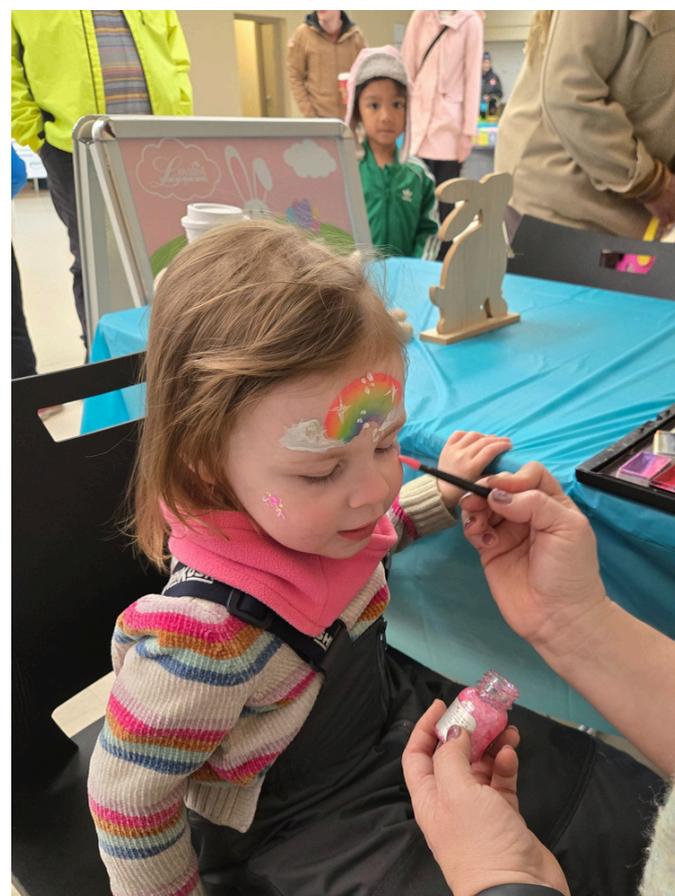


LOYALIST TOWNSHIP

ONLINE SPRING RECREATION GUIDE



We have created this guide to make registering for Spring Recreation Programs easier!

1) Flip through the pages

Browse Program Descriptions, Prices, Age Requirements & More

2) Click the Program Title

The link will take you to Xplor, our online registration platform

CULINARY KIDS

Join us in the Culinary Kids Cooking Class! Young chefs can explore the world of cooking and develop essential skills in the kitchen like chopping, sauteing, and mixing. Children will have an opportunity to create and explore different cuisines and flavours while putting their kitchen skills to the test!



Not sure how to create an account on Xplor?

[View the step-by-step instructions or how-to video here](#)

Having Issues Registering on Xplor? Give Us a Call - We can Help!

Leisure & Activity Centre

613-386-7351 x 300

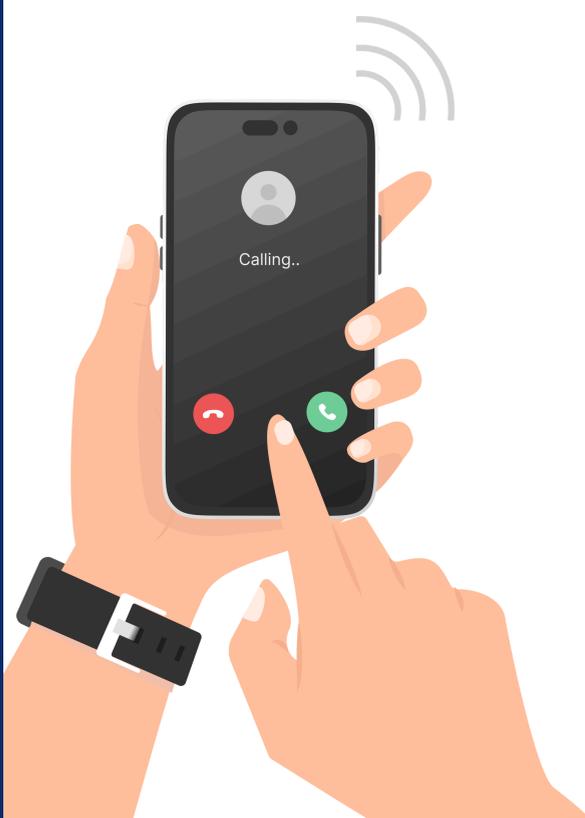
W.J. Henderson Customer Service

613-386-7351 x 200

Or stop by the...

Leisure & Activity Centre

177 Upper Park Road
Amherstview, Ontario K7N 1T2



General Information

Loyalist Township proudly offers the Lifesaving Society's Swim for Life® program! These lessons are tailored to participant ages and incorporate Water Smart® education in each level.

This Spring, we are once again offering Preschool, Swimmer, and Private/Semi-private lessons at our two partner locations. Parent & Tot swimming lessons are not being offered this session.

Program Locations

BGC South East West End Hub – 1300 Bath Rd, Kingston, ON

YMCA of Eastern Ontario – Kingston Branch – 100 Wright Cres, Kingston, ON

For more information and frequently asked questions, please visit our website at www.loyalist.ca/swim.

Progressing Through Levels

Preschool

Preschool 1 → **Preschool 2** → **Preschool 3** → **Preschool 4** → **Preschool 5**

In our basic aquatic progressions, we work to ensure 3- to 5-year-olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

Swimmer

Swimmer 1 → **Swimmer 2** → **Swimmer 3** → **Swimmer 4** → **Swimmer 5** → **Swimmer 6**

Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics. We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels.

Swimmers who have completed Preschool 5 can start in Swimmer 2, skipping Swimmer 1.

Swimmer 7-9/Swim Patrol

Swimmer 7/Rookie Patrol → **Swimmer 8/Ranger Patrol** → **Swimmer 9/Star Patrol**

Once your swimmer has completed Swimmer 6, they enter the Swimmer 7-9/Swim Patrol program. This program rounds out their swimming skills and introduces them to lifesaving concepts in preparation for becoming a certified lifeguard. We encourage swimmers to complete their lesson journey all the way through Swimmer 9/Star Patrol, even if they don't want to pursue lifeguarding.

Aquatics Programs



Preschool Swimming Lessons

Give your child a head-start on learning to swim. The Lifesaving Society Preschool Program develops an appreciation and healthy respect for the water before these kids get in too deep.

In our basic aquatic progressions, we work to ensure 3- to 5-year-olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

Preschool 1

We encourage the parent to participate until their child lets them know they can do it themselves (thank you very much). These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

Day	Dates	Time
Wednesday	Apr 8 - Jun 3	<u>5:30 pm to 6:00 pm</u> <u>6:00 pm to 6:30 pm</u> <u>6:30 pm to 7:00 pm</u>

Ages: 3 to 5

Classes: 9

Resident Fee: \$86.22

Non-Resident Fee: \$103.50

Class Size: Up to 5 Swimmers

Location: BGC South East

Preschool 2

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

Day	Dates	Time
Wednesday	Apr 8 - Jun 3	<u>6:00 pm to 6:30 pm</u> <u>6:30 pm to 7:00 pm</u> <u>7:00 pm to 7:30 pm</u>

Ages: 3 to 5

Classes: 9

Resident Fee: \$86.22

Non-Resident Fee: \$103.50

Class Size: Up to 5 Swimmers

Location: BGC South East

Preschool 3

These youngsters 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.

Day	Dates	Time
Wednesday	Apr 8 - Jun 3	<u>5:30 pm to 6:00 pm</u> <u>7:00 pm to 7:30 pm</u>

Ages: 3 to 5

Classes: 9

Resident Fee: \$86.22

Non-Resident Fee: \$103.50

Class Size: Up to 5 Swimmers

Location: BGC South East

Preschool 4

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.

Day	Dates	Time
Wednesday	Apr 8 - Jun 3	<u>6:00 pm to 6:30 pm</u> <u>7:00 pm to 7:30 pm</u>

Ages: 3 to 5

Classes: 9

Resident Fee: \$86.22

Non-Resident Fee: \$103.50

Class Size: Up to 5 Swimmers

Location: BGC South East

Preschool 5

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

Day	Dates	Time
Wednesday	Apr 8 - Jun 3	6:30 pm to 7:00 pm

Ages: 3 to 5

Classes: 9

Resident Fee: \$86.22

Non-Resident Fee: \$103.50

Class Size: Up to 5 Swimmers

Location: BGC South East

Children's Swimming Lessons

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep.

Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics.

We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels.

Swimmer 1

These beginners 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.

Ages: 5+

Classes: 9

Resident Fee: \$86.22

Resident Low Ratio Fee: \$107.82

Non-Resident Fee: \$103.50

Non-Resident Low Ratio Fee: \$129.42

Class Size: Up to 5 Swimmers (Regular); Up to 3 Swimmers (Low Ratio)

Day	Dates	Time	Location
Tuesday	Apr 7 - Jun 2	<u>5:30 pm to 6:00 pm</u> <u>Low Ratio</u>	Kingston YMCA
Wednesday	Apr 8 - Jun 3	<u>5:30 pm to 6:00 pm</u> <u>6:30 pm to 7:00 pm</u> <u>7:30 pm to 8:00 pm</u>	BGC South East

Swimmer 2

These advanced beginners 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 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

Ages: 5+

Classes: 9

Resident Fee: \$86.22

Resident Low Ratio Fee: \$107.82

Non-Resident Fee: \$103.50

Non-Resident Low Ratio Fee: \$129.42

Class Size: Up to 5 Swimmers (Regular); Up to 3 Swimmers (Low Ratio)

Day	Dates	Time	Location
Tuesday	Apr 7 - Jun 2	<u>5:30 pm to 6:00 pm</u> <u>Low Ratio</u>	Kingston YMCA
Wednesday	Apr 8 - Jun 3	<u>5:30 pm to 6:00 pm</u> <u>6:00 pm to 6:30 pm</u> <u>7:30 pm to 8:00 pm</u>	BGC South East

Swimmer 3

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

** Please note that there are skills in this level that we are unable to teach safely at the BGC South East location due to water depth. Your swimmer will not be evaluated on these skills at this location.*

Ages: 5+

Classes: 9

Resident Fee: \$86.22

Non-Resident Fee: \$103.50

Class Size: Up to 5 Swimmers

Day	Dates	Time	Location
Tuesday	Apr 7 - Jun 2	<u>6:00-6:30pm</u> <u>6:30-7:00pm</u>	Kingston YMCA
Wednesday	Apr 8 - Jun 3	<u>6:30-7:00pm</u> <u>7:30-8:00pm</u>	BGC South East

Swimmer 4

These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

Ages: 5+

Classes: 9

Resident Fee: \$94.86

Non-Resident Fee: \$113.85

Class Size: Up to 8 Swimmers

Day	Dates	Time	Location
Tuesday	Apr 7 - Jun 2	6:00-6:45pm	Kingston YMCA

Swimmer 5

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

Ages: 5+

Classes: 9

Resident Fee: \$94.86

Non-Resident Fee: \$113.85

Class Size: Up to 8 Swimmers

Day	Dates	Time	Location
Tuesday	Apr 7 - Jun 2	6:45-7:30pm	Kingston YMCA

Swimmer 6

These advanced swimmers will rise to the challenge of sophisticated 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 over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300m workout.

Ages: 5+

Classes: 9

Resident Fee: \$94.86

Non-Resident Fee: \$113.85

Class Size: Up to 8 Swimmers

Day	Dates	Time	Location
Tuesday	Apr 7 - Jun 2	6:45-7:30pm	Kingston YMCA



Swim Patrol

The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning, and lifesaving judgment.

Swimmer 7/Rookie Patrol

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

Ages: Must have completed Swimmer 6 or be assessed to have equivalent skill level

Classes: 9

Resident Fee: \$103.50

Non-Resident Fee: \$124.20

Class Size: Up to 4 Swimmers, this program is run together with Swimmer 8 and Swimmer 9 for a total of up to 12 Swimmers.

Day	Dates	Time	Location
Tuesday	Apr 7 - Jun 2	5:45-6:45pm	Kingston YMCA



Swimmer 8/Ranger Patrol

Swimmers develop better strokes over 75m 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.

Ages: Must have completed Swimmer 6 or be assessed to have equivalent skill level

Classes: 9

Resident Fee: \$103.50

Non-Resident Fee: \$124.20

Class Size: Up to 4 Swimmers, this program is run together with Swimmer 8 and Swimmer 9 for a total of up to 12 Swimmers.

Day	Dates	Time	Location
Tuesday	Apr 7 - Jun 2	5:45-6:45pm	Kingston YMCA

Swimmer 9/Star Patrol

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

Ages: Must have completed Swimmer 6 or be assessed to have equivalent skill level

Classes: 9

Resident Fee: \$103.50

Non-Resident Fee: \$124.20

Class Size: Up to 4 Swimmers, this program is run together with Swimmer 8 and Swimmer 9 for a total of up to 12 Swimmers.

Day	Dates	Time	Location
Tuesday	Apr 7 - Jun 2	5:45-6:45pm	Kingston YMCA

Private and Semi-Private Lessons

Private and semi-private lessons are a half hour in length and are scheduled in accordance with our lesson schedule. Private lesson registration will be available online and open for registrations at the same time as regular classes. Participants for semi-private lessons must find their partner for the lesson and contact 613-386-7351 x 200, 202, or 300 to register. It is recommended that one semi-private participant be registered online to secure a timeslot before contacting us since spaces are booked quickly. We will adjust prices appropriately to the relevant Semi-Private fees.

Ages: All Ages – including Teens and Adults! Unless otherwise noted below.

Classes: 9

Private Resident Fee: \$236.25

Private Non-Resident Fee: \$283.50

Semi-Private Resident Fee: \$158.31

Semi-Private Non-Resident Fee: \$189.99

Class Size: Private lessons are 1 Swimmer; Semi-private lessons are 2 Swimmers.

Day	Dates	Time	Restrictions	Location
Tuesday	Apr 7 - Jun 2	5:00-5:30pm 5:00-5:30pm 5:00-5:30pm 7:00-7:30pm	5:00pm classes are intended for Preschool ages only due to pool space restriction. There is no restriction for the 7:00pm class.	Kingston YMCA
Wednesday	Apr 8 - Jun 3	5:30-6:00pm 6:00-6:30pm 7:00-7:30pm 7:00-7:30pm 7:30-8:00pm 7:30-8:00pm	All private lessons at the BGC South East location will not be able to address deep water skills due to the depth of the pool.	BGC South East





COMING SOON!

Loyalist's Brand-New Aquatic Centre!

Tradesman are working diligently to get our new Aquatic Centre completed in time for this year's summer season. Staff are eagerly preparing for opening too! **All that's left is ... You!**

We look forward to welcoming you to the new Aquatic Centre! Stay tuned for more information about the opening and what programs and swims will be available.

INTERESTED IN WORKING AT THE POOL?

www.loyalist.ca/rulethepool

Fill out our staff recruitment survey to make sure you receive communications about hiring



COMING SOON!

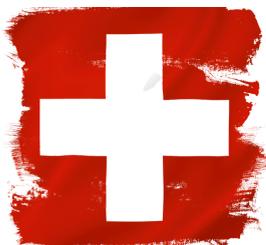
We're very excited to offer Standard First Aid with CPR programs to you when the Barr Homes Aquatic Centre opens later this year!

Solidify your first aid skills! Take the plunge and start learning what it takes to be a lifeguard and swimming instructor!

Standard First Aid with 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.

Our Standard First Aid course utilizes curriculum and instructors from the Lifesaving Society and is recognized by WSIB as a workplace first aid certification.



Ages: 12+

Classes: 2 Classes (both are mandatory)

Manual: Canadian First Aid Manual (mandatory)

Class Size: Up to 16 candidates

Getting Started:

How to Become a **Lifeguard** and/or **Swimming Instructor** and/or **Lifesaving Instructor**.

Note: Completion of swimming lessons is NOT a prerequisite for any courses!

Bronze Star

Optional but Recommended

Bronze Medallion & Emergency First Aid with CPR B

**Prerequisites:
13 years old OR Completion of Bronze Star**

Bronze Cross & Standard First Aid with CPR C

**Prerequisites:
Bronze Medallion & Emergency First Aid**

Lifesaving Society National Lifeguard (NL)

**Prerequisites:
15 years old & Bronze Cross & Standard First Aid***

Lifesaving Society Swimming and/or Lifesaving Instructor Courses

**Prerequisites:
15 years old & Bronze Cross**



LIFESAVING SOCIETY®
The Lifeguarding Experts

JOIN THE TEAM TODAY!

Required for employment:

- 15 years old
- National Lifeguard
- Standard First Aid
- Swimming Instructor
Lifesaving Instructor preferred

Apply online at: www.loyalist.ca/careers

*Where Standard First Aid is a prerequisite, it must be issued by a WSIB recognized First Aid Provider. Prerequisites do not need to be current. Some courses require manuals – manual fee is included in course fee during registration unless otherwise indicated.

Preschool Programs

Our preschool programs are parented programs.



LITTLE CHAMPIONS

Introduce your little champion to the fundamentals of various sports in a fun and engaging way! Your little will develop gross motor skills and coordination, build confidence and self-esteem, and foster a love for physical activity and sport in a safe and supportive environment. This program is subject to school and bus cancellations. Cancellation notifications will be emailed to participants.

Ages: 3 to 4
Classes: 7
Location: Collins Bay Public School
Resident Fee: \$46.20
Non-Resident Fee: \$55.44

Day	Session	Time
Thursday	Apr 2 - May 14	6:00 pm - 6:45pm

LITTLE MOVERS

Let's get moving! This active program focuses on fun and interactive age-appropriate games, obstacle courses, and activities to promote physical activity and physical literacy development for littles. It's a great, fun and silly way to get moving today! This program is subject to school and bus cancellations. Cancellation notifications will be emailed to participants.

Ages: 2 to 4
Classes: 6
Location: Collins Bay Public School
No Class: Apr 6
Resident Fee: \$47.52
Non-Resident Fee: \$39.60

Day	Session	Time
Monday	Mar 30 - May 11	6:00 pm - 6:45pm

LITTLE IMAGINEERS

Join our fun and interactive art and exploration class designed specifically for littles! Little Imagineers will explore art and science through hands-on projects that spark curiosity and imagination. Each class encourages creativity and discovery in a fun, supportive environment.

Ages: 2 to 4
Location: Leisure & Activity Centre
Resident Fee: \$8.09
Non-Resident Fee: \$9.70

Session	Time	Theme
Mar 29	11:00 am - 11:45 am	<u>Diggin' Dinosaurs</u>
Apr 19	11:00 am - 11:45 am	<u>Space Explorers</u>
May 10	11:00 am - 11:45 am	<u>Safari Ranger</u>

LITTLE KICKERS

Introduce your preschooler to the game of soccer! This program will foster a love of soccer through the development of fun side games and activities. We will begin to work on agility, balance, coordination and basic soccer techniques. Please bring a water bottle, wear active footwear and clothing. For inclement weather days, we will be indoors at the Leisure & Activity Centre.

Ages: 3 to 4
Classes: 5
Location: Willie Pratt Sports Fields
Resident Fee: \$33.00
Non-Resident Fee: \$39.60

Day	Session	Time
Sunday	May 24 - June 21	10:00am - 10:45am



BALL HOCKEY

Test and improve your hockey skills while burning off some energy in this fun, fast paced hockey program! Players will be divided into teams each week based on age and hockey experience and they will have the chance to play against other teams. Players will need to bring with them a CSA approved helmet with face protection, ABS/composite stick (stick with plastic blade is also acceptable), hockey gloves, running shoes and a water bottle. Small shin pads are recommended but not required.

Day	Session	Time
Monday	May 25 - Jun 22	6:00 pm - 6:45 pm

Ages: 3 to 4
Classes: 5
Location: Sk8er Park, Odessa
Resident Fee: \$33.00
Non-Resident Fee: \$39.60

Children's Programs



CREATIVE KIDS

Unleash your child's creativity and imagination in our fun and engaging art class! Our experienced instructor will guide your child through a variety of art projects, including drawing, painting, crafting, and sculpting. Let your child's creativity shine! Register for the full session or pick the individual classes that work best for you!

Day	Session	Time
Monday	Mar 30 - May 11	5:30 pm - 6:15 pm

Ages: 5 to 9
Classes: 6
Location: Leisure & Activity Centre
No Classes: Apr 21
Resident Fee: \$72.84
Non-Resident Fee: \$87.41



Day	Session	Time	Theme
Monday	Mar 30	5:30 pm - 6:15 pm	Easter
Monday	May 4	5:30 pm - 6:15 pm	Mother's Day

Ages: 5 to 9
Location: Leisure & Activity Centre
Resident Fee: \$12.14
Non-Resident Fee: \$14.58



CURIIOUS KIDS

Explore the wonders of science in this exciting journey of discovery and exploration! This program will encourage curiosity and creativity in young minds, while they develop an understanding of basic scientific concepts and principles. Young explorers will have the opportunity to conduct fun and interactive experiments like building stomp rockets, marble roller coasters, and the always popular egg drop challenge

Day	Session	Time
Wednesday	Apr 1 - May 13	6:00 pm - 6:45 pm

Ages: 5 to 8
Classes: 7
Location: Leisure & Activity Centre
Resident Fee: \$84.98
Non-Resident Fee: \$101.97



CULINARY KIDS

Join us in the Culinary Kids Cooking Class! Young chefs can explore the world of cooking and develop essential skills in the kitchen like chopping, sauteing, and mixing. Children will have an opportunity to create and explore different cuisines and flavours while putting their kitchen skills to the test!

Day	Session	Time
Sunday	Apr 12 - May 17	10:45 am - 12:00 pm

Ages: 5 to 8

Classes: 6

Location: Leisure & Activity Centre

Resident Fee: \$109.26

Non-Resident Fee: \$131.12

CULINARY KIDS ACADEMY

Ready to take your cooking skills to the next level? Try our Culinary Kids Academy class! This program is a progression from the Culinary Kids program, with an enhanced focus on kitchen skills and challenging recipes that will help develop more confidence in the kitchen.

Day	Session	Time
Sunday	Apr 12 - May 17	12:30 pm - 1:45pm

Ages: 9 to 13

Classes: 6

Location: Leisure & Activity Centre

Resident Fee: \$109.26

Non-Resident Fee: \$131.12

FUN FOOD WORKSHOP

Learn the art of treat decorating! These entertaining workshops offer an opportunity to create fun, exciting food that focuses on a central theme. This workshop will show you the steps to make yours stand out!

Ages: 6+ yrs.

Resident Fee: \$15.00

Non-Resident Fee: \$18.00

Day	Session	Time	Theme	Location
Saturday	Apr 11	1:00 pm - 2:30 pm	<u>Spring</u>	Leisure & Activity Centre
Sunday	May 3	10:00 am - 12:00 pm	<u>Mother's Day</u>	Leisure & Activity Centre
Saturday	June 13	1:00 pm - 2:30 pm	<u>Summer</u>	Leisure & Activity Centre

RED CROSS STAY SAFE! (HOME ALONE)

The Red Cross Stay Safe program offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. Students will receive a Stay Safe! workbook and certificate at the end of the course. Please bring the following items with you to the course: paper and pen, peanut free lunch and snacks, and a water bottle.

Resident Fee: \$55.13

Non-Resident Fee: \$66.15

Ages: 9-13 yrs.

Day	Session	Time	Location
<u>Friday</u>	April 17	9:00 am - 2:00 pm	Community Room W.J. Henderson Community Centre
<u>Saturday</u>	May 23	9:00 am - 2:00 pm	Leisure & Activity Centre
<u>Saturday</u>	June 20	9:00 am - 2:00 pm	Leisure & Activity Centre

GAME ON! KIDS

Get ready for fun with our Game On! Kids program, where participants try sports like soccer, basketball, and dodgeball in an inclusive, encouraging environment. They'll build fitness, coordination, teamwork, and sportsmanship. Please bring indoor shoes and a water bottle. This program is subject to school and bus cancellations. Cancellation notifications will be emailed to participants.

Day	Session	Time
Thursday	Apr 2 - May 14	7:00 pm - 7:45 pm

Ages: 4 to 6
Classes: 7
Location: Collins Bay P.S
Resident Fee: \$56.63
Non-Resident Fee: \$67.95

Day	Session	Time
Thursday	Apr 2 - May 14	6:00 pm - 7:00 pm

Ages: 7-10 yrs.
Classes: 7
Location: Fairfield P.S.
Resident Fee: \$56.63
Non-Resident Fee: \$67.95

Day	Session	Time
Thursday	Apr 2 - May 14	7:00 pm - 8:00 pm

Ages: 11-14 yrs.
Classes: 7
Location: Fairfield P.S.
Resident Fee: \$56.63
Non-Resident Fee: \$67.95



KIDS PICKLEBALL

Get ready for fun! Kids Pickleball will provide a fun and supportive environment for young players to develop their pickleball skills, while fostering a love for physical activity, and promoting overall fitness. The pickleball program is a supervised pre-registered drop-in class that is focused on scrimmaging, with some simple introductions to the game, and not led by a coach. Please bring indoor running shoes and a water bottle. This program is subject to school and bus cancellations. Cancellation notifications will be emailed to participants.

Ages: 7 - 11 yrs.

No Classes: Apr 6

Resident Fee: \$48.54

Non-Resident Fee: \$58.25

Day	Session	Time	Location
Monday	Mar 30 - May 11	7:15 pm - 8:00 pm	Collins Bay Public School

BALL HOCKEY

Test and improve your hockey skills while burning off some energy in this fun, fast paced hockey program! Players will be divided into teams each week based on age and hockey experience and they will have the chance to play against other teams. Players will need to bring with them a CSA approved helmet with face protection, ABS/composite stick (stick with plastic blade is also acceptable), hockey gloves, running shoes and a water bottle. Small shin pads are recommended but not required.

Day	Session	Time
<u>Monday</u>	May 25 - Jun 22	6:00 pm - 6:45 pm

Ages: 3 to 4

Classes: 5

Location: Sk8er Park, Odessa

Resident Fee: \$33.00

Non-Resident Fee: \$39.60

Day	Session	Time
<u>Monday</u>	May 25 - Jun 22	7:00 pm - 7:45 pm

Ages: 5 to 8 yrs.

Classes: 5

Location: Sk8er Park, Odessa

Resident Fee: \$40.45

Non-Resident Fee: \$48.54

Day	Session	Time
<u>Monday</u>	May 25 - Jun 22	8:00 pm - 8:45 pm

Ages: 9 to 12 yrs.

Classes: 5

Location: Sk8er Park, Odessa

Resident Fee: \$40.45

Non-Resident Fee: \$48.54

Youth Programs



MASTER CHEF

Take your culinary skills to the next level! The Master Chef program offers more advanced recipes that will test your talents in the kitchen. This program features recipes from around the world to help expand your culinary abilities. Register for the full session or pick the individual classes that work best for you!

Day	Session	Time
Tuesday	Mar 31 - May 12	6:00 pm - 7:30 pm

Ages: 13 - 17

Classes: 7

Location: Leisure & Activity Centre

Resident Fee: \$127.47

Non-Resident Fee: \$152.96



YOUTH VOLLEYBALL

Enjoy a night of volleyball to play and practice in a friendly environment. The volleyball program is a supervised pre-registered drop-in class that is focused on scrimmaging and not led by a coach. Program is subject to school cancellations such as: school events and bus cancellations. Please note that there are no make-up classes as a result of cancellations. Cancellation notifications will be emailed to participants.

Day	Session	Time
Tuesday	Mar 31- May 12	6:00 pm - 8:00 pm

Ages: 11 - 15

Classes: 7

Location: Fairfield Public School

Resident Fee: \$56.63

Non-Resident Fee: \$67.95

RED CROSS BABYSITTING

Offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. Upon successful completion of the course, a certificate will be issued. Please bring the following items with you to the course: paper and pen, doll or teddy bear, peanut free lunch and snacks, and a water bottle.

Ages: 11 - 15

Resident Fee: \$77.19

Non-Resident Fee: \$92.63

Day	Session	Time	Location
<u>Saturday</u>	Apr 25	9:00 am - 4:00 pm	Leisure & Activity Centre
<u>Friday</u>	May 29	9:00 am - 4:00 pm	Community Room W.J. Henderson Community Centre
<u>Friday</u>	Jun 26	9:00 am - 4:00 pm	Community Room W.J. Henderson Community Centre

RED CROSS YOUTH LEADER

This training program is a requirement to teach the Stay Safe! and Babysitting courses. With the required prerequisites, candidates enter this comprehensive Youth Leader Program, to prepare them to teach, facilitate and support dynamic, learner-centered classroom environments. This course consists of online learning modules (5-7 hours) and upon completion of this training, candidates must then successfully complete a teaching experience in a Red Cross Youth First Aid Program. Prerequisites: 16 years of age and hold a current Standard First Aid & CPR 'C' certificate This course can be started at any time and for more information please contact the Recreation Programmer at [613-386-7351](tel:613-386-7351) ext. 221#.



YOUTH WEEK



AGES 14 TO 17

May 1st to May 7th

Opportunities designed for youth



Seniors PROGRAMMING Week

JUNE 14 TO JUNE 20



National Health and Fitness Day
June 7

This could be you!
Join a Fitness Class



LET'S GET

ACTIVE!

www.loyalist.ca/recreation

Adult & Senior Programs



LINE DANCING - IMPROVER

Improve your line dancing experience by learning new dance steps. This class is ideal for experienced beginners who wish to progress beyond the Beginner class. This is a Level 2 course. *Please note: April 17th, May 29th, and June 26th classes will take place at the Leisure & Activity Centre.*

Day	Session	Time
Monday	Mar 23 - Jun 22	1:00 pm - 2:00 pm
Friday	Mar 27 - Jun 26	10:00 am - 11:00 am

Location: Amherstview Community Hall

Classes: 12 (Monday), 13 (Friday)

No Class: Apr 3, Apr 6, May 18

Resident Fee: \$66.12 (Monday) \$71.63 (Friday)

Non-Resident Fee: \$79.34 (Monday), \$85.95 (Friday)

LINE DANCING - BEGINNER

This beginner line dancing class is perfect for those new to dance or looking to improve their skills. You'll learn easy-to-follow steps while building confidence. Come ready to have fun and move to the music!

Day	Session	Time
Monday	Mar 23 - Jun 22	11:00 am - 12:00 pm

Location: Amherstview Community Hall

Classes: 12

No Class: Apr 6, May 18

Resident Fee: \$66.12

Non-Resident Fee: \$79.34

PAINTING WITH BONNIE

Enjoy acrylic painting through a step-by-step lesson with instructions and a demonstration. Paint, easels, canvases, and brushes are provided, and no previous experience is necessary. Just wear an old shirt and have fun!

Day	Session	Time
Monday	Mar 9 - May 11	1:00 pm - 3:00 pm

Location: Leisure & Activity Centre

Classes: 6

No Class: Apr 6

Resident Fee: \$145.68

Non-Resident Fee: \$174.81



PAINT NIGHT

Enjoy some time with friends and family painting a one-of-a-kind masterpiece! Our experienced instructor will guide you through the step-by-step process to create your very own work of art! All supplies for paint night will be provided, all you'll need to bring is your creative, artistic side!

Day	Session	Time
Friday	Apr 10	6:00 pm - 8:00 pm
Friday	May 8	6:00 pm - 8:00 pm
Friday	June 12	6:00 pm - 8:00 pm

Location: Leisure & Activity Centre

Resident Fee: \$24.28

Non-Resident Fee: \$29.14

MOTHER'S DAY ADULT CHOCOLATE CREATIONS

Learn the art of treat decorating! This entertaining workshop offers an opportunity to create fun, exciting food that focuses on a central theme. This workshop will be focused on Mother's Day, and creating special chocolates for you to give away or keep to yourself, and this workshop will show you the steps to make yours stand out!

Day	Session	Time
Sunday	May 3	1:00 pm - 3:00 pm

Location: Amherstview Community Hall

Resident Fee: \$24.28

Non-Resident Fee: \$29.14



PICKLEBALL

This team sport is fun for anyone! This unique blend of tennis, badminton and table tennis or ping pong is sure to get you moving. Great for all levels of fitness! This program is subject to cancellations such as: school events and bus cancellations. Note that there are no make-up classes as a result. Cancellations will be emailed.

Classes: 12

No Class: June 11

Resident Fees: \$24.00

Non-Resident: \$28.80

Day	Session	Time	Location
<u>Wednesday</u>	Jun 3 - Aug 26	6:00 pm - 8:00 pm	Bath Tennis & Pickleball Courts
<u>Thursday</u>	Jun 4 - Aug 27	1:00 pm - 3:00 pm	Sk8er Park, Odessa



QI GONG

Qi Gong is a practice of gentle movements, breathing, and meditation that promotes energy balance and overall health. Two popular routines are the Eight Brocades (Ba Duan Jin), a set of eight exercises for strength and circulation, and the 18 Forms (Shibashi), a flowing sequence that emphasizes relaxation and balance. Both styles are easy to learn and offer benefits like reducing stress, improving flexibility, and enhancing well-being.

Classes: 6

Resident Fees: \$49.50

Non-Resident: \$59.40

Day	Session	Time	Location
Sunday	Apr 11 - May 16	9:00 am - 9:45 am	Leisure & Activity Centre

FITNESS CLASSES

Loyalist Township offers a wide variety of daily fitness classes for all fitness levels! Whether you're new to fitness or looking to enhance your training routine, we have a class for you!

We have membership options available, along with drop-in rates, so you can choose what works best for you. You can find our complete Fitness Schedule by clicking [here](#) - and your first class is free to try!

Core Fitness

Your core is more than your abs, and our bodies rely on a strong core to protect our backs, hips and knees, as well giving us balance, dynamic mobility and power. This class will use progressive standing, sitting and mat exercises to engage our core muscles in a variety of movements that will help participants build a solid foundation for any kind of physical activity.

Gentle Stretch

This class uses a chair for support in both standing and seated stretches. It is a great place to be if you are just starting back into fitness, looking to improve balance, wanting to increase mobility and flexibility, or if you just want to start the day off with a good old-fashioned stretch!

Fitness Circuit

This circuit training class combines strength and cardio training for a full body workout using a variety of equipment. Work at your own pace or push yourself to a new level!

Power Stretch

This class combines elements of yoga, Pilates, and traditional stretches for a full body release. We will use equipment like foam rollers and trigger point balls for an enhanced stretching experience.

Strong Seniors

You're only as strong as you feel! This program is designed for seniors of all abilities and fitness levels. Our instructor will focus on exercises appropriate for maintaining bone mass, improving muscular and joint strength, endurance, and will wrap up with full body stretches.

Tone & Sculpt

What is the best way to tone your muscles? Cardio intervals and weight training! Our instructor uses a variety of equipment and exercises to challenge your entire body. Class wraps up with full body stretches.

Yoga

Students will gain an understanding of postures, breath work and energy flow. Classes focus on moving safely between each position while improving your ability to flex, bend, balance and gain strength.

Zumba

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Ice and Skating



Spring Ice Schedule

March 30 - May 14

ADULT & SENIOR SKATE

Monday	Tuesday
9:00am - 10:00am	9:00am - 10:00am

PUBLIC SKATE

Wednesday	Saturday	Sunday
5:00-6:00pm	11:00am-12:00pm	11:00am - 12:00pm

55+ SHINNY

Monday	Wednesday
11:00am - 12:00pm	11:00am - 12:00pm

18+ SHINNY

Friday
10:00am - 11:00am

PARENT & TOT STICK & PUCK

Wednesday	<i>Please note: Parent & Tot Stick & Puck Starts April 29th</i>
4:00pm - 5:00pm	



Grade 5's and Grade 9's can visit the W.J. Henderson Recreation Centre and show their ActivPass cards or Grade 9 Student ID at Customer Service to receive an ActivPass Membership that will get them FREE access to Public Skates, and Youth Shinny during the 2025/2026 Ice Season!

Shinny Fees:

Senior: \$5.78
 Adult: \$5.78
 Goalies: Free

Adult & Senior

Skate Fees:
 Senior: \$5.78
 Adult: \$4.04

Public Skate Fees:

Senior: \$4.04
 Adult: \$5.78
 Child/Youth: \$3.47
 Under 3: Free

Parent & Tot Sick &

Puck Fees:
 Senior: \$4.04
 Adult: \$5.78
 Child/Youth: \$3.47
 Under 3: Free