

Adult Programs

Drop-in

BADMINTON	DAY/TIME	FALL 2018	WINTER 2019
Langstaff	Mon 8 - 10 p.m.	Sep 10 - Dec 17	Jan 7 - Mar 25
Langstaff	Thu 8:45 - 10:30 p.m.	Sep 13 - Dec 20	Jan 10 - Mar 28
Langstaff	Sun 8 - 10 p.m.	Sep 16 - Dec 23	Jan 13 - Mar 31
Oak Ridges	Fri 8:15 - 9:45 p.m.	Sep 21 - Dec 21	Jan 11 - Mar 29

BASKETBALL	DAY/TIME	FALL 2018	WINTER 2019
Bayview Hill	Fri 6 - 8 p.m.	Sep 14 - Dec 21	Jan 11 - Mar 29
Langstaff	Sun 8 - 10 p.m.	Sep 23 - Dec 23	Jan 13 - Mar 31
Oak Ridges	Mon 8:30 - 10:30 p.m.	Sep 17 - Dec 17	Jan 7 - Mar 25
Oak Ridges	Wed 9 - 10:30 p.m.	Sep 19 - Dec 19	Jan 9 - Mar 27
Oak Ridges	Sun 7 - 8:15 p.m.	Sep 23 - Dec 23	Jan 13 - Mar 31

SOCCER	DAY/TIME	FALL 2018	WINTER 2019
Sports Dome	Mon 9-10 p.m., 10-11 p.m.	Mon Oct 22 - Dec 17	Mon Jan 7 - Apr 15
Sports Dome	Tue 9-10 p.m., 10-11 p.m.	Tue Oct 23 - Dec 18	Tue Jan 8 - Apr 16
Sports Dome	Fri 9-10 p.m., 10-11 p.m.	Fri Oct 26 - Dec 21	Fri Jan 11 - Apr 12
Sports Dome	Sat 8-9 p.m., 9-10 p.m., 10-11 p.m.	Sat Oct 27 - Dec 22	Sat Jan 12 - Apr 13
Sports Dome	Sun 8-9 p.m., 9-10 p.m., 10-11 p.m.	Sun Oct 28 - Dec 23	Sun Jan 13 - Apr 14

TABLE TENNIS	DAY/TIME	FALL 2018	WINTER 2018
Langstaff	Mon 7:30 - 9:30 p.m.	Sep 10 - Dec 17	Jan 7 - Mar 25
Oak Ridges	Wed 8:15 - 10 p.m.	Sep 20 - Dec 20	Jan 10 - Mar 28

VOLLEYBALL	DAY/TIME	FALL 2018	WINTER 2018
Oak Ridges	Thu 8:30 - 10:30 p.m.	Sep 20 - Dec 20	Jan 10 - Mar 28
Oak Ridges	Sun 8:30 - 10:30 p.m.	Sep 23 - Dec 23	Jan 13 - Mar 31

Exclusion Dates: Monday, October 8, 2018, Monday, October 22, 2018 and Monday, February 18, 2019.

*Drop In programs will not run December 24, 2018 - January 6, 2019.



\$5

- All drop-ins are \$5. Exact change is appreciated.
- Purchase a 10-visit Adult Drop-In Card at any community centre for \$50 and bring this card to the program. No more searching for cash and the correct change for the drop-in programs!
- Drop-in spaces are first-come, first-served. Spaces are limited.
- This schedule is subject to change. Cancellations will be noted in the respective facility.

Dance Events

Bring your partner and join us for special one-time dance sessions – perfect for date night!

BALLROOM DANCE EVENTS • 7:30 - 11 p.m.

\$10.60 per person/per session (\$12 per person at the door)

Elgin West Community Centre:
Saturday, November 24 • Code: 21567
Saturday, March 16 • Code: 25227

Oak Ridges Community Centre:
Saturday, October 13 • Code: 21568
Saturday, February 23 • Code: 25228

AN AFTERNOON OF ARGENTINE TANGO

Free (Donations to the Richmond Hill Community Food Bank appreciated)

Oak Ridges Community Centre:
Sunday, November 18 • 2 - 4 p.m.
Sunday, March 3 • 2 - 4 p.m.





Adult Programs

Keep active this fall and winter! There is something for everyone! Check out the leagues and tournaments on page 90.

ADULT PROGRAM INFORMATION

For enquiries related to Adult Programs, please email recreation@richmondhill.ca

Arts & Entertainment Programs

Art – Drawing, Sketching & More

Go from imagining a picture to making it. Learn simple methods, skills and techniques that will give you the ability to express your creative spirit without frustration. Create images of subjects that interest you as you make marks in pencil, pencil crayon, ink or magic marker alone or as mixed media. A basic supply list will be provided.

18+ yrs • \$116.32/8		
McConaghy Centre		
Tue Oct 2	1:00pm-3:00pm	21650
18+ yrs • \$116.32/8		
McConaghy Centre		
Tue Jan 15	1:00pm-3:00pm	25198

Art – Landscape Painting

Capture the Fall season! Overlooking Lake Wilcox from the classroom, studio artists will be inspired by the beautiful colours of fall. In this six-week program, participants will translate what they see onto canvas and can choose to paint inside or out! Acrylic paints will be used in this course. Participants must bring their own supplies. A supply list will be provided prior to the class.

18+ yrs • \$125.61/6		
Oak Ridges CC		
Mon Sep 24	9:30am-12:30pm	27040

Art – Mixed Media

Experiment with different approaches to collage and mixed media, using a variety of found objects, acrylic mediums, paints and more! It's a fun way to learn new art techniques and combinations, and to discover how to incorporate new materials into your creations. No previous experience is required. A supply list will be provided prior to the first class and specialized materials will be available for purchase.

18+ yrs • \$125.61/6		
Elgin West CC		
Mon Oct 22	9:30am-12:30pm	21541
18+ yrs • \$125.61/6		
Elgin West CC		
Mon Jan 21	9:30am-12:30pm	28656

Art – Painting in Acrylics

Learn how to paint with versatile and forgiving acrylics! This introductory course is suitable for beginners or as a refresher for those who have not painted for some time, as well as those with some acrylic painting experience. Topics covered include the fundamentals of colour theory, colour mixing, composition, paint handling and paint application. A supply list will be provided at the first class. The subject matter may vary by instructor.

18+ yrs • \$138.91/8		
Elgin West CC		
Thu Oct 4	7:00pm-9:30pm	21542
McConaghy Centre		
Thu Oct 4	1:00pm-3:30pm	21653
18+ yrs • \$138.91/8		
Elgin West CC		
Thu Jan 17	7:00pm-9:30pm	25199
McConaghy Centre		
Thu Jan 17	1:00pm-3:30pm	25200

Art – Painting in Watercolour Level 1

If you want to express yourself through watercolours, this program will introduce you to the techniques used in traditional watercolour painting. You will also learn to see with the eyes of a painter through colour and shape reading exercises. As your confidence grows, you will be encouraged to showcase your own interpretations of objects from nature. A supply list will be provided at the first class.

18+ yrs • \$166.69/8		
McConaghy Centre		
Wed Oct 3	9:30am-12:30pm	21544
18+ yrs • \$166.69/8		
McConaghy Centre		
Wed Jan 16	9:30am-12:30pm	25201



**INCLEMENT
WEATHER HOTLINE:
905-771-5487
TURN TO PAGE 6
FOR DETAILS.**

Residents 65 years and older receive a 30 per cent discount on registered adult programs*.

*select programs only

ADULT

Adult Programs

Art – Painting in Watercolour Level 2

Explore your passion through subjects you love, from pure colour abstracts to tightly controlled exacting illustrations, botanicals or landscapes. Make your watercolours come alive as you learn to control water, colour and brush strokes. Weekly demonstrations and critiques emphasize more advanced use of brushes, colour, composition and style. A supply list will be provided. Prerequisite: Painting in Watercolour Level-1 or watercolour experience.

18+ yrs • \$166.69/8

Langstaff CC

Thu Oct 4 9:30am-12:30pm 21545

18+ yrs • \$166.69/8

Langstaff CC

Thu Jan 17 9:30am-12:30pm 25202

Art – Portraiture Drawing

One of the most interesting art forms is portraiture, which captures expressions with a drawing. To do it well, you need to understand the anatomy and structure of head to shoulder construction. This program will give you the right skills. Using a technique called wire drawing, you will learn how to dance freely over the paper with pencil or charcoal to create basic portraits and develop your individual style. Work out the technical construction of a portrait while making it realistic and believable! A supply list will be provided at the first class.

18+ yrs • \$87.25/6

McConaghy Centre

Thu Oct 4 7:00pm-9:00pm 21546

18+ yrs • \$87.25/6

McConaghy Centre

Thu Jan 31 7:00pm-9:00pm 25203

Art – Workshop 1 (Fall)

Paper Flowers Workshop with artist Elaine Roach. Join paper artist Elaine Joy Roach as she shows you how to create a variety of paper flowers. We will explore different paper art techniques including paper painting, sculpture, origami and intricate paper cutting. The result is gorgeous paper flowers that can be incorporated into other art works, framed or transformed into decorative magnets suitable for home décor and gifts. A \$10 material fee will be collected at the beginning of the workshop. Tools will be available for use during the workshop, and personal tool kits will be available for purchase. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$114.12/1

McConaghy Centre

Sat Sep 15 10:00am-4:00pm 27041

Art – Workshop 2 (Fall)

Watercolour and Coloured Pencil with Nola McConnan. Watercolours and coloured pencils are the perfect pair for creating exceptional and vibrant artworks. Join artist Nola McConnan to learn how to make these two mediums work together, enhancing both. You will create vivid images with amazing depth! Working over the first layers of loose watercolour, you will build your painting with coloured pencil to create colours and depth that are not possible if working with each medium on its own. 140LB Hot Press paper will be available for purchase at a cost of \$5 per sheet 9" x 12". This workshop is suitable for all skill levels. A supply list will be provided prior to the class. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$114.12/1

McConaghy Centre

Sat Oct 20 10:00am-4:00pm 27042

Art – Workshop 3 (Fall)

Using Colour to create moods with Sharon Kirsh. Colour can alter a person's mood, inciting anger, inspiring happiness, or sadness. Even so, most people don't spend a lot of time thinking about the effects of the colours they use in their paintings. With artist Sharon Kirsh, we will explore how to capture colour to communicate those different feelings. After analyzing and discussing the colour wheels, samples of artwork, various colour palettes you will create an abstract painting that employs colours strategically. This workshop is for both acrylic and non-soluble oils and is suitable for all levels. A supply list will be provided prior to the class. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$57.06/1

McConaghy Centre

Sat Nov 3 10:00am-4:00pm 27043

Art – Workshop 4 (Fall)

Having Fun with Palette Knife Painting with Edward Abela. Are you attracted to the bold texture of palette knife painting and wonder how it's done? Or maybe you just want to explore a different approach to painting? Versatile artist Edward Abela will demonstrate how easy and fun it can be to paint with acrylics using palette knives. You only need two or three palette knives in addition to your normal painting kit. Edward will also help you understand how to achieve greater success in your painting by mastering the basics, such as composition, light and shade, and perspective. You are invited to bring one of your favourite paintings to share with the class. This workshop will benefit both beginners and experienced artists. A supply list will be provided prior to the class. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$57.06/1

McConaghy Centre

Sat Nov 17 10:00am-4:00pm 27044

Richmond Hill offers numerous one-day art workshops throughout the year providing participants the opportunity to study and create with exception. Most of these art workshops are listed; however, there may be additional workshops provided throughout the year. Visit RichmondHill.ca regularly to learn more.

Adult Programs

Art – Workshop 1 (Winter)

The Medium of Acrylic with Ernestine Tahedl. Join artist Ernestine Tahedl, RCA, OSA, for a rare opportunity to explore acrylic techniques. Ernestine will give a short demonstration and then focus on composition development and technical skills. She will share through demonstrations and discussion her use of colour, rendering of form, and use of light and shadow to create bold and vibrant paintings. This workshop is ideal for participants with previous experience using acrylic. A supply list will be provided prior to the class. This workshop is suitable for all skill levels. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$57.06/1

McConaghy Centre

Sat Jan 26 10:00am-4:00pm 27092

Art – Workshop 2 (Winter)

Impressionistic Landscape Painting in Acrylic with Brigitte Granton. Join landscape artist Brigitte Granton as she provides step-by-step instruction taking you through the process of creating an impressionistic style painting of a forest path. You will begin with a reference photo, and under Brigitte's guidance develop your own impressionistic painting using acrylics. The emphasis will be on the use of colour, and light in to create depth and add interest to your painting. A supply list will be provided prior to the class. This workshop is suitable for all skill levels. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$57.06/1

McConaghy Centre

Sat Mar 2 10:00am-4:00pm 27093

Art – Workshop 3 (Winter)

Mixed Media Fun with Mari Nicolson. Join acclaimed local artist Mari Nicolson for a fun day of mixed media painting and artistic exploration. Discover a wide range of new techniques and novel ways to use acrylic paints and mediums. All you need to bring are some canvas or boards to work on, as well as any painting materials you already have and then get ready to paint. There is a \$20 material fee which covers specialized gels, paints, inks, transfer materials, as well as a variety of handmade papers, stamps and tools to use in your own work. Some materials will also be available for purchase in limited quantities. A recommended supply list will be provided prior to the class. This workshop is suitable for all skill levels. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$57.06/1

McConaghy Centre

Sat Mar 16 10:00am-4:00pm 27094

Art - Workshop 4 (Winter)

Printmaking with Katie Argyle. Join well-known printmaker Katie Argyle, for this workshop in basic relief printmaking techniques and design principles, learning about printmaking for the first time or building on past experiences. Create prints for your own greeting cards, gift tags, wrapping paper and more, just in time for Easter, Mother's Day, wedding season, birthdays and other special occasions. As you see your fun designs take shape, you will gain confidence and expertise in carving and hand-printing designs into soft linoleum. A \$15 materials fee will be collected at the beginning of the class to cover the paper, ink, and soft linoleum. Carving tools and a bench hook will be provided. Extra tool sets and bench hooks can be purchased from the instructor for \$10 each. All skill levels are welcome! The seniors' discount does not apply; the full fee is required.

18+ yrs • \$57.06/1

McConaghy Centre

Sat Mar 30 10:00am-4:00pm 27095

Art Bus

Catch the Art Bus! Ride the bus to a preview visit of six of the Studio Tour's sites & artists studios. Refreshments, entertainment and giveaways will add to the day's fun! This is a fantastic opportunity to be the first to see and purchase the artists' newest artworks! Space is limited, so be sure to sign up early!

18+ yrs • \$20.00/1

Pickup/drop off: Mill Pond Park

Stops: Covertnotes, Victor Molev, Dave Markle@ Hallmark, Wendy Emery, Eyer Homestead

Fri Oct 12 6:00pm-10:00pm 27046

Pickup/drop off: Curtain Club

Stops: Elina Ten, Wendy Cho, Valentine Ioppe, Andrea End, Burr House

Sat Oct 13 10:00am-2:00pm 27047

Pickup/drop off: Rouge Woods CC

Stops: Richland Academy, Sharon Kirsh/Karen Pasieka, Heritage Centre, Sherry Rossi, Vanderburgh House

Sun Oct 14 10:00am-2:00pm 27048



ADULT

**Build something.
Share something.
Craft something.
Make more art. Your
health and happiness can
improve! Register for our
Art programs today!**

**Be informed of new
programs, special
offers, registration
reminders, and
Recreation and Culture
events by signing up
for our newsletter.
See page 5.**

Adult Programs

Filmmaking for Beginners

Are you interested in learning the basics of filmmaking? This program will provide you with insight into what goes on in making a film from beginning to end, tools and tips which are helpful for making your own short film and a tutorial on the Canon t3i DSLR camera. Please join us in a relaxed and fun filmmaking environment.

18+ yrs • \$83.93/8

Langstaff CC

Tue Sep 25 7:30pm-8:30pm 21585

18+ yrs • \$83.93/8

Langstaff CC

Tue Jan 15 7:30pm-8:30pm 25242

Guitar – Introductory

Learning to play the guitar is a goal for many people. In this introductory program, you will learn all the fundamentals, including proper handling of a guitar, basic theory, timing, strumming, reading music, traditional notation, tablature and chords. Performance skills will be established by working in groups. During the last weeks, the focus will shift to playing the songs of your choice, with additional theory and technique lessons with reference to modern, classical and folk music. Participants must provide their own guitar.

18+ yrs • \$95.93/8

Oak Ridges CC

Thu Sep 27 7:30pm-8:30pm 21590

Richvale CC

Tue Sep 25 7:30pm-8:30pm 21591

18+ yrs • \$95.93/8

Oak Ridges CC

Thu Jan 17 7:30pm-8:30pm 25247

Richvale CC

Tue Jan 15 7:30pm-8:30pm 25248

Guitar – Level 2

This is a follow-up program to the introductory guitar class, to help you progress as a guitarist and expand your repertoire. This program gives those who have already taken the Introductory class a chance to build on what they have learned and take on new challenges. You will be introduced to different scales and chords beyond the open position, while playing different varieties of music and exploring advanced strumming methods. Participants must bring their own guitar. Prerequisite: Guitar - Introductory.

18+ yrs • \$95.93/8

Richvale CC

Tue Sep 25 8:30pm-9:30pm 21592

18+ yrs • \$95.93/8

Richvale CC

Tue Jan 15 8:30pm-9:30pm 25249

Guitar – Level 3

You will be well on your way to becoming a guitar pro with this Level 3 program! As a continuation of Guitar - Level 2, you will have an opportunity to build on all you learned in the first two levels, take on new challenges, learn more complex songs and solos, and experiment with advanced techniques. Participants must bring their own guitar. Prerequisite: Guitar - Level 2.

18+ yrs • \$95.93/8

Oak Ridges CC

Thu Sep 27 8:30pm-9:30pm 21593

18+ yrs • \$95.93/8

Oak Ridges CC

Thu Jan 17 8:30pm-9:30pm 25250

Photography – DSLR Master the Basics

Your DSLR in auto mode is nothing more than an overweight compact camera. In this course, we switch it to the manual exposure mode on the first session and never look back. Clear explanations combined with simple exercises will reveal your camera's true potential and by the third class, you will be shooting with confidence to achieve the best possible results. An optional materials fee of \$20 will be collected on the first night. The seniors' discount does not apply; the full fee is required.

16+ yrs • \$177.57/3

McConaghy Centre

Thu Sep 20 7:00pm-9:30pm 21598

Photography – DSLR More Creative Techniques

If you use your DSLR or Mirrorless camera in the manual exposure mode, it's time to explore what you can really do with that added creative control. Find out what custom controls make the greatest difference and explore newer camera features like Wi-Fi and HDR and how to put them to best use. An optional materials fee of \$20 will be collected at the beginning of the class. The seniors' discount does not apply; the full fee is required.

16+ yrs • \$80.71/1

McConaghy Centre

Thu Oct 11 7:00pm-9:30pm 21597

Photography – Daylighting

How does a skilled outdoor photographer work with natural light? What should you do differently on an overcast day in comparison to sunlight? Do the subjects that provide the best opportunities in the evening, provide the same opportunity in the middle of the day? Fundamental to every good photographer is their understanding of light and how best to utilize what is currently before them. Here we focus on solutions to the most common lighting challenges. The seniors' discount does not apply; the full fee is required.

16+ yrs • \$80.71/1

McConaghy Centre

Thu Oct 18 7:00pm-9:30pm 21599



Adult Programs

Photography – Headshots

Here we unpack several ideas related to visual composition and apply them to a single subject. For painters of the human form, all the ideas of proportionality and how the head exists in space was something you needed to master before moving onto the rest of the body. We will explore several approaches photographers can use for an effective headshot and along the way you will learn numerous concepts every visual artist should know. The seniors' discount does not apply; the full fee is required.

16+ yrs • \$80.71/1

McConaghy Centre

Thu Oct 25 7:00pm-9:30pm 21600

Photography – Famous Artist Photo Workshop

Using a camera, discover how to adopt the strategies and techniques of four famous artists; two painters and two photographers. Learn how they perceived reality and used light to articulate their individual styles. We will pinpoint what techniques of each artist you can adopt with a camera, before undertaking a home assignment you get feedback on. The seniors' discount does not apply; the full fee is required.

16+ yrs • \$80.71/1

McConaghy Centre

Thu Nov 8 7:00pm-9:30pm 21601

Photography – How to Buy a Camera

Digital cameras come with more features than almost any other electronic gadget. But more sophistication does not lead to better pictures. Here we explore a wide range of cameras and find the best ones within your budget. Get clear explanations on useful features and explore the latest in lenses and accessories. Pre-registration is required.

16+ yrs • Free/1

McConaghy Centre

Thu Nov 22 7:00pm-9:30pm 22233

Photography – DSLR Master the Basics

Your DSLR in auto mode is nothing more than an overweight compact camera. In this course, we switch it to the manual exposure mode on the first session and never look back. Clear explanations combined with simple exercises will reveal your camera's true potential and by the third class, you will be shooting with confidence to achieve the best possible results. An optional materials fee of \$20 will be collected on the first night. The seniors' discount does not apply; the full fee is required.

16+ yrs • \$177.57/3

McConaghy Centre

Thu Jan 24 7:00pm-9:30pm 22235

Photography – DSLR More Creative Techniques

If you use your DSLR or Mirrorless camera in the manual exposure mode, it's time to explore what you can really do with that added creative control. Find out what custom controls make the greatest difference and explore newer camera features like Wi-Fi and HDR and how to put them to best use. An optional materials fee of \$20 will be collected at the beginning of the class. The seniors' discount does not apply; the full fee is required.

16+ yrs • \$80.71/1

McConaghy Centre

Thu Feb 21 7:00pm-9:30pm 22236

Photography – New Vision

This is a comprehensive introduction to seeing photographically. Explore the nature of the creative process and the essential elements that strengthen every picture. We will explore strategies that lead to a deeper appreciation of your surroundings in an effort to produce more meaningful pictures. Exercises will help you interpret a wide range of subjects and add a personal touch in the way you define your subject. Expect regular feedback on your work. The seniors' discount does not apply; the full fee is required.

16+ yrs • \$121.07/2

McConaghy Centre

Thu Mar 7 7:00pm-9:30pm 22238

Photography – What's Wrong with My Pictures?

Are your best pictures a fluke? Would you like to better predict each shot? Here's your chance to explore several techniques skilled photographers use to organize their picture space and draw the viewer in. Several exercises will show you how to enhance your point of interest, control other visual elements like contrast and perspective and use light to create the most compelling images with any subject. The seniors' discount does not apply; the full fee is required.

16+ yrs • \$80.71/1

McConaghy Centre

Thu Mar 21 7:00pm-9:30pm 22234

Photography – Creative Family Photography

Learn how to capture professional quality portraits of individuals or the entire family using any camera and without expensive accessories. Exercises will help you adapt to sunlight or overcast conditions. You'll even pick up some great tips on sculpting light from an ordinary household lamp to produce dynamic portraits of individuals, full of drama. The seniors' discount does not apply; the full fee is required.

16+ yrs • \$80.71/1

McConaghy Centre

Thu Mar 28 7:00pm-9:30pm 22237



ADULT

Adult Programs

Dance Programs

Dance – Argentine Tango Level 1

Argentine Tango is a beautiful and sophisticated dance that is often referred to as a conversation of movement between partners. Although danced in a variety of styles, Argentine Tango is quite different from the ballroom style. This program will introduce you to the graceful fundamentals of the social style of Argentine Tango, such as walking, turning and movement. No experience is necessary. Partners are required, and the fee is based on the cost per couple.

18+ yrs • \$153.79/9

Centennial Pool

Wed Sep 19 8:00pm-9:00pm 26567

Dance – Argentine Tango Level 2

Impress on the dance floor with smooth Argentine Tango moves. Building on the skills learned in the Level 1 program, you will be introduced to the finer points of the magnificent Argentine Tango, with instruction in more advanced steps, concepts and choreography, putting you and your partner in perfect sync. Partners are required, and the fee is based on the cost per couple..

18+ yrs • \$153.79/9

Centennial Pool

Wed Sep 19 9:00pm-10:00pm 26568

Dance – Ballroom & Latin – Level 1

Have you always wanted to glide across a ballroom floor or twirl in the arms of a sure-footed partner? This introductory program offers fun and practical instruction in Ballroom and Latin dancing, which can be enjoyed in a variety of social settings, including weddings, dinner dances and more. The basics of popular ballroom dances, like the Merengue, Cha-Cha, Rumba, Mambo/ Salsa and Social Foxtrot, will be introduced. Prior dance experience is not necessary. Partners are required, and the fee is based on the cost per couple.

18+ yrs • \$153.79/9

Elgin Barrow Arena

Tue Sep 18 7:00pm-8:00pm 21563

18+ yrs • \$153.79/9

Elgin Barrow Arena

Tue Jan 22 7:00pm-8:00pm 25223

Dance – Ballroom & Latin – Level 2

This is the place to be for experienced Ballroom and Latin dancers looking to take the next step! This program focuses on developing more sophisticated dance figures and techniques in the genres of dance covered in Level 1. Each session concentrates on two or three different dance forms, so you will receive in-depth instruction pertaining to each of the dance styles taught. Several sessions of Level 1 would be the preferred prerequisite. Partners are required, and the fee is based on the cost per couple.

18+ yrs • \$153.79/9

Elgin Barrow Arena

Tue Sep 18 8:00pm-9:00pm 21564

18+ yrs • \$153.79/9

Elgin Barrow Arena

Tue Jan 22 8:00pm-9:00pm 25224

Dance – Ballroom & Latin – Level 3

This program will focus on developing more advanced dance figures and techniques from the variety of dances covered in Level 2. As in the previous level, this class will focus only on two to three dances per session, so you receive in-depth instruction for each of the dance styles taught. Several sessions of Level 2 would be preferred prerequisite for this course. Partners are required, and the fee is based on the cost per couple.

18+ yrs • \$153.79/9

Elgin Barrow Arena

Tue Sep 18 9:00pm-10:00pm 21565

18+ yrs • \$153.79/9

Elgin Barrow Arena

Tue Jan 22 9:00pm-10:00pm 25225

Dance – Ballroom & Latin for Singles

No partner? No problem! This program is for those interested in Ballroom and Latin dance, but who need a partner to spin, glide and dip with on the dance floor. Participants can join solo for a chance to experience the fun of Ballroom and Latin dance, while mastering the basic steps of various dance styles, including Rumba, Cha-Cha, Samba and more! Beginners are welcome.

18+ yrs • \$88.56/8

Bayview Hill CC

Fri Jan 18 9:00pm-10:00pm 25226

Dance – Ballroom Dance Event – Tickets

This special evening event is an opportunity to practise the dance steps taught in our Ballroom dance programs. You can swing and sashay to the Waltz, Social Foxtrot, Salsa, Quick Step, Tango, Cha-Cha and more. Dancers must register individually, as the fee listed is per person. Couples and singles are welcome. Registration is encouraged. However, drop-ins will be accepted at a cost of \$12 per person. This is not a licensed event.

18+ yrs • \$10.60/1

Oak Ridges CC

Sat Oct 13 7:30pm-11:00pm 21568

Elgin West CC

Sat Nov 24 7:30pm-11:00pm 21567

18+ yrs • \$10.60/1

Elgin West CC

Sat Mar 16 7:30pm-11:00pm 25227

Oak Ridges CC

Sat Feb 23 7:30pm-11:00pm 25228

Dance – Ballroom Dancing – Intermediate

Intermediate dancers with a good working knowledge of music recognition and Ballroom dance styles will benefit from this course. Dancers will further develop the steps of the dances learned in Ballroom Dancing - Beginner. Partners are required, and the fee is based on the cost per couple. Prerequisite: Ballroom Dancing - Beginner.

18+ yrs • \$153.79/9

McConaghy Centre

Wed Sep 26 9:00pm-10:00pm 21570

Dancing is a fun way to exercise, reduce stress, promote relaxation and maintain strong bones and muscles!

Adult Programs

Dance – Ballroom Dancing Advanced

Dance like a star! If you're a dancer with a strong grounding in music recognition and various Ballroom Dance styles, this program is for you! It covers advanced steps in Ballroom and Latin Dance, which include close and open position in both International and American style. There are many more exciting variations of steps and choreography to learn. Partners are required, and the fee is based on the cost per couple.

18+ yrs • 136.70/8

McConaghy Centre

Wed Jan 16 9:00pm-10:00pm 25229

Dance – Belly Dancing

This introduction to the basics of the exotic and sensual art of Belly Dancing will give you the opportunity to experience the joy of dance and improve your fitness. You will learn how to isolate and control body movements, and how to put the moves together to create a simple but fluid and rhythmic dance routine.

18+ yrs • \$74.08/8

Centennial Pool

Sat Oct 20 11:15am-12:15pm 21572

18+ yrs • \$86.34/9

Centennial Pool

Tue Jan 8 7:15pm-8:15pm 25230

Sat Jan 12 11:15am-12:15pm 25231

Dance – Belly Dancing – Level 2

Develop more fluidity, grace and strength as a Belly Dancer! If you have completed the beginner Belly Dancing program and are ready to learn more advanced movements, combinations and routines, this is the perfect program! You will be introduced to more variations on steps and techniques that were taught in Level 1.

18+ yrs • \$86.34/9

Centennial Pool

Tue Jan 8 8:15pm-9:15pm 25232

Dance – GROOVE

GROOVE for adults is a dance class designed for EVERYBODY! No dance experience? No problem! Simple moves and awesome music make it easy to join in. There is no right or wrong way to dance, and no need to memorize any fancy steps or complicated choreography. Work up a sweat, burn calories, and dance it your way in a class that is both FUN and FIT! Please wear comfortable clothing and bring a water bottle.'

18+ yrs • \$74.56/8

Elgin West CC

Thu Sep 27 7:30pm-8:30pm 21575

18+ yrs • \$74.56/8

Elgin West CC

Thu Jan 17 7:30pm-8:30pm 25234

Dance – Kizomba for Couples

Kizomba, derived from the traditional dances Semba (Angola) and Pasada (Cape Verde), among others, is a partner dance set to music from Angola, Cape Verde and the Caribbean. The music often has a romantic flow and the dance tends to be slow and smooth. Kizomba is totally accessible for beginners, so if you have not tried it yet, let's get started. Partners are required, and the fee is based on the cost per couple.

18+ yrs • \$153.79/9

Bayview Hill CC

Tue Sep 25 8:00pm-9:00pm 21569

Dance – Kizomba for Singles

Kizomba, derived from the traditional dances Semba (Angola) and Pasada (Cape Verde), among others, is a dance set to music from Angola, Cape Verde and the Caribbean. The music often has a romantic flow and the dance tends to be slow and smooth. Kizomba is totally accessible for beginners, so if you have not tried it yet, let's get started. Partners are not required.

18+ yrs • \$101.62/9

Bayview Hill CC

Fri Sep 28 8:00pm-9:00pm 21566

18+ yrs • \$90.33/8

Bayview Hill CC

Fri Jan 18 7:00pm-8:00pm 25233

Dance – Latin American Footwork for Couples

The secret to Latin dancing is in the feet! This program teaches a mix of Cumbia, Merengue and Bachata footwork techniques, combined with upper body isolations. Couples concentrate on connecting their upper bodies with their feet while learning simple footwork patterns for popular Latin dance styles. Half-count dance beats are introduced, along with simple sequences to give you the confidence to dance comfortably on any dance floor. Partners are required, and the fee is based on the cost per couple.

18+ yrs • 136.70/8

Bayview Hill CC

Tue Jan 15 8:00pm-9:00pm 25235

Dance – Latin American Workout for Singles

This program will teach a mix of Cumbia, Merengue and Bachata footwork techniques combined with upper body isolations creating this new Latin Workout class. Dancers will concentrate on connecting their upper bodies with their feet while learning the simple footwork patterns from all these popular Latin styles. Half-count dance beats will be introduced, along with simple sequences, to give the dancers the confidence to dance comfortably on any dance floor. Partners are not required.

18+ yrs • \$101.62/9

Bayview Hill CC

Fri Sep 28 7:00pm-8:00pm 21576

18+ yrs • \$90.33/8

Bayview Hill CC

Tue Jan 15 7:00pm-8:00pm 25236



Registration is a breeze with our new wish list function on ActiveRH.

ADULT

Adult Programs

Dance – Line Dance – Beginner

Line Dancing is as fun as it looks! If it's something you have always wanted to try, you can get started now. Come strut your stuff in this fun-filled introduction to Line Dance! Under the guidance of an experienced instructor, you will be moving and grooving to the music before you know it. Partners are not necessary. Comfortable clothing and soft-soled shoes are recommended.

18+ yrs • \$90.11/10
Langstaff CC
 Tue Sep 25 6:30pm-7:30pm 21577

18+ yrs • \$81.10/9
Langstaff CC
 Tue Jan 8 6:30pm-7:30pm 25238

Dance – Line Dance – Intermediate

Calling all Line Dancers! This choreographed dance program is a lively introduction to basic Line Dance steps. You will get some light exercise and great exposure to a wide range of musical genres, including Country, Rock and Roll, Celtic and more. Partners are not necessary. Comfortable clothing and soft-soled shoes are recommended. Some previous Line Dance experience is required (Line Dance - Beginner).

18+ yrs • \$135.17/10
Langstaff CC
 Tue Sep 25 7:30pm-9:00pm 21578

18+ yrs • \$121.64/9
Langstaff CC
 Tue Jan 8 7:30pm-9:00pm 25239

Dance – Salsa for Couples 1

Couples will learn the basic fundamentals of Salsa, including timing, posture, leading and following, style, and basic steps. If time permits, the class will move on to combining the steps into different variations. Easy-to-follow patterns will give dancers enough material to be comfortable on the dance floor. Partners are required, and the fee is based on the cost per couple.

18+ yrs • \$153.79/9
Bayview Hill CC
 Tue Sep 25 9:00pm-10:00pm 21574

Dance – Salsa for Couples 2

Salsa is good for your rhythm, heart and soul! Couples already proficient in Latin Dancing, and those who have completed the Salsa for Couples 1 class, will improve their style and techniques in Level 2. The emphasis in this program will be on the lead and follow technique and more advanced dance variations. Partners are required, and the fee is based on the cost per couple. Prerequisite: Salsa for Couples 1.

18+ yrs • \$153.79/9
McConaghy Centre
 Wed Sep 26 8:00pm-9:00pm 21579

18+ yrs • \$136.70/8
McConaghy Centre
 Wed Jan 16 8:00pm-9:00pm 25240

Dance – Salsa for Singles

Anyone can sway to the beat of a Salsa dance! It's a versatile, expressive and fun dance form. Since Salsa has been influenced by other popular Latin dance styles, like the Merengue and Cumbia, your footwork and form will improve on many levels. This class will guide you through the basic Salsa steps (quick-quick-slow count), while working on turning, arm position, and an individual highlight of the fourth beat. This program does not focus on partnered dancing.

18+ yrs • \$101.62/9
Bayview Hill CC
 Tue Sep 25 7:00pm-8:00pm 21580

18+ yrs • \$90.33/8
Bayview Hill CC
 Fri Jan 18 8:00pm-9:00pm 25237

Dance – Swing & Jive – All Levels

Enjoy some fun, fast-paced, energetic evenings rockin', jivin' and swinging to the beat! Everyone is welcome. Little or no dance experience is required, just a desire to move your feet to the beat! If you have some experience with Swing and Jive, you can relive the thrill of these lively and uninhibited dance forms! Partners are required, and the fee is based on the cost per couple.

18+ yrs • \$153.79/9
Bayview Hill CC
 Fri Sep 28 9:00pm-10:00pm 21581

Dance – West Coast Swing Level 1

This program will introduce you to the basic steps of this popular dance form. West Coast Swing has its roots in another Swing dance, the Lindy Hop, and was called the 'Sophisticated Swing' in the 1950s. Today, it is danced to a wide range of music genres, including Blues, R&B, Soul and even some Classic Rock. Partners are required, and the fee is based on the cost per couple.

18+ yrs • \$68.35/4
Elgin Barrow Arena
 Tue Nov 20 7:00pm-8:00pm 21582

18+ yrs • \$153.79/9
Centennial Pool
 Wed Jan 23 8:00pm-9:00pm 25221

Dance – West Coast Swing Level 2

This program will provide instructions for additional intermediate steps to those taught in Level 1. West Coast Swing - Level 1 and/or previous experience would be beneficial for this dance program. Partners are required, and the fee is based on the cost per couple.

18+ yrs • \$68.35/4
Elgin Barrow Arena
 Tue Nov 20 8:00pm-9:00pm 21583

18+ yrs • \$153.79/9
Centennial Pool
 Wed Jan 23 9:00pm-10:00pm 25222



Adult Programs

Fitness and Health Programs

20/20 Fitness

Get the 20/20 fitness advantage! This low impact, high energy exercise program is designed for those over 40, or those easing back into fitness after a prolonged break. We will take it slow and advance gradually, while ensuring there are plenty of challenges to keep you coming every week. This program will make it easier than you think to get back into exercise!

40+ yrs • \$88.74/9

Oak Ridges CC

Sat Sep 29	8:15am-9:15am	23815
------------	---------------	-------

40+ yrs • \$98.60/10

Oak Ridges CC

Sat Jan 12	8:15am-9:15am	24561
------------	---------------	-------

Many companies require their employees to be trained in first aid. Do you need your first aid certification? See pages 179 and 181 for information on all of our first aid programs.

AquaStretch – Deep

Let the water ease your pain with this arthritis-friendly program. This class, which takes place in the deep end of the swirl pool, offers muscle strengthening, range of motion exercises, and relaxation techniques. The temperature of the pool is approximately 95 F. Space in this program is limited, so be sure to sign up early.

18+ yrs • \$85.43/12

Wave Pool

Mon Sep 24	9:00am-10:00am	23871
Mon Sep 24	10:00am-11:00am	23872
Tue Sep 25	10:00am-11:00am	23877
Wed Sep 26	9:00am-10:00am	23873
Wed Sep 26	10:00am-11:00am	23874
Fri Sep 28	9:00am-10:00am	23875
Fri Sep 28	10:00am-11:00am	23876

18+ yrs • \$85.43/12

Wave Pool

Mon Jan 7	9:00am-10:00am	24616
Mon Jan 7	10:00am-11:00am	24617
Tue Jan 8	10:00am-11:00am	24622
Wed Jan 9	9:00am-10:00am	24618
Wed Jan 9	10:00am-11:00am	24619
Fri Jan 11	9:00am-10:00am	24620
Fri Jan 11	10:00am-11:00am	24621

AquaStretch – Shallow

Let the water ease your pain with this arthritis-friendly program. This class, which takes place seated in the swirl pool, offers muscle strengthening, range of motion exercises, and relaxation techniques. The temperature of the pool is approximately 95 F. Space in this program is limited, so be sure to sign up early!

18+ yrs • \$85.43/12

Wave Pool

Mon Sep 24	9:00am-10:00am	23878
Mon Sep 24	10:00am-11:00am	23881
Wed Sep 26	9:00am-10:00am	23879
Wed Sep 26	10:00am-11:00am	23882
Fri Sep 28	9:00am-10:00am	23880
Fri Sep 28	10:00am-11:00am	23883

18+ yrs • \$85.43/12

Wave Pool

Mon Jan 7	9:00am-10:00am	24623
Mon Jan 7	10:00am-11:00am	24626
Wed Jan 9	9:00am-10:00am	24624
Wed Jan 9	10:00am-11:00am	24627
Fri Jan 11	9:00am-10:00am	24625
Fri Jan 11	10:00am-11:00am	24628

ADULT



Adult Programs

Healing Waters

Healing Waters is a therapy-based program that involves mind, body and spirit. The class is designed for people who have arthritis or joint issues, such as knee surgery or hip replacements. Movement in water offers multidirectional resistance in a non-impact environment. The water supports the body and cushions movement. This class takes place in the small pool because when the water is warm, the pain cycle is interrupted and the healing process is encouraged.

16+ yrs • \$88.74/9

Oak Ridges Pool

Wed Sep 26 8:30pm-9:30pm 23944

Wed Sep 26 1:30pm-2:30pm 23945

Wed Sep 26 2:30pm-3:30pm 23946

Fri Sep 28 1:00pm-2:00pm 25464

16+ yrs • \$88.74/9

Oak Ridges Pool

Wed Jan 9 1:30pm-2:30pm 24676

Wed Jan 9 2:30pm-3:30pm 24677

Wed Jan 9 8:30pm-9:30pm 24678

Fri Jan 11 1:00pm-2:00pm 26441

Health and Wellness for Life Workshop

This is a health and wellness program designed to help you and your family follow a healthier lifestyle. This program covers the fundamentals of good nutrition and effective weight management, stress relief and vitality. Uncover what your food cravings mean, why diets don't work for permanent weight loss and how to kick the sugar habit for good! You will also learn how to nourish your body in ways that don't always involve food and to develop personal power. If you are eager to adopt healthier lifestyle choices that are easy and fun, this program is for you!

18+ yrs • \$25.00/1

Bayview CC

Sat Dec 8 9:00pm-11:00pm 29110

Indoor Stroller Fit NEW!

TStrollerFit allows walkers to get in shape while power walking with their children at the Indoor Walking Track. This class includes a warm up, cardio component and a cool down. Participants should wear loose clothing, comfortable running shoes and bring a stroller for children.

18+ yrs • \$88.74/9

Ed Sackfield Arena and Fitness Studio

Thu Jan 10 10:45am-11:45am 29144

Martial Arts – Wing Chun

This program will introduce you to Wing Chun, a traditional Chinese martial art invented 500 years ago. It is based on scientific concepts that make it very effective for self-defence. You will learn the first form, apply proven techniques, optimize the power of your body, and strike at the weakness of your opponent.

18+ yrs • \$102.56/8

Bayview Hill CC

Tue Sep 25 8:30pm-10:00pm 21594

Martial Arts – Wing Chun 2

More advanced Wing Chun techniques will make you a better fighter! After completing the first form (Little Idea) in Wing Chun, you can move to Level 2, which focuses on more sophisticated techniques and foot movements. It also introduces the Sticky-Hand (Chee Sau) system, which will enhance your ability to launch attacks and protect yourself from a variety of strikes. Prerequisite: Wing Chun.

18+ yrs • \$102.56/8

Langstaff CC

Thu Sep 27 7:30pm-9:00pm 21595

Martial Arts – Wing Chun 3

This program is designed for those who have spent three or more terms practising Wing Chun in the Level 2 program. In this advanced program, you will explore the second form (Chum Kiu) of Wing Chun and practise a more advanced Sticky-Hand technique for powerful strike deflection.

18+ yrs • \$102.56/8

Langstaff CC

Thu Sep 27 9:00pm-10:30pm 21596

Meditation for Peace of Mind

Come develop a new practice or renew an existing one. Research has shown that meditation contributes to reducing stress and increasing your health and well-being by moving you into deeper states of relaxation. In a group setting, new and experienced meditators are provided the opportunity to share the experience of various mindful meditation techniques. There will be both discussion and practical experience. The seniors' discount does not apply; the full fee is required.

17+ yrs • \$45.00/3

Oak Ridges CC

Wed Nov 28 7:00pm-8:30pm 24038

17+ yrs • \$60.66/4

Bayview Hill CC

Mon Jan 21 7:00pm-8:30pm 24745

Outdoor Boot Camp

Get outside and enjoy the fall while getting fit at the same time. Outdoor Boot Camp is a total body workout that includes every level of fitness ability. This is the perfect program for those who want to workout, outside.

16+ yrs • \$59.19/6

Oak Ridges CC

Tue Sep 18 6:30pm-7:30pm 24040

Running Clinic NEW!

This program will improve your running skills and help you to achieve your fitness goals.

16+ yrs • \$88.74/9

Oak Ridges CC

Sat Sep 29 9:30am-10:30am 24481

16+ yrs • \$88.74/9

Ed Sackfield CC

Tue Jan 8 6:30pm-7:30pm 28931

Oak Ridges CC

Sat Jan 12 9:30am-10:e0am 24951

Benefit from the physical conditioning, stress relief, and confidence that comes with martial arts training. It's never too late to learn something new!

Adult Programs

Tai Chi – Beginner & Intermediate

Tai Chi helps achieve good health and tranquility. The gentle, harmonious movements improve strength, circulation, coordination, balance, flexibility and concentration. If you are looking for a low impact, relaxing form of exercise, Tai Chi is for you. This program will introduce you to the basic movements of the simplified 24 - form.

18+ yrs • \$89.00/9
Elgin Barrow Arena
 Thu Sep 27 7:30pm-9:00pm 24505

18+ yrs • \$89.00/9
Oak Ridges CC
 Tue Sep 25 8:10pm-9:40pm 24504

18+ yrs • \$89.00/9
Oak Ridges CC
 Tue Jan 8 8:10pm-9:40pm 24975

18+ yrs • \$89.00/9
Elgin Barrow Arena
 Thu Jan 10 7:30pm-9:00pm 24976

Weight Room Instruction

This class will focus on the proper execution of lifting techniques in the weight room. Participants will be coached on effective resistance exercises using free weights, machines and cables. The goal of this session is to minimize injury and boost long-term performance in the gym.

16+ yrs • \$45.34/3
Oak Ridges CC
 Sat Oct 13 10:30am-11:30am 24519

16+ yrs • \$45.34/3
Oak Ridges CC
 Sat Feb 2 10:30am-11:30am 24989

Women on Weights

Sculpt your body! In this class, you will have an opportunity to work in a small group setting with a personal trainer who will help you achieve results and boost your confidence through weight training! It's a great way to burn fat and add definition to every part of your physique!

16+ yrs • \$95.91/9
Oak Ridges CC
 Sun Sep 30 8:30am-9:30am 24521

16+ yrs • \$95.91/9
Oak Ridges CC
 Sun Jan 13 8:30am-9:30am 24991

Yoga – For Moms & Babies

Moms and babies (two to 11 months old or not crawling yet) can enjoy this bonding time through various yoga movements. This is a chance for new moms to take time to stretch, tone and strengthen your body and that of your baby's too. Participants should bring a blanket or towel with them to class.

2 - 10 mths • \$83.22/9
Centennial Pool
 Mon Sep 24 10:00am-11:00am 24525

2 - 10 mths • \$74.00/8
Centennial Pool
 Mon Jan 7 10:00am-11:00am 24994

Yoga – For Women

Based on ancient lineage, this class enhances self-awareness utilizing focused breath work and posture guidance that calms the body/mind. Release stored tension, strengthen, tone and align the body while increasing circulation, concentration and flexibility. Come build up your energy reserves. This is a non-competitive practice that is suitable for all ages and physical abilities. The seniors' discount does not apply; the full fee is required.

17+ yrs • \$101.00/9
Langstaff CC
 Thu Sep 27 9:30am-11:00am 24526

17+ yrs • \$101.00/9
Langstaff CC
 Thu Jan 10 9:30am-11:00am 24995

Yoga – Gentle

Using a variety of therapeutic yoga postures, you will slowly release tension and gently increase mobility, flexibility and restore energy to the body. Excellent for those with physical challenges such as fatigue, neck, back and knee pain, fibromyalgia and much more. The seniors' discount does not apply; the full fee is required.

17+ yrs • \$85.00/9
Centennial Pool
 Thu Sep 27 9:30am-10:30am 24527

17+ yrs • \$85.00/9
Centennial Pool
 Thu Jan 10 9:30am-10:30am 24996

Yoga – Kripalu Beginner

Yoga encourages mindful movement with your breath to calm the nervous system and restore overall well-being. In this class, you will stretch, strengthen and recharge your body, mind and spirit! With improved self-awareness, you are better able to listen to your body's needs as you release stored tension to improve circulation and flexibility. This is a non-competitive practice, suitable for all ages and physical abilities. The seniors' discount does not apply; the full fee is required.

17+ yrs • \$101.00/9
Bayview Hill CC
 Tue Sep 25 7:00pm-8:30pm 24528

Thu Sep 27 7:00pm-8:30pm 24529

Centennial Pool
 Tue Sep 25 9:30am-11:00am 24536

Elgin West CC
 Mon Sep 24 7:00pm-8:30pm 24530

Langstaff CC
 Sun Sep 30 10:00am-11:30am 24535

Oak Ridges CC
 Mon Sep 24 8:00pm-9:30pm 24534

Tue Sep 25 9:30am-11:00am 24533

Wed Sep 26 7:15pm-8:45pm 24532

Thu Sep 27 9:30am-11:00am 24531

Richvale CC
 Tue Sep 25 7:00pm-8:30pm 24537

17+ yrs • \$101.00/9
Bayview Hill CC
 Tue Jan 8 7:00pm-8:30pm 24997

Thu Jan 10 7:00pm-8:30pm 24998

Centennial Pool
 Tue Jan 8 9:30am-11:00am 25005

Elgin West CC
 Mon Jan 7 7:00pm-8:30pm 24999

Langstaff CC
 Sun Jan 13 10:00am-11:30am 25004

Oak Ridges CC
 Mon Jan 7 8:00pm-9:30pm 25003

Tue Jan 8 9:30am-11:00am 25002

Richvale CC
 Tue Jan 8 7:00pm-8:30pm 25006

17+ yrs • \$101.00/9
Oak Ridges CC
 Wed Jan 9 7:15pm-8:45pm 25001

Thu Jan 10 9:30am-11:00am 25000

Rouge Woods CC
 Thu Jan 10 9:30am-11:00am 28645

ADULT

Adult Programs

Yoga – Kripalu Beginner/Intermediate

This mixed-level class is for intermediate students and more advanced beginners. It will help participants release stored tension, along with strengthening, toning and increasing flexibility. Participants should bring a blanket with them to class. The seniors' discount does not apply; the full fee is required.

17+ yrs • \$101.00/9

Centennial Pool

Fri Sep 28	9:30am-11:00am	24538
------------	----------------	-------

17+ yrs • \$101.00/9

Oak Ridges CC

Tue Sep 25	6:30pm-8:00pm	24539
------------	---------------	-------

17+ yrs • \$101.00/9

Centennial Pool

Fri Jan 11	9:30am-11:00am	25007
------------	----------------	-------

Oak Ridges CC

Tue Jan 8	6:30pm-8:00pm	25008
-----------	---------------	-------

Yoga – Kripalu Intermediate

Participants ready to move into a moderately more vigorous class will be guided through more challenging postures and a variety of breathing techniques. Postures will be held longer to improve concentration and inner awareness. Come increase your energy and vitality while reducing stress and improving circulation, flexibility and strength. The seniors' discount does not apply; the full fee is required.

17+ yrs • \$101.00/9

Centennial Pool

Wed Sep 26	9:30am-11:00am	24542
------------	----------------	-------

Thu Sep 27	7:00pm-8:30pm	26415
------------	---------------	-------

Langstaff CC

Wed Sep 26	7:00pm-8:30pm	24541
------------	---------------	-------

17+ yrs • \$101.00/9

Centennial Pool

Wed Jan 9	9:30am-11:00am	25011
-----------	----------------	-------

Thu Jan 10	7:00pm-8:30pm	28576
------------	---------------	-------

Langstaff CC

Wed Jan 9	7:00pm-8:30pm	25010
-----------	---------------	-------

Yoga Prenatal

Pregnant moms can use yoga to help with the many physical and physiological changes of pregnancy. It will help moms increase their general level of energy and health, along with helping to reduce overall stress. The main focus will be on opening and strengthening the pelvic area; helping with balance and overall strength; promoting extensive relaxation with breathing exercises; and enjoying restorative poses to help reduce joint, ligament and muscle tension. This class is fine for those new to yoga. Participants should bring a blanket with them to class. Prerequisite: doctor's approval.

16+ yrs • \$92.14/9

Bayview Hill CC

Tue Sep 25	7:00pm-8:15pm	26479
------------	---------------	-------

16+ yrs • \$92.14/9

Bayview Hill CC

Tue Jan 8	7:00pm-8:15pm	26592
-----------	---------------	-------

Yoga Workshop – For Health & Wellness

Come experience the health benefits of yoga. (Each set of three workshops is different). Explore postures that improve energy flow, strength and flexibility as well as focused breathing and relaxation techniques that replenish energy reserves. This is a multi-level class for new and experienced practitioners. The senior's discount does not apply; the full fee is required.

17+ yrs • \$39.50/3

Bayview Hill CC

Tue Nov 27	7:00pm-8:30pm	24547
------------	---------------	-------

Centennial CC

Tue Nov 27	9:30am-11:00am	24548
------------	----------------	-------

17+ yrs • \$39.50/3

Bayview Hill CC

Tue Mar 19	7:00pm-8:30pm	25015
------------	---------------	-------

Rouge Woods CC

Tue Mar 19	9:30am-11:00am	25016
------------	----------------	-------

Zumba®

Fall in love with easy-to-follow dance moves set to infectious Latin music. Zumba® takes 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? Double check!

16+ yrs • \$86.15/9

Bayview Hill CC

Wed Sep 26	7:00pm-8:00pm	24550
------------	---------------	-------

Centennial Pool

Mon Sep 24	7:30pm-8:30pm	24554
------------	---------------	-------

Ed Sackfield Arena and Fitness Studio

Fri Sep 28	9:30am-10:30am	24551
------------	----------------	-------

Oak Ridges CC

Wed Sep 26	11:00am-12:00pm	24557
------------	-----------------	-------

Rouge Woods

Fri Sep 28	6:30pm-7:30pm	24553
------------	---------------	-------

16+ yrs • \$105.29/11

McConaghy Centre

Mon Sep 24	8:15pm-9:15pm	24555
------------	---------------	-------

Oak Ridges CC

Mon Sep 24	6:30pm-7:30pm	24556
------------	---------------	-------

16+ yrs • \$86.15/9

Centennial Pool

Mon Jan 7	7:30pm-8:30pm	25022
-----------	---------------	-------

Ed Sackfield Arena and Fitness Studio

Wed Jan 9	7:00pm-8:00pm	25018
-----------	---------------	-------

Fri Jan 11	9:30am-10:30am	25019
------------	----------------	-------

Fri Jan 11	6:30pm-7:30pm	25021
------------	---------------	-------

Oak Ridges CC

Wed Jan 9	11:00am-12:00pm	25025
-----------	-----------------	-------

16+ yrs • \$105.29/11

McConaghy Centre

Mon Jan 7	8:15pm-9:15pm	25023
-----------	---------------	-------

Oak Ridges CC

Mon Jan 7	6:30pm-7:30pm	25024
-----------	---------------	-------

Physical activity, recreation and sport are essential for your overall health. Register for many great programs today!

ADULT

Adult Programs

Learning & Language Programs

Culinary – Italian Cooking Made Easy

Bring a taste of Italy into your home! In this program, you will learn about the many wonderful regions of Italy and their various cuisines, while creating fast, easy and delicious meals in the best Italian traditions. Mamma Mia! Cooking demonstration is the method of instruction.

18+ yrs • \$109.23/7

Rouge Woods CC

Mon Jan 14 7:30pm-9:00pm 25219

Culinary – What’s for Dinner?

During this 8-week cooking course, you will be introduced to fast, simple and delicious meals for your busy weeknights. These quick and tasty recipes include a selection of fresh and seasonal ingredients. Cooking demonstration is the method of instruction.

18+ yrs • \$124.83/8

Rouge Woods CC

Tue Jan 15 7:30pm-9:00pm 25220

French – Beginners

This course focuses on improving conversational French. All you need is a familiarity with French phonetics and a basic French vocabulary. You will further your fluency by being put in conversational situations, where you can learn to express yourself more effectively in the French language and pick up new terms!

18+ yrs • \$64.07/9

Bayview Hill CC

Tue Sep 25 7:30pm-8:30pm 21586

18+ yrs • \$58.45/8

Bayview Hill CC

Tue Jan 15 7:30pm-8:30pm 25243

French – Intermediate

This course consists mainly of conversations. Students who are now familiar with French phonetics and have some level of French vocabulary will be put in conversational situations and learn to express themselves more effectively in the French language.

18+ yrs • \$64.07/9

Bayview Hill CC

Tue Sep 25 8:30pm-9:30pm 21587

18+ yrs • \$58.45/8

Bayview Hill CC

Tue Jan 15 8:30pm-9:30pm 25244

Knitting – Sheep Strings Café

Looking for a great interactive and social experience with new friends? Then bring your knitting and crocheting projects and sense of humour to the Heritage Centre. A knowledgeable facilitator will be on hand for support, as you knit away in this relaxing setting and sip on complimentary beverages. Sign up for the session or drop in for \$6 a night (space permitting). This is not an instructional program; knowledge of your craft is required.

18+ yrs • \$74.00/15

Heritage Centre

Thu Sep 6 7:00pm-9:00pm 26503

18+ yrs • \$45.00/9

Heritage Centre

Thu Jan 10 7:00pm-9:00pm 26649

Knitting – Sheep Strings Café – Full Year Members

Looking for a great interactive and social experience with new friends? Then bring your knitting and crocheting projects and sense of humour to the Heritage Centre. A knowledgeable facilitator will be on hand for support, as you knit away in this relaxing setting and sip on complimentary beverages. Sign up for the session or drop in for \$6 a night (space permitting). This is not an instructional program; knowledge of your craft is required.

18+ yrs • \$192.00/49

Heritage Centre

Thu Jan 10 7:00pm-9:00pm 26651

Knitting – Beginner/Intermediate

If you have always wanted to knit or need to refresh your skills, this program is for you! It covers all the knitting basics and introduces the tools required to complete simple projects. You won't believe how nimble your hands can be with a few tips and tricks, and you will discover how fun it is to knit with a group. An \$8 material fee will be collected at the first class.

18+ yrs • \$61.00/5

Oak Ridges CC

Mon Oct 1 10:00am-12:00pm 26512

Knitting – Toe-Up Socks:

Calling all knitters! Discover a new way to knit socks using two circular needles. Knitting from the toe up saves yarn and gives you a perfect fit every time. Come and try something new! An \$8 material fee will be collected at the first class.

18+ yrs • \$61.00/5

Oak Ridges CC

Mon Nov 12 10:00am-12:00pm 26511

Quilting – UFO

Do you have an unfinished project that you need some help to finish OR have a pattern that you want to start but are not sure how? If you do, then this class is for you. Bring your fabric, pattern and questions to turn your unfinished projects into finished ones. This class will be offered once per month on an ongoing basis. You will need to bring your portable sewing machine and a basic sewing kit.

18+ yrs • \$25.00/1

Burr House Craft Gallery and Tea Room

Wed Oct 3 1:00pm-3:30pm 26901

Wed Nov 7 1:00pm-3:30pm 26902

Wed Dec 5 1:00pm-3:30pm 26903

18+ yrs • \$25.00/1

Burr House Craft Gallery and Tea Room

Wed Jan 9 1:00pm-3:30pm 26904

Wed Feb 6 1:00pm-3:30pm 26905

Wed Mar 6 1:00pm-3:30pm 26906

Be informed of new programs, special offers, registration reminders, and Recreation and Culture events by signing up for our newsletter. See page 5.

ADULT

Adult Programs

Sewing

This program covers all the sewing basics; terminology, fabric characteristics, reading patterns, marking, following instructions, making alterations and constructing garments. You will complete at least one garment and other small projects that will help you get comfortable with your machine. Participants must bring a sewing machine to all classes. No previous experience is required.

18+ yrs • \$107.93/8

Bayview Hill CC

Mon Sep 24	7:00pm-9:00pm	21602
------------	---------------	-------

18+ yrs • \$94.44/7

Bayview Hill CC

Mon Jan 14	7:00pm-9:00pm	25258
------------	---------------	-------

Spanish – Level 1

Whether for travel, business or personal enrichment, Spanish is an asset. In this program, you will learn to express your ideas in Spanish, using basic sentences, phrases and vocabulary. In addition, you will learn about different Latin American countries and their cultures. Participants must purchase the workbook Learn Spanish the Fast and Fun Way. Details will be provided on the first day. The last class may take place at a Spanish restaurant, so you can practise what you've learned! Transportation and the cost of your meal are not included in the course fee.

18+ yrs • \$128.64/10

McConaghy Centre

Mon Sep 24	10:00am-12:00pm	21603
------------	-----------------	-------

Tue Sep 25	7:00pm-9:00pm	21604
------------	---------------	-------

18+ yrs • \$115.78/9

McConaghy Centre

Mon Jan 7	10:00am-12:00pm	25259
-----------	-----------------	-------

Tue Jan 8	7:00pm-9:00pm	25260
-----------	---------------	-------

Spanish – Level 2

Do more with your Espanol! If you have taken Spanish - Level 1 or have some basic knowledge of the language, you will certainly benefit from Spanish - Level 2. In this program, you will learn more advanced phrases, so you can ask for directions, use public transportation, converse with others, and read and write simple phrases in Spanish. You will also have an opportunity to continue exploring Spanish and Latin American cultures. The last class may take place at a Spanish restaurant, so you can practise what you have learned. Transportation and the cost of your meal are not included.

18+ yrs • \$128.64/10

McConaghy Centre

Wed Sep 26	7:00pm-9:00pm	21606
------------	---------------	-------

Thu Sep 27	10:00am-12:00pm	21605
------------	-----------------	-------

18+ yrs • \$115.78/9

McConaghy Centre

Wed Jan 9	7:00pm-9:00pm	25262
-----------	---------------	-------

Thu Jan 10	10:00am-12:00pm	25261
------------	-----------------	-------

Spinning – Drop Spindle Method

Learn the ancient art of spindle spinning and turn wool into yarn. Spindle spinning is affordable, portable and fun. Our instructor will guide you through the process of making yarn and discuss the history of spindles. A \$25 materials fee will be collected at the beginning of the class. A photo of this project is posted on the Burr House website (www.burrhousefiberarts.com).

18+ yrs • \$40.00/2

Burr House Craft Gallery and Tea Room

Thu Nov 15	7:30pm-9:30pm	26897
------------	---------------	-------

Walk and Learn – Heritage Tour

Yonge Street was established in the 1790s. Envisioned as a military road from the Town of York (Toronto) to Holland Landing, Yonge Street served a more significant role in history, bringing settlers and commerce northward from York, to found new communities. Although time has brought many changes to Richmond Hill's "Main Street", some landmarks can still be seen that date back to a time when Yonge Street was a dirt road, and the horse and buggy was the preferred means of transportation. Light refreshments will be served at the conclusion of the tour. The tour takes place rain, snow or shine.

18+ yrs • \$4.00/1

McConaghy Centre

Tue Oct 30	10:00am-12:00pm	26520
------------	-----------------	-------

Weaving for Beginners

Spend the weekend learning to weave! You will wind the warp, set up your own sample loom and explore different weave structures. You will even create your own small sample 'mug rugs' to take home. A \$10 materials fee will be collected at the first class. All equipment and materials are provided. Participants are asked to bring a bag lunch to each class. The seniors' discount does not apply; the full fee is required. A photo of this project is posted on the Burr House website (www.burrhousefiberarts.com).

18+ yrs • \$110.00/2

Burr House Craft Gallery and Tea Room

Sat, Sun	10:00am-3:30pm	26899
----------	----------------	-------

Nov 17, 18



Would you know how to help someone in a first aid emergency? Get certified today! See pages 179 and 181 for details.

Adult Programs

Sports Programs

Archery

There's nothing quite like the thrill of hitting your first bullseye! In this program, you will be introduced to the classic sport of archery and instructed in the fundamental skills. Qualified instructors offer step-by-step instructions on proper form and technique with a bow and arrow, while maintaining a safe and engaging environment. It's a great way to improve your hand-eye coordination. All equipment is supplied.

17+ yrs • \$63.15/5

Langstaff CC

Sun Sep 30	12:30pm-1:30pm	21536
Sun Nov 11	12:30pm-1:30pm	21537

17+ yrs • \$75.78/6

Langstaff CC

Sun Jan 13	12:30pm-1:30pm	25196
------------	----------------	-------

Badminton – Recreational

Looking to stay fit and get in some casual badminton play? This program will give you an opportunity to get on the court and participate in badminton matches strictly for your own enjoyment. You will be matched up for games with other participants of varying skill levels. No instruction is provided. Participants must bring their own birdies and racket.

16+ yrs • \$60.06/11

Langstaff CC

Tue Sep 25	9:00pm-10:30pm	21553
------------	----------------	-------

16+ yrs • \$80.08/11

Richvale CC

Wed Sep 26	7:45pm-9:45pm	21554
------------	---------------	-------

16+ yrs • \$54.60/10

Langstaff CC

Tue Jan 8	9:00pm-10:30pm	25210
-----------	----------------	-------

16+ yrs • \$72.80/10

Richvale CC

Wed Jan 9	7:45pm-9:45pm	25211
-----------	---------------	-------

Badminton – Intermediate

This program is for those who have already grasped basic badminton skills (including serves, forehand overhead clears, underhand clears, forehand drops, net shots, drives and forehand smashes), but are looking to improve their game by learning more advanced skills and tactics. Under the direction of a certified coach, players will participate in drills and instruction, followed by game time. An example session would include a short warm up, followed by 40 minutes of instruction and then 45 minutes of playing matches. Participants must bring their own racket. The program takes place in a six-court gym.

16+ yrs • \$76.49/11

Richmond Green SS

Wed Sep 26	6:00pm-8:00pm	21551
------------	---------------	-------

16+ yrs • \$62.58/9

Richmond Green SS

Wed Jan 9	6:00pm-8:00pm	25208
-----------	---------------	-------

Basketball

Basketball is a great way to keep fit and have fun! In the heat of a great game, you won't even know you're bringing up your heart rate, toning your physique and improving your reflexes. Make the time to get on the court. This program offers players an opportunity to participate in a full-court game, after a 15-minute warm up to get those muscles ready to work. All skill levels are welcome!

18+ yrs • \$95.79/12

Bayview Hill CC

Thu Sep 27	8:15pm-10:15pm	21555
------------	----------------	-------

18+ yrs • \$95.79/12

Bayview Hill CC

Thu Jan 10	8:15pm-10:15pm	25212
------------	----------------	-------

Basketball – Advanced

If you're an advanced basketball player looking to face off against other powerful players who can give you a real run for your money, this is the program for you! A 15-minute warm up will be followed by a challenging full-court game. Players must have experience and knowledge of basketball, as this program involves play at a high level.

18+ yrs • \$95.79/12

Bayview Hill CC

Tue Sep 25	8:15pm-10:15pm	21560
------------	----------------	-------

18+ yrs • \$95.79/12

Bayview Hill CC

Tue Jan 8	8:15pm-10:15pm	25217
-----------	----------------	-------

Golf – Indoor

Now is the time to work on your swing fundamentals! This program is for the beginner, novice or intermediate golfer interested in learning and practising golf in a relaxed atmosphere. The swing mechanisms of woods, irons and a short game (putting and wedges) will be emphasized, along with game strategies and improving golf fitness. Participants must bring a driver or 3-wood, a 7-iron, pitching wedge and putter.

18+ yrs • \$122.61/6

Bayview Hill CC

Sun Oct 14	11:00am-12:30pm	21588
------------	-----------------	-------

Langstaff CC

Fri Oct 12	6:30pm-8:00pm	21589
------------	---------------	-------

18+ yrs • \$122.61/6

Bayview Hill CC

Sun Jan 20	11:00am-12:30pm	25245
------------	-----------------	-------

Langstaff CC

Fri Jan 25	6:30pm-8:00pm	25246
------------	---------------	-------

Pickleball 101

Pickleball is one of the fastest – growing sports in North America! It's a combination of ping-pong, tennis and badminton. Come learn the basic skills and rules of play while making new friends. Racquets and balls are provided.

18+ yrs • \$63.81/8

Rouge Woods CC

Sun Jan 13	1:00pm-3:00pm	27888
------------	---------------	-------

Tennis – Level 1.0 - 1.5

This program is for students with no tennis experience. The lessons will provide an introduction to the basic strokes, rules and scoring of the game. Balls are supplied. Participants should wear athletic shoes with non-marking soles and comfortable clothing. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$159.61/7

Richmond Green

Sat Nov 3	5:30pm-6:30pm	21610
-----------	---------------	-------

18+ yrs • \$182.41/8

David Hamilton Park

Tue Jan 15	9:00am-10:00am	25265
------------	----------------	-------

ADULT

Adult Programs

Tennis – Level 2.0 - 2.5

Students with a little bit of tennis experience will continue to work on and improve their basic strokes, along with their understanding of the rules and scoring of the game. Balls and rackets are supplied. Participants should wear athletic shoes with non-marking soles and comfortable clothing. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$159.61/7

Richmond Green

Sat Nov 3 6:30pm-7:30pm 21616

Sat Nov 3 6:30pm-7:30pm 21614

Tue Nov 6 6:30pm-7:30pm 21613

Tue Nov 6 7:30pm-8:30pm 21615

18+ yrs • \$182.41/8

David Hamilton Park

Sun Jan 13 4:00pm-5:00pm 25271

Mon Jan 14 9:00am-10:00am 25268

Mon Jan 14 1:00pm-2:00pm 25269

Mon Jan 14 6:00pm-7:00pm 25266

Thu Jan 17 1:00pm-2:00pm 25270

Tennis – Level 3.0 - 3.5

These lessons are for players who can place shots with moderate success and sustain a rally at a slow pace. The emphasis of this course is on improving students' fundamental knowledge and techniques using drills and match play. Only balls are supplied. Participants should wear athletic shoes with non-marking soles and comfortable clothing. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$159.61/7

Richmond Green

Tue Nov 6 7:30pm-8:30pm 21618

18+ yrs • \$159.61/7

David Hamilton Park

Mon Jan 14 10:00am-11:00am 25272

18+ yrs • \$182.41/8

David Hamilton Park

Sun Jan 13 5:00pm-6:00pm 26515

Tue Jan 15 10:00am-11:00am 25273

Thu Jan 17 2:00pm-3:00pm 26513

Thu Jan 17 7:00pm-8:00pm 26514

Tennis – Level 4.0 - 4.5

This level is for players who are confident with their strokes. This class will help players develop and improve their control and consistency and increase their understanding of the strategies of match play. Balls are supplied. Participants should wear athletic shoes with non-marking soles and comfortable clothing. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$182.41/8

David Hamilton Park

Sun Jan 13 5:00pm-6:00pm 25267

Volleyball Clinic – Skills & Play

This clinic is designed to develop each player in all aspects of the game, including net play, such as spiking, bumping and setting, as well as overhand and underhand serving. The next step will be to apply these skills to a team scenario focusing on offensive and defensive play. Recommended for beginner to intermediate players.

18+ yrs • \$90.49/11

Bayview Hill CC

Sat Sep 29 10:45am-12:45pm 21626

18+ yrs • \$82.26/10

Bayview Hill CC

Sat Jan 12 10:45am-12:45pm 25282

Volleyball – Recreational

Have fun and get in shape playing volleyball! This volleyball program is for recreational players or beginners who have already developed basic bumping, volleying, passing and serving skills, and who just want to get on the court to play. Participants will be divided into teams each week for fun and challenging matches.

18+ yrs • \$79.82/10

Bayview Hill CC

Mon Sep 24 8:15pm-10:15pm 21624

18+ yrs • \$87.80/11

Elgin West CC

Wed Sep 26 8:15pm-10:15pm 21625

18+ yrs • \$79.82/10

Bayview Hill CC

Mon Jan 7 8:15pm-10:15pm 25280

Elgin West CC

Wed Jan 9 8:15pm-10:15pm 25281

Volleyball – Advanced

This program is for advanced players ready to experience some great volleyball! It will give you an opportunity to get on the court with other strong volleyball players and engage in exciting matches. The skills required include an ability to control the ball (to allow for a pass, set and hit), along with a firm grounding in game strategy.

18+ yrs • \$100.28/12

Bayview Hill CC

Wed Sep 26 8:15pm-10:15pm 21622

18+ yrs • \$91.92/11

Bayview Hill CC

Wed Jan 9 8:15pm-10:15pm 25278

Volleyball Skills Chart

If you...

Have developed basic bumping, setting and serving skills and know the basic volleyball rules.

Register in: Recreational

Have enhanced skills, including overhand serves, setting and spiking, with accuracy in passing to allow for 3 hits.

Register in: Intermediate

Possess all the Intermediate skills and have strong ball control, with consistent pass, set, hit game strategy.

Register in: Advanced

Adult Programs

Workshops & Events

Crafting – Wooden Holiday Trees

This set of three wooden trees is perfect for your holiday décor! Create three colour-washed trees (12", 10" and 8" high) decorated with paint and topped with a bright wooden star. A \$5 materials fee will be collected at the beginning of the course.

• **\$20.60/1**

McConaghy Centre

Tue Nov 6 9:30am-11:30am 26645

Crafting – Painted Wooden Icicles

Bring the outdoors inside! Create a unique set of icicles ideal for hanging on the tree, around the house, or to use as an accent for gift wrapping. The icicles are decorated with holiday accessories and customized with meaningful words for the season. A \$5 materials fee will be collected at the beginning of the course.

18+ yrs • \$20.60/1

McConaghy Centre

Tue Nov 27 9:30am-11:30am 26647

Holiday Craft Workshops – Discount Package

It's time to get festive and create together! We will crank up everyone's favourite holiday tunes and have a blast working on unique projects for the upcoming season. Get in the spirit, and get a head start on your holiday decorating. Sign up for individual sessions or register for all five workshops at a discounted price. Supply fees will be collected at the beginning of the workshops.

18+ yrs • \$95.00/5

Heritage Centre

Wed Nov 7 7:00pm-9:00pm 26578

Holiday Craft Workshops – Candles-in-a-Cup

Create lovely seasonal decorations by transforming pretty china cups and saucers into Candles-in-a-Cup. Candlemaking is an old tradition, and recycling and repurposing is the mantra of our modern times. Now, you can combine past and present in a wonderful holiday craft! Decorated with ribbons and seasonal novelties, these are sure to be a hit as gifts! A \$10 materials fee will be collected at the beginning of the course.

18+ yrs • \$20.60/1

Heritage Centre

Wed Nov 7 7:00pm-9:00pm 26577

Holiday Craft Workshops – Winter Wonderland Trio of Decorations

Create a delightful trio of Christmas tree decorations by repurposing salt and pepper shakers! You can transform these everyday objects into a magical holiday display by adding a bit of glitz and glamour. Using laces, ribbons, beads and baubles, it's easy to add a touch of whimsy on the outside while tucking in a miniature winter symbol of the season inside. An \$8 materials fee will be collected at the beginning of the course.

18+ yrs • \$20.60/1

Heritage Centre

Wed Nov 14 7:00pm-9:00pm 26611

Holiday Craft Workshops – Folded Book Art Table Decoration

Folded book art is pretty and popular! Reuse all those old paperbacks sitting on your shelves by turning them into a pretty table decoration for the holidays. Just a simple fold technique results in a delightful display! Add your own artistic touches with paint and sparkles and, Voila, you have a lovely vintage-looking table topper! An \$8 materials fee will be collected at the beginning of the course.

18+ yrs • \$20.60/1

Heritage Centre

Wed Nov 21 7:00pm-9:00pm 26614

Holiday Craft Workshops – Victorian Kissing Ball

The Victorians loved their kissing balls! Usually hung in a prominent place during the Christmas season, they gave everyone an opportunity to enjoy a little peck under the ball – hopefully helping with the holiday matchmaking! Using embroidery hoops as the frame, along with ribbons, greenery and decorations, you can make a kissing ball with symbols of the universe said to bring good luck to all who stand beneath it. A \$10 materials fee will be collected at the beginning of the course.

18+ yrs • \$20.60/1

Heritage Centre

Wed Nov 28 7:00pm-9:00pm 26615

Holiday Craft Workshops – Shabby Chic Button Tree

Shabby Chic is a very popular method of aging an object to look antique. Come learn how to create a beautiful Button Tree using buttons, beads and pretty novelties while aging the pot holding the tree. In a few simple steps, you will create a traditional and vintage table decoration for the holidays! An \$8 materials fee will be collected at the beginning of the course.

18+ yrs • \$20.60/1

Heritage Centre

Wed Dec 5 7:00pm-9:00pm 26620

Residents 65 years and older receive a 30 per cent discount on registered adult programs*.

*select programs only

ADULT

Adult Sports Leagues & Tournaments

Hockey League – Coed Recreational

Looking to play hockey in a fun non-competitive atmosphere? This hockey league is perfect for you. The league is open to beginner players as well as other recreational players looking to play an organized game of hockey. This is a non-contact league and is open to both individuals and teams. Goalies play for free. Games will be played at 8:30 p.m., 9:30 p.m. or 10:30 p.m. FULL HOCKEY EQUIPMENT IS MANDATORY.

INDIVIDUAL:

18+ yrs • \$248.14/14

Elvis Stojko Arena

Sat Sep 22 8:30pm-11:30pm 23950

18+ yrs • \$194.97/11

Elvis Stojko Arena

Sat Jan 12 8:30pm-11:30pm 24681

TEAM:

18+ yrs • \$1488.84/14

Elvis Stojko Arena

Sat Sep 22 8:30pm-11:30pm 23951

18+ yrs • \$1169.80/11

Elvis Stojko Arena

Sat Jan 12 8:30pm-11:30pm 24682

Ringette League – Women’s Recreational

Join a ringette league! This program is designed for women of various skill levels who want some solid playing time in a recreational atmosphere. The program is open to both hockey and ringette players looking for a fun game and some exercise. Goalies play for free. The program fee is based on one hour of ice time. FULL RINGETTE EQUIPMENT IS MANDATORY.

16+ yrs • \$230.43/13

Tom Graham Arena

Fri Sep 21 8:45pm-9:45pm 24479

16+ yrs • \$177.25/10

Tom Graham Arena

Fri Jan 11 8:45pm-9:45pm 24950

Tennis League – Adult Recreational

This league provides 2.0 - 2.5 level adults the opportunity to play friendly, competitive level tennis. Each week, 90 minute doubles matches will be organized by the club to ensure an equal level of competition and play. This is a great opportunity to play the game of a lifetime without searching for a partner! Please wear athletic shoes with non-marking soles. Balls are supplied. The seniors' discount does not apply; the full fee is required.

18+ yrs • \$68.25/7

Richmond Green

Sun Nov 4 5:00pm-8:00pm 21619

18+ yrs • \$68.25/7

David Hamilton Park

Mon Jan 14 7:00pm-10:00pm 25267

Ultimate Frisbee League – Coed Recreational

If you're looking for a fun, non-contact, coed recreational league sport then join our indoor Ultimate Frisbee League. Teams play 7-on-7 with a maximum of four on at a time. All Ultimate matches are un-officiated to promote the spirit of the game and fair play. If enough individuals register, 'free agent' teams will be created. Please wear appropriate clothing and footwear.

TEAM:

18+ yrs • \$250.00/8

Richmond Green Sports Dome

Wed Oct 31 7:00pm-11:00pm 26409

18+ yrs • \$250.00/8

Richmond Green Sports Dome

Wed Jan 9 7:00pm-11:00pm 28642

Ultimate Frisbee League – Coed Recreational

If you're looking for a fun, non-contact, coed recreational league sport then join our indoor Ultimate Frisbee League. Teams play 7-on-7 with a maximum of four on at a time. All Ultimate matches are un-officiated to promote the spirit of the game and fair play. If enough individuals register, 'free agent' teams will be created. Please wear appropriate clothing and footwear.

INDIVIDUAL:

18+ yrs • \$50.00/8

Richmond Green Sports Dome

Wed Oct 31 7:00pm-11:00pm 26410

18+ yrs • \$50.00/8

Richmond Green Sports Dome

Wed Jan 9 7:00pm-11:00pm 28643

Volleyball – Intermediate Coed House League

This league promotes volleyball play in a fun match environment! Players should be at the intermediate level. Necessary skills include overhand serve, along with setting and spiking. Accuracy in passing and volleying to allow for three hits is also a prerequisite. Teams are guaranteed a minimum of two hours of play each week. Players should be available to play anytime within the three-hour time slot, as game times change weekly.

18+ yrs • \$91.92/11

Richmond Green SS

Tue Sep 25 7:00pm-10:00pm 21623

18+ yrs • \$91.92/11

Richmond Green SS

Tue Jan 8 7:00pm-10:00pm 25279

Volleyball Tournament

Aim for the top in this one day 6v6 coed recreational level volleyball tournament. A minimum of two females must be on the court at all times. The format will be round robin with playoff games to follow. Fee listed is per team of six to eight players; team registration only. For more information call 905-882-4295, ext. 3156 or email adults@richmondhill.ca.

18+ yrs • \$140.00/1

Oak Ridges CC

Sat Sep 22 10:00am-7:00pm 20364

18+ yrs • \$140.00/1

Oak Ridges CC

Sat Mar 23 10:00am-7:00pm 25283



For more information, email
adults@richmondhill.ca
or call 905-882-4295,
ext. 3156.