



activeOshawa at Home

activeOshawa

2020 Fall Online Recreation Program Guide



905-436-3311

[Oshawa.ca/recreation](https://www.oshawa.ca/recreation)

  /activeOshawa



activeOshawa @ Home offers Fall online programming

Recreation and Culture Services is excited to bring activeOshawa to you this Fall with a terrific lineup of popular recreation and culture programs tailored for an online environment, livestreamed by the City instructors you know and love. Our Fall online program lineup was designed to provide children, youth, and adults with a way to keep active, stay connected and be engaged while participating from the comfort and safety of their own home.

Recreation facilities remain open providing community members the opportunity to stay active by booking a visit to a fitness centre, indoor track, tennis court, or booking in for a leisure swim or skate. Book your next visit at register.oshawa.ca. Some of our policies and procedures have changed, visit Oshawa.ca/ReopeningRecreation for more information.

The City of Oshawa's top priority remains the safety and health of our community members and staff as we work together to limit the spread of the COVID-19 virus. Recreation and Culture Services is using a phased approach for the reopening of programs and services, while ensuring compliance with Provincial emergency orders and Durham Region Health guidelines. For the latest updates on changes to services and programs, as well as frequently asked questions and resources, visit the City's COVID-19 Information and Updates webpage Oshawa.ca/Coronavirus.



Registration Information

Registration begins at 9:00 a.m. on Wednesday, October 21

Online Registration - 24 hours, 7 days a week

The easiest way to register!

register.oshawa.ca

Registration locations - In-person, drop-off or fax

Civic Recreation Complex

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

Registration Hours:

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

Delpark Homes Centre

1661 Harmony Road North, L1K 0Z8
Tel.: 905-436-5455 Fax: 905-436-5457

Registration Hours:

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

Donevan Recreation Complex

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

Registration Hours:

Monday to Friday: 8:30 a.m. - 4:30 p.m.

South Oshawa Community Centre

1455 Cedar Street South, L1J 0A8
Tel.: 905-436-5474 Fax: 905-436-5475

Registration Hours:

Monday to Sunday: 8:30 a.m. - 9:00 p.m.

General Information

Registration

When registering in-person or by drop-off 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 which have an outstanding balance.

Post-dated cheques are not accepted.

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

Program Changes

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

Prices in this Guide

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

All program fees are subject to change.

Where discrepancies in fees appear, the registration system will be taken as the correct fee.

Program Cancellations

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

Refund Procedure

Full Refunds (or credits on account)

Participants will receive a full refund if:

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

Partial Refunds (or credits on account)

Participants will receive a partial refund if:

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

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

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

Age Specifications

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

Missed Classes

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

For more information about registration, withdrawal and refund policies, visit [Oshawa.ca/activeOshawa](https://oshawa.ca/activeOshawa).

Participants are encouraged to register online at register.oshawa.ca.

Waitlists


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

Financial Assistance

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

Technology Requirements

For the best experience participating in our online programs participants are asked to have/use the following:

- An internet connection.
- Program participants are encouraged to use a laptop or tablet for optimal user experience.
- Webcams may be required during some program participation, look for the webcam symbol. 
- A headset or earphones to prevent background noises and echo.
- Check your sound, microphone and camera to make sure you are all set for your program.
- Browser requirements: the most up-to date version of Google Chrome. If using an iPad - Safari is required.
- It is highly recommended to close all windows and tabs in your browser before joining the program.

Participant Responsibilities

All participants are expected to do their part by showing respect for all people and property while attending a City of Oshawa online 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 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

At Home Supervision

It is expected that all program participants 10 years of age and under have a caregiver at home while participating in online programs.

Communication

- Program information will be sent by email and registrants will be contacted by phone the week prior to the start of the program.
- An email with a Personal Access Link will be sent no later than 24 hours prior to the start of the program to the email used at the time of registration.
- Add your personal access link to your browser for easy access to your class.

For more information and frequently asked questions, visit Oshawa.ca/activeOshawa or email onlineprograms@Oshawa.ca.

Art Programs

Drawing Skills



Join us online to learn basic techniques needed to draw portraits, landscapes and abstract drawings using media such as pencils, markers, and pencil crayons. Participants will be required to provide their own basic supplies. A detailed supply list will be provided through email after registration.

Junior: 5 to 9 years

Youth: 10 to 14 years

Location: Online

Anime Introduction



Create sketches and full colour illustrations in the popular Japanese cartoon style Anime. Using a variety of drawing media, learn how to create various characters, costumes and facial expressions. Participants will be required to provide their own basic supplies. A detailed supply list will be provided through email after registration.

Age: 6 to 12 years

Location: Online

Cartooning



Learn the basics of cartoon drawing, such as facial expressions, costume designs and caricatures. Children will be encouraged to use their imagination and humor to create different cartoon characters. Participants will be required to provide their own basic supplies. A detailed supply list will be provided through email after registration.

Age: 6 to 12 years

Location: Online

Comic Book Creation



Do you love comic books? Learn the basics of planning, designing, and creating your own graphic novels and comic book strips. Children will create a plot and transform it into their very own illustrated story. Participants will be required to provide their own basic supplies. A detailed supply list will be provided through email after registration.

Age: 6 to 12 years

Location: Online

Minecraft© Creations



This online class will be focused around the popular game Minecraft©. Children will unleash their creativity by making a variety of Minecraft© projects using drawing, composition, 2D architecture and more. Participants will be required to provide their own basic supplies. A detailed supply list will be provided through email after registration.

Age: 6 to 12 years

Location: Online



Program	Age	Classes	Day	Start Date	Time	Course ID	Price
Drawing Skills Junior	5-9Y	4	Thu	Nov 12	5:00 p.m. - 6:00 p.m.	24195	\$28.96
Anime Introduction	6-12Y	4	Wed	Nov 11	6:15 p.m. - 7:15 p.m.	24192	\$28.96
Cartooning	6-12Y	4	Wed	Nov 11	5:00 p.m. - 6:00 p.m.	24191	\$28.96
Comic Book Creation	6-12Y	4	Thu	Nov 12	6:15 p.m. - 7:15 p.m.	24196	\$28.96
Minecraft© Creations	6-12Y	4	Wed	Nov 11	7:30 p.m. - 8:30 p.m.	24193	\$28.96
Drawing Skills Youth	10-14Y	4	Thu	Nov 12	7:30 p.m. - 8:30 p.m.	24197	\$28.96

Program is offered online.

Webcam required.

Eligible for financial assistance. Visit [Oshawa.ca/Subsidy](https://www.oshawa.ca/Subsidy)

Dance Programs

Ballet



Children will learn the basics of ballet in this non-competitive, structured program, focusing on fun, improving balance, and basic body positions skills. A mini online recital will be held during the last class.

Junior: 3 to 6 years

Youth: 7 to 12 years

Location: Online

Hip Hop



Introduction to the steps and moves of hip hop dancing through funky dance combinations. An informal online recital for family and friends will be held at the end of the session.

Junior: 3 to 6 years

Youth: 7 to 12 years

Location: Online

Program	Age	Classes	Day	Start Date	Time	Course ID	Price
Ballet - Junior	3-6 Y	4	Mon	Nov 9	5:00 p.m. - 5:45 p.m.	24182	\$19.24
Hip Hop - Junior	3-6 Y	4	Tue	Nov 10	5:00 p.m. - 5:45 p.m.	24185	\$19.24
Ballet - Youth	7-12 Y	4	Mon	Nov 9	6:00 p.m. - 6:45 p.m.	24181	\$19.24
Hip Hop - Youth	7-12 Y	4	Tue	Nov 10	6:00 p.m. - 6:45 p.m.	24186	\$19.24

Fitness Programs

Body Basics



This strength training class requires no equipment. Participants utilize their own body weight to build strength and endurance through fundamental exercise movements.

Age: 15 years +

Location: Online

Easy Fit



A low impact, cardio class intended for beginners. Exercises will be body weight based, focusing on developing your cardiovascular, balance and muscle strength through stretching and postural exercises. Limited equipment is required.

Age: 15 years +

Location: Online

Gentle Yoga



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


Age: 15 years +


Location: Online



Heart Wise Exercise programs are intended for participants who are interested or concerned about their health.

All classes are instructed in real time.

Program	Age	Classes	Day	Start Date	Time	Course ID	Price
Body Basics	15 Y+	4	Thu	Nov 12	6:00 p.m. - 6:55 p.m.	24198	\$26.71
Easy Fit	15 Y+	4	Mon	Nov 9	7:15 p.m. - 8:10 p.m.	24184	\$26.71
Gentle Yoga 	15 Y+	4	Thu	Nov 12	7:15 p.m. - 8:10 p.m.	24199	\$32.82

 Program is offered online.

 Webcam required.

 Eligible for financial assistance. Visit [Oshawa.ca/Subsidy](https://www.oshawa.ca/Subsidy)

 Specialty Program.

Inclusion

Recreation Inclusion Support Program

The City of Oshawa is dedicated to providing an accessible and inclusive recreation opportunities for all abilities via adapted and integrated events and programming.

1:1 inclusion support is available for online programming, however is not guaranteed. Caregivers are also welcome to provide support as appropriate to promote a successful online experience.



How do I know if inclusion support is required?

Inclusion support may be beneficial if the participant:

- receives additional support at school
- 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 a participant Information Form, which can be found at Oshawa.ca/InclusionServices or by request from any recreation facility.

Requesting Inclusion Support

For all requests register for the program of choice and Inclusion Support Course ID 24206.

Social Meet up



A fun and exciting online experience that promotes participation and socialization. This program offers a low ratio environment and a curriculum that is tailored to the interests and strengths of participants.

To register please contact the Inclusion Services Coordinator at recinclusionservices@oshawa.ca.

Age: 7 to 19 years

Location: Online

Paint Club



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

Age: 11 years +

Location: Online

Program	Age	Classes	Day	Start Date	Time	Course ID	Price
Social Meetup	7-19 Y	4	TBD	TBD	TBD	TBD	\$45
Paint Club	11 Y+	4	Mon	Nov 9	6:00 p.m. - 6:45 p.m.	24183	\$45



Now open in limited capacity:

- Pools
- Fitness Centres
- Tennis Courts
- Arenas
- Indoor Tracks

Book your next visit at register.oshawa.ca



Leadership, Safety & First Aid

When I'm Home Alone



The course will help participants learn the skills required to stay home alone whether just after school or for longer periods of time. Topics covered include; getting home safely, communicating with parents, stranger safety, door and phone safety, staying productive and establishing your home alone rules, kitchen hazards for beginners, fire safety, how to call EMS/911 and basic self first aid.

Age: 9 to 12 years

Location: Online

Red Cross Babysitter Course



Designed for youth who are, or want to become, a babysitter, the course covers safety tips for children of all ages, basic child care skills, and what to do in case of an emergency. Please use both Course ID codes when registering. Price includes manual fee \$14.90.

Age: 11 years +

Location: Online

Recreation Instructor-in-Training



This course prepares youth for opportunities in the recreation work field by teaching resume building, interview skills, program planning, child/group management and leadership techniques.

Age: 13 to 16 years

Location: Online



Program	Age	Classes	Day	Start Date	Time	Course ID	Price
When I'm Home Alone	9-12 Y	2	Mon,Tue	Nov 16, 17	4:30 p.m. - 6:30 p.m.	24189	\$30.04
Red Cross Babysitter Course	11 Y+	2	Tue	Nov 24	4:30 p.m. - 8:30 p.m.	24187 24188	\$55.46
Recreation Instructor-in-Training	13-16 Y	4	Wed	Nov 11	4:30 p.m. - 6:30 p.m.	24190	\$60.08

Camp2You

Camp2 You Theme Kits

These monthly kits are packed full of themed activities to keep campers busy at home. Each kit will contain new items for campers to create, build and explore. Bring the fun of camp home. Pick-ups are being offered at Delpark Homes Centre and South Oshawa Community Centre between 12:00 p.m. to 7:00 p.m. Be sure to register for the Course ID at your preferred pick-up location.

Age: 4 to 13 years

Pickup location: Delpark Homes Centre or South Oshawa Community Centre

Theme	Pick-up Date	Pick-up - Delpark Homes Centre Course ID	Pick-up - South Oshawa C.C. Course ID	Price
Boo Box	Oct 29	24200	24201	\$6
Snow More Boredom	Nov 19	24202	24203	\$6
Holly Jolly Holiday	Dec 10	24204	24205	\$6

Program is offered online.

Webcam required.

Eligible for financial assistance. Visit Oshawa.ca/Subsidy