue–Fri	Aug 5–Aug 8	8:00 a.m.–9:00 a.m.	4	49172	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Tue–Fri	Aug 5–Aug 8	4:30 p.m.–5:30 p.m.	4	50411	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 11–Aug 15	8:00 a.m.–9:00 a.m.	5	49173	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 11–Aug 15	4:30 p.m.–5:30 p.m.	5	50412	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 18–Aug 22	8:00 a.m.–9:00 a.m.	5	49175	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 18–Aug 22	4:30 p.m.–5:30 p.m.	5	50413	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 25–Aug 29	8:00 a.m.–9:00 a.m.	5	49174	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 25–Aug 29	4:30 p.m.–5:30 p.m.	5	50414	\$28.00



## Summer Camps Program Information continued

Program	Age	Day	Dates	Time	Classes	Course ID	Price
<b>Delpark Homes Centre</b>							
Little Legends Camp	4–6 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	48941	\$168.00
Little Legends Camp	4–6 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	48942	\$210.00
Little Legends Camp	4–6 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	48943	\$210.00
Little Legends Camp	4–6 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	48944	\$210.00
Little Legends Camp	4–6 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	48945	\$210.00
Little Legends Camp	4–6 yrs	Tue–Fri	Aug 5–Aug 8	9:00 a.m.–4:30 p.m.	4	48946	\$168.00
Little Legends Camp	4–6 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	48947	\$210.00
Little Legends Camp	4–6 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	48948	\$210.00
Little Legends Camp	4–6 yrs	Mon–Fri	Aug 25–Aug 29	9:00 a.m.–4:30 p.m.	5	48949	\$210.00
Hockey Camp (House League)	7–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	8:30 a.m.–4:30 p.m.	4	48874	\$217.60
Hockey Camp (House League)	7–13 yrs	Mon–Fri	Jul 7–Jul 11	8:30 a.m.–4:30 p.m.	5	48875	\$272.00
Hockey Camp (House League)	7–13 yrs	Mon–Fri	Jul 14–Jul 18	8:30 a.m.–4:30 p.m.	5	48876	\$272.00
Hockey Camp (House League)	7–13 yrs	Mon–Fri	Jul 21–Jul 25	8:30 a.m.–4:30 p.m.	5	48877	\$272.00
Hockey Camp (House League)	7–13 yrs	Mon–Fri	Jul 28–Aug 1	8:30 a.m.–4:30 p.m.	5	48878	\$272.00
Hockey Camp (House League)	7–13 yrs	Tue–Fri	Aug 5–Aug 8	8:30 a.m.–4:30 p.m.	4	48879	\$217.60
Hockey Camp (House League)	7–13 yrs	Mon–Fri	Aug 11–Aug 15	8:30 a.m.–4:30 p.m.	5	48880	\$272.00
Hockey Camp (House League)	7–13 yrs	Mon–Fri	Aug 18–Aug 22	8:30 a.m.–4:30 p.m.	5	48881	\$272.00
Hockey Camp (House League)	7–13 yrs	Mon–Fri	Aug 25–Aug 29	8:30 a.m.–4:30 p.m.	5	48882	\$272.00

## Summer Camps Program Information continued

Program	Age	Day	Dates	Time	Classes	Course ID	Price
<b>Delpark Homes Centre</b>							
Legendary Day Camp	7–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	48931	\$168.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	48932	\$210.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	48933	\$210.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	48934	\$210.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	48935	\$210.00
Legendary Day Camp	7–13 yrs	Tue–Fri	Aug 5–Aug 8	9:00 a.m.–4:30 p.m.	4	48936	\$168.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	48937	\$210.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	48938	\$210.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Aug 25–Aug 29	9:00 a.m.–4:30 p.m.	5	48939	\$210.00
Athletic Adventures Camp	8–14 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	48950	\$288.00
Athletic Adventures Camp	8–14 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	48951	\$360.00
Athletic Adventures Camp	8–14 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	48952	\$360.00
Athletic Adventures Camp	8–14 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	48953	\$360.00
Daytrippers Day Camp	8–14 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	48954	\$360.00
Daytrippers Day Camp	8–14 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	48955	\$360.00
Daytrippers Day Camp	8–14 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	48956	\$360.00
Daytrippers Day Camp	8–14 yrs	Mon–Fri	Aug 25–Aug 29	9:00 a.m.–4:30 p.m.	5	48957	\$360.00
Extended Supervision – 1 hour	4–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	8:00 a.m.–9:00 a.m.	4	48883	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	4:30 p.m.–5:30 p.m.	4	48892	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 7–Jul 11	8:00 a.m.–9:00 a.m.	5	48884	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 7–Jul 11	4:30 p.m.–5:30 p.m.	5	48893	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 14–Jul 18	8:00 a.m.–9:00 a.m.	5	48885	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 14–Jul 18	4:30 p.m.–5:30 p.m.	5	48894	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 21–Jul 25	8:00 a.m.–9:00 a.m.	5	48886	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 21–Jul 25	4:30 p.m.–5:30 p.m.	5	48895	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 28–Aug 1	8:00 a.m.–9:00 a.m.	5	48887	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 28–Aug 1	4:30 p.m.–5:30 p.m.	5	48896	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Tue–Fri	Aug 5–Aug 8	8:00 a.m.–9:00 a.m.	4	48888	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Tue–Fri	Aug 5–Aug 8	4:30 p.m.–5:30 p.m.	4	48897	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 11–Aug 15	8:00 a.m.–9:00 a.m.	5	48889	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 11–Aug 15	4:30 p.m.–5:30 p.m.	5	48898	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 18–Aug 22	8:00 a.m.–9:00 a.m.	5	48890	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 18–Aug 22	4:30 p.m.–5:30 p.m.	5	48899	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 25–Aug 29	8:00 a.m.–9:00 a.m.	5	48891	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 25–Aug 29	4:30 p.m.–5:30 p.m.	5	48900	\$28.00





## Summer Camps Program Information continued

Program	Age	Day	Dates	Time	Classes	Course ID	Price
<b>Donevan Recreation Complex</b>							
Little Legends Camp	4–6 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	49181	\$210.00
Little Legends Camp	4–6 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	49182	\$210.00
Little Legends Camp	4–6 yrs	Tue–Fri	Aug 5–Aug 8	9:00 a.m.–4:30 p.m.	4	49183	\$168.00
Little Legends Camp	4–6 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	49184	\$210.00
Little Dancers Camp	4–6 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	49158	\$168.00
Little Dancers Camp	4–6 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	49159	\$210.00
Little Dancers Camp	4–6 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	49165	\$210.00
Little Dancers Camp	4–6 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	49166	\$210.00
Little Dancers Camp	4–6 yrs	Mon–Fri	Aug 25–Aug 29	9:00 a.m.–4:30 p.m.	5	49167	\$210.00
Dance Camp	7–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	49145	\$168.00
Dance Camp	7–13 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	49146	\$210.00
Dance Camp	7–13 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	49147	\$210.00
Dance Camp	7–13 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	49148	\$210.00
Dance Camp	7–13 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	49149	\$210.00
Dance Camp	7–13 yrs	Tue–Fri	Aug 5–Aug 8	9:00 a.m.–4:30 p.m.	4	49150	\$168.00
Dance Camp	7–13 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	49151	\$210.00
Dance Camp	7–13 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	49152	\$210.00
Legendary Day Camp	7–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	49126	\$168.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	49127	\$210.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	49128	\$210.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	49134	\$210.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	49135	\$210.00
Legendary Day Camp	7–13 yrs	Tue–Fri	Aug 5–Aug 8	9:00 a.m.–4:30 p.m.	4	49136	\$168.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	49137	\$210.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	49138	\$210.00
Legendary Day Camp	7–13 yrs	Mon–Fri	Aug 25–Aug 29	9:00 a.m.–4:30 p.m.	5	49139	\$210.00

## Summer Camps Program Information continued

Program	Age	Day	Dates	Time	Classes	Course ID	Price
<b>Donevan Recreation Complex</b>							
Leader-in-Training	12–14 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	49221	\$168.00
Leader-in-Training	12–14 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	49222	\$210.00
Counsellor-in-Training	14–16 yrs	Mon–Fri	Jul 7–Jul 25	9:00 a.m.–4:30 p.m.	15	49218	\$337.54
Counsellor-in-Training	14–16 yrs	Mon–Fri	Jul 28–Aug 15	9:00 a.m.–4:30 p.m.	14	49219	\$337.54
Extended Supervision – 1 hour	4–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	8:00 a.m.–9:00 a.m.	4	49190	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	4:30 p.m.–5:30 p.m.	4	49204	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 7–Jul 11	8:00 a.m.–9:00 a.m.	5	49191	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 7–Jul 11	4:30 p.m.–5:30 p.m.	5	49209	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 14–Jul 18	8:00 a.m.–9:00 a.m.	5	49192	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 14–Jul 18	4:30 p.m.–5:30 p.m.	5	49210	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 21–Jul 25	8:00 a.m.–9:00 a.m.	5	49193	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 21–Jul 25	4:30 p.m.–5:30 p.m.	5	49211	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 28–Aug 1	8:00 a.m.–9:00 a.m.	5	49194	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 28–Aug 1	4:30 p.m.–5:30 p.m.	5	49212	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Tue–Fri	Aug 5–Aug 8	8:00 a.m.–9:00 a.m.	4	49195	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Tue–Fri	Aug 5–Aug 8	4:30 p.m.–5:30 p.m.	4	49213	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 11–Aug 15	8:00 a.m.–9:00 a.m.	5	49196	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 11–Aug 15	4:30 p.m.–5:30 p.m.	5	49214	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 18–Aug 22	8:00 a.m.–9:00 a.m.	5	49197	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 18–Aug 22	4:30 p.m.–5:30 p.m.	5	49215	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 25–Aug 29	8:00 a.m.–9:00 a.m.	5	49198	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 25–Aug 29	4:30 p.m.–5:30 p.m.	5	49216	\$28.00



## Summer Camps Program Information continued

Program	Age	Day	Dates	Time	Classes	Course ID	Price
<b>South Oshawa Community Centre</b>							
Little Sportsters	4–6 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	48371	\$168.00
Little Sportsters	4–6 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	48373	\$210.00
Little Sportsters	4–6 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	48374	\$210.00
Little Sportsters	4–6 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	48375	\$210.00
Little Sportsters	4–6 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	48377	\$210.00
Little Sportsters	4–6 yrs	Tue–Fri	Aug 5–Aug 8	9:00 a.m.–4:30 p.m.	4	48378	\$168.00
Little Sportsters	4–6 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	48379	\$210.00
Little Sportsters	4–6 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	48618	\$210.00
Little Sportsters	4–6 yrs	Mon–Fri	Aug 25–Aug 29	9:00 a.m.–4:30 p.m.	5	48828	\$210.00
Day Camp	7–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	9:00 a.m.–4:30 p.m.	4	48346	\$168.00
Day Camp	7–13 yrs	Mon–Fri	Jul 7–Jul 11	9:00 a.m.–4:30 p.m.	5	48347	\$210.00
Day Camp	7–13 yrs	Mon–Fri	Jul 14–Jul 18	9:00 a.m.–4:30 p.m.	5	48348	\$210.00
Day Camp	7–13 yrs	Mon–Fri	Jul 21–Jul 25	9:00 a.m.–4:30 p.m.	5	48349	\$210.00
Day Camp	7–13 yrs	Mon–Fri	Jul 28–Aug 1	9:00 a.m.–4:30 p.m.	5	48350	\$210.00
Day Camp	7–13 yrs	Tue–Fri	Aug 5–Aug 8	9:00 a.m.–4:30 p.m.	4	48351	\$168.00
Day Camp	7–13 yrs	Mon–Fri	Aug 11–Aug 15	9:00 a.m.–4:30 p.m.	5	48360	\$210.00
Day Camp	7–13 yrs	Mon–Fri	Aug 18–Aug 22	9:00 a.m.–4:30 p.m.	5	48361	\$210.00
Day Camp	7–13 yrs	Mon–Fri	Aug 25–Aug 29	9:00 a.m.–4:30 p.m.	5	48362	\$210.00
Extended Supervision – 1 hour	4–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	8:00 a.m.–9:00 a.m.	4	48985	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon, Wed–Fri	Jun 30, Jul 2–Jul 4	4:30 p.m.–5:30 p.m.	4	49003	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 7–Jul 11	8:00 a.m.–9:00 a.m.	5	48986	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 7–Jul 11	4:30 p.m.–5:30 p.m.	5	49004	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 14–Jul 18	8:00 a.m.–9:00 a.m.	5	48987	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 14–Jul 18	4:30 p.m.–5:30 p.m.	5	49005	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 21–Jul 25	8:00 a.m.–9:00 a.m.	5	48988	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 21–Jul 25	4:30 p.m.–5:30 p.m.	5	49006	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 28–Aug 1	8:00 a.m.–9:00 a.m.	5	48989	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Jul 28–Aug 1	4:30 p.m.–5:30 p.m.	5	49007	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Tue–Fri	Aug 5–Aug 8	8:00 a.m.–9:00 a.m.	4	48990	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Tue–Fri	Aug 5–Aug 8	4:30 p.m.–5:30 p.m.	4	49008	\$22.40
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 11–Aug 15	8:00 a.m.–9:00 a.m.	5	49000	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 11–Aug 15	4:30 p.m.–5:30 p.m.	5	49009	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 18–Aug 22	8:00 a.m.–9:00 a.m.	5	49001	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 18–Aug 22	4:30 p.m.–5:30 p.m.	5	49010	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 25–Aug 29	8:00 a.m.–9:00 a.m.	5	49002	\$28.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Aug 25–Aug 29	4:30 p.m.–5:30 p.m.	5	49011	\$28.00





# Free Playground Programs

## Parented Program

Ages 3 to 5 years

**In a neighbourhood near you!**

Offered July 2 to August 13

This program is available for families with children ages 3–5 at select park locations starting July 2, 2025. Each session will have a unique focus, ranging from movement, sports, water, and crafts. This is a **DROP-IN** program. Advance registration is not required; however, parents/guardians are required to actively participate with their child. Find participating park locations at [Oshawa.ca/Play](https://Oshawa.ca/Play).



**All Playground Programs are subject to change/cancellation based on weather, staff resources, and attendance.**

**Stay informed by visiting [Oshawa.ca/Play](https://Oshawa.ca/Play), or calling 905-436-3311 ext. 2749**

**No Playground Programs available on June 30, July 1 (Canada Day), and Monday, August 4 (Civic Holiday)**

## Drop-off Program

Ages 5 to 12 years

**At playgrounds across the City!**

Offered July 2 to August 15

Play leaders will provide fun and exciting play opportunities for children ages 5–12, at variety of neighbourhood playgrounds in the morning and afternoon. Participate in games, sports, crafts and great special events.

This is a **DROP-OFF** program and children are free to come and go as they wish. Playground staff are not responsible for children once they leave the program area. Under and over-age children are not permitted (proof of age may be required). All participants are required to complete an Emergency Contact Form before participating in the program. Forms can be found online at [Oshawa.ca/Camps](https://Oshawa.ca/Camps) or in-person at the nearest park location on the first day you attend the program. Visit [Oshawa.ca/Play](https://Oshawa.ca/Play) for additional details and a list of participating playground locations.



Playground Programs are offered in partnership with Oshawa@Play and Their Opportunity.

# inclusion support



**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](https://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](https://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)

**To request inclusion support for aquatic programs, email [recinclusionservices@oshawa.ca](mailto:recinclusionservices@oshawa.ca).**

## Requesting Inclusion Support

### General Summer Programs

Register for your Summer program of choice and the following Inclusion course ID: **50706**

### Summer Camps

Register for your Summer Camp of choice and the Inclusion course ID for your camp dates.

Camp Dates	Inclusion ID
Jun 30, Jul 2–Jul 4	50709
Jul 7–Jul 11	50710
Jul 14–Jul 18	50711
Jul 21–Jul 25	50712
Jul 28–Aug 1	50713
Aug 5–Aug 8	50714
Aug 11–Aug 15	50715
Aug 18–Aug 22	50716
Aug 25–Aug 29	50717





**All Inclusion Services programs are eligible for financial assistance unless marked (\*)**



**Looking for inclusive swim lessons?**

See [page 73](#) to find the link to inclusive private swim lessons for participants 3 to 19 years of age.

## Inclusion Services – Camp

### Inclusion Services – Adaptive Camp

Designed for those 14 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 1:3.

Campers will have opportunities to participate in a wide range of activities that will be adapted to their abilities and interests in a sensory friendly environment. Campers will swim daily.

**Age: 14 to 22 years**

**Location: Civic Recreation Complex**



# OSHAWA VOLT HOCKEY



### **Inclusion Services – VOLT Hockey – Driving and Safety**

An inclusive form of hockey played on a gym floor in an adapted, motorized, sport hockey chair. This program is designed for participants who are new to the sport or who will benefit from additional practice to operate the volt chair safely. Participants will engage in structured drills and games to practice basic driving skills and learn about safety. No hockey experience required. All activity equipment is provided. Chairs are controlled by a joystick without attendant controls. Personal support workers and assistive equipment are welcome. Caregivers are required to stay on site and may be required to provide 1:1 support to ensure successful participation.

**Age: 11 years +**

**Location: Children's Arena**

### **Inclusion Services – VOLT Hockey – Skills and Scrimmage**

An inclusive form of hockey played on a gym floor in an adapted, motorized, sport hockey chair. This program is designed for participants with previous experience who have the ability to control the chair in close proximity to others while driving forwards or backwards independently. Participants will engage in structured drills, games, and scrimmages. No hockey experience required. All activity equipment is provided. Chairs are controlled by a joystick without attendant controls. Personal support workers and assistive equipment are welcome. Caregivers are required to stay on site.

**Age: 11 years +**

**Location: Children's Arena**





## Summer Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
<b>Inclusion Services – Summer Camp</b>								
Adaptive Camp	14–22 yrs	CRC	Mon–Fri	Jul 7–Jul 11	10:00 a.m.–4:00 p.m.	5	50718	\$168.00
Adaptive Camp	14–22 yrs	CRC	Mon–Fri	Jul 21–Jul 25	10:00 a.m.–4:00 p.m.	5	50719	\$168.00
Adaptive Camp	14–22 yrs	CRC	Tue–Fri	Aug 5–Aug 8	10:00 a.m.–4:00 p.m.	4	50720	\$134.40
Adaptive Camp	14–22 yrs	CRC	Mon–Fri	Aug 18–Aug 22	10:00 a.m.–4:00 p.m.	5	50721	\$168.00
<b>Inclusion Services – Sports</b>								
Inclusion – VOLT Hockey – Driving and Safety	11 yrs+	CA	Thu	Jul 3-Jul 10	5:00 p.m.-5:45 p.m.	2	50897	\$0.00
Inclusion – VOLT Hockey – Skills and Scrimmage	11 yrs+	CA	Thu	Jul 3-Jul 10	6:00 p.m.-7:00 p.m.	2	50898	\$0.00

CA – Children's Arena   CRC – Civic Recreation Complex

✦ **Don't miss out on something great!**



### Highlights for Summer 2025

### Page

City of Oshawa splash pads

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Book a bocce court

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Summer Camps signup details

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Free Playground Programs

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Swimming Lessons pathways

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Private Swimming Lessons – Inclusion

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Become a lifeguard

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# Hooray!

## It's time to plan a party!

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

All 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.

Get all the  
details on party  
packages and  
book yours  
today!





# swimming



## Registration Date for Swimming Lessons

Tuesday, May 13, 9 a.m.



### The City of Oshawa's indoor pools

**Civic Recreation Complex**  
99 Thornton Road South

**Delpark Homes Centre**  
1661 Harmony Road North


**Donevan Recreation Complex**  
171 Harmony Road South

## Before you go, you should know

Swimming lessons are designed to work on personal improvement and becoming water safe.

- 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

### Parented programs

- Some programs require parents/guardians to actively participate
- Look out for parented program symbol 

## Change room policies

- 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 personal belongings in the changing cubicles. Coin and padlock lockers are available at all facilities.

## 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 or videos. Photos/videos may only be taken of your own family. Underwater photography is not permitted.



## Pool fouling closures

Pool fouling can cause a closure up to 24 hours

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

- Do not swim if you are feeling sick
- Eat at least one hour before swimming
- Wash your body thoroughly with soap and water before swimming
- Use the bathroom before swimming
- Children not toilet trained must wear swim diapers made for pool use

**The City is not responsible for lost, damaged or stolen items.**





## Do you meet the Pool Admission Requirements?

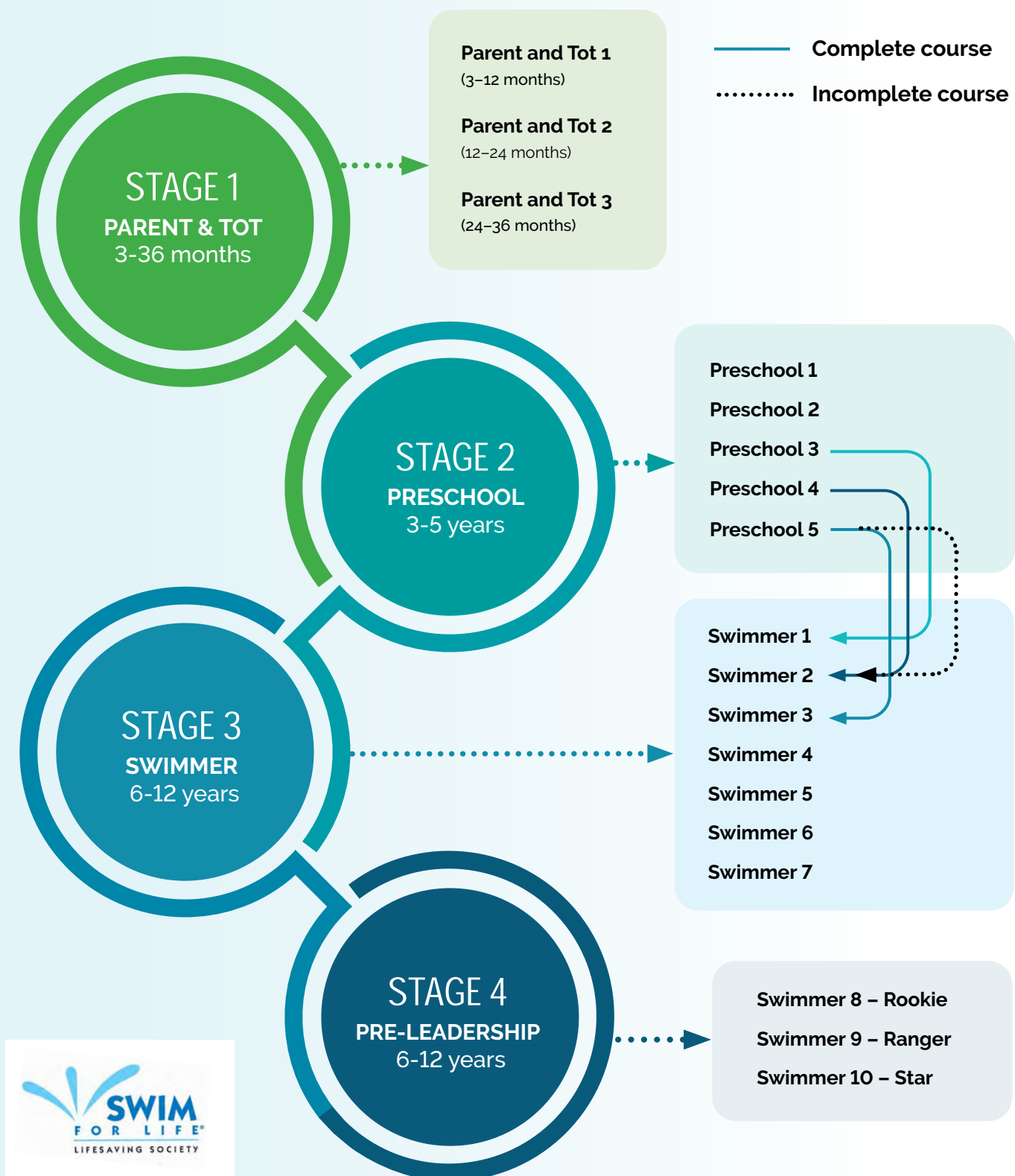
**Red, yellow and green wristbands are provided based on the age of the child and their ability to pass the swim test.** To pass the swim test, children must be able to swim 25 metres of the pool independently on their front, maintaining a horizontal body position at all times. Children must be able to swim with their face in the water and take breaths without stopping or touching the bottom of the pool. Front Crawl is encouraged.

Wristbands	Age	Supervision	Additional Information
Red	6 and under	Must be in arm's reach of a supervising guardian at all times. Maximum two children per guardian	N/A
Yellow	7 -9 yrs	<b>Fail swim test</b> – must be in arm's reach of a supervising guardian at all times <b>Pass swim test</b> – will receive a green wristband and may swim unaccompanied	If you are unsure of your child's swim level, visit a City pool during <a href="#">public or fun swim hours</a> for a free swim assessment before registering for swim lessons.
Green	10 yrs +	May swim unaccompanied <b>Pass swim test</b> – may enter the deep end of the pool	

## Swim test cards

Children who have passed the swim test and received a green wristband, are eligible to purchase a City of Oshawa swim test card. This card entitles the child to a green wristband upon entry to any City pool. To receive a swim test card, present your child's green wristband (on their wrist) to a staff member at a reception desk. There is a fee of \$6.00 associated with obtaining the swim test card.

# Swimming Lesson Pathways



# Swimming Level Descriptions

## Parent and Tot (4–36 months)



### Parent and Tot 1 (3–12 months) **P**

Designed for the 3- to 12-month-old to learn to enjoy the water with the parent.

### Parent and Tot 2 (12–24 months) **P**

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

### Parent and Tot 3 (24–36 months) **P**

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



All sessions on pages  
66 and 67 are eligible  
for financial assistance



Parented program

## Transition Level (2–5 years)



### Transition Level (2–5 years) **P**

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

## Preschool (3–5 years)



### Preschool 1 (3–5 years)

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)

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)

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)

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



## Swimmer Levels (6–15 years)

### Swimmer 1

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

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

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

Swimmers will swim underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. 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

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

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

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



### Swimmer 9 – Ranger

Swimmers develop better strokes over 75 metre 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 metre workouts, 300 metre timed swims, and a 25 metre object carry. Strokes are refined over 100 metre 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.



## Low Ratio Swim Lessons\* (3–15 years)

**A smaller ratio swimming lesson of 3:1.**

**\*Note: Low ratio swim lessons are not eligible for financial assistance.**



### Family Swim Lessons – Low Ratio

Designed for family/friends to learn together in the water. Each participant will be able to work on their own swim techniques while having fun together. Ideal for participants who are close in skill sets. All participants must be registered in the course. Price listed is per participant. Register the first participant and then call the coordinator at the location where the lesson is taking place to add the extra participants: Civic Recreation Complex ext. 2787. Must be a minimum of two swimmers and a maximum of three.

**Age: 3 to 15 years**

**Location: Civic Recreation Complex**

### Low Ratio Swim Lessons – Swimmer 1

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.

**Age: 6 to 15 years**

**Location: Camp Samac,  
Delpark Homes Centre**

### Low Ratio Swim Lessons – Swimmer 2

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.

**Age: 6 to 15 years**

**Location: Camp Samac,  
Delpark Homes Centre**

### Low Ratio Swim Lessons – Swimmer 3

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 years**

**Location: Delpark Homes Centre**

### Low Ratio Swim Lessons – Swimmer 4

These swimmers will swim underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. 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 years**

**Location: Delpark Homes Centre**



#### Looking for inclusive swim lessons?

See [page 73](#) to find the link to inclusive private swim lessons for participants 3 to 19 years of age.

## Water safety

### ◆ 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 children and older adults

**Lifesaving Society**

[www.lifesavingsociety.com](http://www.lifesavingsociety.com)

### Low Ratio Swim Lessons – Swimmer 5/6

#### Swimmer 5:

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:

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 years**

**Location: Camp Samac,**

**Delpark Homes Centre**







## Private Swim Lessons\*

**Designed for participants who would like 1:1 lessons.**

**\*Note: Private swim lessons are not eligible for financial assistance.**

### **\*Private Swim – 30 minutes**

Designed for participants who would like 1:1 lessons. 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.

### **\*Private Swim – Inclusion Services**

This program is specifically designed for children and youth with special needs and incorporates an adapted aquatics approach to swimming lessons based on the individual's requirements. Once participants are registered, the Inclusion Coordinator will be in contact to arrange the required screening prior to the first lesson.

**Age: 3 to 19 years**

**Location: Delpark Homes Centre**

## Photo policy

### ◆ **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.

## Specialty Swim Lessons



Programs are eligible for financial assistance unless marked (\*)

### **NEW** Water Sports Club

An opportunity for those that love swimming and the water to try a variety of water sport activities. Disciplines such as water polo, artistic swimming, lifeguarding sports, competitive swimming, diving and lifesaving skills will be introduced.

**Age: 10 to 14 years**

**Location: Camp Samac,  
Civic Recreation Complex**

### **Fitness Swimmer**

Take your swimming skills to the next level! Through structured drills and personalized feedback, improve your stroke, increase stamina and work toward your swim goals in a supportive environment.

**Age: 12 to 16 years**

**Location: Camp Samac,  
Civic Recreation Complex,  
Donevan Recreation Complex**



### **Teen Swimmer – Beginner**

Designed for beginners who may be just starting out. Within the 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 teen swimmer levels.

**Age: 12 to 17 years**

**Location: Civic Recreation Complex**

### **Adult Swimmer – Beginner**

Participants will work towards a 10–15 metre swim on their front and back, do jump entries from the side, and recover an object from the bottom in chest-deep water. Improve fitness and flutter kick with 4 x 9–12 metre interval training.

**Age: 14 years +**

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

### **Adult Swimmer – Intermediate**

Participants will work on two interval training workouts of 4 x 25 metre kicking and front or back crawl, perform dive entries, and demonstrate breaststroke arms and breathing over 10–15 metres. Participants will also learn to support themselves at the surface for 1–2 minutes.

**Age: 14 years +**

**Location: Civic Recreation Complex**







# summer swimming lessons



Parent & Tot Swimmer  
(4–36 months)

Preschool Swimmer  
(3–5 years)

Transition Level  
(2–5 years)

Swimmer (6–15 years)





To view our most up-to-date summer programming information about swimming lessons, including course dates, times, fees, course IDs, etc., or to register, click the links provided.



[Low Ratio Swimming Lessons](#)

[Private Swimming Lessons](#)

[Private Swimming Lessons – Inclusion](#)

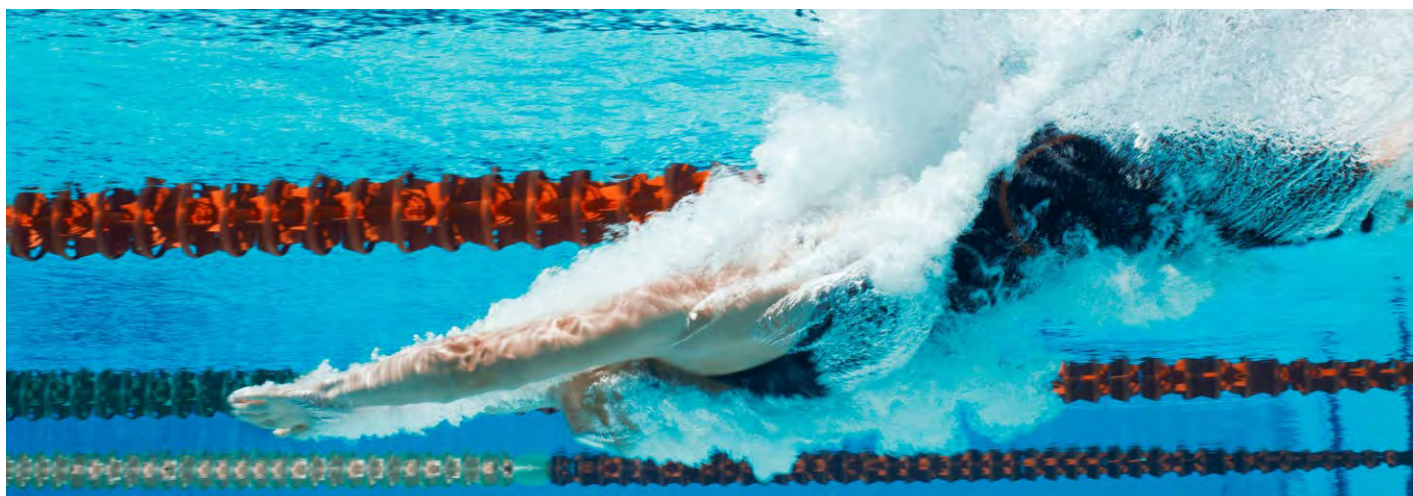
[Specialty Swimming Lessons](#)

## ◆ Check out our new courses!

Fresh programming to try this summer



Course Title	Age Group	Page
Water Sports Club	10 to 14 years	<a href="#">Page 71</a>
Inclusion Services – VOLT Hockey – Driving and Safety	11 years +	<a href="#">Page 59</a>
Inclusion Services – VOLT Hockey – Skills and Scrimmage	11 years +	<a href="#">Page 59</a>
Women on Weights (WOW)	13 years +	<a href="#">Page 33</a>





Become a

# lifeguard

and start your career  
with the City of Oshawa

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 [\*\*oshawa.ca/careers\*\*](https://oshawa.ca/careers)  
to find current employment  
opportunities.

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





# aquatic leadership

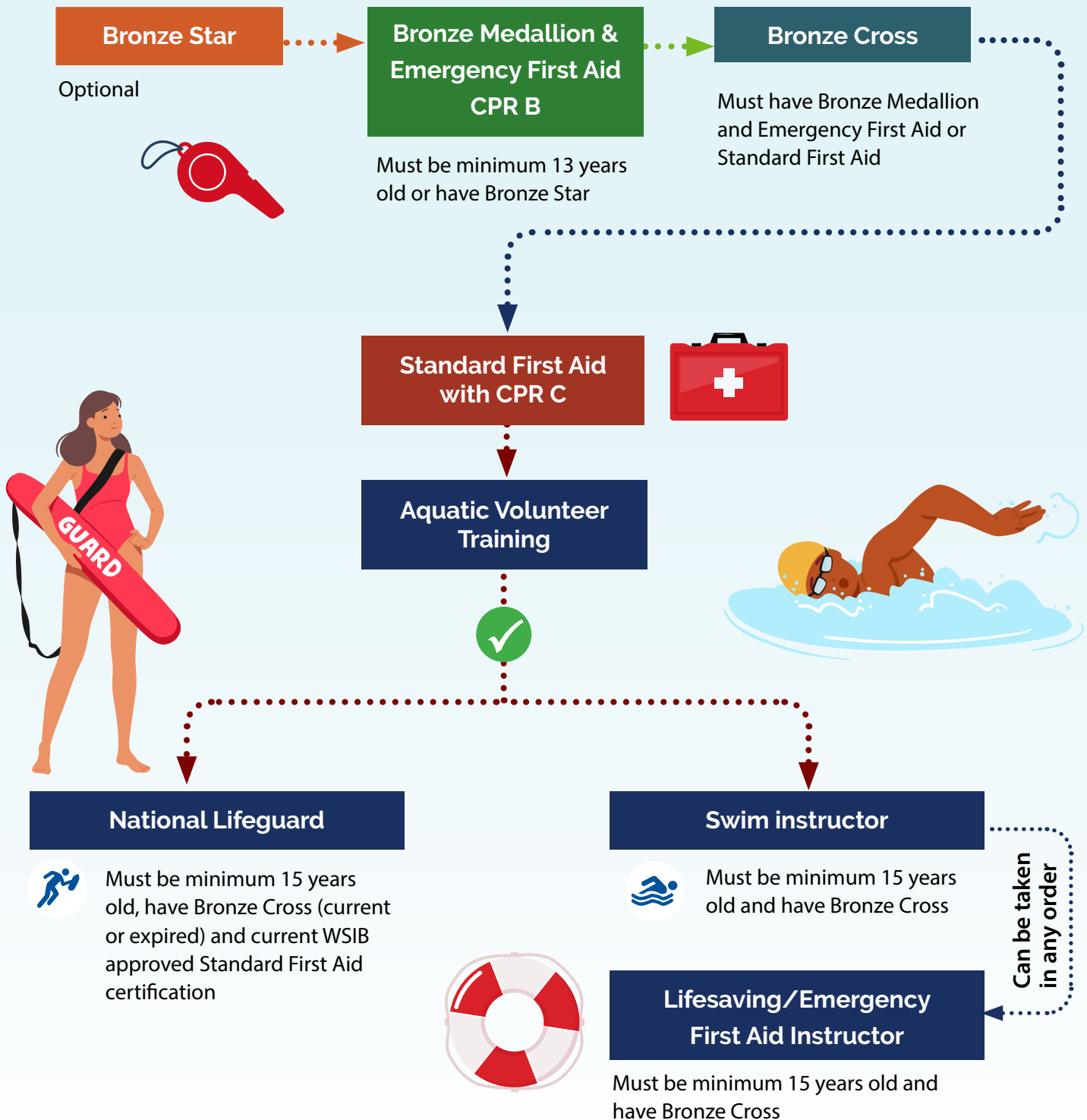
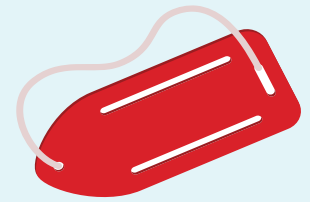


## Making registration simple

All aquatic leadership courses include the cost for awards, manuals and course materials in their fees.

Visit [oshawa.ca/lifeguarding](https://oshawa.ca/lifeguarding) for more information about our leadership programs.

# How to become a lifeguard or swim instructor





## Aquatic Leadership Courses

**! Aquatic Leadership courses are offered in two formats, an extended course and crash course**

### Extended courses

Extended courses are scheduled over the duration of a program session (i.e several weeks) and give candidates more opportunities to practice what they learnt in between each class.

### Crash courses

Crash courses allow candidates to complete a full course intensively over one or two weekends or consecutive days. Crash courses are best suited for highly motivated, mature learners ready to perform required skills with little time to practice between each class.

## Course Prerequisites

### Age prerequisites

Minimum age prerequisites must be attained by the last day of the course or the day of the exam. There are no exceptions. Acceptable proof of age includes: birth certificate, driver's license, health card or passport.

### Award prerequisites

Prerequisite award(s) must be earned prior to the start of the course. No exceptions can be made to this policy and it is the responsibility of the candidate to ensure they have the appropriate prerequisite(s).

The following are acceptable proof of award prerequisites: a printout from Find a Member; or confirmation using [Find a Member Mobile](#), a Lifesaving Society certification card or current temporary card (expired temporary cards more than 90 days old will not be accepted).

## Course Attendance

100 percent attendance and active participation are required for all aquatic leadership courses. If a candidate is unable to attend a class, make-up classes will not be offered and a refund will not be issued.

## Before you go, you should know

### Food & Drinks

Candidates should bring water/drinks and lunch/dinner/snacks where appropriate.

### For aquatic leadership courses, bring:

- proof of age where required
- proof of original certification of prerequisite(s)

### For in-water courses, bring:

- bathing suit(s) and towel(s)
- comfortable clothing and shoes
- non-slip sandals or deck shoes
- notebook/paper and pen/pencil

## NEW Waitlists

If your preferred program is full, we recommend joining the waitlist. If a space becomes available, you may be contacted by email and offered the available space. If you are already registered in a program and wish to transfer to the available waitlisted program, you may do so at no additional cost.

Make sure your email is to date so you don't miss out on available programs.

# aquatic leadership programs



**Programs are eligible for financial assistance unless marked (\*)**

## **Bronze Star & Basic First Aid**

Develop swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Completion of Bronze Star allows early entry into Bronze Medallion if candidate is under 13 years old.

**Age prerequisite: 10 to 13 years**

**Location: Camp Samac,  
Civic Recreation Complex**

## **Bronze Medallion & Emergency First Aid**

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross..

### **Prerequisite:**

Bronze Star certification or minimum 13 years of age by exam date. Participants should come to the course able to complete the endurance swim (400-metre timed swim, completed in under 12 minutes) and a stroke assessment (ensuring all strokes meet Lifesaving Society standards).

**Age prerequisite: 13 years +**

**Location: Camp Samac,  
Donevan Recreation Complex**

## **Bronze Cross & Standard First Aid**

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 Lifeguard and instructor certification programs.

**Age prerequisite: 13 years +**

**Location: Donevan Recreation Complex**



## **Lend a hand**



**Want to help us tidy up  
an area near you?**

**Register for a Community  
Cleanup at [Oshawa.ca/  
communitycleanup](https://Oshawa.ca/communitycleanup).**



## **National Lifeguard – 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 and Bronze Cross and Standard First Aid from a WSIB approved agency.

**Age prerequisite: 15 years +**

**Location: Civic Recreation Complex,  
Donevan Recreation Complex**

## **National Lifeguard – Recertification**

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 prerequisite: 17 years +**

**Location: Donevan Recreation Complex**

## **Swim Instructor**

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

### **Prerequisite:**

15 years of age by the end of the course and Bronze Cross certification (does not need to be current).

**Age prerequisite: 15 years +**

**Location: Delpark Homes Centre & Donevan  
Recreation Complex**

## **Lifesaving & Emergency First Aid Instructor**

Upon successful completion of this program, candidates will be able to instruct the following awards in the Lifesaving program: Canadian Swim Patrol program, Bronze Medal Awards, Wading Pool Attendant, and Emergency First Aid.

### **Prerequisite:**

Minimum 15 years of age by the exam date and Bronze Cross and Standard First Aid from a WSIB approved agency.

**Age prerequisite: 15 years +**

**Location: Donevan Recreation Complex**

## **Standard First Aid & CPR C**

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. Includes CPR-C certification.

**Age prerequisite: 13 years +**

**Location: Donevan Recreation Complex**

## **Standard First Aid & CPR C – Recertification**

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 Aid course.

**Age prerequisite: 13 years +**

**Location: Donevan Recreation Complex**



# summer aquatic leadership programs



To view our most up-to-date summer programming information about Aquatic Leadership courses, including course dates, times, fees, course IDs, etc., or to register, click the link below.



[Aquatic Leadership Programs](#)



The Summer 2025 activeOshawa Guide is produced by the City of Oshawa, Community and Operations Services Department, Recreation 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 at [Register.Oshawa.ca](https://Register.Oshawa.ca).

If this information is required in an accessible format, please contact: Service Oshawa.

Telephone: 905-436-3311

Email: [service@oshawa.ca](mailto:service@oshawa.ca)

