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

Save time, register online
register.oshawa.ca
**Adult**

### Arts & Crafts

#### 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 +
- **Venue:** 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 +
- **Venue:** 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 +
- **Venue:** Arts Resource Centre

#### Drawing Skills

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

- **Age:** 15 years +
- **Venue:** Arts Resource Centre

#### Drawing Skills - 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 +
- **Venue:** 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 +
- **Venue:** 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 +
- **Venue:** Arts Resource Centre

#### Paint the Night Away

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:** 15 years +
- **Venue:** 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 +
- **Venue:** 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 +
- **Venue:** 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 +
Venue: 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 +
Venue: 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 +
Venue: 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 +
Venue: 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 +
Venue: Civic Recreation Complex, Delpark Homes Centre*

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

*Age: 18 years +
Venue: 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 +
Venue: Donevan Recreation Complex*

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

*Age: 18 years +
Venue: Donevan Recreation Complex*

**Sports**

**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 +
Venue: Northview Community Centre*
Adult

Sports ...continued

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
Venue: 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 +
Venue: 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: 15 years +
Venue: Civic Recreation Complex

Course Registration Information

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
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<th>Course ID</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
# Course Registration Information ...continued

<table>
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<tr>
<th>Course</th>
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- Innovative and engaging.
- Accessible and mobile friendly.

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[www.connectoshawa.ca](http://www.connectoshawa.ca)

Service Oshawa · service@oshawa.ca · 905-436-3311

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