Before you go, you should know...

- Clean indoor shoes are required for sports and dance programs.

**Ice Programs**

- CSA approved hockey helmet is mandatory for everyone on-ice.

---

**Why participate?**

- Builds social skills and stimulates participation in community life.
- Provides opportunities for life-long learning.
- Reduces isolation, loneliness and alienation.
- Build a sense of belonging within the community.
- Helps extend life expectancy.

The Benefits of Parks & Recreation

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![Dancing Adults]

**Save time, register online**

[register.oshawa.ca]
Adult

Arts & Crafts

**Paint the Night Away - Adult & Child**
Come out, get creative, and enjoy a social night out. This one-night class includes all required material, an instructor to guide you through each step of the way, and a masterpiece of your very own to take home. No artistic skills are required.

*Age: 10 years +
Location: Arts Resource Centre*

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

*Age: 15 years +
Location: Arts Resource Centre*

**Acrylic Painting - Intermediate**
Learn acrylic painting skills through a series of projects relating to art concepts and techniques. Ideal for those looking to further develop their skill and/or learn new techniques. Participants will be required to purchase their own art supplies after the first class.

*Age: 15 years +
Location: Arts Resource Centre*

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

*Age: 15 years +
Location: Arts Resource Centre*

**Drawing Skills**
Learn the skills to draw with confidence. Learn to create an assortment of illustrations including portraits, landscapes and abstract drawings using a variety of drawing media. Participants will be required to purchase their own art supplies after the first class.

*Age: 15 years +
Location: Arts Resource Centre*

**Paint the Night Away - Intermediate**
Learn the skills to draw with confidence. Learn to create an assortment of illustrations including portraits, landscapes and abstract drawings using a variety of drawing media. Participants will be required to purchase their own art supplies after the first class.

*Age: 15 years +
Location: Arts Resource Centre*

**Knitting Social**
Bring your knitting and crocheting projects from home and get to know fellow fibre arts enthusiasts in this social environment! Supplies not included.

*Age: 15 years +
Location: Arts Resource Centre*

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

*Age: 15 years +
Location: Arts Resource Centre*

**Pottery & Sculpture**
This program will feature instruction in form, texture, construction, and design. Wheel throwing, decoration and glaze techniques will also be taught. Fee includes clay, glaze, and firing.

*Age: 15 years +
Location: Arts Resource Centre*

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

*Age: 15 years +
Location: Arts Resource Centre*
Arts & Crafts  ...continued

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

Age: 15 years +
Location: Arts Resource Centre

Relief Printmaking $
Explore printmaking using relief printing processes and techniques. Learn the skills to create an image by carving into linoleum or woodblock, then ink and print an original multicoloured image onto paper. Participants are required to purchase their own art supplies after the first class.

Age: 15 years +
Location: Arts Resource Centre

Relief Printmaking - Intermediate $
Explore printmaking using relief printing processes and techniques. Learn the skills to create an image by carving into linoleum or woodblock, then ink and print an original multicoloured image onto paper. Participants are required to purchase their own art supplies after the first class.

Age: 15 years +
Location: Arts Resource Centre

Social Dance - Intermediate $
Designed for those with previous dance experience focusing on the Fox Trot, Waltz, Tango, Rumba, Cha Cha, Swing, Samba, Mambo, and Merengue. Attention focused on footwork and presentation.

Age: 15 years +
Location: Northview Community Centre

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: Delpark Homes Centre

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

Age: 18 years +
Location: Donevan Recreation Complex

Salsa for Couples $
Tailored to the beginner Salsa enthusiast or those who just want to have fun. Learn the sensual dance steps of Salsa, Merengue and Bachata.

Age: 18 years +
Location: Donevan Recreation Complex

Social Ballroom - Couples $
This class introduces you to the Waltz, Fox Trot, Tango, Rhumba, Cha-Cha, and Jive.

Age: 18 years +
Location: Donevan Recreation Complex

Sports

Learn to Swim - Youth $
A two-level swimming and water-safety program for youth based on personal choice. Participants set their own goals, proceed at their own pace, and track their own progress. Participants will be grouped according to ability in one of the two levels: learn to swim or stroke development. Newcomers and experienced swimmers are welcome!

Age: 14 to 18 years
Location: Civic Recreation Complex, Delpark Homes Centre

Egyptian Belly Dancing $
Learn shimmies, hip drops, and senbelly dance combinations. Advanced students will be challenged with more difficult steps and the addition of veils, canes, and zills.

Age: 15 years +
Location: Donevan Recreation Complex

Social Dance - Beginner $
Introduction to American Standard Social Dancing. Each session will cover a fast and a slow dance such as Fox Trot, Waltz, Tango, Rumba, Cha Cha or Swing, Samba or Mambo, and Merengue.

Age: 15 years +
Location: Northview Community Centre
Adult

Sports ...continued

Female Only Learn to Swim $
This class is taught by female instructors in our curtain enclosed pool, swimmers will be taught in a group setting, focusing on individual needs and goals. This program emphasizes progressions with assistance from the swim instructor and students can progress at their own pace in a supportive environment.

Age: 14 years +
Location: Donevan Recreation Complex

Female Only Private Swim Lessons $
Taught by female instructors in a curtain enclosed pool. Swimmers will be taught in a 1:1 ratio. Participants will receive individual attention to improve their swimming technique.

Age: 14 years +
Location: Donevan Recreation Complex

Learn to Swim $
A two-level swimming and water-safety program based on personal choice. Participants set their own goals, proceed at their own pace, and track their own progress. Participants will be grouped according to ability in one of the two levels: beginner, or intermediate/advanced. Newcomers and experienced swimmers are welcome!

Age: 14 years +
Location: Civic Recreation Complex, Delpark Homes Centre, Donevan Recreation Complex

Inclusion - Basketball $
Participants will have the opportunity to engage in structured and unstructured basketball skills, drills and game playing. Participants must be able to manage in a supported group environment with a ratio of 1:6.

Age: 15 years +
Location: Northview Community Centre

Hockey Skills $
Recreational and beginner hockey players will practice fundamental hockey skills: skating, stick handling, passing, and shooting. All participants must wear full hockey equipment including a CSA approved hockey helmet.

Age: 18 years + - Adult
Age: 18 years + - Women
Location: Delpark Homes Centre

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

Age: 18 years +
Location: Delpark Homes Centre

Self Defense $
Each class contains a warm-up, conditioning and cooldown along with basic training in tactical communication and self defense techniques.

Age: 18 years +
Location: Civic Recreation Complex
<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Facility</th>
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Program Registration Information ...continued

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<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
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ARC - Arts Resource Centre    CRC - Civic Recreation Complex    DEL - Delpark Homes Centre    DRC - Donevan Recreation Complex    NCC - Northview Community Centre    SOCC - South Oshawa Community Centre

Volunteer with Recreation & Culture Events

Looking for enthusiastic Ambassadors of all ages who enjoy working with children.

Volunteers can assist with a variety of events throughout the year. Limited opportunities in programs and camps.

Volunteer positions are perfect for high school students looking to complete their 40 hours of community service, or anyone wanting to get involved in their community.

How to volunteer:
1. Volunteers must be 14 years or older.
2. Complete a Volunteer Placement Form (available at: www.oshawa.ca/volunteer or at any recreation facility) and return it to one of the City’s recreation facilities.
3. Selected volunteers will be contacted for an orientation and interview session.
4. Criminal Information Records (C.I.R) are mandatory. At the orientation, potential volunteers will be issued a letter that can be submitted to the police requesting a C.I.R.

For more information, visit www.oshawa.ca/volunteer