

LOYALIST TOWNSHIP

ONLINE AUTUMN RECREATION GUIDE



**We have created this guide to make registering for
Autumn 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

SWEET TREAT KIDS

Join our Sweet Treats Baking Class, where young bakers learn basic skills like measuring, mixing, and decorating while creating fun treats like cupcakes, cookies, and muffins. A sweet way to spark creativity and a love for baking!



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 Fall, 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 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	October 15 to December 10th	5:30 pm to 6:00 pm 6:00 pm to 6:30 pm 6:30 pm to 7:00 pm

Ages: 3 to 5

Classes: 9 Classes

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	October 15 to December 10th	6:00 pm to 6:30 pm 6:30 pm to 7:00 pm 7:00 pm to 7:30 pm

Ages: 3 to 5

Classes: 9 Classes

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	October 15 to December 10th	5:30 pm to 6:00 pm 7:00 pm to 7:30 pm

Ages: 3 to 5

Classes: 9 Classes

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	October 15 to December 10th	6:00 pm to 6:30 pm 7:00 pm to 7:30 pm

Ages: 3 to 5

Classes: 9 Classes

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	October 15 to December 10th	6:30 pm to 7:00 pm

Ages: 3 to 5

Classes: 9 Classes

Resident Fee: \$86.22

Non-Resident Fee: \$103.50

Class Size: Up to 5 Swimmers

Location: BGC South East



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 Classes

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	October 14 to December 9th	5:30 pm to 6:00 pm Low Ratio	Kingston YMCA
Wednesday	October 15 to December 10th	5:30 pm to 6:00 pm 6:30 pm to 7:00 pm 7:30 pm to 8:00 pm	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 Classes

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	October 14 to December 9th	5:30 pm to 6:00 pm Low Ratio	Kingston YMCA
Wednesday	October 15 to December 10th	5:30 pm to 6:00 pm 6:00 pm to 6:30 pm 7:30 pm to 8:00 pm	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.

Ages: 5+

Classes: 9 Classes

Resident Fee: \$86.22

Non-Resident Fee: \$103.50

Class Size: Up to 5 Swimmers

Day	Dates	Time	Location
Tuesday	October 14 to December 9th	6:00-6:30pm 6:30-7:00pm	Kingston YMCA
Wednesday	October 15 to December 10th	6:30-7:00pm 7:30-8:00pm	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 Classes

Resident Fee: \$94.86

Non-Resident Fee: \$113.85

Class Size: Up to 8 Swimmers

Day	Dates	Time	Location
Tuesday	October 14 to December 9th	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 Classes

Resident Fee: \$94.86

Non-Resident Fee: \$113.85

Class Size: Up to 8 Swimmers

Day	Dates	Time	Location
Tuesday	October 14 to December 9th	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 Classes

Resident Fee: \$94.86

Non-Resident Fee: \$113.85

Class Size: Up to 8 Swimmers

Day	Dates	Time	Location
Tuesday	October 14 to December 9th	6:45-7:30pm	Kingston YMCA

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 Classes

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	October 14 to December 9th	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 Classes

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	October 14 to December 9th	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 Classes

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	October 14 to December 9th	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 Classes

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	October 14 to December 9th	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	October 15 to December 10th	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



Standard First Aid with CPR C – Registration Open Now!

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)

Resident Fee: \$120.00+HST

Non-Resident Fee: \$144+HST

Manual: Canadian First Aid Manual (mandatory) - \$24.00+HST

Class Size: Up to 16 candidates

Day	Dates	Time	Location
Saturday/ Sunday	September 20 - September 21	9:00 am - 5:00 pm	Leisure & Activity Centre

More Classes will be offered - Please check back at a later date

[First Aid Certifications Booking Page](#)



Preschool Programs



Our preschool programs are parented programs. Location of the programs are at the Leisure & Activity Centre unless otherwise noted.

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

Location: Collins Bay Public School

Resident Fee: \$72.60

Non-Resident Fee: \$87.12

Day	Session	Time
Thursday	Sept 25 - Dec 4	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

Location: Collins Bay Public School

No Class: Oct 13

Resident Fee: \$66.00

Non-Resident Fee: \$79.20

Day	Session	Time
Monday	Sept 22 - Dec 1	6:00 pm - 6:45pm



LITTLE ARTISTS

Let loose your creativity! Join our fun and interactive art class designed specifically for littles! Our experienced instructor will guide you little ones through a variety of exciting projects, exploring different mediums and techniques. From painting and drawing to sculpture and mixed media, our classes are designed to foster creativity, self-expression, and skill building. Come ready to get creative and have a blast!

Day	Session	Time	Theme
Sunday	October 5	9:00 am - 9:45 am	Thanksgiving
Sunday	October 26	9:00 am - 9:45 am	Halloween
Sunday	December 7	9:00 am - 9:45 am	Holiday

Ages: 2 to 4

Location: Leisure & Activity Centre

Resident Fee: \$8.09

Non-Resident Fee: \$9.70

LITTLE EXPLORERS

Little Explorers - assemble! This hands-on program introduces little ones to simple concepts of science and engineering - with a focus on fun! The Little Explorers program will help littles develop critical thinking, problem solving, and fine motor skills, while having fun doing it! Each class will have a new theme for littles to explore, using their imaginations to make each project their own!

Day	Session	Time	Theme
Sunday	October 5	10:30 am - 11:15 am	Amazing Animals
Sunday	October 26	10:30 am - 11:15 am	Super Shapes
Sunday	December 7	10:30 am - 11:15 am	Diggin' Dinosaurs

Ages: 2 to 4

Location: Leisure & Activity Centre

Resident Fee: \$8.09

Non-Resident Fee: \$9.70



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!

Day	Session	Time
Monday	Sept 22 - Dec 1	5:30 pm - 6:15 pm

Ages: 5 to 9
Location: Leisure & Activity Centre
No Classes: Oct 13
Resident Fee: \$121.40
Non-Resident Fee: \$145.68

Day	Session	Time
Wednesday	Sept 24 - Dec 1	5:30 pm - 6:15 pm

Ages: 5 to 9
Location: Bath Firehall
Resident Fee: \$133.54
Non-Resident Fee: \$160.24

Day	Session	Time	Theme
Monday	October 6	5:30 pm - 6:15 pm	Thanksgiving
Monday	October 27	5:30 pm - 6:15 pm	Halloween
Monday	December 1	5:30 pm - 6:15 pm	Holiday

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

Day	Session	Time	Theme
Wednesday	October 8	5:30 pm - 6:15 pm	Thanksgiving
Wednesday	October 29	5:30 pm - 6:15 pm	Halloween
Wednesday	December 3	5:30 pm - 6:15 pm	Holiday

Ages: 5 to 9
Location: Bath Fire Hall
Resident Fee: \$12.14
Non-Resident Fee: \$14.58



SWEET TREAT KIDS

Join our Sweet Treats Baking Class, where young bakers learn basic skills like measuring, mixing, and decorating while creating fun treats like cupcakes, cookies, and muffins. A sweet way to spark creativity and a love for baking!

Day	Session	Time
Sunday	Sept 28 - Dec 7	9:00 pm - 10:15 pm

Ages: 5 to 8

Location: Leisure & Activity Centre

No Classes: Oct 12, Nov 9

Resident Fee: \$163.89

Non-Resident Fee: \$196.67

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	Sept 28 - Dec 7	10:45 pm - 12:00 pm

Ages: 5 to 8

Location: Leisure & Activity Centre

No Classes: Oct 12, Nov 9

Resident Fee: \$163.89

Non-Resident Fee: \$196.67

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
Wednesday	Sept 28 - Dec 7	12:30 pm - 2:00 pm

Ages: 9 to 13

No Classes: Oct 12, Nov 9

Location: Leisure & Activity Centre

Resident Fee: \$163.89

Non-Resident Fee: \$196.67

CURIOUS KIDS - PROGRAM SPONSORED BY OPG

Discover the wonders of science through fun, hands-on experiments like stomp rockets, marble roller coasters, and the egg drop challenge! This exciting program sparks curiosity and creativity while teaching basic scientific concepts.

Day	Session	Time
Wednesday	Sept 24 - Dec 3	6:00 pm - 6:45 pm

Ages: 5 to 8

Location: Leisure & Activity Centre

Resident Fee: \$0.00

Non-Resident Fee: \$0.00

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.

Day	Session	Time
Saturday	September 13	9:00 am - 2:00 pm
Saturday	October 18	9:00 am - 2:00 pm
Saturday	November 22	9:00 am - 2:00 pm

Resident Fee: \$55.13

Non-Resident Fee: \$66.15

Ages: 9-13 yrs.

Location: 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.

Day	Session	Time
Thursday	Sept 25 - Dec 4	7:00 pm - 7:45 pm

Ages: 4 to 6

Location: Collins Bay P.S.

Resident Fee: \$88.99

Non-Resident Fee: \$106.79

Day	Session	Time
Thursday	Sept 25 - Dec 4	6:00 pm - 7:00 pm
Thursday	Sept 25 - Dec 4	7:00 pm - 8:00 pm

Note: 6:00-7:00 pm class is Girls Only. 7:00-8:00 pm class is Co-ed.

Location: Fairfield P.S.

Ages: 7-10 yrs.

Resident Fee: \$88.99

Non-Resident Fee: \$106.79



BREAKERS BASKETBALL

Join Loyalist Township's Breaker's Basketball program where participants will develop essential basketball skills like dribbling, shooting, and passing. Our experienced coaches will help children foster a love for basketball through fun games and drills, while building skills, confidence, and making new friends!

No Classes: Nov 19,

Dec 24 & Dec 31

Resident Fee: \$132.00

Non-Resident Fee: \$158.40



<u>Grades: 2 to 3</u> Location: Odessa, P.S.		
Day	Session	Time
Wednesday	Oct 15-Mar 11	6:00 pm - 7:00 pm

<u>Grades: 4 to 5</u> Location: Ernestown S.S.		
Day	Session	Time
Wednesday	Oct 15-Mar 11	7:00 pm - 8:00 pm

<u>Grades: 6 to 8</u> Location: Ernestown S.S.		
Day	Session	Time
Wednesday	Oct 15-Mar 11	8:00 pm - 9:00 pm

COME OUT AND PLAY TRAILER DAYS - DROP IN PROGRAM

Join us for fun in the parks around Loyalist! The Come Out & Play Trailer is a mobile hub of fun for the whole family! Packed with lawn games, sports equipment, and oversized games, it's the perfect way to get active and enjoy the park together! Please note this is not a drop off program. Parents/Guardians are expected to stay with their children.

Day	Session	Time	Location
Saturday	September 13	1:00 pm - 3:00 pm	Centennial Park, Bath
Saturday	October 14	1:00 pm - 3:00 pm	Loyalist Park, Amherstview

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	October 4th	1:00 pm - 2:30 pm	Thanksgiving	Leisure & Activity Centre
Saturday	October 18th	1:00 pm - 2:30 pm	Halloween	Amherstview Community Hall
Saturday	December 13th	1:00 pm - 2:30 pm	Holiday	Leisure & Activity Centre





Youth Programs

YOUTH CREATORS

Join us for an exciting program where creativity and discovery collide! In Youth Creators, we will explore the worlds of art and science through hands-on projects, allowing participants to express themselves through creative art and explore the world of science through fun, engaging, experiments.

Day	Session	Time
Monday	Sept 22 - Dec 1	6:30 pm - 7:15 pm

Ages: 10 - 13

Location: Leisure & Activity Centre

No Class: Oct 13

Resident Fee: \$121.40

Non-Resident Fee: \$145.68

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.

Day	Session	Time
Tuesday	Sept 23 - Dec 2	6:00 pm - 7:30 pm

Ages: 13 - 17

Location: Leisure & Activity Centre

Resident Fee: \$200.31

Non-Resident Fee: \$240.37

YOUTH BADMINTON

Get ready for fun! Youth Badminton will provide a fun and supportive environment for young players to develop their badminton skills, while fostering a love for physical activity, and promoting overall fitness. The badminton 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.

Day	Session	Time
Monday	Sept 22 - Dec 1	7:30 pm - 8:15 pm

Ages: 12 - 15

Location: Collins Bay Public School

No Class: Oct 13

Resident Fee: \$80.90

Non-Resident Fee: \$97.08

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. **Note:** There is a beginner and intermediate class.

	Day	Session	Time	Ages
Beginner	Tuesday	Sept 23 - Dec 2	6:00 pm - 7:30 pm	11 - 14
Intermediate	Tuesday	Sept 23 - Dec 2	7:30 pm - 9:00 pm	12 - 15

Location: Fairfield Public School

Resident Fee:

\$121.40

Non-Resident Fee:

\$145.68

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.

Day	Session	Time
Saturday	Sept 27	9:00 am - 4:00 pm
Saturday	Oct 25	9:00 am - 4:00 pm
Saturday	Nov 29	9:00 am - 4:00 pm

Ages: 11 - 15

Location: Leisure & Activity Centre

Resident Fee: \$77.19

Non-Resident Fee: \$92.63



**Canadian
Red Cross**

**Training
Partner**

Adult & Senior Programs



LINE DANCING REMEMBERED

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.

Day	Session	Time
Monday	Sept 22 - Dec 1	1:00 pm - 2:00 pm
Friday	Sept 26 - Dec 5	10:00 am - 11:00 am

Location: Amherstview Community Hall

No Class: Oct 13

Resident Fee: \$55.10 (Monday), \$60.61 (Friday)

Non-Resident Fee: \$66.12 (Monday), \$72.73 (Friday)

LINE DANCING REMEMBERED - 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	Sept 22 - Dec 1	11:00 am - 12:00 pm

Location: Amherstview Community Hall

No Class: Oct 13

Resident Fee: \$55.10

Non-Resident Fee: \$66.12

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	Sept 22 - Oct 27	1:00 pm - 3:00 pm
Monday	Nov 3 - Dec 1	1:00 pm - 3:00 pm

Location: Leisure & Activity Centre

No Class: Oct 13

Resident Fee: \$121.40

Non-Resident Fee: \$145.68



PAINT NIGHT WITH BONNIE

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	Oct 10	6:00 pm - 8:00 pm
Friday	Nov 14	6:00 pm - 8:00 pm
Friday	Dec 12	6:00 pm - 8:00 pm

Location: Leisure & Activity Centre

Resident Fee: \$24.28

Non-Resident Fee: \$29.14

HALLOWEEN SWEET & SAVOURY TRICKS & TREATS

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 Halloween Chocolates, 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
Thursday	Oct 30	6:30 pm - 8:30 pm

Location: Leisure & Activity Centre

Resident Fee: \$24.28

Non-Resident Fee: \$29.14

HOLIDAY 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 Holiday Chocolates, 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
Sat	Dec 13	3:30 pm - 5:30 pm

Location: Leisure & Activity Centre

Resident Fee: \$24.28

Non-Resident Fee: \$29.14

LOYALIST BADMINTON CLUB

Open to adults wishing to participate in a non-competitive, fun environment. Bring a racquet and clean gym shoes. Protective eyewear is recommended.

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.

Day	Session	Time	Fee	Location
Tuesday	Sept 23 - Dec 16	7:00 pm - 9:00 pm	Adult Resident: \$32.50 Adult Non-Resident: \$39.00 Senior Resident: \$26.00 Senior Non-Resident: \$31.20	Bath Public School
Thursday	Sept 25 - Dec 18	7:00 pm - 9:00 pm	Adult Resident: \$32.50 Adult Non-Resident: \$39.00 Senior Resident: \$26.00 Senior Non-Resident: \$31.20	Amherstview Public School

VOLLEYBALL (LADIES)

Set, Serve and Spike, sisters! You'll have a great time in this women's only, non-competitive environment. Enjoy a great evening of pick-up volleyball while getting fit and having fun. 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.

Day	Session	Time	Fee	Location
Tuesday	Sept 23 - Dec 16	7:00 pm - 9:00 pm	Adult Resident: \$32.50 Adult Non-Resident: \$39.00 Senior Resident: \$26.00 Senior Non-Resident: \$31.20	Odessa Public School

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. **No Class:** Oct 13.

Day	Session	Time	Fee	Location
Monday	Sept 22 - Dec 15	7:00 pm - 9:00 pm	Adult Resident: \$30.00 Adult Non-Resident: \$36.00 Senior Resident: \$24.00 Senior Non-Resident: \$28.80	Ernestown Secondary School
Wednesday	Sept 24 - Dec 17	7:00 pm - 9:00 pm	Adult Resident: \$32.50 Adult Non-Resident: \$39.00 Senior Resident: \$26.00 Senior Non-Resident: \$31.20	Amherstview Public School
Saturday	Sept 27 - Dec 13	9:00 am - 11:00 am	Adult Resident: \$30.00 Adult Non-Resident: \$36.00 Senior Resident: \$24.00 Senior Non-Resident: \$28.80	St. Theresa of Calcutta

VOLLEYBALL (CO-ED)

A great opportunity to meet new people and get fit! Enjoy an evening of volleyball at Bath Public School. Practice your spiking, serving and volleying techniques!

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. **No Class:** Oct 30.

Day	Session	Time	Fee	Location
Thursday	Oct 2 - Dec 18	7:00 pm - 9:00 pm	Adult Resident: \$27.50 Adult Non-Resident: \$33.00 Senior Resident: \$22.00 Senior Non-Resident: \$26.40	Bath Public School