

active Oshawa

recreation guide



camps
swimming
fitness
registered programs

Fall 2024 • Winter 2025



Message from His Worship Mayor Dan Carter

On behalf of Members of Council, I am proud to introduce you to the fall/winter edition of the activeOshawa Recreation Guide.

The activeOshawa Guide outlines a wide range of programs for all ages, including art, dance, fitness, sports and swimming. Our family-friendly and state-of-the art recreational facilities include, gymnasiums, fitness centres, walking tracks, leisure pools and skating rinks. I invite you to check out the programs and activities our Recreation staff have prepared for you and your family. Don't let the cold stop you from staying active while creating memories with your friends and loved ones.





The City of Oshawa is situated on lands and waters within the Williams Treaties Territory, home to seven First Nation communities of the Michi Saagiig and Chippewa Anishinaabeg, who have cared for and maintained these lands from time immemorial and continue to do so to present day.

Learn more at Oshawa.ca/LandAcknowledgement.

City Council

Standing (left to right):

- Ward 3 City Councillor Bradley Marks
- Ward 5 Regional & City Councillor Brian Nicholson
- Ward 1 Regional & City Councillor John Neal
- Ward 4 Regional & City Councillor Rick Kerr
- Ward 1 City Councillor Rosemary McConkey
- Ward 4 City Councillor Derek Giberson

Seated (left to right):

- Ward 2 City Councillor Jim Lee
- Ward 3 Regional & City Councillor Bob Chapman
- Mayor Dan Carter
- Ward 2 Regional & City Councillor Tito-Dante Marimpietri
- Ward 5 City Councillor John Gray

contents



- Registration6**
- Events10**
- Culture12**
- Fitness Memberships14**
- Inclusion Support18**
- Camps24**
- Registered Programs34**
 - Family & Parented Programs 36
 - Child Programs (ages 4–12) 43
 - Youth Programs (ages 12–17) 57
 - Adult Programs..... 63
- Swimming74**
 - Fall Preschool Swim Lessons 80
 - Fall Swim Lessons (ages 6–15) 88
 - Winter Preschool Swim Lessons..... 96
 - Winter Swim Lessons (ages 6–15)..... 102
 - Low Ratio Swim Lessons 110
 - Private Swim Lessons 118
 - Specialty Swim Lessons..... 126
- Leadership & First Aid 132**



Our facilities



Arts Resource Centre
45 Queen St. | 905-436-5654



Civic Recreation Complex
99 Thornton Rd. S. | 905-436-5454



Delpark Homes Centre
1661 Harmony Rd. N. | 905-436-5455



Donevan Recreation Complex
171 Harmony Rd. S. | 905-725-3536



Northview Community Centre
150 Beatrice St. E. | 905-432-1984



South Oshawa Community Centre
1455 Cedar St. | 905-436-5474

For the most up-to-date facility hours visit Facilities.Oshawa.ca.

registration



Registration dates



Fall

**Fall programs run from
September to December**

Swimming Lessons
Tuesday, August 20, 9 a.m.

**General Programs and
Holiday Camps**
Thursday, August 22, 9 a.m.



Winter

**Winter programs run from
January to March**

Swimming Lessons
Tuesday, November 19, 9 a.m.

**General Programs and
Holiday Camps**
Thursday, November 21, 9 a.m.

Before you explore your favourite camps and registered programs, here are a few things to remember.

Register online

The easiest way to register!

Visit Register.Oshawa.ca to log in to your account and register for recreation programs online.

New users can create an account by visiting Register.Oshawa.ca and selecting Create Account.

Register in person

In-person registration will be available at the Civic Recreation Complex, Delpark Homes Centre, Donevan Recreation Complex and South Oshawa Community Centre.

Visit a recreation facility with your [registration form](#). Payments with cash, debit, credit card or cheque payable to the City of Oshawa are accepted.

Follow us on social media

Find the most up-to-date activeOshawa news, program updates, and event info:

 [@oshawacity](https://www.facebook.com/oshawacity)

 [@oshawacity](https://twitter.com/oshawacity)

 [@cityofoshawa](https://www.instagram.com/cityofoshawa)

Recreation for 55+

◆ Residents save big on recreation!

Residents 55 years of age and older, living in or paying property taxes in Oshawa, now qualify for discounted rates on City recreation programs, fitness memberships and admission fees for recreation facilities.

Learn more at
Oshawa.ca/55Plus.

Registration

Having difficulty registering online? Call us at 905-436-3311.

When registering in-person, a [registration form](#) is required. Complete the registration form in its entirety and sign the waivers. Full payment is required at the time of registration. Registrations will not be accepted on accounts that have an outstanding balance.

An administrative fee of \$50 will be charged for all returned payments. Cheques will not be accepted as the replacement form of payment.

Program changes

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

Prices in this guide

Fees listed in this Guide do not include applicable taxes.

The fees listed include program charges. Some programs may require the purchase of basic supplies (e.g., art materials). A detailed list will be sent to registrants before the program begins for those requiring supplies.

All program fees are subject to change. In case of any discrepancies in fees, the fee in the registration system will be considered correct.

Program cancellations

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

Refund procedure

Participants must fill out a [Refund Request Form](#) to begin the refund process.

For more information on the refund procedure, visit [Oshawa.ca/Refund](https://oshawa.ca/Refund).

Age specifications

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

Missed classes

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



New to Oshawa?

Explore and discover everything the City has to offer including:

- City information
- Living
- Studying
- Utilities
- Entertainment




[Oshawa.ca/Welcome](https://oshawa.ca/Welcome)

Waitlists

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

Financial assistance

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

Participant responsibilities

All participants are expected to do their part by showing respect for all people and property while attending a City of Oshawa program. Please report any incidents and concerns to staff.



Coarse language, bullying, non-compliance, aggressive or inappropriate behaviour is not permitted. These behaviours will be documented, reported and could result in the removal of a participant from the program.

About our staff

All staff are carefully selected based on their program/ professional experience, leadership skills, enthusiasm and sound judgment.

Qualifications include:

- Extensive pre-program training
- Satisfactory Police Vulnerable Sector Check

Online programs


All online programs will be live-streamed using the Cisco WebEx Platform. For the best experience participating in our online programs, participants are asked to have/use the following:

- An internet connection
- A laptop or tablet for optimal user experience
- Webcams may be required during some program participation, look for the webcam symbol
- A headset or earphones to prevent background noises and echo
- Check your sound, microphone and camera to make sure you are all set for your program
- It is highly recommended to close all windows and tabs in your browser before joining the program

For more information about registration, withdrawing from a course and refund policies, visit Oshawa.ca/activeOshawa.

Participants are encouraged to register online at Register.Oshawa.ca.

Get in on the fun

 **Swim, skate, and drop-in sports!**

View our activity schedules at Register.Oshawa.ca

events

fall 2024 Find out more at [Oshawa.ca/Events](https://www.oshawa.ca/Events)
and [Oshawa.ca/Culture](https://www.oshawa.ca/Culture).

August 20	Events in the Park: Summer Birthday Celebration	Memorial Park, 110 Simcoe St. S.
August 22	Events in the Park: City Soul, 7 p.m.	Ed Broadbent Waterfront Park, 169 Harbour Rd.
August 23	Kars on King	Downtown Oshawa
August 27	Events in the Park: Rebekah Stevens, 7 p.m.	Memorial Park, 110 Simcoe St. S.
August 29	Events in the Park: Movie Night – Wish (Dusk to 8:30 p.m.)	Ed Broadbent Waterfront Park, 169 Harbour Rd.
September 7	Mayor’s Clean-up 9 a.m.	Oshawa Second Marsh, 1908 Colonel Sam Dr., McLaughlin Bay Wildlife Reserve, parking lot
September 13	Events in the Park: Movie Night – Turning Red (Dusk to 8:30 p.m.)	Columbus Park, 3265 Simcoe St. N.
September 21	Artblock at Convergence	Downtown Oshawa
October 5	Culture Days	Arts Resource Centre
November 11	Remembrance Day	Memorial Park, 110 Simcoe St. S.
November 15	Bright and Merry Market and Holiday Lighting 5 p.m.–9 p.m.	Downtown Oshawa
December 31	Oshawa Celebrates 6 p.m.–9 p.m. (Doors open at 5:45 p.m.)	Delpark Homes Centre

Thank you to our facility partners



The City of Oshawa's community partnerships program offers many unique and highly visible sponsorship and advertising opportunities across the City's network of award-winning facilities, special events and community programs.

To find out more on how your business can participate, contact our Community Partnerships Manager at MHollett@oshawa.ca or at 905-436-3311 ext. 2678.

thank you

Thank you to our event sponsors

Atria Development
Bell
Billyard Insurance Group
Cashew & Clive
Coca Cola
Durham Radio
Gervais Party Rentals
Harmony Hill Retirement
Community
HOPA Ports
Jubilee Pavilion
Oshawa This Week/
Durhamregion.com
Ontario Motor Sales
Ontario Power Generation
Swish
TD Bank
Tim Hortons
Vandermeer Nursery
Tribute Communities





Above: "One Fish Two Fish"; inset: "Stay True"

New murals were installed at two recreation centres in May

"Stay True" by Jon Colwell, installed at South Oshawa Community Centre. This artwork is an autobiographical piece by Jon Colwell, exploring the tension between his creative vision and the expectations imposed on him by others because of his Indigenous identity. Colwell symbolizes himself as the eagle depicted in a neo-traditional tattoo style, venturing into creating new works while the background hints at the Woodland style artwork typically expected of him being left behind. The black border and beveled edges represent a still frame or Polaroid, capturing the decisive moment to deviate from expectations and pursue authentic self-representation.

"One Fish Two Fish" by Meaghan Claire Kehoe, installed at Northview Community Centre. This artwork is an exploration of childhood nostalgia, depicted through vibrant colors and playful forms intended to recall joyful memories. Inspired by whimsical stories like those of Dr. Seuss, this painting invites viewers to reconnect with the fun and innocence of childhood, where imagination knows no bounds. "One Fish Two Fish" celebrates the freedom to dream and create, offering a journey into possibility and wonder.

Celebrate Culture Days with free workshops at the Arts Resource Centre!

Creative Writing Workshop

Take a creative writing workshop led by Canadian children's author, Erica London. This workshop is crafted to inspire and nurture the imaginative minds of writers, fostering a love for storytelling and self-expression. Through engaging activities and collaborative exercises participants will explore the building blocks of storytelling through a supportive environment to share their creations.

Age: 16 years+

Date: Saturday, October 5, 10 a.m.–12 p.m.

Location: Arts Resource Centre

Course ID: 46922

Pottery Workshop

Participants will create a single piece while learning basic hand-building techniques and explore areas such as construction, design, and glazing in one creative workshop. All pieces created will be fired and ready to take home approximately two weeks after the workshop.

Age: 16 years+

Date: Saturday, October 5, 12 p.m.–3 p.m.

Location: Arts Resource Centre

Course ID: 46923

Photo courtesy of Sabarish Santhosh on Unsplash



fitness memberships



Advantage



Advantage

With the All-inclusive or Fitness Centre membership, receive discounts on personal training, smart start packages and fitness assessments.

Gain access to fitness classes, indoor/outdoor tracks, courts, pools, rinks, drop-in programs and fitness centres.

Our Fitness Membership and Membership Add-on options allow you to customize your membership to meet your fitness goals.

Level 2: All Inclusive Membership



Includes access to all fitness centres, year-round, unlimited fitness classes, racquet sports add-on, discounted personal training services, indoor/outdoor track access, leisure swimming, skating and drop-in sports programs. Register to your class of choice to reserve your spot. Some conditions apply, learn more at Oshawa.ca/GetFit.

	Youth/ Full-Time Student	Adult 18 years+	Family	Senior Oshawa Resident 55+
Annual	\$371.64	\$485.88	\$915.96	\$337.20
3 month	\$128.25	\$174.00	\$336.25	\$113.25
6 month	\$209.76	\$277.44	\$532.32	\$188.52

Level 2: Fitness Centre Membership



All the services of the Level 1 plus access to the Fitness Centres at the Civic Recreation Complex, Delpark Homes Centre and South Oshawa Community Centre. Some conditions apply, learn more at Oshawa.ca/GetFit.

	Youth/ Full-Time Student	Adult 18 years+	Family	Senior Oshawa Resident 55+
Annual	\$238.92	\$355.80	\$655.80	\$193.80
1 month	\$38.00	\$57.00	\$123.25	\$31.00
3 month	\$94.75	\$142.00	\$272.25	\$78.00
6 month	\$142.02	\$213.72	\$403.56	\$115.50

Level 1: Swim, Skate and Walk Membership



Unlimited admission to our leisure swimming, skating and drop-in sports programs. As well as access to our indoor and outdoor tracks, the Civic Recreation Complex Rec Room and South Oshawa Community Centre Youth Room. Learn more at Oshawa.ca/Membership.

	Youth/ Full-Time Student	Adult 18 years+	Family	Senior Oshawa Resident 55+
Annual	\$135.36	\$207.12	\$300.00	\$53.10
1 month	\$21.50	\$33.25	\$71.00	\$8.50
3 month	\$53.25	\$83.00	\$149.25	\$21.25
6 month	\$82.32	\$124.80	\$219.00	\$26.55

Fitness membership details

- All fitness centre users between the ages of 13–17 must complete the Teen Weight Training course. See [page 58](#).
- Membership and admission rates are subject to change.
- Family admission/passes are restricted to two adults and their children, 17 years of age and younger, living at the same residence. Proof of age required at the time of purchase.
- Memberships do not include Shiny Hockey or Fieldhouse Drop-ins weekday evenings after 5 p.m. or on weekends.
- Adult rates apply to non-resident seniors 55+ years.
- Classes are limited by room/pool capacity. Most classes are on a first come, first served basis.

Group Fitness Add-on

\$38.00 per member

Includes free registration to all regular Group Fitness classes and a 50% discount on Specialty Fitness and Aquafit classes. This add-on can be purchased before the start of the fall or winter program session.



Racquet Sport Add-on

Includes advance court booking privileges and reduced court fee for tennis and squash.

Annual	1 month	3 month	6 month
\$148.68	\$12.50	\$38.00	\$74.34



Track and Court

Indoor and Outdoor Tracks

The City has 2 indoor tracks and 1 outdoor track available for use by Level 1, 2 and All-Inclusive members and through general admission fees.

Civic Recreation Complex		Delpark Homes Centre
Indoor track 225m Mondo track, 4 lanes	Outdoor track 400m Mondo track, 8 lanes	Indoor walking track 130m, 2 lanes
Effective September 3, 2024 Monday to Friday 6 a.m.–10 p.m. Saturday & Sunday 6 a.m.–9 p.m.	Monday to Friday 6 a.m. to dusk Saturday & Sunday 8 a.m. to dusk	Effective September 3, 2024 Monday to Friday 6 a.m.–10 p.m. Saturday & Sunday 8 a.m.–9 p.m.

Court Rental Rates

Tennis and squash at the Civic Recreation Complex.

Court rental	Member fee	Non-member fee
Squash – 40 minutes	\$2.65	\$17.70
Tennis – 60 minutes	\$14.16	\$30.09
Court No Show Fee	\$10.62	\$10.62

Learn more about memberships and admission fees at [Oshawa.ca/Membership](https://oshawa.ca/Membership).

Personal Training

Training Packages & Programs

Smart Start Package

Our fitness team will evaluate your fitness level and create a training program specifically for you. You will receive 1 fitness assessment and 1 personal training session in which a certified personal trainer will walk you through your training program.

Fee Type	Cost
Non-Member Fee	\$97.00
Member Fee	\$82.46

Personal Training Fees

Personal training sessions are up to 60 minutes.

Fee Type	1 session	2 sessions	5 sessions	10 sessions
Non-Member Fee	\$50.00	\$97.00	\$241.00	\$428.00
Member Fee	\$42.50	\$82.46	\$204.85	\$363.80



inclusion support



The City of Oshawa is dedicated to providing accessible and inclusive recreation opportunities for participants of all abilities.

1:1 or 1:2 support can be requested for those participants who benefit from additional support to be successful in a typical recreation program. Requests are fulfilled in order of request and based on the availability of appropriate inclusion staff. Support is not guaranteed. An Inclusion Participant Profile must be on file with the Inclusion Coordinator.

To access the form please visit Oshawa.ca/InclusionServices. The Inclusion Coordinator will confirm if the request for inclusion support has been satisfied. Participants may provide their own support staff to assist if desired.



How do I know if inclusion support is required?

Inclusion support may be beneficial if the participant:

- Receives additional support at school
- Receives support at home for basic care
- Engages in behaviour that could affect the safety of themselves or others
- Is associated with a support agency

Participant information prior to start of programs:

To promote success, all participants that access inclusion services are required to complete and return the following forms which can be found at [Oshawa.ca/InclusionServices](https://oshawa.ca/InclusionServices) or by request from any recreation facility.

- Confidential Participant Information
- Consent to Care (if required)
- Outside Support Worker Release (if required)
- Medication Administration Request (if required)
- Consent for Assistance in Administering an Epi-Pen (if required)

To request inclusion support for aquatic programs, email recinclusionservices@oshawa.ca.

Requesting Inclusion Support

General Fall Programs

Register for your Fall program of choice and the following Inclusion course ID: **44485**

General Winter Programs

Register for your Winter program of choice and the following Inclusion course ID: **44486**

Holiday Camps

Register for your Holiday Camp of choice and the Inclusion course ID for your camp dates:

Date	Dec 23	Dec 27	Dec 30–Jan 3
Inclusion Course ID	44492	44493	44494

March Break Camps

Register for your March Break Camp of choice and the following Inclusion course ID: **44487**



All Inclusion Services programs are eligible for financial assistance unless marked (*)

Inclusion Services – Arts & Crafts

Inclusion Services – Paint Club

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

Age: 11 to 19 years

Location: Online

Inclusion Services – Fitness

Inclusion Services – Adult Strength Training

Engage in a basic strength training program designed for adults wanting to learn the fundamentals of strength training. Work with a certified personal trainer to develop an exercise program specifically targeted to meet personal goals. Designed for those with a mild developmental/intellectual disability, including autism. Participants must be able to manage changing and toileting independently and be able to manage in a supported group environment with a 1:3 ratio, unless attending with their own support worker. Completion of an Inclusion Participant Profile is required. Program is not included in Level 2 Fitness All-Inclusive or Group Fitness Add-on memberships.

Age: 15 to 20 years

Location: South Oshawa Community Centre

Inclusion Services – Social

Inclusion Services – Youth Group

Designed for those 15 years of age and older with physical and or developmental needs, including autism. Participants must be able to:

- Complete activities of daily living independently or with minimal verbal prompts.
- Transition between activities and locations with ease.
- Participate safely with an instructor to participant ratio of 1:4.

Participants will have the opportunity to participate in a wide range of activities that will be adapted to their abilities and interests in a sensory friendly environment.

Age: 15 to 19 years

Location: Civic Recreation Complex



Inclusion Services – Sports

Inclusion Services – Totnastics

Join in a fun, structured environment where children develop and explore body awareness, gross motor skills, and coordination through active play and creative movement using mats, climbers, trampolines, and balance beams. Designed for children with physical and/or developmental needs, including autism. Active participation by the caregiver is required.

Age: 4 to 6 years

Location: Delpark Homes Centre

Inclusion Services – Multi-Sport – Family

Each week families will have the opportunity to learn the rules, practice the fundamental skills and engage in game play of a different sport. This course is designed for children with physical and/or developmental needs including autism and their family, inclusive of siblings. Active participation by the family as a whole is a goal of this program.

Age: 4 to 12 years

Location: Northview Community Centre

Inclusion Services – Multi-Sport – Child

Each week participants will have the opportunity to learn the rules, practice the fundamental skills and engage in game play of a different sport. This program is designed for neurodivergent children who can participate safely with an instructor to participant ratio of 1:4.

Age: 8 to 12 years

Location: Northview Community Centre

Inclusion Services – Let's Move

Keep up a physically active lifestyle by laying a solid foundation of fundamental movement skills. The class will keep participants moving to help increase their daily physical activity time by engaging them in fun, individual and group based activities to burn energy! Designed for participants with physical and/or developmental needs, including autism, that can participate independently with some prompting.

Age: 8 to 12 years, 13 to 18 years

Location: Delpark Homes Centre

Inclusion Services – Swimming

Fun Fit – Inclusion

This program is specifically designed for children and youth with special needs and incorporates an adapted aquatics approach to swimming lessons based on the individual's requirements. Once participants are registered, the Inclusion Coordinator will be in contact to arrange the required screening prior to the first lesson.

Age: 12 to 19 years

Location: South Oshawa Community Centre

***Private Swim – Inclusion**

A shallow water AquaFit class with an emphasis on fun, flexibility, and cardiovascular health. The classes keep participants moving with individual and group based activities focusing on using the resistance of the water. Designed for youth with physical and/or developmental needs, including autism. Participants must be able to: swim 10 metres independently, follow 2-step directions and participate safely in an aquatic environment with an instructor to participant ratio of 1:3.

Age: 3 to 19 years

**Location: Delpark Homes Centre,
South Oshawa Community Centre**

***Note: This program is not eligible for financial assistance.**



Fall Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Inclusive Services – Arts & Crafts								
Paint Club - Online	11–19 yrs	Online	Mon	Dec 2–Dec 9	6:30 p.m.–7:15 p.m.	2	46221	\$22.50
Inclusive Services – Fitness								
Adult Strength Training	15–20 yrs	SOCC	Wed	Nov 6–Nov 27	5:30 p.m.–6:25 p.m.	4	44481	\$55.20
Adult Strength Training	15–20 yrs	SOCC	Wed	Nov 6–Nov 27	6:30 p.m.–7:25 p.m.	4	44482	\$55.20
Inclusive Services – Social								
Youth Group	15–19 yrs	CRC	Tue	Oct 8–Oct 29	5:30 p.m.–7:30 p.m.	4	44479	\$97.60
Inclusive Services – Sports								
Totnastics	4–6 yrs	DHC	Sat	Sep 28–Dec 7	10:45 a.m.–11:30 a.m.	10	44620	\$55.50
Multi-Sport – Family	4–12 yrs	NCC	Sat	Oct 19–Nov 23	1:30 p.m.–2:15 p.m.	6	46218	\$34.20
Let’s Move	8–12 yrs	DHC	Thu	Oct 3–Dec 12	7:00 p.m.–7:45 p.m.	11	44619	\$49.50
Multi-Sport – Child	8–12 yrs	NCC	Sat	Oct 19–Nov 23	12:30 p.m.–1:15 p.m.	6	46217	\$34.20
Inclusive Services – Swimming								
Fun Fit	12–19 yrs	SOCC	Wed	Oct 2–Dec 11	7:30 p.m.–8:00 p.m.	11	45716	\$187.00
Private Swim	3–19 yrs	DHC	Fri	Oct 4–Dec 13	5:00 p.m.–5:30 p.m.	11	44453	\$187.00
Private Swim	3–19 yrs	DHC	Fri	Oct 4–Dec 13	5:30 p.m.–6:00 p.m.	11	44454	\$187.00
Private Swim	3–19 yrs	DHC	Fri	Oct 4–Dec 13	6:00 p.m.–6:30 p.m.	11	44455	\$187.00
Private Swim	3–19 yrs	DHC	Fri	Oct 4–Dec 13	6:30 p.m.–7:00 p.m.	11	44456	\$187.00
Private Swim	3–19 yrs	SOCC	Wed	Oct 2–Dec 11	4:30 p.m.–5:00 p.m.	11	45712	\$187.00
Private Swim	3–19 yrs	SOCC	Wed	Oct 2–Dec 11	5:00 p.m.–5:30 p.m.	11	45713	\$187.00
Private Swim	3–19 yrs	SOCC	Wed	Oct 2–Dec 11	5:30 p.m.–6:00 p.m.	11	45714	\$187.00
Private Swim	3–19 yrs	SOCC	Wed	Oct 2–Dec 11	6:00 p.m.–6:30 p.m.	11	45715	\$187.00





Winter Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Inclusive Services – Fitness								
Adult Strength Training	15–20 yrs	SOCC	Wed	Feb 5–Feb 26	5:30 p.m.–6:25 p.m.	4	44483	\$55.20
Adult Strength Training	15–20 yrs	SOCC	Wed	Feb 5–Feb 26	6:30 p.m.–7:25 p.m.	4	44484	\$55.20
Inclusive Services – Social								
Youth Group	15–19 yrs	CRC	Tue	Jan 14–Jan 28	5:30 p.m.–7:30 p.m.	3	44480	\$73.20
Inclusive Services – Sports								
Totnastics	4–6 yrs	DHC	Sat	Jan 11–Mar 8	10:45 a.m.–11:30 a.m.	9	44967	\$49.95
Multi-Sport – Family	4–12 yrs	NCC	Sat	Jan 25–Mar 1	1:30 p.m.–2:15 p.m.	6	46220	\$34.20
Multi-Sport – Child	8–12 yrs	NCC	Sat	Jan 25–Mar 1	12:30 p.m.–1:15 p.m.	6	46219	\$34.20
Let’s Move	13–18 yrs	DHC	Thu	Jan 9–Mar 6	7:00 p.m.–7:45 p.m.	9	44968	\$40.50
Inclusive Services – Swimming								
Fun Fit	12–19 yrs	SOCC	Wed	Jan 8–Mar 5	7:30 p.m.–8:00 p.m.	9	45956	\$153.00
Private Swim	3–19 yrs	DHC	Fri	Jan 10–Mar 7	5:00 p.m.–5:30 p.m.	9	45463	\$153.00
Private Swim	3–19 yrs	DHC	Fri	Jan 10–Mar 7	5:30 p.m.–6:00 p.m.	9	45464	\$153.00
Private Swim	3–19 yrs	DHC	Fri	Jan 10–Mar 7	6:00 p.m.–6:30 p.m.	9	45465	\$153.00
Private Swim	3–19 yrs	DHC	Fri	Jan 10–Mar 7	6:30 p.m.–7:00 p.m.	9	45466	\$153.00
Private Swim	3–19 yrs	SOCC	Wed	Jan 8–Mar 5	4:30 p.m.–5:00 p.m.	9	45952	\$153.00
Private Swim	3–19 yrs	SOCC	Wed	Jan 8–Mar 5	5:00 p.m.–5:30 p.m.	9	45953	\$153.00
Private Swim	3–19 yrs	SOCC	Wed	Jan 8–Mar 5	5:30 p.m.–6:00 p.m.	9	45954	\$153.00
Private Swim	3–19 yrs	SOCC	Wed	Jan 8–Mar 5	6:00 p.m.–6:30 p.m.	9	45955	\$153.00

ARC – Arts Resource Centre CRC – Civic Recreation Complex DHC – Delpark Homes Centre
 DRC – Donevan Recreation Complex NCC – Northview Community Centre SOCC – South Oshawa Community Centre

Let’s plan a birthday!

◆ **Host your party at a City of Oshawa facility**

Find out more about our [birthday party packages](#).



camps



Registration dates

Holiday Camps

Thursday, August 22, 9 a.m.

March Break Camps

Thursday, November 21, 9 a.m.



Complete your registration online at
Register.Oshawa.ca



We offer a variety of day camps for children of all ages from arts and dance to hockey and swim camps.

What to bring to camp

Send your child with the essentials!

- A refillable water bottle
- A peanut-free lunch and snacks
- Extra clothing
- Swimsuit and towel



Government-issued identification is required to be presented EVERY time you pick up your child from camp.

Camp dates

Holiday Camps

December 23
December 27
December 30, January 2 & 3

March Break Camps

March 10–14

Camp Registration Information

Age Requirements

Each camp program has specific age requirements. Campers must be the required age before the start of camp.

Toileting

Campers must be fully toilet-trained to attend all programs.

Financial Assistance

Assistance programs are available to Oshawa residents wishing to access camps. These include the Durham Region Social Services Recreation Program Card, Canadian Tire Jumpstart and the Recreation Fee Assistance Program. Programs that are offered in partnership with community organizations or businesses do not qualify for fee assistance. Programs qualify for assistance unless marked otherwise (*). Verify your eligibility by contacting a Supervisor at a recreation facility.



Cancellations & Waitlists

Register early to help ensure you get your first choice of camps. Camps may be cancelled due to low registration, or circumstances beyond our control. If a camp is cancelled, you will be contacted by staff to help choose a different camp (where space is available). If we cannot register you for another camp a full refund will be provided.

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

Extended Supervision

Extended supervision is available before and after camp programs for an additional fee at most camp locations.



Lunches & Snacks

Campers are required to bring their own litterless lunch, snacks and extra drinks. Peanuts, peanut butter, tree nuts and all food containing nut by-products are not permitted at camp.



The Camp Lunch Program is available for an additional fee at most camps. To see lunch options or to place your order, complete our Camp Lunch Order Form at [Oshawa.ca/Camps](https://www.oshawa.ca/Camps).



Parent Communication

Parents will be contacted by either phone or email prior to their camper's week at camp.

Camp Forms

Parents/guardians must complete all forms online the Thursday before camp starts. The Emergency Contact and Consent Form is a mandatory form for all campers. View camp forms at [Oshawa.ca/Camps](https://www.oshawa.ca/Camps).

If forms are not submitted online the Thursday before camp starts, staff will not receive them in time. If staff do not receive the required forms before the first day of camp, the camper will not be able to attend camp on the first day. In this situation, campers can attend camp the following day after staff receive the completed forms.

Photo Policy



Photos and videos are not permitted during camp programs, other than specific cases where performances have been identified (e.g. Dance Camp). Photos may be taken by the City of Oshawa for promotional purposes. In this case, all parents/guardians will be notified and required to give signed permission.

Pick-up & Drop-off



In order to ensure campers safety, parents/guardians are required to sign in and sign out campers each day. Government issued photo identification must be presented at the time of pick-up for campers to be released. Please ensure that all individuals permitted to pick up your campers are included on Emergency Contact and Consent Form. Individuals who are not included on the consent form will not be permitted to sign your camper out.

Camper Responsibilities

All campers and staff are expected to do their part by showing respect for all people and property while attending City of Oshawa camps. Please report any incidents and concerns to staff.



Coarse language, bullying, non-compliance, aggressive or inappropriate behaviour are not permitted at camp. These behaviours will be documented, reported and could result in the removal of a participant from camp.

The City is not responsible for lost, damaged or stolen items.

Inclusion Support



The City of Oshawa is dedicated to providing accessible and inclusive recreation opportunities for participants of all abilities.

1:1 or 1:2 support can be requested for those participants who benefit from additional support to be successful in a typical camp program. Requests are fulfilled in order of request and based on the availability of appropriate inclusion staff. Support is not guaranteed. Participants may provide their own support staff to assist if desired.

Holiday Camps

Register for your Holiday Camp of choice and the Inclusion course ID for your week of camp:

Date	Dec 23	Dec 27	Dec 30–Jan 3
Inclusion Course ID	44492	44493	44494

March Break Camps

Register for your March Break Camp of choice and the following Inclusion course ID: **44487**

The Inclusion Coordinator will confirm if the request for inclusion support has been fulfilled. For further inclusion information, please email recinclusionservices@oshawa.ca.

Swimming at Camp



Camps that offer recreational swimming have swim requirements to keep campers safe.

Yellow and green wristbands are provided based on the age of the camper and their ability to pass the swim test. To pass the swim test,

campers must be able to swim 25 metres of the pool independently on their front, maintaining a horizontal body position at all times. Campers must be able to swim with their face in the water and take breaths without stopping or touching the bottom of the pool. Front Crawl is encouraged.

Wristbands	Age	Supervision	Additional Information
Yellow	7–9 yrs	<p>Fail swim test – swim under direct supervision of a camp counsellor and must wear a life jacket</p> <p>Pass swim test – will receive a green wristband and may swim unaccompanied</p>	Before camp begins, campers can complete their swim test during select leisure swim times at a City pool.
Green	10 yrs +	Pass swim test – may enter the deep end of the pool	If your camper passes the swim test prior to camp and has a swim test card, please bring it on the first day of camp.

Delpark Homes Centre Camp Lunches

\$13.00

Provided by Cashew & Clive

For an additional \$13, a lunch program is available to Delpark Homes Centre campers daily.

To see lunch options or to place your order, complete our Camp Lunch Order Form at Oshawa.ca/Camps.



Stay up to date!

✦ **Double check your contact information (phone number and email address) and ensure it is up to date.**

Camp Notes

Reminders



All camps are eligible for financial assistance unless marked (*)



Inclusion Services support can be requested for all camps unless marked (*)



The Camp Lunch Program is available at all camps unless marked (*)



Peanut and nut by-products **are not permitted** at camps

Legend



Extended supervision is available at all camps



Recreational swim



Lifesaving Society Swim to Survive program



Photos permitted

Holiday Camps

L'il Tykes Camp

Focus on fun while developing social, fine, and gross motor skills. Campers will participate in games, songs, crafts, and sports.

Age: 4 to 6 years

Location: South Oshawa Community Centre

Little Legends Camp

Young campers will enjoy action packed fun including active and passive games, sports, arts and crafts, and other activities. Campers will not be swimming. An optional lunch is provided by Cashew & Clive.

Age: 4 to 6 years

Location: Delpark Homes Centre

Legendary Camp

Campers will enjoy a variety of organized activities, including active and passive games, sports, arts and crafts, and recreational swimming. An optional lunch is provided by Cashew & Clive.



Age: 7 to 13 years

Location: Delpark Homes Centre

Sport & Swim Camp

Campers will participate in a variety of basic sports drills, skills, and small-sided games, crafts, and a daily Swim to Survive session taught by certified instructors.



Age: 7 to 13 years

Location: South Oshawa Community Centre

Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Holiday Camps								
L'il Tykes Holiday Camp	4–6 yrs	SOCC	Mon	Dec 23	9:00 a.m.–4:30 p.m.	1	43599	\$39.00
L'il Tykes Holiday Camp	4–6 yrs	SOCC	Fri	Dec 27	9:00 a.m.–4:30 p.m.	1	44476	\$39.00
L'il Tykes Holiday Camp	4–6 yrs	SOCC	Mon, Thu, Fri	Dec 30, Jan 2, Jan 3	9:00 a.m.–4:30 p.m.	3	43602	\$117.00
Little Legends Holiday Camp	4–6 yrs	DHC	Mon	Dec 23	9:00 a.m.–4:30 p.m.	1	44526	\$39.00
Little Legends Holiday Camp	4–6 yrs	DHC	Fri	Dec 27	9:00 a.m.–4:30 p.m.	1	44527	\$39.00
Little Legends Holiday Camp	4–6 yrs	DHC	Mon, Thu, Fri	Dec 30, Jan 2, Jan 3	9:00 a.m.–4:30 p.m.	3	44529	\$117.00
Legendary Holiday Camp	7–13 yrs	DHC	Mon	Dec 23	9:00 a.m.–4:30 p.m.	1	44524	\$39.00
Legendary Holiday Camp	7–13 yrs	DHC	Fri	Dec 27	9:00 a.m.–4:30 p.m.	1	44525	\$39.00
Legendary Holiday Camp	7–13 yrs	DHC	Mon, Thu, Fri	Dec 30, Jan 2, Jan 3	9:00 a.m.–4:30 p.m.	3	44528	\$117.00
Sport & Swim Holiday Camp	7–13 yrs	SOCC	Mon	Dec 23	9:00 a.m.–4:30 p.m.	1	43598	\$39.00
Sport & Swim Holiday Camp	7–13 yrs	SOCC	Fri	Dec 27	9:00 a.m.–4:30 p.m.	1	44475	\$39.00
Sport & Swim Holiday Camp	7–13 yrs	SOCC	Mon, Thu, Fri	Dec 30–Jan 3	9:00 a.m.–4:30 p.m.	3	43641	\$117.00

Ex

Facility	Age	Day	Dates	Time	Course ID	Price
Extended Supervision						
Delpark Homes Centre	4–13 yrs	Mon	Dec 23	8:00 a.m.–9:00 a.m.	44530	\$2.40
Delpark Homes Centre	4–13 yrs	Mon	Dec 23	4:30 p.m.–5:30 p.m.	44533	\$2.40
Delpark Homes Centre	4–13 yrs	Fri	Dec 27	8:00 a.m.–9:00 a.m.	44531	\$2.40
Delpark Homes Centre	4–13 yrs	Fri	Dec 27	4:30 p.m.–5:30 p.m.	44534	\$2.40
Delpark Homes Centre	4–13 yrs	Mon, Thu, Fri	Dec 30, Jan 2, Jan 3	8:00 a.m.–9:00 a.m.	44532	\$7.20
Delpark Homes Centre	4–13 yrs	Mon, Thu, Fri	Dec 30, Jan 2, Jan 3	4:30 p.m.–5:30 p.m.	44535	\$7.20
South Oshawa Community Centre	4–13 yrs	Mon	Dec 23	8:00 a.m.–9:00 a.m.	43600	\$2.40
South Oshawa Community Centre	4–13 yrs	Mon	Dec 23	4:30 p.m.–5:30 p.m.	43601	\$2.40
South Oshawa Community Centre	4–13 yrs	Fri	Dec 27	8:00 a.m.–9:00 a.m.	44477	\$2.40
South Oshawa Community Centre	4–13 yrs	Fri	Dec 27	4:30 p.m.–5:30 p.m.	44478	\$2.40
South Oshawa Community Centre	4–13 yrs	Mon, Thu, Fri	Dec 30, Jan 2, Jan 3	8:00 a.m.–9:00 a.m.	43642	\$7.20
South Oshawa Community Centre	4–13 yrs	Mon, Thu, Fri	Dec 30, Jan 2, Jan 3	4:30 p.m.–5:30 p.m.	43643	\$7.20

ARC – Arts Resource Centre CRC – Civic Recreation Complex DHC – Delpark Homes Centre
 DRC – Donevan Recreation Complex NCC – Northview Community Centre SOCC – South Oshawa Community Centre

March Break Camps

L'il Tykes Camp

Focus on fun while developing social, fine, and gross motor skills. Campers will participate in games, crafts, and sport drills.

Ages: 4 to 6 years

Location: South Oshawa Community Centre

Little Legends Camp

Young campers will enjoy action-packed fun including active and passive games, sports, arts and crafts, and other activities. Campers will not be swimming. An optional lunch is provided by Cashew & Clive.

Ages: 4 to 6 years

Location: Delpark Homes Centre

March Break Little Sportsters

Full day camp for 4 to 6 year olds are full of games, songs, crafts, and sports. While the focus is on fun, children are developing social, fine, and gross motor skills, making for a great first camp experience.

Ages: 4 to 6 years

Location: Civic Recreation Complex

March Break Dance Camp

During this fun-filled week, campers will learn different genres of dance. Campers will participate daily in crafts, active and quiet games, and leisure swimming. A short performance for family and friends will be held on Friday at 4:00 p.m.

Ages: 7 to 13 years

Location: Donevan Recreation Complex



March Break Arts Camp

Campers will be lead through an exploration of the arts with a focus on drawing, painting, acting, dancing, singing, and music. Games and activities will be based around popular themes. An optional pizza lunch is offered on Friday for an additional fee.

Ages: 7 to 13 years

Location: Arts Resource Centre

Hockey Camp

Offers hockey players an opportunity to practice and improve their hockey skills while enjoying a camp-like atmosphere. Campers will be on-ice for up to two hours per day and participate in other fun activities, including swimming, sports, and other active games. Full hockey equipment is required including a CSA approved hockey helmet with full face mask and a neck guard. An optional lunch is provided by Cashew & Clive.

Ages: 7 to 13 years

Location: Delpark Homes Centre



Legendary Day Camp

During this action-packed week of camp, campers will enjoy a variety of organized activities, including active and passive games, sports, arts and crafts, and recreational swimming. An optional lunch is provided by Cashew & Clive.

Ages: 7 to 13 years

Location: Delpark Homes Centre



Sport & Swim Camp

Campers will participate in a variety of basic sports drills, skills and small-sided games. Campers will also participate in camp games, crafts, and a daily Swim to Survive session taught by certified instructors.

Ages: 7 to 13 years

**Location: Civic Recreation Complex,
South Oshawa Community Centre**



Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
March Break Camps								
March Break Lil Tykes	4–6 yrs	SOCC	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	43699	\$195.00
March Break Little Legends Camp	4–6 yrs	DHC	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	44939	\$195.00
March Break Little Sportsters	4–6 yrs	CRC	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	43805	\$195.00
March Break Dance Camp	7–13 yrs	DRC	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	45112	\$195.00
March Break Arts Camp	7–13 yrs	ARC	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	43760	\$195.00
March Break Hockey Camp	7–13 yrs	DHC	Mon–Fri	Mar 10–Mar 14	8:30 a.m.–4:30 p.m.	5	44568	\$256.00
March Break Legendary Day Camp	7–13 yrs	DHC	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	44938	\$195.00
March Break Sport & Swim	7–13 yrs	CRC	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	43806	\$195.00
March Break Sport & Swim Camp	7–13 yrs	SOCC	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	43700	\$195.00

Ex

Facility	Age	Day	Dates	Time	Course ID	Price
Extended Supervision						
Arts Resource Centre	7–13 yrs	Mon–Fri	Mar 10–Mar 14	8:00 a.m.–9:00 a.m.	43761	\$12.00
Arts Resource Centre	7–13 yrs	Mon–Fri	Mar 10–Mar 14	4:30 p.m.–5:30 p.m.	43762	\$12.00
Civic Recreation Complex	4–13 yrs	Mon–Fri	Mar 10–Mar 14	8:00 a.m.–9:00 a.m.	46187	\$12.00
Civic Recreation Complex	4–13 yrs	Mon–Fri	Mar 10–Mar 14	4:30 p.m.–5:30 p.m.	46191	\$12.00
Delpark Homes Centre	4–13 yrs	Mon–Fri	Mar 10–Mar 14	8:00 a.m.–9:00 a.m.	44580	\$12.00
Delpark Homes Centre	4–13 yrs	Mon–Fri	Mar 10–Mar 14	4:30 p.m.–5:30 p.m.	44581	\$12.00
Donevan Recreation Complex	4–13 yrs	Mon–Fri	Mar 10–Mar 14	8:00 a.m.–9:00 a.m.	45114	\$12.00
Donevan Recreation Complex	4–13 yrs	Mon–Fri	Mar 10–Mar 14	4:30 p.m.–5:30 p.m.	45117	\$12.00
South Oshawa Community Centre	4–13 yrs	Mon–Fri	Mar 10–Mar 14	8:00 a.m.–9:00 a.m.	43701	\$12.00
South Oshawa Community Centre	4–13 yrs	Mon–Fri	Mar 10–Mar 14	4:30 p.m.–5:30 p.m.	43702	\$12.00

ARC – Arts Resource Centre CRC – Civic Recreation Complex DHC – Delpark Homes Centre
 DRC – Donevan Recreation Complex NCC – Northview Community Centre SOCC – South Oshawa Community Centre



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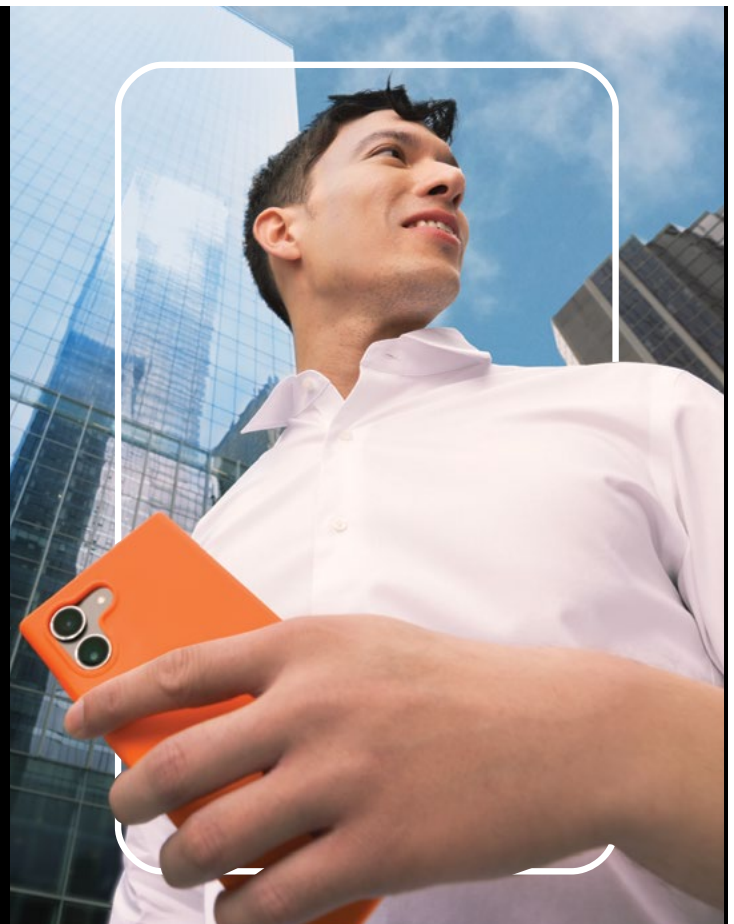


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registered programs



The City offers many registered programs for families, children, youth, and adults.

Register online

The easiest way to register!

Visit Register.Oshawa.ca to log in to your account and register for recreation programs online.

New users can create an account by visiting Register.Oshawa.ca and selecting Create Account.

Registration dates



Fall

Fall programs run from
September to December

General Programs

Thursday, August 22, 9 a.m.



Winter

Winter programs run from
January to March

General Programs

Thursday, November 21, 9 a.m.

Before you go, you should know

Parented programs



- Some programs require parents/guardians to actively participate
- Look out for parented program symbol

Ice programs

- CSA approved hockey helmets are required for all on-ice programs
- Participants under 18 years must wear CSA approved helmets with a full mask



All programs are eligible for financial assistance unless marked (*)



Inclusion Services support can be requested unless marked (*)



Specialty fitness programs are marked with a star

family & parented programs



Programs are eligible for financial assistance unless marked (*)



Inclusion Services support can be requested for all programs unless marked (*)



The star symbol on a course indicates that it is a specialty fitness class and that the specialty fitness drop-in fee applies

Fitness

Little Yogis

Yoga can help younger children learn how to use their bodies in a healthy way, manage stress through breathing, body awareness, meditation and healthy movement techniques, build concentration, increase their confidence and positive self-image, and feel like they are part of a healthy, non-competitive group.

Age: Child 2 to 6 years or 4 to 7 years,
Adult 15 years +

Location: Delpark Homes Centre,
South Oshawa Community Centre

Family Fitness Circuit

A sure fire heart pumping class the whole family can do! Designed in a circuit training style, a variety of exercises are done to work both the heart and muscles.

Age: Child 5 years +, Adult 18 years +
Location: Civic Recreation Complex

Yoga – Mother & Daughter



Develop physical strength, endurance, flexibility, and learn basic yoga moves while spending quality time with your child. A yoga mat and warm clothing are recommended.

Age: Child 10 to 15 years, Adult 16 years +
Location: Donevan Recreation Complex

Aquafit – Diaper Fit

Water exercise for parent and infant. Classes include a warm-up, aerobics, muscle conditioning exercises, and a cool-down. Infant will be in baby boat for support during the class and will be part of the exercise program.

Age: 15 years +
Location: Delpark Homes Centre,
South Oshawa Community Centre

Preschool

NEW Crafty Climbers – Parented

Create crafts together, then it's time to play! Climb, tumble, run, sing songs, and listen to stories. A great way to spend quality time interacting.

Age: 18 to 36 months
Location: Donevan Recreation Complex

Music, Movement & Make Believe – Parented

Explore movement through music, dance, and imaginative play. The emphasis is on fun, nurturing creative imagination, social interaction, and learning through music.

Age: 18 to 36 months
Location: Donevan Recreation Complex

Totnastics – Parented

Join in a fun, structured environment where children develop and explore body awareness, gross motor skills, and coordination through active play and creative movement using mats, trampolines, and balance beams.

Age: 2 to 3 years

**Location: Delpark Homes Centre,
Northview Community Centre**

Mini Muck & Mess – Parented

Create works of art that are crazy, fun, and too messy to make at home! An active art program for preschoolers to use their imagination and be creative.

Age: 2 to 4 years

**Location: Delpark Homes Centre,
South Oshawa Community Centre**

Ready, Set, School Readiness – Parented

Am I ready for Ready, Set, School? Smaller group size and caregiver participation make this program a good first step towards independent participation in our Ready, Set, School, program. Participants and caregivers will take part in circles, creative group and individual activities, counting, printing, art, and social skills. Caregivers are responsible for any personal care.

Age: 3 to 5 years

Location: Delpark Homes Centre

Let's stay in touch!

✦ **Sign up and get City of Oshawa news, events and alerts sent to your inbox.**

Oshawa.ca/Subscribe



Sports

***Sportball Multi-Sport – Parented**

Multi-sport programs focus on skill development in floor hockey, baseball, basketball, soccer, tennis, volleyball, and golf. Programs are creative, non-competitive, and help children build self-esteem and prepare for a future of confident sports participation. Parents are required to actively participate with their child.

Age: 2 to 3 years

**Location: Delpark Homes Centre,
South Oshawa Community Centre**

***Note: This program is not eligible for financial assistance.**

Junior Sports – Parented

Younger athletes try their hand or foot at fun sports. Hockey, soccer, basketball, and many other sports make this course a ton of fun!

Age: 2 to 3 years

**Location: Delpark Homes Centre,
South Oshawa Community Centre**



Learn to Skate – Parent & Child

New skaters are introduced to the fundamental skating skills with the assistance of a parent. Instructors lead parents and children through various games and activities to make the child reach a comfort level on the ice. Parents must have competent skating ability in order to help their child during the program and may only accompany one child on the ice. All program participants (adult and child) must wear a CSA approved hockey helmet on the ice. Bicycle and ski helmets are not permitted. A face mask and gloves/mitts are strongly recommended.

Age: 2 to 5 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex**

Hockey Skills – Parent & Child

First time hockey players are introduced to the fundamentals of hockey through drills and activities in a fun learning environment. Participants need full hockey equipment including a CSA approved hockey helmet with full face mask and neck guard. Parents are required to wear a CSA approved hockey helmet and must have competent skating ability in order to help their child during the program.

Age: 3 to 5 years

Location: Delpark Homes Centre

Stay safe on the ice

◆ **Your family's safety is your responsibility.**

Wear a helmet while skating.



Fall Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Fitness								
Little Yogis (Child Participant)	4–7 yrs	SOCC	Sun	Sep 22–Dec 15	12:15 p.m.–12:45 p.m.	12	43588	\$26.40
Little Yogis (Adult Participant)	15 yrs+	SOCC	Sun	Sep 22–Dec 15	12:15 p.m.–12:45 p.m.	12	43587	\$49.20
Family Fitness Circuit (Child)	5 yrs+	CRC	Wed	Sep 25–Dec 18	6:00 p.m.–6:45 p.m.	13	44687	\$66.30
Family Fitness Circuit (Adult)	18 yrs+	CRC	Wed	Sep 25–Dec 18	6:00 p.m.–6:45 p.m.	13	44681	\$66.30
Yoga – Mother & Daughter (Child Participant)	10–15 yrs	DRC	Mon	Sep 30–Dec 9	7:05 p.m.–8:00 p.m.	10	45053	\$44.00
Yoga – Mother & Daughter (Adult Participant)	16 yrs+	DRC	Mon	Sep 30–Dec 9	7:05 p.m.–8:00 p.m.	10	45052	\$82.00
Aquafit – Diaper Fit	15 yrs+	DHC	Mon	Sep 30–Dec 9	1:00 p.m.–1:45 p.m.	10	44462	\$82.50
Aquafit – Diaper Fit	15 yrs+	DHC	Wed	Oct 2–Dec 11	1:00 p.m.–1:45 p.m.	11	44463	\$90.75
Aquafit – Diaper Fit	15 yrs+	SOCC	Mon	Sep 30–Dec 9	10:15 a.m.–11:00 a.m.	10	45735	\$82.50
Preschool								
Music, Movement & Make Believe – Parented	18–36 mths	DRC	Wed	Oct 2–Dec 11	9:30 a.m.–10:15 a.m.	11	44986	\$61.05
Crafty Climbers – Parented	18–36 mths	DRC	Thu	Oct 3–Dec 12	9:15 a.m.–10:30 a.m.	11	44993	\$101.75
Totnastics – Parented	2–3 yrs	DHC	Sat	Sep 28–Dec 7	9:00 a.m.–9:45 a.m.	10	44510	\$55.50
Totnastics – Parented	2–3 yrs	DHC	Sat	Sep 28–Dec 7	9:50 a.m.–10:35 a.m.	10	44511	\$55.50
Totnastics – Parented	2–3 yrs	NCC	Sat	Sep 28–Dec 7	9:00 a.m.–9:45 a.m.	10	46179	\$55.50
Totnastics – Parented	2–3 yrs	DHC	Sun	Sep 29–Dec 8	11:00 a.m.–11:45 a.m.	10	44610	\$55.50
Totnastics – Parented	2–3 yrs	DHC	Wed	Oct 2–Dec 11	10:00 a.m.–10:45 a.m.	11	44506	\$61.05
Totnastics – Parented	2–3 yrs	DHC	Wed	Oct 2–Dec 11	10:50 a.m.–11:35 a.m.	11	44507	\$61.05
Totnastics – Parented	2–3 yrs	DHC	Thu	Oct 3–Dec 12	9:15 a.m.–10:00 a.m.	11	44508	\$61.05
Totnastics – Parented	2–3 yrs	DHC	Thu	Oct 3–Dec 12	10:15 a.m.–11:00 a.m.	11	44509	\$61.05
Mini Muck & Mess – Parented	2–4 yrs	DHC	Sat	Sep 28–Dec 7	10:15 a.m.–11:00 a.m.	10	43758	\$55.50
Mini Muck & Mess – Parented	2–4 yrs	SOCC	Mon	Sep 30–Dec 9	3:30 p.m.–4:15 p.m.	10	43622	\$55.50
Ready, Set, School Readiness – Parented	3–5 yrs	DHC	Fri	Oct 18–Nov 22	9:15 a.m.–10:45 a.m.	6	44512	\$66.60
Sports								
Learn to Skate – Parent & Child	2–5 yrs	DHC	Thu	Oct 3–Dec 12	5:00 p.m.–5:50 p.m.	10	44544	\$110.00
Learn to Skate – Parent & Child	2–5 yrs	DHC	Sat	Oct 5–Dec 14	12:00 p.m.–12:50 p.m.	10	44549	\$110.00
Learn to Skate – Parent & Child	2–5 yrs	DRC	Fri	Oct 4–Dec 13	6:00 p.m.–6:30 p.m.	11	45064	\$60.50
Learn to Skate – Parent & Child	2–5 yrs	DRC	Sat	Oct 5–Dec 14	9:00 a.m.–9:50 a.m.	10	45066	\$110.00
Learn to Skate – Parent & Child	2–5 yrs	DRC	Mon	Oct 7–Dec 16	6:00 p.m.–6:50 p.m.	10	45061	\$110.00
Hockey Skills – Parent & Child	3–5 yrs	DHC	Wed	Oct 9–Dec 11	5:00 p.m.–5:50 p.m.	10	44538	\$110.00

ARC – Arts Resource Centre CRC – Civic Recreation Complex DHC – Delpark Homes Centre
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Fall Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Sports								
Junior Sports – Parented	2–3 yrs	DHC	Sun	Sep 29–Dec 8	9:00 a.m.–9:45 a.m.	10	44504	\$55.50
Junior Sports – Parented	2–3 yrs	DHC	Sun	Sep 29–Dec 8	9:50 a.m.–10:35 a.m.	10	44505	\$55.50
Junior Sports – Parented	2–3 yrs	DHC	Tue	Oct 1–Dec 10	9:15 a.m.–10:00 a.m.	11	44502	\$61.05
Junior Sports – Parented	2–3 yrs	DHC	Tue	Oct 1–Dec 10	10:15 a.m.–11:00 a.m.	11	44503	\$61.05
Junior Sports – Parented	2–3 yrs	SOCC	Sat	Sep 28–Dec 7	11:45 a.m.–12:30 p.m.	10	43623	\$55.50
Junior Sports – Parented	2–3 yrs	SOCC	Sun	Sep 29–Dec 8	9:30 a.m.–10:15 a.m.	10	43624	\$55.50
Sportball Multi-Sport – Parented	2–3 yrs	DHC	Tue	Oct 1–Dec 10	4:45 p.m.–5:30 p.m.	11	44513	\$229.13
Sportball Multi-Sport – Parented	2–3 yrs	SOCC	Sat	Sep 28–Dec 7	4:00 p.m.–4:45 p.m.	10	43704	\$208.30

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Respect the dignity and spirit of all people – children, youth, adults and staff.

Set a good example for your family, team members and those around you by creating a supportive, positive experience. Build confidence, develop, and improve skills, and have fun.



Oshawa.ca/RespectCheck



Winter Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Fitness								
Little Yogis (Child Participant)	2–6 yrs	DHC	Fri	Jan 10–Mar 7	10:00 a.m.–10:30 a.m.	9	46200	\$19.80
Little Yogis (Child Participant)	2–6 yrs	DHC	Fri	Jan 10–Mar 7	10:45 a.m.–11:15 a.m.	9	46207	\$19.80
Little Yogis (Child Participant)	4–7 yrs	SOCC	Sun	Jan 12–Mar 16	12:15 p.m.–12:45 p.m.	9	43680	\$19.80
Little Yogis (Adult Participant)	15 yrs+	DHC	Fri	Jan 10–Mar 7	10:00 a.m.–10:30 a.m.	9	46209	\$36.90
Little Yogis (Adult Participant)	15 yrs+	DHC	Fri	Jan 10–Mar 7	10:45 a.m.–11:15 a.m.	9	46211	\$36.90
Little Yogis (Adult Participant)	15 yrs+	SOCC	Sun	Jan 12–Mar 16	12:15 p.m.–12:45 p.m.	9	43679	\$36.90
Family Fitness Circuit (Child)	5 yrs+	CRC	Wed	Jan 8–Mar 19	6:00 p.m.–6:45 p.m.	11	44974	\$56.10
Family Fitness Circuit (Adult)	18 yrs+	CRC	Wed	Jan 8–Mar 19	6:00 p.m.–6:45 p.m.	11	44973	\$56.10
Yoga – Mother & Daughter (Child Participant)	10–15 yrs	DRC	Mon	Jan 6–Mar 3	7:05 p.m.–8:00 p.m.	8	45094	\$35.20
Yoga – Mother & Daughter (Adult Participant)	16 yrs+	DRC	Mon	Jan 6–Mar 3	7:05 p.m.–8:00 p.m.	8	45093	\$65.60
Aquafit – Diaper Fit	15 yrs+	DHC	Mon	Jan 6–Mar 3	1:00 p.m.–1:45 p.m.	8	45472	\$66.00
Aquafit – Diaper Fit	15 yrs+	DHC	Wed	Jan 8–Mar 5	1:00 p.m.–1:45 p.m.	9	45473	\$74.25
Aquafit – Diaper Fit	15 yrs+	SOCC	Mon	Jan 6–Mar 3	10:30 a.m.–11:15 a.m.	8	45975	\$66.00
Preschool								
Music, Movement & Make Believe – Parented	18–36 mths	DRC	Wed	Jan 8–Mar 5	9:30 a.m.–10:15 a.m.	9	45076	\$49.95
Crafty Climbers – Parented	18–36 mths	DRC	Thu	Jan 9–Mar 6	9:15 a.m.–10:30 a.m.	9	45083	\$83.25
Totnastics – Parented	2–3 yrs	DHC	Wed	Jan 8–Mar 5	10:00 a.m.–10:45 a.m.	9	44949	\$49.95
Totnastics – Parented	2–3 yrs	DHC	Wed	Jan 8–Mar 5	10:45 a.m.–11:30 a.m.	9	44950	\$49.95
Totnastics – Parented	2–3 yrs	DHC	Thu	Jan 9–Mar 6	9:15 a.m.–10:00 a.m.	9	44951	\$49.95
Totnastics – Parented	2–3 yrs	DHC	Thu	Jan 9–Mar 6	10:15 a.m.–11:00 a.m.	9	44952	\$49.95
Totnastics – Parented	2–3 yrs	DHC	Sat	Jan 11–Mar 8	9:00 a.m.–9:45 a.m.	9	44953	\$49.95
Totnastics – Parented	2–3 yrs	DHC	Sat	Jan 11–Mar 8	9:50 a.m.–10:35 a.m.	9	44954	\$49.95
Totnastics – Parented	2–3 yrs	DHC	Sun	Jan 12–Mar 9	11:00 a.m.–11:45 a.m.	9	44955	\$49.95
Totnastics – Parented	2–3 yrs	NCC	Sat	Jan 11–Mar 8	9:00 a.m.–9:45 a.m.	9	46212	\$49.95
Mini Muck & Mess – Parented	2–4 yrs	DHC	Sat	Jan 11–Mar 8	10:15 a.m.–11:00 a.m.	9	46710	\$49.95
Mini Muck & Mess – Parented	2–4 yrs	SOCC	Mon	Jan 6–Mar 3	3:30 p.m.–4:15 p.m.	8	43696	\$44.40
Ready, Set, School Readiness – Parented	3–5 yrs	DHC	Fri	Jan 24–Feb 28	9:15 a.m.–10:45 a.m.	6	44944	\$66.60
Sports								
Learn to Skate – Parent & Child	2–5 yrs	DHC	Thu	Jan 9–Mar 6	5:00 p.m.–5:50 p.m.	9	44560	\$99.00
Learn to Skate – Parent & Child	2–5 yrs	DHC	Sat	Jan 11–Mar 8	12:00 p.m.–12:50 p.m.	9	44565	\$99.00
Learn to Skate – Parent & Child	2–5 yrs	DRC	Mon	Jan 6–Mar 3	6:00 p.m.–6:50 p.m.	8	45101	\$88.00
Learn to Skate – Parent & Child	2–5 yrs	DRC	Fri	Jan 10–Mar 7	5:00 p.m.–5:30 p.m.	9	45104	\$49.50
Learn to Skate – Parent & Child	2–5 yrs	DRC	Sat	Jan 11–Mar 8	9:00 a.m.–9:50 a.m.	9	45107	\$99.00
Hockey Skills – Parent & Child	3–5 yrs	DHC	Wed	Jan 8–Mar 5	5:00 p.m.–5:50 p.m.	9	44554	\$99.00

Winter Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Sports								
Junior Sports – Parented	2–3 yrs	DHC	Tue	Jan 7–Mar 4	9:15 a.m.–10:00 a.m.	9	44945	\$49.95
Junior Sports – Parented	2–3 yrs	DHC	Tue	Jan 7–Mar 4	10:15 a.m.–11:00 a.m.	9	44946	\$49.95
Junior Sports – Parented	2–3 yrs	DHC	Sun	Jan 12–Mar 9	9:00 a.m.–9:45 a.m.	9	44947	\$49.95
Junior Sports – Parented	2–3 yrs	DHC	Sun	Jan 12–Mar 9	9:50 a.m.–10:35 a.m.	9	44948	\$49.95
Junior Sports – Parented	2–3 yrs	SOCC	Sat	Jan 11–Mar 8	11:45 a.m.–12:30 p.m.	9	43697	\$49.95
Junior Sports – Parented	2–3 yrs	SOCC	Sun	Jan 12–Mar 9	9:30 a.m.–10:15 a.m.	9	43698	\$49.95
Sportball Multi-Sport – Parented	2–3 yrs	DHC	Tue	Jan 7–Mar 25	4:45 p.m.–5:30 p.m.	11	44956	\$229.13
Sportball Multi-Sport – Parented	2–3 yrs	SOCC	Sat	Jan 11–Mar 29	4:00 p.m.–4:45 p.m.	10	43707	\$208.30

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Get your free Grade 5 Action Pass!



✦ **For all Grade 5 students in Durham**

Get a pass that grants access to free swimming, free skating and free sport programs at City of Oshawa recreation centres!

Learn more at Oshawa.ca/Fitness.

child programs

ages 4-12



Programs are eligible for financial assistance unless marked (*)



Inclusion Services support can be requested for all programs unless marked (*)

Arts & Crafts

Crafty Kids

A fun-filled session of crafts, colouring, sculpting, and painting to bring imagination to life through art. A masterpiece is created each week to take home and put on display.

Age: 3 to 5 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex**

Muck & Mess

Create works of art that are crazy, fun, and too messy to make at home! An active art program for preschoolers to use their imagination and be creative.

Age: 3 to 5 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex**

Pottery – Child/Youth – Level 1

An introduction to pottery using basic hand building techniques. Participants will be encouraged to use their imaginations to create themed projects.

Age: 5 to 8 years, 9 to 12 years

Location: Arts Resource Centre

Comic Book Creation

Learn the basics of planning, designing, and creating your own graphic novels and comic book strips. Participants will create a plot and transform it into their very own illustrated story.

Age: 5 to 9 years

Location: Donevan Recreation Complex

Drawing Skills – Junior

Learn the basic techniques needed to draw portraits, landscapes, and abstract drawings using media such as pencils, markers, pastels, and charcoal.

Age: 5 to 9 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex**

Pottery Workshop – Child/Youth

Participants will learn basic hand-building techniques and explore areas of construction, design, and glazing. Participants will create one piece per workshop and all pieces will be fired and ready to take home approximately two weeks after the workshop.

Age: 5 to 9 years

Location: Arts Resource Centre

Art Exploration – Child/Youth

An exploration of various creative mediums including sculpting, drawing, and painting. Class material will be based around popular themes.

Age: 6 to 12 years

**Location: Civic Recreation Complex,
Delpark Homes Centre**

Cartooning – Beginner

Learn the basics of cartoon drawing such as facial expressions, costume designs, and caricatures. Participants will be encouraged to use their imagination to create different cartoon characters.

Age: 6 to 12 years

Location: Donevan Recreation Complex

Claymation

Use clay and plasticine along with your imagination to create a story, 3D characters, design backgrounds, props, or even dioramas. Working with the instructor, participants will record their creations making their very own stop motion animation.

Age: 6 to 12 years

Location: Civic Recreation Complex

Minecraft® Creations

Focused around the popular game Minecraft®. Participants will unleash their creativity by making a variety of Minecraft® projects using watercolours, drawing, painting, and sculpting.

Age: 6 to 12 years

Location: Donevan Recreation Complex

Pottery – Child/Youth – Level 2

Participants will build on their hand building techniques learned from Pottery Level 1 and explore sculpting in 3D while creating a mix of functional and sculptural work.

Age: 6 to 12 years

Location: Arts Resource Centre

Dance

Ballet – Preschool

Children will learn the basics of ballet in this non-competitive, structured program, focusing on fun, improving balance, and enhancing coordination skills. An informal recital for family and friends will be held at the end of the course.

Age: 3 to 5 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex,
South Oshawa Community Centre**

Hip Hop – Preschool

Introduction to the steps and moves of hip hop dancing. An informal recital for family and friends will be held at the end of the course.

Age: 3 to 5 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex,
South Oshawa Community Centre**

Acro – Intro

Incorporating jumps, cartwheels, and other acrobatics this introductory program combines jazz, dance, and gymnastics. An informal recital for family and friends will be held at the end of the session.

Age: 5 to 7 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex**

Ballet – Child

Aimed at improving a dancer's balance, body awareness, and graceful movement by focusing on ballet and basic body positions. An informal recital for family and friends will be held at the end of the course.

Age: 6 to 8 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex**



Drama & Music

Little Actors

Casting call for little actors ready to step into the spotlight! Songs, dances, and fairy tales are explored. Activities and games focus on co-operation, movement, voice, and imagination.

Age: 4 to 6 years

Location: Arts Resource Centre

*Guitar – Child

Participants will learn the fundamentals of playing guitar including handling and tuning. Participants will progress to open chords, chord progressions, strumming, and melody reading. A guitar is required.

Age: 6 to 9 years

Location: Arts Resource Centre

***Note: This program is not eligible for financial assistance.**

Junior Actors

Activities and games will focus on co-operation, movement, voice, and imagination. Songs, dances, and fairy tales will be explored.

Age: 6 to 12 years

Location: Arts Resource Centre

Musical Theatre

Combining dancing and acting to musical numbers from popular shows, participants will practice then perform at an informal recital for family and friends at the end of the session.

Age: 6 to 12 years

Location: Arts Resource Centre

Vocal & Singing

Learn the fundamentals of singing including breathing, posture, diction, pitch, and tempo!

Age: 6 to 12 years

Location: Arts Resource Centre

Funky Town

A fun, recreational dance program that teaches some of the latest hip hop video dance moves. Includes cardio warm up and dance combinations to the latest radio hits. Focus is on building self-esteem and confidence in a non-competitive environment. An informal recital for family and friends will be held at the end of the course.

Age: 6 to 9 years

Location: Donevan Recreation Complex

Hip Hop – Level 1

Introduction to the steps and moves of hip hop dancing. An informal recital for family and friends will be held at the end of the course.

Age: 6 to 10 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex**

Hip Hop – Level 2

Building on previous hip hop knowledge by adding funky dance moves and combinations and a more challenging dance routine. An informal recital for family and friends will be held at the end of the course.

Age: 8 to 12 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex**

Preschool

NEW Fine Motor Fun

Help your preschooler to develop fine motor skills to improve printing, cutting, hand strength and fine motor coordination in this play based program. Group and independent activities will be used to create a fun and social environment.

Age: 2 to 5 years

Location: Delpark Homes Centre

NEW Letter Factory

Focus on letter sounds and recognition to jumpstart the kindergarten experience including circle time and other hands on letter learning activities.

Age: 2 to 5 years

Location: Delpark Homes Centre

Ready, Set, School

Prepare for junior kindergarten with counting, printing, art, and social skills. Take part in circles and creative group and individual activities that are theme-based and encourage independence. Each season has a separate curriculum. Children must be toilet trained and out of diapers/pull-ups. Children may only register for one Ready, Set, School course per program session.

Age: 3 to 5 years

Location: Delpark Homes Centre

Music, Movement & Make Believe

Explore movement through music, dance, and imaginative play. The emphasis is on fun, nurturing creative imagination, social interaction, and learning through music.

Age: 3 to 6 years

Location: Arts Resource Centre

Tinkergarten

Join us for an hour of outdoor play based learning. Get up and get moving as we explore nature through crafts, independent exploration, risk taking, and getting a bit dirty. Parent participation is required. Programming will be weather dependent.

Age: 3 to 6 years

Location: Delpark Homes Centre

Sports

***Sportball Multi-Sport**

Multi-sport programs focus on skill development in floor hockey, baseball, basketball, soccer, tennis, volleyball, and golf. Programs are creative, non-competitive, and help children build self-esteem and prepare for a future of confident sports participation.

Age: 3 to 5 years, 6 to 9 years

**Location: Delpark Homes Centre,
South Oshawa Community Centre**

***Note: This program is not eligible for financial assistance.**

T-Ball Skills

"And ... it's outta here!" This fun, entry-level introduction to the game of baseball will focus on basic skill development such as throwing, catching, and hitting. Baseball gloves are mandatory for all participants.

Age: 3 to 5 years

Location: South Oshawa Community Centre

Junior Sports

Younger athletes try their hand or foot at fun sports. Hockey, soccer, basketball, and many other sports make this course a ton of fun!

Age: 4 to 6 years

**Location: Delpark Homes Centre,
Northview Community Centre,
South Oshawa Community Centre**

Learn to Skate – Child

Skating skills are taught in a progressive sequence of seven levels. New participants are assessed at the first class and assigned to the most appropriate level. Participants previously enrolled in this program should bring progress cards to the first class. All program participants must wear a CSA approved hockey helmet on the ice. Bicycle and ski helmets are not permitted. A face mask and gloves/mitts are strongly recommended.

Age: 5 to 11 years

**Location: Delpark Homes Centre,
Donevan Recreation Complex**

Floor Hockey

A basic introduction to floor hockey with emphasis on stick handling, passing, team play, sportsmanship, and the rules of the game. Boys and girls are welcome! This is a non-contact program. Sticks are provided. Helmets and face masks are mandatory and must be provided by the participant.

Age: 6 to 8 years

Location: South Oshawa Community Centre

Hockey Skills – Child/Youth

House league caliber and first time hockey players are taught fundamental hockey skills: stick handling, puck control, passing, and shooting. Participants must be able to skate in order to attend this program and are required to wear full hockey equipment including a CSA approved hockey helmet with full face mask and neck guard.

Age: 6 to 8 years, 9 to 12 years

Location: Delpark Homes Centre

Badminton

Join friends for some fun, exercise, and learn the skills of the game! Racquets and shuttles are provided for players new to the game.

Age: 7 to 10 years, 8 to 15 years,

**Location: Delpark Homes Centre,
Northview Community Centre**

Basketball

Learn the basics of basketball in a fun and friendly environment.

Age: 7 to 10 years

**Location: Delpark Homes Centre,
Northview Community Centre,
South Oshawa Community Centre**

Dodgeball – Child/Youth

Focuses on the game of dodgeball and incorporates different versions such as king's court, elimination dodgeball, and many more!

Age: 7 to 10 years

**Location: Delpark Homes Centre,
Northview Community Centre**

NEW Nerf Wars

Nerf Wars is a great option for younger players that aren't ready for paintball. Come join us for bunker battles, target practice, and ultimate takedown competitions. Participants need to supply their own nerf gun. Darts and goggles will be supplied.

Age: 7 to 10 years

Location: Delpark Homes Centre





STEM Programs offered by Engineering for Kids

***Note: STEM programs are not eligible for financial assistance.**

***NEW Junior – Engineering Electrified**

Get charged for this exciting class of electrical engineering! In this class you will explore a wide range of foundational concepts related to electricity, such as magnetism, static electricity, circuitry and more. We will spark your imagination as you tackle electrifying, hands-on engineering challenges using our EFK Engineering Design Process. Explore! Discover! Illuminate!

Age: 4 to 7 years

Location: Delpark Homes Centre

***NEW Junior – Mission to Mars**

Our junior engineers will be inspired by Mars-themed children's literature featured in these classes. The stories will deepen their knowledge and spark their imaginations as they engage in hands-on engineering challenges using EFK's Engineering Design Process. In the stories and challenges, students will explore various topics in science, as well as mechanical, aerospace, geologic and environmental engineering. This course is sure to spark children's imaginations and ignite their curiosity about the future and Mars exploration.

Age: 4 to 7 years

Location: Delpark Homes Centre

***NEW Senior – Master Machines**

Gear up for an exciting time exploring mechanical engineering in this class where students will explore several of the mechanical forces that create movement in various machines. Students will work as mechanical engineers using EFK's Engineering Design Process to create exciting, hands-on projects that spin, cascade, launch, pivot, dig and race. The projects will demonstrate fascinating concepts, such as hydraulics, friction, velocity, aerodynamics, acceleration and mechanical advantage.

Age: 8 to 12 years

Location: Delpark Homes Centre

***NEW Senior – Rescue Bots**

Welcome to the Rescue Bot Operations Centre, a place where robots have fun, compete and go on exciting adventures. In this program students will use EFK's Engineering Design Process to take on a variety of rescue missions using the LEGO Spike Prime® robotics kit. Students will learn to build robots and use block coding to design a route through earthquake rubble, rescue a snowmobile from an avalanche and search a trail for lost hikers.

Age: 8 to 12 years

Location: Delpark Homes Centre



Fall Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Crafty Kids	3–5 yrs	DHC	Thu	Oct 3–Dec 12	4:45 p.m.–5:30 p.m.	10	43750	\$55.50
Crafty Kids	3–5 yrs	DRC	Wed	Oct 2–Dec 11	5:00 p.m.–5:45 p.m.	11	43738	\$61.05
Muck & Mess	3–5 yrs	DHC	Sat	Sep 28–Dec 7	11:15 a.m.–12:00 p.m.	10	43759	\$55.50
Muck & Mess	3–5 yrs	DRC	Wed	Oct 2–Dec 11	6:00 p.m.–6:45 p.m.	11	43739	\$61.05
Pottery – Child/Youth – Level 1	5–8 yrs	ARC	Mon	Sep 30–Dec 9	5:00 p.m.–6:30 p.m.	10	43716	\$165.00
Comic Book Creation	5–9 yrs	DRC	Mon	Sep 30–Dec 9	5:00 p.m.–6:00 p.m.	10	43722	\$106.00
Drawing Skills – Junior	5–9 yrs	DHC	Wed	Oct 2–Dec 11	5:00 p.m.–6:00 p.m.	11	43740	\$116.60
Drawing Skills – Junior	5–9 yrs	DRC	Tue	Oct 1–Dec 10	5:00 p.m.–6:00 p.m.	11	43732	\$116.60
Drawing Skills – Junior	5–9 yrs	DRC	Thu	Oct 3–Dec 12	5:00 p.m.–6:00 p.m.	10	43748	\$106.00
Pottery Workshop – Child/Youth	5–9 yrs	ARC	Sat	Nov 23	9:30 a.m.–11:30 a.m.	1	43757	\$40.00
Art Exploration – Child/Youth	6–12 yrs	CRC	Tue	Oct 1–Dec 10	5:00 p.m.–6:00 p.m.	11	43730	\$116.60
Art Exploration – Child/Youth	6–12 yrs	DHC	Wed	Oct 2–Dec 11	6:15 p.m.–7:15 p.m.	11	43741	\$116.60
Art Exploration – Child/Youth	6–12 yrs	DHC	Thu	Oct 3–Dec 12	5:45 p.m.–6:45 p.m.	10	43751	\$106.00
Cartooning – Beginner	6–12 yrs	DRC	Tue	Oct 1–Dec 10	6:15 p.m.–7:15 p.m.	11	43733	\$116.60
Claymation	6–12 yrs	CRC	Mon	Sep 30–Dec 9	5:00 p.m.–6:00 p.m.	10	43720	\$106.00
Minecraft© Creations	6–12 yrs	DRC	Mon	Sep 30–Dec 9	6:15 p.m.–7:15 p.m.	10	43723	\$106.00
Pottery – Child/Youth – Level 2	6–12 yrs	ARC	Thu	Oct 3–Dec 12	5:00 p.m.–6:30 p.m.	10	43742	\$159.00
Pottery – Child/Youth – Level 1	9–12 yrs	ARC	Tue	Oct 1–Dec 10	5:00 p.m.–6:30 p.m.	11	43724	\$181.50
Dance								
Ballet – Preschool	3–5 yrs	DHC	Sun	Sep 29–Dec 8	1:00 p.m.–1:30 p.m.	10	43574	\$42.00
Ballet – Preschool	3–5 yrs	DHC	Sun	Sep 29–Dec 8	1:45 p.m.–2:15 p.m.	10	43575	\$42.00
Ballet – Preschool	3–5 yrs	DRC	Sat	Sep 28–Dec 14	9:35 a.m.–10:05 a.m.	10	45002	\$42.00
Ballet – Preschool	3–5 yrs	DRC	Mon	Sep 30–Dec 9	5:15 p.m.–5:45 p.m.	10	44897	\$42.00
Ballet – Preschool	3–5 yrs	DRC	Tue	Oct 1–Dec 10	5:35 p.m.–6:05 p.m.	11	44906	\$46.20
Ballet – Preschool	3–5 yrs	DRC	Wed	Oct 2–Dec 11	10:55 a.m.–11:25 a.m.	11	44988	\$46.20
Ballet – Preschool	3–5 yrs	DRC	Wed	Oct 2–Dec 11	5:50 p.m.–6:20 p.m.	11	44991	\$46.20
Ballet – Preschool	3–5 yrs	SOCC	Sat	Sep 28–Dec 7	9:15 a.m.–9:45 a.m.	10	43594	\$42.00
Ballet – Preschool	3–5 yrs	SOCC	Sat	Sep 28–Dec 7	10:45 a.m.–11:15 a.m.	10	43596	\$42.00
Hip Hop – Preschool	3–5 yrs	DHC	Sun	Sep 29–Dec 8	2:30 p.m.–3:00 p.m.	10	43576	\$42.00
Hip Hop – Preschool	3–5 yrs	DHC	Sun	Sep 29–Dec 8	3:15 p.m.–3:45 p.m.	10	43577	\$42.00
Hip Hop – Preschool	3–5 yrs	DRC	Sat	Sep 28–Dec 14	9:00 a.m.–9:30 a.m.	10	44998	\$42.00
Hip Hop – Preschool	3–5 yrs	DRC	Mon	Sep 30–Dec 9	4:40 p.m.–5:10 p.m.	10	44896	\$42.00
Hip Hop – Preschool	3–5 yrs	DRC	Mon	Sep 30–Dec 9	5:50 p.m.–6:20 p.m.	10	44898	\$42.00
Hip Hop – Preschool	3–5 yrs	DRC	Tue	Oct 1–Dec 10	5:00 p.m.–5:30 p.m.	11	44905	\$46.20

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Fall Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Dance								
Hip Hop – Preschool	3–5 yrs	DRC	Wed	Oct 2–Dec 11	10:20 a.m.–10:50 a.m.	11	44987	\$46.20
Hip Hop – Preschool	3–5 yrs	DRC	Wed	Oct 2–Dec 11	4:40 p.m.–5:10 p.m.	11	44989	\$46.20
Hip Hop – Preschool	3–5 yrs	DRC	Thu	Oct 3–Dec 12	5:15 p.m.–5:45 p.m.	11	44994	\$46.20
Hip Hop – Preschool	3–5 yrs	SOCC	Sat	Sep 28–Dec 7	10:00 a.m.–10:30 a.m.	10	43595	\$42.00
Acro – Intro	5–7 yrs	DHC	Sat	Sep 28–Dec 7	12:15 p.m.–12:45 p.m.	10	43569	\$42.00
Acro – Intro	5–7 yrs	DHC	Sat	Sep 28–Dec 7	2:45 p.m.–3:15 p.m.	10	43570	\$42.00
Acro – Intro	5–7 yrs	DRC	Sat	Sep 28–Dec 14	10:10 a.m.–10:40 a.m.	10	45004	\$42.00
Acro – Intro	5–7 yrs	DRC	Sat	Sep 28–Dec 14	10:45 a.m.–11:15 a.m.	10	45005	\$42.00
Acro – Intro	5–7 yrs	DRC	Sat	Sep 28–Dec 14	11:20 a.m.–11:50 a.m.	10	45018	\$42.00
Acro – Intro	5–7 yrs	DRC	Wed	Oct 2–Dec 11	5:15 p.m.–5:45 p.m.	11	44990	\$46.20
Ballet – Child	6–8 yrs	DHC	Sat	Sep 28–Dec 7	1:00 p.m.–1:30 p.m.	10	43571	\$42.00
Ballet – Child	6–8 yrs	DRC	Tue	Oct 1–Dec 10	6:10 p.m.–6:40 p.m.	11	44911	\$46.20
Funky Town	6–9 yrs	DRC	Mon	Sep 30–Dec 9	6:25 p.m.–6:55 p.m.	10	44899	\$42.00
Hip Hop – Level 1	6–10 yrs	DHC	Sat	Sep 28–Dec 7	1:45 p.m.–2:30 p.m.	10	43572	\$63.00
Hip Hop – Level 1	6–10 yrs	DRC	Sat	Sep 28–Dec 14	11:55 a.m.–12:25 p.m.	10	45019	\$42.00
Hip Hop – Level 1	6–10 yrs	DRC	Wed	Oct 2–Dec 11	6:25 p.m.–7:10 p.m.	11	44992	\$69.30
Hip Hop – Level 1	6–10 yrs	DRC	Thu	Oct 3–Dec 12	5:50 p.m.–6:20 p.m.	11	44995	\$46.20
Hip Hop – Level 2	8–12 yrs	DHC	Sat	Sep 28–Dec 7	3:30 p.m.–4:15 p.m.	10	43573	\$63.00
Hip Hop – Level 2	8–12 yrs	DRC	Thu	Oct 3–Dec 12	6:25 p.m.–6:55 p.m.	11	44996	\$46.20
Drama & Music								
Little Actors	4–6 yrs	ARC	Sat	Sep 28–Dec 7	10:30 a.m.–11:15 a.m.	10	43753	\$55.50
Little Actors	4–6 yrs	ARC	Mon	Sep 30–Dec 9	5:15 p.m.–6:00 p.m.	10	43717	\$55.50
Guitar – Child	6–9 yrs	ARC	Thu	Oct 3–Dec 12	5:45 p.m.–6:45 p.m.	10	43743	\$100.00
Junior Actors	6–12 yrs	ARC	Sat	Sep 28–Dec 7	11:30 a.m.–12:30 p.m.	10	43754	\$72.00
Junior Actors	6–12 yrs	ARC	Mon	Sep 30–Dec 9	6:15 p.m.–7:15 p.m.	10	43718	\$72.00
Musical Theatre	6–12 yrs	ARC	Tue	Oct 1–Dec 10	6:15 p.m.–7:15 p.m.	11	43726	\$79.20
Vocal & Singing	6–12 yrs	ARC	Wed	Oct 2–Dec 11	6:00 p.m.–7:00 p.m.	11	43735	\$66.00
Preschool								
Fine Motor Fun	2–5 yrs	DHC	Wed	Oct 23–Dec 11	10:45 a.m.–11:30 a.m.	8	46198	\$60.00
Letter Factory	2–5 yrs	DHC	Wed	Oct 23–Dec 11	9:30 a.m.–10:15 a.m.	8	46142	\$44.40
Ready, Set, School	3–5 yrs	DHC	Mon,Wed	Sep 30–Dec 11	9:15 a.m.–11:15 a.m.	21	44496	\$310.80
Ready, Set, School	3–5 yrs	DHC	Mon,Wed	Sep 30–Dec 11	12:00 p.m.–2:00 p.m.	21	44497	\$310.80
Ready, Set, School	3–5 yrs	DHC	Tue,Thu	Oct 1–Dec 12	9:15 a.m.–11:15 a.m.	22	44498	\$325.60
Ready, Set, School	3–5 yrs	DHC	Tue,Thu	Oct 1–Dec 12	12:00 p.m.–2:00 p.m.	22	44499	\$325.60
Music, Movement & Make Believe	3–5 yrs	ARC	Sat	Sep 28–Dec 7	9:30 a.m.–10:15 a.m.	10	43752	\$75.00

ARC – Arts Resource Centre CRC – Civic Recreation Complex DHC – Delpark Homes Centre
DRC – Donevan Recreation Complex NCC – Northview Community Centre SOCC – South Oshawa Community Centre

Fall Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Preschool								
Tinkergarten	3–6 yrs	DHC	Mon	Sep 30–Nov 11	9:30 a.m.–10:30 a.m.	6	44500	\$44.40
Tinkergarten	3–6 yrs	DHC	Mon	Sep 30–Nov 11	10:45 a.m.–11:45 a.m.	6	44501	\$44.40
Sports								
Sportball Multi-Sport	3–5 yrs	DHC	Tue	Oct 1–Dec 10	5:30 p.m.–6:30 p.m.	11	44514	\$229.13
Sportball Multi-Sport	3–5 yrs	SOCC	Sat	Sep 28–Dec 7	4:45 p.m.–5:45 p.m.	10	43705	\$208.30
T–Ball Skills	3–5 yrs	SOCC	Sat	Sep 28–Dec 7	12:45 p.m.–1:30 p.m.	10	43645	\$45.00
T–Ball Skills	3–5 yrs	SOCC	Tue	Oct 1–Dec 10	4:30 p.m.–5:15 p.m.	11	43644	\$49.50
Junior Sports	4–6 yrs	DHC	Thu	Oct 3–Dec 12	5:15 p.m.–6:00 p.m.	10	44518	\$45.00
Junior Sports	4–6 yrs	DHC	Thu	Oct 3–Dec 12	6:05 p.m.–6:50 p.m.	10	44519	\$45.00
Junior Sports	4–6 yrs	NCC	Sat	Sep 28–Dec 7	10:00 a.m.–10:45 a.m.	10	46189	\$45.00
Junior Sports	4–6 yrs	NCC	Sat	Sep 28–Dec 7	11:00 a.m.–11:45 a.m.	10	46190	\$45.00
Junior Sports	4–6 yrs	SOCC	Sat	Sep 28–Dec 7	1:45 p.m.–2:30 p.m.	10	43646	\$45.00
Learn to Skate – Child	5–11 yrs	DHC	Thu	Oct 3–Dec 12	6:00 p.m.–6:50 p.m.	10	44545	\$104.00
Learn to Skate – Child	5–11 yrs	DHC	Thu	Oct 3–Dec 12	7:00 p.m.–7:50 p.m.	10	44546	\$104.00
Learn to Skate – Child	5–11 yrs	DHC	Thu	Oct 3–Dec 12	8:00 p.m.–8:50 p.m.	10	44547	\$104.00
Learn to Skate – Child	5–11 yrs	DHC	Sat	Oct 5–Dec 14	1:00 p.m.–1:50 p.m.	10	44550	\$104.00
Learn to Skate – Child	5–11 yrs	DHC	Sat	Oct 5–Dec 14	2:00 p.m.–2:50 p.m.	10	44551	\$104.00
Learn to Skate – Child	5–11 yrs	DHC	Tue	Oct 8–Dec 10	6:00 p.m.–6:50 p.m.	10	44541	\$104.00
Learn to Skate – Child	5–11 yrs	DHC	Tue	Oct 8–Dec 10	7:00 p.m.–7:50 p.m.	10	44542	\$104.00
Learn to Skate – Child	5–11 yrs	DRC	Fri	Oct 4–Dec 13	6:30 p.m.–7:20 p.m.	11	45065	\$114.40
Learn to Skate – Child	5–11 yrs	DRC	Sat	Oct 5–Dec 14	10:00 a.m.–10:50 a.m.	10	45067	\$104.00
Learn to Skate – Child	5–11 yrs	DRC	Sat	Oct 5–Dec 14	11:00 a.m.–11:50 a.m.	10	45068	\$104.00
Learn to Skate – Child	5–11 yrs	DRC	Mon	Oct 7–Dec 16	6:00 p.m.–6:50 p.m.	10	45062	\$104.00
Learn to Skate – Child	5–11 yrs	DRC	Mon	Oct 7–Dec 16	7:00 p.m.–7:50 p.m.	10	45063	\$104.00
Floor Hockey	6–8 yrs	SOCC	Sun	Sep 29–Dec 8	3:45 p.m.–4:30 p.m.	10	43648	\$45.00
Hockey Skills – Child/Youth	6–8 yrs	DHC	Wed	Oct 9–Dec 11	6:00 p.m.–6:50 p.m.	10	44539	\$104.00
Sportball Multi-Sport	6–9 yrs	DHC	Tue	Oct 1–Dec 10	6:30 p.m.–7:30 p.m.	11	44515	\$229.13
Sportball Multi-Sport	6–9 yrs	SOCC	Sat	Sep 28–Dec 7	5:45 p.m.–6:45 p.m.	10	43706	\$208.30
Badminton	7–10 yrs	DHC	Sun	Sep 29–Dec 8	2:30 p.m.–3:30 p.m.	10	44522	\$60.00
Badminton	7–10 yrs	NCC	Sun	Sep 29–Dec 8	12:00 p.m.–1:00 p.m.	10	46196	\$60.00
Badminton	7–10 yrs	NCC	Fri	Oct 4–Dec 13	6:15 p.m.–7:15 p.m.	9	46215	\$54.00
Basketball	7–10 yrs	DHC	Sun	Sep 29–Dec 8	12:00 p.m.–1:00 p.m.	10	44520	\$60.00
Basketball	7–10 yrs	NCC	Sun	Sep 29–Dec 8	2:30 p.m.–3:30 p.m.	10	46194	\$60.00
Basketball	7–10 yrs	SOCC	Sat	Sep 28–Dec 7	2:45 p.m.–3:45 p.m.	10	43647	\$60.00
Basketball	7–10 yrs	SOCC	Sun	Sep 29–Dec 8	4:45 p.m.–5:45 p.m.	10	43649	\$60.00
Basketball	7–10 yrs	SOCC	Sun	Sep 29–Dec 8	6:00 p.m.–7:00 p.m.	10	43650	\$60.00

Fall Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Sports								
Dodgeball – Child/Youth	7–10 yrs	DHC	Mon	Sep 30–Nov 4	5:45 p.m.–6:45 p.m.	5	44516	\$30.00
Dodgeball – Child/Youth	7–10 yrs	NCC	Sat	Sep 28–Dec 7	2:30 p.m.–3:30 p.m.	10	46192	\$60.00
Nerf Wars	7–10 yrs	DHC	Mon	Nov 11–Dec 9	5:45 p.m.–6:45 p.m.	5	46138	\$30.00
Hockey Skills – Child/Youth	9–12 yrs	DHC	Wed	Oct 9–Dec 11	7:00 p.m.–7:50 p.m.	10	44540	\$104.00
STEM								
STEM Programs – Junior – Engineering Electrified	4–7 yrs	DHC	Sat	Sep 28–Dec 7	9:30 a.m.–10:30 a.m.	10	46147	\$350.00
STEM Programs – Senior – Master Machines	8–12 yrs	DHC	Sat	Sep 28–Dec 7	11:00 a.m.–12:00 p.m.	10	46151	\$380.00

ARC – Arts Resource Centre CRC – Civic Recreation Complex DHC – Delpark Homes Centre
 DRC – Donevan Recreation Complex NCC – Northview Community Centre SOCC – South Oshawa Community Centre



Audi Durham

905-579-0088
 audidurham.ca
 audisales@owasco.com



905-579-0010
 owascovolkswagen.ca
 vwsales@owasco.com



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Winter Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Crafty Kids	3–5 yrs	DHC	Thu	Jan 9–Mar 6	4:45 p.m.–5:30 p.m.	9	44295	\$49.95
Crafty Kids	3–5 yrs	DRC	Wed	Jan 8–Mar 5	5:00 p.m.–5:45 p.m.	9	43809	\$49.95
Muck & Mess	3–5 yrs	DRC	Wed	Jan 8–Mar 5	6:00 p.m.–6:45 p.m.	9	43810	\$49.95
Muck & Mess	3–5 yrs	DRC	Wed	Jan 11–Mar 8	11:15 a.m.–12:00 p.m.	9	46924	\$49.95
Pottery – Child/Youth – Level 1	5–8 yrs	ARC	Mon	Jan 6–Mar 3	5:00 p.m.–6:30 p.m.	8	43764	\$132.00
Comic Book Creation	5–9 yrs	DRC	Mon	Jan 6–Mar 3	5:00 p.m.–6:00 p.m.	8	43773	\$84.80
Drawing Skills – Junior	5–9 yrs	DHC	Wed	Jan 8–Mar 5	5:00 p.m.–6:00 p.m.	9	43811	\$95.40
Drawing Skills – Junior	5–9 yrs	DRC	Tue	Jan 7–Mar 4	5:00 p.m.–6:00 p.m.	9	43797	\$95.40
Drawing Skills – Junior	5–9 yrs	DRC	Thu	Jan 9–Mar 6	5:00 p.m.–6:00 p.m.	9	44293	\$95.40
Pottery Workshop – Child/Youth	5–9 yrs	ARC	Sat	Mar 1	9:30 a.m.–11:30 a.m.	1	44394	\$40.00
Art Exploration – Child/Youth	6–12 yrs	CRC	Tue	Jan 7–Mar 4	5:00 p.m.–6:00 p.m.	9	43795	\$95.40
Art Exploration – Child/Youth	6–12 yrs	DHC	Wed	Jan 8–Mar 5	6:15 a.m.–7:15 a.m.	9	43812	\$95.40
Art Exploration – Child/Youth	6–12 yrs	DHC	Thu	Jan 9–Mar 6	5:45 p.m.–6:45 p.m.	9	44296	\$95.40
Cartooning – Beginner	6–12 yrs	DRC	Tue	Jan 7–Mar 4	6:15 p.m.–7:15 p.m.	9	43798	\$95.40
Claymation	6–12 yrs	CRC	Mon	Jan 6–Mar 3	5:00 p.m.–6:00 p.m.	8	43769	\$84.80
Minecraft© Creations	6–12 yrs	DRC	Mon	Jan 6–Mar 3	6:15 p.m.–7:15 p.m.	8	43785	\$84.80
Pottery – Child/Youth – Level 2	6–12 yrs	ARC	Thu	Jan 9–Mar 6	5:00 p.m.–6:30 p.m.	9	43814	\$148.50
Pottery – Child/Youth – Level 1	9–12 yrs	ARC	Tue	Jan 7–Mar 4	5:00 p.m.–6:30 p.m.	9	43791	\$148.50
Dance								
Ballet – Preschool	3–5 yrs	DHC	Sun	Jan 12–Mar 9	12:00 p.m.–12:30 p.m.	9	43612	\$37.80
Ballet – Preschool	3–5 yrs	DHC	Sun	Jan 12–Mar 9	1:45 p.m.–2:15 p.m.	9	43613	\$37.80
Ballet – Preschool	3–5 yrs	DRC	Mon	Jan 6–Mar 3	5:15 p.m.–5:45 p.m.	8	45070	\$33.60
Ballet – Preschool	3–5 yrs	DRC	Tue	Jan 7–Mar 4	5:35 p.m.–6:05 p.m.	9	45074	\$37.80
Ballet – Preschool	3–5 yrs	DRC	Wed	Jan 8–Mar 5	10:55 a.m.–11:25 a.m.	9	45078	\$37.80
Ballet – Preschool	3–5 yrs	DRC	Wed	Jan 8–Mar 5	5:50 p.m.–6:20 p.m.	9	45081	\$37.80
Ballet – Preschool	3–5 yrs	DRC	Sat	Jan 11–Mar 8	9:35 a.m.–10:05 a.m.	9	45088	\$37.80
Ballet – Preschool	3–5 yrs	SOCC	Sat	Jan 11–Mar 8	9:15 a.m.–9:45 a.m.	9	43681	\$37.80
Ballet – Preschool	3–5 yrs	SOCC	Sat	Jan 11–Mar 8	10:45 a.m.–11:15 a.m.	9	43683	\$37.80
Hip Hop – Preschool	3–5 yrs	DHC	Sun	Jan 12–Mar 9	2:30 p.m.–3:00 p.m.	9	43614	\$37.80
Hip Hop – Preschool	3–5 yrs	DHC	Sun	Jan 12–Mar 9	3:15 p.m.–3:45 p.m.	9	43615	\$37.80
Hip Hop – Preschool	3–5 yrs	DRC	Mon	Jan 6–Mar 3	4:40 p.m.–5:10 p.m.	8	45069	\$33.60
Hip Hop – Preschool	3–5 yrs	DRC	Mon	Jan 6–Mar 3	5:50 p.m.–6:20 p.m.	8	45071	\$33.60
Hip Hop – Preschool	3–5 yrs	DRC	Tue	Jan 7–Mar 4	5:00 p.m.–5:30 p.m.	9	45073	\$37.80
Hip Hop – Preschool	3–5 yrs	DRC	Wed	Jan 8–Mar 5	10:20 a.m.–10:50 a.m.	9	45077	\$37.80
Hip Hop – Preschool	3–5 yrs	DRC	Wed	Jan 8–Mar 5	4:40 p.m.–5:10 p.m.	9	45079	\$37.80
Hip Hop – Preschool	3–5 yrs	DRC	Thu	Jan 9–Mar 6	5:15 p.m.–5:45 p.m.	9	45084	\$37.80

Winter Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Dance								
Hip Hop – Preschool	3–5 yrs	DRC	Sat	Jan 11–Mar 8	9:00 a.m.–9:30 a.m.	9	45087	\$37.80
Hip Hop – Preschool	3–5 yrs	SOCC	Sat	Jan 11–Mar 8	10:00 a.m.–10:30 a.m.	9	43682	\$37.80
Acro – Intro	5–7 yrs	DHC	Sat	Jan 11–Mar 8	12:15 p.m.–12:45 p.m.	9	43607	\$37.80
Acro – Intro	5–7 yrs	DHC	Sat	Jan 11–Mar 8	2:45 p.m.–3:15 p.m.	9	43608	\$37.80
Acro – Intro	5–7 yrs	DRC	Wed	Jan 8–Mar 5	5:15 p.m.–5:45 p.m.	9	45080	\$37.80
Acro – Intro	5–7 yrs	DRC	Sat	Jan 11–Mar 8	10:10 a.m.–10:40 a.m.	9	45089	\$37.80
Acro – Intro	5–7 yrs	DRC	Sat	Jan 11–Mar 8	10:45 a.m.–11:15 a.m.	9	45090	\$37.80
Acro – Intro	5–7 yrs	DRC	Sat	Jan 11–Mar 8	11:20 a.m.–11:50 a.m.	9	45091	\$37.80
Ballet – Child	6–8 yrs	DHC	Sat	Jan 11–Mar 8	1:00 p.m.–1:30 p.m.	9	43609	\$37.80
Ballet – Child	6–8 yrs	DRC	Tue	Jan 7–Mar 4	6:10 p.m.–6:40 p.m.	9	45075	\$37.80
Funky Town	6–9 yrs	DRC	Mon	Jan 6–Mar 3	6:25 p.m.–6:55 p.m.	8	45072	\$33.60
Hip Hop – Level 1	6–10 yrs	DHC	Sat	Jan 11–Mar 8	1:45 p.m.–2:30 p.m.	9	43610	\$56.70
Hip Hop – Level 1	6–10 yrs	DRC	Wed	Jan 8–Mar 5	6:25 p.m.–6:55 p.m.	9	45082	\$37.80
Hip Hop – Level 1	6–10 yrs	DRC	Thu	Jan 9–Mar 6	5:50 p.m.–6:20 p.m.	9	45085	\$37.80
Hip Hop – Level 1	6–10 yrs	DRC	Sat	Jan 11–Mar 8	11:55 a.m.–12:25 p.m.	9	45092	\$37.80
Hip Hop – Level 2	8–12 yrs	DHC	Sat	Jan 11–Mar 8	3:30 p.m.–4:15 p.m.	9	43611	\$56.70
Hip Hop – Level 2	8–12 yrs	DRC	Thu	Jan 9–Mar 6	6:25 p.m.–6:55 p.m.	9	45086	\$37.80
Drama & Music								
Little Actors	4–6 yrs	ARC	Mon	Jan 6–Mar 3	5:15 p.m.–6:00 p.m.	8	43766	\$44.40
Little Actors	4–6 yrs	ARC	Sat	Jan 11–Mar 8	10:30 a.m.–11:15 a.m.	9	44388	\$49.95
Guitar – Child	6–9 yrs	ARC	Thu	Jan 9–Mar 6	5:45 p.m.–6:45 p.m.	9	43815	\$90.00
Junior Actors	6–12 yrs	ARC	Mon	Jan 6–Mar 3	6:15 p.m.–7:15 p.m.	8	43767	\$57.60
Junior Actors	6–12 yrs	ARC	Sat	Jan 11–Mar 8	11:30 a.m.–12:30 p.m.	9	44391	\$64.80
Musical Theatre	6–12 yrs	ARC	Tue	Jan 7–Mar 4	6:15 p.m.–7:15 p.m.	9	43792	\$64.80
Vocal & Singing	6–12 yrs	ARC	Wed	Jan 8–Mar 5	6:00 p.m.–7:00 p.m.	9	43800	\$95.40
Preschool								
Fine Motor Fun	2–5 yrs	DHC	Wed	Jan 22–Feb 26	10:45 a.m.–11:30 a.m.	6	46199	\$45.00
Letter Factory	3–5 yrs	DHC	Wed	Jan 22–Feb 26	9:30 a.m.–10:15 a.m.	6	46143	\$33.30
Ready, Set, School	3–5 yrs	DHC	Mon, Wed	Jan 6–Mar 5	9:15 a.m.–11:15 a.m.	17	44940	\$251.60
Ready, Set, School	3–5 yrs	DHC	Mon, Wed	Jan 6–Mar 5	12:00 p.m.–2:00 p.m.	17	44941	\$251.60
Ready, Set, School	3–5 yrs	DHC	Tue, Thu	Jan 7–Mar 6	9:15 a.m.–11:15 a.m.	18	44942	\$266.40
Ready, Set, School	3–5 yrs	DHC	Tue, Thu	Jan 7–Mar 6	12:00 p.m.–2:00 p.m.	18	44943	\$266.40
Music, Movement & Make Believe	3–5 yrs	ARC	Sat	Jan 11–Mar 8	9:30 a.m.–10:15 a.m.	9	44387	\$67.50
Sports								
Sportball Multi-Sport	3–5 yrs	DHC	Tue	Jan 7–Mar 25	5:30 p.m.–6:30 p.m.	11	44957	\$229.13
Sportball Multi-Sport	3–5 yrs	SOCC	Sat	Jan 11–Mar 29	4:45 p.m.–5:45 p.m.	10	43708	\$208.30

Winter Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Sports								
T-Ball Skills	3-5 yrs	SOCC	Tue	Jan 7-Mar 4	4:30 p.m.-5:15 p.m.	9	43695	\$40.50
T-Ball Skills	3-5 yrs	SOCC	Sat	Jan 11-Mar 8	12:45 p.m.-1:30 p.m.	9	43688	\$40.50
Junior Sports	4-6 yrs	DHC	Thu	Jan 9-Mar 6	5:15 p.m.-6:00 p.m.	9	44961	\$40.50
Junior Sports	4-6 yrs	DHC	Thu	Jan 9-Mar 6	6:05 p.m.-6:50 p.m.	9	44962	\$40.50
Junior Sports	4-6 yrs	NCC	Sat	Jan 11-Mar 8	10:00 a.m.-10:45 a.m.	9	46205	\$40.50
Junior Sports	4-6 yrs	NCC	Sat	Jan 11-Mar 8	11:00 a.m.-11:45 a.m.	9	46206	\$40.50
Junior Sports	4-6 yrs	SOCC	Sat	Jan 11-Mar 8	1:45 p.m.-2:30 p.m.	9	43689	\$40.50
Learn to Skate – Child	5-11 yrs	DHC	Tue	Jan 7-Mar 4	6:00 p.m.-6:50 p.m.	9	44557	\$93.60
Learn to Skate – Child	5-11 yrs	DHC	Tue	Jan 7-Mar 4	7:00 p.m.-7:50 p.m.	9	44558	\$93.60
Learn to Skate – Child	5-11 yrs	DHC	Thu	Jan 9-Mar 6	6:00 p.m.-6:50 p.m.	9	44561	\$93.60
Learn to Skate – Child	5-11 yrs	DHC	Thu	Jan 9-Mar 6	7:00 p.m.-7:50 p.m.	9	44562	\$93.60
Learn to Skate – Child	5-11 yrs	DHC	Thu	Jan 9-Mar 6	8:00 p.m.-8:50 p.m.	9	44563	\$93.60
Learn to Skate – Child	5-11 yrs	DHC	Sat	Jan 11-Mar 8	1:00 p.m.-1:50 p.m.	9	44566	\$93.60
Learn to Skate – Child	5-11 yrs	DHC	Sat	Jan 11-Mar 8	2:00 p.m.-2:50 p.m.	9	44567	\$93.60
Learn to Skate – Child	5-11 yrs	DRC	Mon	Jan 6-Mar 3	6:00 p.m.-6:50 p.m.	8	45102	\$83.20
Learn to Skate – Child	5-11 yrs	DRC	Mon	Jan 6-Mar 3	7:00 p.m.-7:50 p.m.	8	45103	\$83.20
Learn to Skate – Child	5-11 yrs	DRC	Fri	Jan 10-Mar 7	5:30 p.m.-6:20 p.m.	9	45105	\$93.60
Learn to Skate – Child	5-11 yrs	DRC	Fri	Jan 10-Mar 7	6:30 p.m.-7:20 p.m.	9	45106	\$93.60
Learn to Skate – Child	5-11 yrs	DRC	Sat	Jan 11-Mar 8	10:00 a.m.-10:50 a.m.	9	45108	\$93.60
Learn to Skate – Child	5-11 yrs	DRC	Sat	Jan 11-Mar 8	11:00 a.m.-11:50 a.m.	9	45109	\$93.60
Floor Hockey	6-8 yrs	SOCC	Sun	Jan 12-Mar 9	3:45 p.m.-4:30 p.m.	9	43691	\$40.50
Hockey Skills – Child/Youth	6-8 yrs	DHC	Wed	Jan 8-Mar 5	6:00 p.m.-6:50 p.m.	9	44555	\$93.60
Sportball Multi-Sport	6-9 yrs	DHC	Tue	Jan 7-Mar 25	6:30 p.m.-7:30 p.m.	11	44958	\$229.13
Sportball Multi-Sport	6-9 yrs	SOCC	Sat	Jan 11-Mar 29	5:45 p.m.-6:45 p.m.	10	43709	\$208.30
Badminton	7-10 yrs	DHC	Sun	Jan 12-Mar 9	2:30 p.m.-3:30 p.m.	9	44965	\$54.00
Badminton	7-10 yrs	NCC	Fri	Jan 10-Mar 7	6:15 p.m.-7:15 p.m.	7	46213	\$42.00
Badminton	7-10 yrs	NCC	Sun	Jan 12-Mar 9	12:00 p.m.-1:00 p.m.	9	46201	\$54.00
Basketball	7-10 yrs	DHC	Sun	Jan 12-Mar 9	12:00 p.m.-1:00 p.m.	9	44963	\$54.00
Basketball	7-10 yrs	NCC	Sun	Jan 12-Mar 9	2:30 p.m.-3:30 p.m.	9	46203	\$54.00
Basketball	7-10 yrs	SOCC	Sat	Jan 11-Mar 8	2:45 p.m.-3:45 p.m.	9	43690	\$54.00
Basketball	7-10 yrs	SOCC	Sun	Jan 12-Mar 9	4:45 p.m.-5:45 p.m.	9	43692	\$54.00
Basketball	7-10 yrs	SOCC	Sun	Jan 12-Mar 9	6:00 p.m.-7:00 p.m.	9	43693	\$54.00
Dodgeball – Child/Youth	7-10 yrs	DHC	Mon	Jan 6-Jan 27	5:45 p.m.-6:45 p.m.	4	44959	\$24.00

ARC – Arts Resource Centre CRC – Civic Recreation Complex DHC – Delpark Homes Centre
DRC – Donevan Recreation Complex NCC – Northview Community Centre SOCC – South Oshawa Community Centre

Winter Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Sports								
Dodgeball – Child/Youth	7–10 yrs	NCC	Sat	Jan 11–Mar 8	2:30 p.m.–3:30 p.m.	9	46208	\$54.00
Nerf Wars	7–10 yrs	DHC	Mon	Feb 3–Mar 3	5:45 p.m.–6:45 p.m.	4	46140	\$24.00
Hockey Skills – Child/Youth	9–12 yrs	DHC	Wed	Jan 8–Mar 5	7:00 p.m.–7:50 p.m.	9	44556	\$93.60
STEM								
STEM Programs – Junior – Mission to Mars	4–7 yrs	DHC	Sat	Jan 11–Mar 8	9:30 a.m.–10:30 a.m.	8	46154	\$280.00
STEM Programs – Senior – Rescue Bots	8–12 yrs	DHC	Sat	Jan 11–Mar 8	11:00 a.m.–12:00 p.m.	8	46156	\$304.00

ARC – Arts Resource Centre CRC – Civic Recreation Complex DHC – Delpark Homes Centre
 DRC – Donevan Recreation Complex NCC – Northview Community Centre SOCC – South Oshawa Community Centre



"I COULDN'T TAKE CARE OF MY CHILDREN BECAUSE I COULDN'T TAKE CARE OF MYSELF."

They are moms like Grace, who has silently struggled with mental health issues since she was young. When Grace started to think about harming herself and her children, she knew she needed help. Ontario Shores is here for Grace as she faces the challenges on her path to recovery. With your help, we can be there for even more moms who can't wait for the urgent care they need.

Help change the face of mental health
facesofontarioshores.ca



**THESE ARE THE
 FACES OF ONTARIO SHORES.**



youth programs

ages 12-17



Programs are eligible for financial assistance unless marked (*)



Inclusion Services support can be requested for all programs unless marked (*)

Arts & Crafts

Anime Introduction

Learn how to create sketches and full colour illustrations in the popular Japanese cartoon style Anime. Using a variety of drawing media, learn how to create various characters, costumes, and facial expressions.

Age: 8 to 13 years

Location: Civic Recreation Complex

Drawing Skills – Youth

Participants will learn basic techniques needed to draw portraits, landscapes, and abstract drawings using media such as pencils, markers, pastels, and charcoal.

Age: 10 to 14 years

Location: Donevan Recreation Complex

Acrylic Painting – Youth

Participants will be encouraged to experiment with a variety of techniques, including paint handling and application, brush work, colour theory, and composition.

Age: 10 to 15 years

Location: Civic Recreation Complex

Pottery Workshop – Child/Youth

Participants will learn basic hand-building techniques and explore areas of construction, design, and glazing. Participants will create one piece per workshop and all pieces will be fired and ready to take home approximately two weeks after the workshop.

Age: 10 to 15 years

Location: Arts Resource Centre

Pottery & Sculpture – Youth

Participants will learn basic hand building techniques and explore areas of construction, design, and glazing.

Age: 13 to 17 years

Location: Arts Resource Centre



Drama & Music

Lights, Camera, Action!

Participants will collaborate to create a theatrical performance of their very own by writing a script, directing, and acting. Participants will showcase their work in a performance for friends and family at the end of the session.

Age: 9 to 13 years

Location: Arts Resource Centre

*Musical Keyboarding – An Introduction

Participants will be taught basic keyboard functions, note reading, chords, and popular songs. Keyboards are provided.

Age: 9 to 14 years

Location: Arts Resource Centre

***Note: This program is not eligible for financial assistance.**

*Guitar – Youth

Participants will learn the fundamentals of playing guitar including handling and tuning. Participants will progress to open chords, chord progressions, strumming, and melody reading. A guitar is required.

Age: 10 to 15 years

Location: Arts Resource Centre

***Note: This program is not eligible for financial assistance.**



Fitness

Weight Training – Teen

Teens learn the tools to create a safe workout routine. The class covers equipment orientations, education on safe fitness programs, training techniques, and fitness centre etiquette. Youth between the ages of 13–17 must successfully complete the course in order to use City of Oshawa fitness centres. The minimum purchase of a one month child/youth Level 2 membership is required to register for this course unless participants are already part of a family Level 2 membership.

Age: 13 to 17 years

**Location: Delpark Homes Centre,
South Oshawa Community Centre**

Sports

Kidz X-FITT

A fast-paced fitness circuit developing balance, body control, flexibility, and movement through running, jumping, hopping, climbing, throwing, and skipping. This program is sure to be challenging but exhilarating for the athlete in training and the non-athlete looking to get active.

Age: 8 to 14 years

Location: Civic Recreation Complex

Badminton

Join friends for some fun, exercise, and learn the skills of the game! Racquets and shuttles are provided for players new to the game.

Age: 11 to 14 years

**Location: Delpark Homes Centre,
Northview Community Centre**



Basketball

Learn the basics of basketball in a fun and friendly environment.

Age: 11 to 14 years

**Location: Delpark Homes Centre,
Northview Community Centre,
South Oshawa Community Centre**

Volleyball – Child/Youth

Join friends for non-competitive volleyball in a fun and friendly setting. A great opportunity for exercise and to improve your skills.

Age: 10 to 14 years

Location: Northview Community Centre

Dodgeball – Child/Youth

Focuses on the game of dodgeball and incorporates different versions such as king's court, elimination dodgeball, and many more!

Age: 11 to 14 years

Location: Delpark Homes Centre

NEW Nerf Wars

Nerf Wars is a great option for younger players that aren't ready for paintball. Come join us for bunker battles, target practice, and ultimate takedown competitions. Participants need to supply their own nerf gun. Darts and goggles will be supplied.

Age: 11 to 14 years

Location: Delpark Homes Centre

Learn to Skate – Youth

Skating skills are taught in a progressive sequence of seven levels. New participants are assessed at the first class and assigned to the most appropriate level. Participants previously enrolled in this program should bring progress cards to the first class. All program participants must wear a CSA approved hockey helmet on the ice. Bicycle and ski helmets are not permitted. A face mask and gloves/mitts are strongly recommended.

Age: 12 to 17 years

Location: Delpark Homes Centre



Fall Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Anime Introduction	8–13 yrs	CRC	Mon	Sep 30–Dec 9	6:30 p.m.–8:00 p.m.	10	43721	\$159.00
Drawing Skills – Youth	10–14 yrs	DRC	Thu	Oct 3–Dec 12	6:15 p.m.–7:45 p.m.	10	43749	\$159.00
Acrylic Painting – Youth	10–15 yrs	CRC	Tue	Oct 1–Dec 10	6:15 p.m.–7:45 p.m.	11	43731	\$174.90
Pottery Workshop – Child/ Youth	10–15 yrs	ARC	Sat	Nov 2	9:30 a.m.–11:30 p.m.	1	43756	\$40.00
Pottery & Sculpture – Youth	13–17 yrs	ARC	Thu	Oct 3–Dec 12	7:00 p.m.–8:30 p.m.	10	43744	\$165.00
Drama & Music								
Lights, Camera, Action!	9–13 yrs	ARC	Tue	Oct 1–Dec 10	7:30 p.m.–8:30 p.m.	11	43729	\$140.80
Musical Keyboarding – An Introduction	9–14 yrs	ARC	Wed	Oct 2–Dec 11	7:15 p.m.–8:15 p.m.	11	43737	\$110.00
Guitar – Youth	10–15 yrs	ARC	Thu	Oct 3–Dec 12	7:00 p.m.–8:00 p.m.	10	43745	\$100.00
Fitness								
Weight Training – Teen	13–17 yrs	CRC	Sat	Sep 21	10:00 a.m.–2:00 p.m.	1	46838	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	Oct 18	10:00 a.m.–2:00 p.m.	1	46839	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	Nov 16	10:00 a.m.–2:00 p.m.	1	46840	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	Dec 7	10:00 a.m.–2:00 p.m.	1	46841	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Sep 22	4:00 p.m.–8:00 p.m.	1	43559	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Oct 4	4:00 p.m.–8:00 p.m.	1	43560	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Oct 20	4:00 p.m.–8:00 p.m.	1	43561	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Nov 1	4:00 p.m.–8:00 p.m.	1	43562	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Nov 10	4:00 p.m.–8:00 p.m.	1	43563	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Nov 22	4:00 p.m.–8:00 p.m.	1	43564	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Dec 1	4:00 p.m.–8:00 p.m.	1	43565	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Dec 13	4:00 p.m.–8:00 p.m.	1	43566	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Sep 29	1:00 p.m.–5:00 p.m.	1	43589	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Oct 13	1:00 p.m.–5:00 p.m.	1	43590	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Nov 3	1:00 p.m.–5:00 p.m.	1	43591	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Nov 24	1:00 p.m.–5:00 p.m.	1	43592	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Dec 15	1:00 p.m.–5:00 p.m.	1	43593	\$0.00
Sports								
Kidz X-FITT	8–14 yrs	CRC	Wed	Sep 25–Dec 18	5:00 p.m.–5:45 p.m.	13	44595	\$58.50
Basketball	10–14 yrs	SOCC	Sun	Sep 29–Dec 8	7:15 p.m.–8:15 p.m.	10	43651	\$60.00
Volleyball – Child/Youth	10–14 yrs	NCC	Sat	Sep 28–Dec 7	3:45 p.m.–4:45 p.m.	10	46193	\$60.00
Badminton	11–14 yrs	DHC	Sun	Sep 29–Dec 8	3:45 p.m.–4:45 p.m.	10	44523	\$60.00
Badminton	11–14 yrs	NCC	Sun	Sep 29–Dec 8	1:00 p.m.–2:00 p.m.	10	46197	\$60.00
Badminton	11–14 yrs	NCC	Fri	Oct 4–Dec 13	7:15 p.m.–8:15 p.m.	9	46216	\$54.00

ARC- Arts Resource Centre CRC - Civic Recreation Complex DHC - Delpark Homes Centre
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Fall Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Sports								
Basketball	11–14 yrs	DHC	Sun	Sep 29–Dec 8	1:15 p.m.–2:15 p.m.	10	44521	\$60.00
Basketball	11–14 yrs	NCC	Sun	Sep 29–Dec 8	3:30 p.m.–4:30 p.m.	10	46195	\$60.00
Dodgeball – Child/Youth	11–14 yrs	DHC	Mon	Sep 30–Nov 4	6:45 p.m.–7:45 p.m.	5	44517	\$30.00
Nerf Wars	11–14 yrs	DHC	Mon	Nov 11–Dec 9	6:45 p.m.–7:45 p.m.	5	46139	\$30.00
Learn to Skate – Youth	12–17 yrs	DHC	Thu	Oct 3–Dec 12	8:00 p.m.–8:50 p.m.	10	44548	\$104.00

Get in on the fun this season

◆ **Swim, skate, and drop-in sports!**

Find activities for all ages, including basketball, pickleball, and much more.

View our activity schedules at Register.Oshawa.ca.





Winter Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Anime Introduction	8–13 yrs	CRC	Mon	Jan 6–Mar 3	6:30 p.m.–8:00 p.m.	8	43770	\$127.20
Drawing Skills – Youth	10–14 yrs	DRC	Thu	Jan 9–Mar 6	6:15 p.m.–7:45 p.m.	9	44294	\$143.10
Acrylic Painting – Youth	10–15 yrs	CRC	Tue	Jan 7–Mar 4	6:15 p.m.–7:45 p.m.	9	43796	\$143.10
Pottery Workshop – Child/ Youth	10–15 yrs	ARC	Sat	Feb 8	9:30 a.m.–11:30 p.m.	1	44393	\$40.00
Pottery & Sculpture – Youth	13–17 yrs	ARC	Thu	Jan 9–Mar 6	7:00 p.m.–8:30 p.m.	9	43817	\$148.50
Drama & Music								
Lights, Camera, Action!	9–13 yrs	ARC	Tue	Jan 7–Mar 4	7:30 p.m.–8:30 p.m.	9	43794	\$64.80
Musical Keyboarding – An Introduction	9–14 yrs	ARC	Wed	Jan 8–Mar 5	7:15 p.m.–8:15 p.m.	9	43808	\$90.00
Guitar – Youth	10–15 yrs	ARC	Thu	Jan 9–Mar 6	7:00 p.m.–8:00 p.m.	9	43818	\$90.00
Fitness								
Weight Training – Teen	13–17 yrs	CRC	Sat	Jan 4	10:00 a.m.–2:00 p.m.	1	46842	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	Feb 15	10:00 a.m.–2:00 p.m.	1	46843	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	Mar 8	10:00 a.m.–2:00 p.m.	1	46844	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Jan 10	4:00 p.m.–8:00 p.m.	1	43652	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Jan 19	4:00 p.m.–8:00 p.m.	1	43653	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Jan 24	4:00 p.m.–8:00 p.m.	1	43654	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Feb 2	4:00 p.m.–8:00 p.m.	1	43655	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Feb 7	4:00 p.m.–8:00 p.m.	1	43656	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Feb 16	4:00 p.m.–8:00 p.m.	1	43657	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Feb 28	4:00 p.m.–8:00 p.m.	1	43658	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Mar 9	4:00 p.m.–8:00 p.m.	1	43660	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Jan 26	1:00 p.m.–5:00 p.m.	1	43685	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Feb 9	1:00 p.m.–5:00 p.m.	1	43686	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Feb 23	1:00 p.m.–5:00 p.m.	1	43703	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Mar 2	1:00 p.m.–5:00 p.m.	1	43687	\$0.00
Sports								
Kidz X-FITT	8–14 yrs	CRC	Wed	Jan 8–Mar 19	5:00 p.m.–5:45 p.m.	11	44985	\$49.50
Volleyball – Child/Youth	10–14 yrs	NCC	Sat	Jan 11–Mar 8	3:45 p.m.–4:45 p.m.	9	46210	\$54.00
Badminton	11–14 yrs	DHC	Sun	Jan 12–Mar 9	3:45 p.m.–4:45 p.m.	9	44966	\$54.00
Badminton	11–14 yrs	NCC	Fri	Jan 10–Mar 7	7:15 p.m.–8:15 p.m.	7	46214	\$42.00
Badminton	11–14 yrs	NCC	Sun	Jan 12–Mar 9	1:00 p.m.–2:00 p.m.	9	46202	\$54.00
Basketball	11–14 yrs	DHC	Sun	Jan 12–Mar 9	1:15 p.m.–2:15 p.m.	9	44964	\$54.00
Basketball	11–14 yrs	NCC	Sun	Jan 12–Mar 9	3:30 p.m.–4:30 p.m.	9	46204	\$54.00
Basketball	11–14 yrs	SOCC	Sun	Jan 12–Mar 9	7:15 p.m.–8:15 p.m.	9	43694	\$54.00
Dodgeball – Child/Youth	11–14 yrs	DHC	Mon	Jan 6–Jan 27	6:45 p.m.–7:45 p.m.	4	44960	\$24.00
Nerf Wars	11–14 yrs	DHC	Mon	Feb 3–Mar 3	6:45 p.m.–7:45 p.m.	4	46141	\$24.00
Learn to Skate – Youth	12–17 yrs	DHC	Thu	Jan 9–Mar 6	8:00 p.m.–8:50 p.m.	9	44564	\$93.60

adult programs



Programs are eligible for financial assistance unless marked (*)



Inclusion Services support can be requested for all programs unless marked (*)



The star symbol on a course indicates that it is a specialty fitness class and that the specialty fitness drop-in fee applies

Arts & Crafts

Acrylic Painting

An introduction to basic acrylic painting through a series of projects relating to art concepts and techniques. Ideal for painters of all abilities wanting to refresh their skills and/or learn new techniques. Participants will be required to purchase their own art supplies after the first class.

Age: 16 years +

Location: Civic Recreation Centre

Introduction to Pottery

This course will introduce participants to the craft of pottery and sculpture at a beginner level. It will feature hand building instruction in form, texture, construction, design and one week of wheel and trimming.

Age: 16 years +

Location: Arts Resource Centre

NEW Introduction to Watercolour

Participants will learn a fundamental approach to watercolour, focusing on transparency, colour mixing, brushworks and washes.

Age: 16 years +

Location: Arts Resource Centre

Mixed Media

Participants will create a variety of projects working with many different materials. Explore the boundaries between drawing, printing, painting, collage, and sculpting to create dynamic and multi-layer compositions. Participants may be required to purchase some of their own art supplies after the first class.

Age: 16 years +

Location: Civic Recreation Centre

NEW Needle Felting

Explore soft sculpture through the art of needle felting. Participants will learn how to use the tools of the trade safely while creating themed masterpieces of their own.

Age: 16 years +

Location: Arts Resource Centre

Pottery – Hand Building – Beginner

Learn techniques such as pinching, coiling, slabbing, and moulding that will result in functional and small sculptural objects.

Age: 16 years +

Location: Arts Resource Centre



Pottery & Sculpture – Open Studio

Bring creative ideas to these fun and relaxing afternoons. This is not a structured class, but an instructor will be available to answer questions and guide participants through projects. Fee includes one sleeve of clay, glaze, and firing. Additional sleeves of clay are available for purchase.

Age: 16 years +

Location: Arts Resource Centre

Pottery Workshop – Adult

Participants will create a single piece while learning basic hand-building techniques and explore areas such as construction, design, and glazing in one creative workshop. All pieces created will be fired and ready to take home approximately two weeks after the workshop.

Age: 16 years +

Location: Arts Resource Centre

Dance

Zumba®

Zumba® is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward health.

Age: 15 years +

**Location: Civic Recreation Complex,
Delpark Homes Centre**

Country Line Dancing

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

Age: 18 years +

Location: Donevan Recreation Complex

Country Line Dancing Couples

Learn many varieties of the popular country line dances. Partners are required. Please wear soft-soled shoes. Fee includes both participants. Register only one of the two participants attending the course.

Age: 18 years +

Location: Donevan Recreation Complex

Dancing for Social Settings

Whether it's a wedding, a work party, or a night out at the club with friends, this program is designed to introduce basic dance steps needed to get you confidently up and out of your seat and onto the dance floor! A slow and fast dance will be covered during this session. Please join with a friend or partner.

Age: 18 years +

Location: Donevan Recreation Complex

Social Ballroom for Couples

Introduces the Waltz, Fox Trot, Tango, Rumba, Cha-Cha, and Jive. Fee includes both participants. Register only one of the two participants attending the course.

Age: 18 years +

Location: Donevan Recreation Complex

Fitness

Aquafit – Deep Water

Instructors are trained in the latest techniques in providing safe aquatic exercises to improve flexibility, aerobic capacity, muscular strength, and endurance. Classes include a warm-up, aerobics, muscle conditioning exercises, and a cool-down. Participants must be comfortable in deep water.

Age: 15 years +

**Location: Civic Recreation Complex,
South Oshawa Community Centre**

Note: Evening classes are Specialty Fitness.



Aquafit – Shallow Water

Water exercise exerts less impact on the joints and is suitable for swimmers and non-swimmers. Components include a warm-up, aerobics, muscle conditioning exercises, and a cool-down.

Age: 15 years +

**Location: Civic Recreation Complex,
Delpark Homes Centre,
Donevan Recreation Complex,
South Oshawa Community Centre**

Note: Evening classes are Specialty Fitness.



AB Attack

Take it to the next level by adding standing functional core training to traditional floor ab exercises for a vigorous core strengthening experience.

Age: 15 years +

**Location: Civic Recreation Complex,
South Oshawa Community Centre**

Basic Bootcamp (Women Only)

Introduces a circuit of drills that keep you moving, including strength training, cardio endurance, and calisthenics all while gaining muscle and losing inches at the same time.

Age: 15 years +

Location: Donevan Recreation Complex

Basic Bootcamp

Introduces a circuit of drills that keep you moving, including strength training, cardio endurance, and calisthenics all while gaining muscle and losing inches at the same time.

Age: 15 years +

**Location: Delpark Homes Centre,
Donevan Recreation Complex,
South Oshawa Community Centre**

BodyMAX

A cardio-free, total body strength training program using a variety of strength equipment and body weight exercises.

Age: 15 years +

**Delpark Homes Centre,
Donevan Recreation Complex**

Cardio Sculpt

Incorporating intervals of cardio, body sculpting, and abdominal work which will improve muscle strength and overall endurance.

Age: 15 years +

**Location: Civic Recreation Complex,
Delpark Homes Centre**

Cycle

A great workout simulating race conditions through interval sprints, hill climbing, cardio conditioning, and stretch components.

Age: 15 years +

**Location: Delpark Homes Centre,
South Oshawa Community Centre**

Easy Fit

Designed for beginners, older adults, and those returning to fitness after a long break. Various equipment is used to focus on developing cardiovascular, balance, and muscle strength through stretching and postural exercises.

Age: 15 years +

Location: South Oshawa Community Centre

Osteo FIT

Safely tone and strengthen muscles with gentle aerobics and stimulating resistance training. Improve bone density while improving fitness level.

Age: 15 years +

**Location: Civic Recreation Complex,
South Oshawa Community Centre**

SoulBody Barre Unhitched®



SoulBody Barre “Unhitched” is a one hour, mindfully intense class with the perfect mix of dynamic, isometric, and isotonic movements that works deep into the muscles, seamlessly transitioning to deep stretches to balance the body.

Age: 15 years +

Location: Civic Recreation Complex

Weigh Back Wednesdays

What better way to build strength than having some great oldies music playing as motivation in the background. A certified instructor will take you through safe and fun movements using a variety of equipment and some good old music.

Age: 15 years +

Location: South Oshawa Community Centre

Yoga



Enjoy the many benefits of yoga including relaxation, stress reduction, increased concentration, and improved strength and flexibility. A yoga mat and warm clothing are recommended.

Age: 15 years +

**Location: Civic Recreation Complex,
Delpark Homes Centre,
Donevan Recreation Complex,
South Oshawa Community Centre**

Yoga – Gentle

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

Age: 15 years +

Location: Civic Recreation Complex

Sports

High Energy Aquafit Training (H.E.A.T.)



Challenge your fitness level and improve cardio conditioning with strength, balance, and core training segments. This low impact, high energy class will help burn calories fast and help you feel de-stressed and invigorated.

Age: 18 years +

Location: South Oshawa Community Centre

Note: Evening classes are Specialty Fitness.

50 & Better Fitness

Best suited for the 50+ age group, this class includes low impact aerobics, step, and muscle conditioning.

Age: 50 years +

**Location: Civic Recreation Complex,
Delpark Homes Centre**

Stretch and Balance

Flexibility is a key component to fitness. Learn safe and effective stretching exercises to improve or maintain flexibility along with working on balance.

Age: 50 years +

Location: Civic Recreation Complex

Safety

Babysitter Course

Designed to teach the basics of caring for children from infants to school-age. Participants learn what makes a great babysitter, how to maintain safety in various environments, and what to do in an emergency. The course also discusses how to find work and keep yourself safe while being a babysitter. Please bring a pen/pencil, a doll or stuffed toy, and a peanut free lunch.

Age: 11 years +

Location: Civic Recreation Complex

Hockey Skills Adult

Recreational and beginner hockey players will practice fundamental hockey skills: skating, stick handling, passing, and shooting. All participants must wear full hockey equipment including a CSA approved hockey helmet.

Age: 18 years +

Location: Delpark Homes Centre

Hockey Skills Women

Recreational and beginner hockey players will practice fundamental hockey skills: skating, stick handling, passing, and shooting. All participants must wear full hockey equipment including a CSA approved hockey helmet.

Age: 18 years +

Location: Delpark Homes Centre

Learn to Skate Adult

Learn basic skating skills to help feel more comfortable on the ice, including starting, stopping, striding, and gliding. All participants are required to wear a CSA approved hockey helmet.

Age: 18 years +

Location: Delpark Homes Centre





Fall Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Acrylic Painting	16 yrs+	CRC	Thu	Nov 14–Dec 12	7:00 p.m.–9:00 p.m.	5	43747	\$70.00
Introduction to Pottery	16 yrs+	ARC	Tue	Oct 1–Dec 10	7:00 p.m.–9:00 p.m.	11	43728	\$211.20
Introduction to Watercolour	16 yrs+	ARC	Sat	Sep 28–Dec 7	10:45 a.m.–11:45 a.m.	10	46224	\$70.00
Mixed Media	16 yrs+	CRC	Thu	Oct 3–Nov 7	7:00 p.m.–9:00 p.m.	6	43746	\$84.00
Needle Felting	16 yrs+	ARC	Sat	Sep 28–Dec 7	9:30 a.m.–10:30 a.m.	10	46223	\$70.00
Pottery – Hand Building – Beginner	16 yrs+	ARC	Wed	Oct 2–Dec 11	5:00 p.m.–6:30 p.m.	11	43734	\$158.40
Pottery & Sculpture – Open Studio	16 yrs+	ARC	Mon	Sep 30–Dec 9	7:00 p.m.–9:00 p.m.	10	43719	\$192.00
Pottery & Sculpture – Open Studio	16 yrs+	ARC	Wed	Oct 2–Dec 11	7:00 p.m.–9:00 p.m.	11	43736	\$211.20
Pottery Workshop – Adult	16 yrs+	ARC	Sat	Oct 19	9:30 a.m.–12:30 p.m.	1	43755	\$60.00
Dance								
Zumba®	15 yrs+	CRC	Mon	Sep 23–Dec 16	6:30 p.m.–7:30 p.m.	12	44569	\$103.20
Zumba®	15 yrs+	CRC	Tue	Sep 24–Dec 17	6:00 p.m.–7:00 p.m.	13	44570	\$111.80
Zumba®	15 yrs+	DHC	Wed	Sep 25–Dec 18	7:30 p.m.–8:30 p.m.	13	43567	\$111.80
Zumba®	15 yrs+	DHC	Thu	Sep 26–Dec 19	12:15 p.m.–1:15 p.m.	13	43568	\$111.80
Country Line Dancing	18 yrs+	DRC	Fri	Oct 4–Dec 13	6:00 p.m.–7:00 p.m.	10	45059	\$94.60
Country Line Dancing – Couples	18 yrs+	DRC	Fri	Oct 4–Dec 13	7:00 p.m.–8:30 p.m.	10	45060	\$141.90
Dancing for Social Settings	18 yrs+	DRC	Tue	Oct 1–Dec 10	6:45 p.m.–7:45 p.m.	11	46386	\$94.60
Social Ballroom for Couples	18 yrs+	DRC	Tue	Oct 1–Dec 10	7:45 p.m.–9:15 p.m.	11	46387	\$211.20
Fitness								
Aquafit – Deep Water	15 yrs+	CRC	Mon	Sep 30–Dec 9	10:00 a.m.–10:45 a.m.	10	45042	\$82.50
Aquafit – Deep Water	15 yrs+	CRC	Tue	Oct 1–Dec 10	10:00 a.m.–10:45 a.m.	11	45043	\$90.75
Aquafit – Deep Water	15 yrs+	CRC	Thu	Oct 3–Dec 12	10:00 a.m.–10:45 a.m.	11	45044	\$90.75
Aquafit – Deep Water	15 yrs+	CRC	Fri	Oct 4–Dec 13	10:00 a.m.–10:45 a.m.	11	45045	\$90.75
Aquafit – Deep Water	15 yrs+	SOCC	Mon	Sep 30–Dec 9	9:20 a.m.–10:05 a.m.	10	45733	\$82.50
Aquafit – Deep Water	15 yrs+	SOCC	Fri	Oct 4–Dec 13	9:20 a.m.–10:05 a.m.	11	45734	\$90.75
Aquafit – Shallow Water	15 yrs+	CRC	Mon	Sep 30–Dec 9	9:00 a.m.–9:45 a.m.	10	45038	\$82.50
Aquafit – Shallow Water	15 yrs+	CRC	Tue	Oct 1–Dec 10	9:00 a.m.–9:45 a.m.	11	45039	\$90.75
Aquafit – Shallow Water	15 yrs+	CRC	Thu	Oct 3–Dec 12	9:00 a.m.–9:45 a.m.	11	45040	\$90.75
Aquafit – Shallow Water	15 yrs+	CRC	Fri	Oct 4–Dec 13	9:00 a.m.–9:45 a.m.	11	45041	\$90.75
Aquafit – Shallow Water	15 yrs+	DHC	Mon	Sep 30–Dec 9	9:00 a.m.–9:45 a.m.	10	44464	\$82.50
Aquafit – Shallow Water	15 yrs+	DHC	Mon	Sep 30–Dec 9	8:15 p.m.–9:00 p.m.	10	44465	\$82.50
Aquafit – Shallow Water	15 yrs+	DHC	Tue	Oct 1–Dec 10	9:00 a.m.–9:45 a.m.	11	44466	\$90.75
Aquafit – Shallow Water	15 yrs+	DHC	Tue	Oct 1–Dec 10	9:45 a.m.–10:30 a.m.	11	44467	\$90.75
Aquafit – Shallow Water	15 yrs+	DHC	Wed	Oct 2–Dec 11	9:00 a.m.–9:45 a.m.	11	44468	\$90.75

Fall Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Fitness								
AquaFit – Shallow Water	15 yrs+	DHC	Wed	Oct 2–Dec 11	9:45 a.m.–10:30 a.m.	11	44469	\$90.75
AquaFit – Shallow Water	15 yrs+	DHC	Thu	Oct 3–Dec 12	9:00 a.m.–9:45 a.m.	11	44471	\$90.75
AquaFit – Shallow Water	15 yrs+	DHC	Thu	Oct 3–Dec 12	9:45 a.m.–10:30 a.m.	11	44472	\$90.75
AquaFit – Shallow Water	15 yrs+	DHC	Fri	Oct 4–Dec 13	9:00 a.m.–9:45 a.m.	11	44473	\$90.75
AquaFit – Shallow Water	15 yrs+	DHC	Fri	Oct 4–Dec 13	9:45 a.m.–10:30 a.m.	11	44474	\$90.75
AquaFit – Shallow Water	15 yrs+	SOCC	Mon	Sep 30–Dec 9	8:30 a.m.–9:15 a.m.	10	45729	\$82.50
AquaFit – Shallow Water	15 yrs+	SOCC	Tue	Oct 1–Dec 10	8:00 p.m.–8:45 p.m.	11	45730	\$90.75
AquaFit – Shallow Water	15 yrs+	SOCC	Wed	Oct 2–Dec 11	8:30 a.m.–9:15 a.m.	11	45731	\$90.75
AquaFit – Shallow Water	15 yrs+	SOCC	Fri	Oct 4–Dec 13	8:30 a.m.–9:15 a.m.	11	45732	\$90.75
AquaFit – Shallow Water	15 yrs+	DRC	Wed	Oct 2–Dec 11	10:00 a.m.–10:45 a.m.	11	46281	\$90.75
AquaFit – Shallow Water	15 yrs+	DRC	Fri	Oct 4–Dec 13	10:00 a.m.–10:45 a.m.	11	46282	\$90.75
AquaFit – Shallow Water	15 yrs+	DRC	Mon	Sep 30–Dec 9	10:00 a.m.–10:45 a.m.	10	46280	\$82.50
AB Attack	15 yrs+	CRC	Wed	Sep 25–Dec 18	10:30 a.m.–11:00 a.m.	13	44744	\$44.20
AB Attack	15 yrs+	SOCC	Mon	Sep 23–Dec 16	7:30 p.m.–8:00 p.m.	12	43579	\$40.80
Basic Bootcamp (Women Only)	15 yrs+	DRC	Thu	Oct 3–Dec 12	7:05 p.m.–8:00 p.m.	11	45057	\$74.80
Basic Bootcamp	15 yrs+	DHC	Sat	Sep 21–Dec 21	9:30 a.m.–10:25 a.m.	13	43554	\$88.40
Basic Bootcamp	15 yrs+	DHC	Tue	Sep 24–Dec 17	6:30 p.m.–7:25 p.m.	13	43553	\$88.40
Basic Bootcamp	15 yrs+	DRC	Tue	Oct 1–Dec 10	9:00 a.m.–9:55 a.m.	11	45055	\$74.80
Basic Bootcamp	15 yrs+	SOCC	Tue	Sep 24–Dec 17	6:30 p.m.–7:25 p.m.	13	43580	\$88.40
BodyMAX	15 yrs+	DHC	Sat	Sep 21–Dec 21	10:30 a.m.–11:25 a.m.	13	43552	\$88.40
BodyMAX	15 yrs+	DHC	Mon	Sep 23–Dec 16	6:30 p.m.–7:25 p.m.	12	43551	\$81.60
BodyMAX	15 yrs+	DHC	Thu	Sep 26–Dec 19	10:00 a.m.–10:55 a.m.	13	43558	\$88.40
BodyMAX	15 yrs+	DRC	Thu	Oct 3–Dec 12	8:05 p.m.–9:00 p.m.	11	45058	\$74.80
Cycle	15 yrs+	DHC	Mon	Sep 23–Dec 16	9:00 a.m.–9:45 a.m.	12	43541	\$61.20
Cycle	15 yrs+	DHC	Wed	Sep 25–Dec 18	9:00 a.m.–9:45 a.m.	13	43542	\$66.30
Cycle	15 yrs+	DHC	Wed	Sep 25–Dec 18	5:30 p.m.–6:15 p.m.	13	43543	\$66.30
Cycle	15 yrs+	SOCC	Tue	Sep 24–Dec 17	7:30 p.m.–8:15 p.m.	13	43581	\$66.30
Cycle	15 yrs+	SOCC	Thu	Sep 26–Dec 19	7:15 p.m.–8:00 p.m.	13	43586	\$66.30
Cardio Sculpt	15 yrs+	CRC	Wed	Sep 25–Dec 18	9:30 a.m.–10:25 a.m.	13	44740	\$88.40
Cardio Sculpt	15 yrs+	DHC	Thu	Sep 26–Dec 19	6:30 p.m.–7:25 p.m.	13	43555	\$88.40
Cardio Sculpt	15 yrs+	DHC	Fri	Sep 27–Dec 20	9:30 a.m.–10:25 a.m.	13	43557	\$88.40
Easy Fit	15 yrs+	SOCC	Mon	Sep 23–Dec 16	6:30 p.m.–7:25 p.m.	12	43578	\$81.60
Easy Fit	15 yrs+	SOCC	Wed	Sep 25–Dec 18	10:30 a.m.–11:25 a.m.	13	43584	\$88.40
Easy Fit	15 yrs+	SOCC	Wed	Sep 25–Dec 18	6:30 p.m.–7:25 p.m.	13	43582	\$88.40

ARC- Arts Resource Centre CRC - Civic Recreation Complex DHC - Delpark Homes Centre
DRC - Donevan Recreation Complex SOCC - South Oshawa Community Centre

Fall Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Fitness								
Osteo FIT	15 yrs+	CRC	Tue	Sep 24–Dec 17	10:30 a.m.–11:25 a.m.	13	44632	\$88.40
Osteo FIT	15 yrs+	CRC	Thu	Sep 26–Dec 19	9:15 a.m.–10:10 a.m.	13	44660	\$88.40
Osteo FIT	15 yrs+	CRC	Fri	Sep 27–Dec 20	9:30 a.m.–10:25 a.m.	13	44661	\$88.40
Osteo FIT	15 yrs+	SOCC	Mon	Sep 23–Dec 16	10:30 a.m.–11:25 a.m.	12	43668	\$81.60
SoulBody Barre Unhitched®	15 yrs+	CRC	Thu	Sep 26–Dec 19	6:00 p.m.–6:55 p.m.	13	44746	\$106.60
Weigh Back Wednesdays	15 yrs+	SOCC	Wed	Sep 25–Dec 18	7:30 p.m.–8:25 p.m.	13	43583	\$88.40
Yoga	15 yrs+	CRC	Tue	Sep 24–Dec 17	7:05 p.m.–8:00 p.m.	13	44745	\$106.60
Yoga	15 yrs+	DHC	Mon	Sep 23–Dec 16	10:00 a.m.–10:55 a.m.	12	43544	\$98.40
Yoga	15 yrs+	DHC	Tue	Sep 24–Dec 17	10:00 a.m.–10:55 a.m.	13	43545	\$106.60
Yoga	15 yrs+	DHC	Wed	Sep 25–Dec 18	6:30 p.m.–7:25 p.m.	13	43546	\$106.60
Yoga	15 yrs+	DHC	Thu	Sep 26–Dec 19	9:00 a.m.–9:55 a.m.	13	43725	\$106.60
Yoga	15 yrs+	DRC	Mon	Sep 30–Dec 9	8:05 p.m.–9:00 p.m.	10	45054	\$82.00
Yoga	15 yrs+	DRC	Wed	Oct 2–Dec 11	7:05 p.m.–8:00 p.m.	11	45056	\$90.20
Yoga	15 yrs+	SOCC	Thu	Sep 26–Dec 19	6:00 p.m.–6:55 p.m.	13	43585	\$106.60
Yoga – Gentle	15 yrs+	CRC	Thu	Sep 26–Dec 19	7:05 p.m.–8:00 p.m.	13	44747	\$106.60
High Energy Aquafit Training (H.E.A.T.)	18 yrs+	SOCC	Sat	Sep 28–Dec 7	11:30 a.m.–12:15 p.m.	10	45737	\$82.50
High Energy Aquafit Training (H.E.A.T.)	18 yrs+	SOCC	Thu	Oct 3–Dec 12	8:00 p.m.–8:45 p.m.	11	45736	\$90.75
50 & Better Fitness	50 yrs+	CRC	Mon	Sep 23–Dec 16	9:30 a.m.–10:25 a.m.	12	44606	\$81.60
50 & Better Fitness	50 yrs+	CRC	Thu	Sep 26–Dec 19	10:30 a.m.–11:25 a.m.	13	44629	\$88.40
50 & Better Fitness	50 yrs+	DHC	Mon	Sep 23–Dec 16	11:00 a.m.–11:55 a.m.	12	43547	\$81.60
50 & Better Fitness	50 yrs+	DHC	Tue	Sep 24–Dec 17	11:00 a.m.–11:55 a.m.	13	43548	\$88.40
50 & Better Fitness	50 yrs+	DHC	Thu	Sep 26–Dec 19	11:00 a.m.–11:55 a.m.	13	43549	\$88.40
50 & Better Fitness	50 yrs+	DHC	Fri	Sep 27–Dec 20	11:00 a.m.–11:55 a.m.	13	43550	\$88.40
Stretch and Balance	50 yrs+	CRC	Mon	Sep 23–Dec 16	10:30 a.m.–11:25 a.m.	12	44719	\$81.60
Stretch and Balance	50 yrs+	CRC	Fri	Sep 27–Dec 20	10:30 a.m.–11:25 a.m.	13	44725	\$88.40
Safety								
Babysitter Course	11– yrs	CRC	Sat	Oct 19	9:00 a.m.–5:00 p.m.	1	45050	\$49.60
Sports								
Hockey Skills – Adult	18 yrs+	DHC	Mon	Oct 7–Dec 16	7:30 p.m.–8:50 p.m.	10	44537	\$165.00
Hockey Skills – Women	18 yrs+	DHC	Mon	Oct 7–Dec 16	6:30 p.m.–7:20 p.m.	10	44536	\$110.00
Learn to Skate – Adult	18 yrs+	DHC	Tue	Oct 8–Dec 10	8:00 p.m.–8:50 p.m.	10	44543	\$110.00

ARC- Arts Resource Centre CRC - Civic Recreation Complex DHC - Delpark Homes Centre
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Winter Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Acrylic Painting	16 yrs+	CRC	Thu	Feb 13–Mar 6	7:00 p.m.–9:00 p.m.	4	44282	\$56.00
Introduction to Pottery	16 yrs+	ARC	Tue	Jan 7–Mar 4	7:00 p.m.–9:00 p.m.	9	43793	\$172.80
Introduction to Watercolour	16 yrs+	ARC	Sat	Jan 11–Mar 8	10:45 a.m.–11:45 a.m.	9	46226	\$63.00
Mixed Media	16 yrs+	CRC	Thu	Jan 9–Feb 6	7:00 p.m.–9:00 p.m.	5	44281	\$70.00
Needle Felting	16 yrs+	ARC	Sat	Jan 11–Mar 8	9:30 a.m.–10:30 a.m.	9	46225	\$63.00
Pottery – Hand Building – Beginner	16 yrs+	ARC	Wed	Jan 8–Mar 5	5:00 p.m.–6:30 p.m.	9	43799	\$129.60
Pottery & Sculpture – Open Studio	16 yrs+	ARC	Mon	Jan 6–Mar 3	7:00 p.m.–9:00 p.m.	8	43768	\$153.60
Pottery & Sculpture – Open Studio	16 yrs+	ARC	Wed	Jan 8–Mar 5	7:00 p.m.–9:00 p.m.	9	43801	\$172.80
Pottery Workshop – Adult	16 yrs+	ARC	Sat	Jan 18	9:30 a.m.–12:30 p.m.	1	44392	\$60.00
Dance								
Zumba®	15 yrs+	CRC	Mon	Jan 6–Mar 17	6:30 p.m.–7:30 p.m.	10	44983	\$86.00
Zumba®	15 yrs+	CRC	Tue	Jan 14–Mar 18	6:00 p.m.–7:00 p.m.	10	44984	\$86.00
Zumba®	15 yrs+	DHC	Wed	Jan 8–Mar 19	7:30 p.m.–8:30 p.m.	11	43662	\$94.60
Zumba®	15 yrs+	DHC	Thu	Jan 9–Mar 20	12:15 p.m.–1:15 p.m.	11	43664	\$94.60
Country Line Dancing	18 yrs+	DRC	Fri	Jan 10–Mar 7	6:00 p.m.–7:00 p.m.	9	45110	\$77.40
Country Line Dancing – Couples	18 yrs+	DRC	Fri	Jan 10–Mar 7	7:00 p.m.–8:30 p.m.	9	45111	\$116.10
Dancing for Social Settings	18 yrs+	DRC	Tue	Jan 7–Mar 4	6:45 p.m.–7:45 p.m.	9	46388	\$77.40
Social Ballroom for Couples	18 yrs+	DRC	Tue	Jan 7–Mar 4	7:45 p.m.–9:15 p.m.	9	46389	\$172.80
Fitness								
Aquafit – Deep Water	15 yrs+	CRC	Mon	Jan 6–Mar 3	10:00 a.m.–10:45 a.m.	8	46174	\$66.00
Aquafit – Deep Water	15 yrs+	CRC	Tue	Jan 7–Mar 4	10:00 a.m.–10:45 a.m.	9	46175	\$74.25
Aquafit – Deep Water	15 yrs+	CRC	Thu	Jan 9–Mar 6	10:00 a.m.–10:45 a.m.	9	46176	\$74.25
Aquafit – Deep Water	15 yrs+	CRC	Fri	Jan 10–Mar 7	10:00 a.m.–10:45 a.m.	9	46177	\$74.25
Aquafit – Deep Water	15 yrs+	SOCC	Mon	Jan 6–Mar 3	9:20 a.m.–10:05 a.m.	8	45973	\$66.00
Aquafit – Deep Water	15 yrs+	SOCC	Fri	Jan 10–Mar 7	9:20 a.m.–10:05 a.m.	9	45974	\$74.25
Aquafit – Shallow Water	15 yrs+	CRC	Mon	Jan 6–Mar 3	9:00 a.m.–9:45 a.m.	8	46170	\$66.00
Aquafit – Shallow Water	15 yrs+	CRC	Tue	Jan 7–Mar 4	9:00 a.m.–9:45 a.m.	9	46171	\$74.25
Aquafit – Shallow Water	15 yrs+	CRC	Thu	Jan 9–Mar 6	9:00 a.m.–9:45 a.m.	9	46172	\$74.25
Aquafit – Shallow Water	15 yrs+	CRC	Fri	Jan 10–Mar 7	9:00 a.m.–9:45 a.m.	9	46173	\$74.25
Aquafit – Shallow Water	15 yrs+	DHC	Mon	Jan 6–Mar 3	9:00 a.m.–9:45 a.m.	8	45474	\$66.00
Aquafit – Shallow Water	15 yrs+	DHC	Mon	Jan 6–Mar 3	8:15 p.m.–9:00 p.m.	8	45475	\$66.00
Aquafit – Shallow Water	15 yrs+	DHC	Tue	Jan 7–Mar 4	9:00 a.m.–9:45 a.m.	9	45476	\$74.25
Aquafit – Shallow Water	15 yrs+	DHC	Tue	Jan 7–Mar 4	9:45 a.m.–10:30 a.m.	9	45477	\$74.25

Winter Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Fitness								
Aquafit – Shallow Water	15 yrs+	DHC	Wed	Jan 8–Mar 5	9:00 a.m.–9:45 a.m.	9	45478	\$74.25
Aquafit – Shallow Water	15 yrs+	DHC	Wed	Jan 8–Mar 5	9:45 a.m.–10:30 a.m.	9	45479	\$74.25
Aquafit – Shallow Water	15 yrs+	DHC	Thu	Jan 9–Mar 6	9:00 a.m.–9:45 a.m.	9	45481	\$74.25
Aquafit – Shallow Water	15 yrs+	DHC	Thu	Jan 9–Mar 6	9:45 a.m.–10:30 a.m.	9	45482	\$74.25
Aquafit – Shallow Water	15 yrs+	DHC	Fri	Jan 10–Mar 7	9:00 a.m.–9:45 a.m.	9	45483	\$74.25
Aquafit – Shallow Water	15 yrs+	DHC	Fri	Jan 10–Mar 7	9:45 a.m.–10:30 a.m.	9	45484	\$74.25
Aquafit – Shallow Water	15 yrs+	SOCC	Mon	Jan 6–Mar 3	8:30 a.m.–9:15 a.m.	8	45969	\$66.00
Aquafit – Shallow Water	15 yrs+	SOCC	Tue	Jan 7–Mar 4	8:00 p.m.–8:45 p.m.	9	45970	\$74.25
Aquafit – Shallow Water	15 yrs+	SOCC	Wed	Jan 8–Mar 5	8:30 a.m.–9:15 a.m.	9	45971	\$74.25
Aquafit – Shallow Water	15 yrs+	SOCC	Fri	Jan 10–Mar 7	8:30 a.m.–9:15 a.m.	9	45972	\$74.25
Aquafit – Shallow Water	15 yrs+	DRC	Mon	Jan 6–Mar 3	10:00 a.m.–10:45 a.m.	8	46285	\$66.00
Aquafit – Shallow Water	15 yrs+	DRC	Wed	Jan 8–Mar 5	10:00 a.m.–10:45 a.m.	9	46286	\$74.25
Aquafit – Shallow Water	15 yrs+	DRC	Fri	Jan 10–Mar 7	10:00 a.m.–10:45 a.m.	9	46287	\$74.25
AB Attack	15 yrs+	CRC	Wed	Jan 8–Mar 19	10:30 a.m.–11:00 a.m.	11	44971	\$37.40
AB Attack	15 yrs+	SOCC	Mon	Jan 6–Mar 17	7:30 p.m.–8:00 p.m.	9	43671	\$30.60
Basic Bootcamp (Women Only)	15 yrs+	DRC	Thu	Jan 9–Mar 6	7:05 p.m.–8:00 p.m.	9	45099	\$61.20
Basic Bootcamp	15 yrs+	DHC	Tue	Jan 7–Mar 18	6:30 p.m.–7:25 p.m.	11	43635	\$74.80
Basic Bootcamp	15 yrs+	DHC	Sat	Jan 11–Mar 15	9:30 a.m.–10:25 a.m.	10	43636	\$68.00
Basic Bootcamp	15 yrs+	DRC	Tue	Jan 7–Mar 4	9:00 a.m.–9:55 a.m.	9	45097	\$61.20
Basic Bootcamp	15 yrs+	SOCC	Tue	Jan 7–Mar 18	6:30 p.m.–7:25 p.m.	10	43672	\$68.00
BodyMAX	15 yrs+	DHC	Mon	Jan 6–Mar 17	6:30 p.m.–7:25 p.m.	10	43632	\$68.00
BodyMAX	15 yrs+	DHC	Thu	Jan 9–Mar 20	10:00 a.m.–10:55 a.m.	11	43633	\$74.80
BodyMAX	15 yrs+	DHC	Sat	Jan 11–Mar 15	10:30 a.m.–11:25 a.m.	10	43634	\$68.00
BodyMAX	15 yrs+	DRC	Thu	Jan 9–Mar 6	8:05 p.m.–9:00 p.m.	9	45100	\$61.20
Cycle	15 yrs+	DHC	Mon	Jan 6–Mar 17	9:00 a.m.–9:45 a.m.	9	43616	\$45.90
Cycle	15 yrs+	DHC	Wed	Jan 8–Mar 19	5:30 p.m.–6:15 p.m.	11	43618	\$56.10
Cycle	15 yrs+	SOCC	Tue	Jan 7–Mar 18	7:30 p.m.–8:15 p.m.	10	43673	\$51.00
Cycle	15 yrs+	SOCC	Thu	Jan 9–Mar 20	7:15 p.m.–8:00 p.m.	10	43678	\$51.00
Cycle	15 yrs+	DHC	Wed	Jan 8–Mar 19	9:00 a.m.–9:45 a.m.	10	43617	\$51.00
Cardio Sculpt	15 yrs+	CRC	Wed	Jan 8–Mar 19	9:30 a.m.–10:25 a.m.	11	44972	\$74.80
Cardio Sculpt	15 yrs+	DHC	Thu	Jan 9–Mar 20	6:30 p.m.–7:25 p.m.	11	43637	\$74.80
Cardio Sculpt	15 yrs+	DHC	Fri	Jan 10–Mar 21	9:30 a.m.–10:25 a.m.	11	43638	\$74.80
Easy Fit	15 yrs+	SOCC	Mon	Jan 6–Mar 17	6:30 p.m.–7:25 p.m.	9	43670	\$61.20
Easy Fit	15 yrs+	SOCC	Wed	Jan 8–Mar 19	10:30 a.m.–11:25 a.m.	10	43674	\$68.00
Easy Fit	15 yrs+	SOCC	Wed	Jan 8–Mar 19	6:30 p.m.–7:25 p.m.	10	43675	\$68.00

Winter Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Fitness								
Osteo FIT	15 yrs+	CRC	Tue	Jan 7–Mar 18	10:30 a.m.–11:25 a.m.	11	44975	\$74.80
Osteo FIT	15 yrs+	CRC	Thu	Jan 9–Mar 20	9:15 a.m.–10:10 a.m.	11	44976	\$74.80
Osteo FIT	15 yrs+	CRC	Fri	Jan 10–Mar 21	9:30 a.m.–10:25 a.m.	11	44977	\$74.80
Osteo FIT	15 yrs+	SOCC	Mon	Jan 6–Mar 17	10:30 a.m.–11:25 a.m.	9	43669	\$61.20
SoulBody Barre Unhitched®	15 yrs+	CRC	Thu	Jan 9–Mar 20	6:00 p.m.–6:55 p.m.	11	44978	\$90.20
Weigh Back Wednesdays	15 yrs+	SOCC	Wed	Jan 8–Mar 19	7:30 p.m.–8:25 p.m.	10	43676	\$68.00
Yoga	15 yrs+	CRC	Tue	Jan 7–Mar 18	7:05 p.m.–8:00 p.m.	11	44981	\$90.20
Yoga	15 yrs+	DHC	Mon	Jan 6–Mar 17	10:00 a.m.–10:55 a.m.	10	43619	\$82.00
Yoga	15 yrs+	DHC	Tue	Jan 7–Mar 18	10:00 a.m.–10:55 a.m.	11	43625	\$90.20
Yoga	15 yrs+	DHC	Wed	Jan 8–Mar 19	10:00 a.m.–10:55 a.m.	11	43626	\$90.20
Yoga	15 yrs+	DHC	Wed	Jan 8–Mar 19	6:30 p.m.–7:25 p.m.	11	43627	\$90.20
Yoga	15 yrs+	DRC	Mon	Jan 6–Mar 3	8:05 p.m.–9:00 p.m.	8	45095	\$65.60
Yoga	15 yrs+	DRC	Wed	Jan 8–Mar 5	7:05 p.m.–8:00 p.m.	9	45098	\$73.80
Yoga	15 yrs+	SOCC	Thu	Jan 9–Mar 20	6:00 p.m.–6:55 p.m.	10	43677	\$82.00
Yoga – Gentle	15 yrs+	CRC	Thu	Jan 9–Mar 20	7:05 p.m.–8:00 p.m.	11	44982	\$90.20
High Energy Aquafit Training (H.E.A.T.)	18 yrs+	SOCC	Sat	Jan 4–Mar 1	11:30 a.m.–12:15 p.m.	9	45977	\$74.25
High Energy Aquafit Training (H.E.A.T.)	18 yrs+	SOCC	Thu	Jan 9–Mar 6	8:00 p.m.–8:45 p.m.	9	45976	\$74.25
50 & Better Fitness	50 yrs+	CRC	Mon	Jan 6–Mar 17	9:30 a.m.–10:25 a.m.	10	44969	\$68.00
50 & Better Fitness	50 yrs+	CRC	Thu	Jan 9–Mar 20	10:30 a.m.–11:25 a.m.	11	44970	\$74.80
50 & Better Fitness	50 yrs+	DHC	Mon	Jan 6–Mar 17	11:00 a.m.–11:55 a.m.	10	43628	\$68.00
50 & Better Fitness	50 yrs+	DHC	Tue	Jan 7–Mar 18	11:00 a.m.–11:55 a.m.	11	43629	\$74.80
50 & Better Fitness	50 yrs+	DHC	Thu	Jan 9–Mar 20	11:00 a.m.–11:55 a.m.	11	43630	\$74.80
50 & Better Fitness	50 yrs+	DHC	Fri	Jan 10–Mar 21	11:00 a.m.–11:55 a.m.	11	43631	\$74.80
Stretch and Balance	50 yrs+	CRC	Mon	Jan 6–Mar 17	10:30 a.m.–11:25 a.m.	10	44979	\$68.00
Stretch and Balance	50 yrs+	CRC	Fri	Jan 10–Mar 21	10:30 a.m.–11:25 a.m.	11	44980	\$74.80
Safety								
Babysitter Course	11– yrs	CRC	Sat	Jan 18	9:00 a.m.–5:00 p.m.	1	46184	\$49.60
Sports								
Hockey Skills – Adult	18 yrs+	DHC	Mon	Jan 6–Mar 3	7:30 p.m.–8:50 p.m.	8	44553	\$132.00
Hockey Skills – Women	18 yrs+	DHC	Mon	Jan 6–Mar 3	6:30 p.m.–7:20 p.m.	8	44552	\$88.00
Learn to Skate – Adult	18 yrs+	DHC	Tue	Jan 7–Mar 4	8:00 p.m.–8:50 p.m.	9	44559	\$99.00

ARC - Arts Resource Centre CRC - Civic Recreation Complex DHC - Delpark Homes Centre
DRC - Donevan Recreation Complex SOCC - South Oshawa Community Centre

swimming

Registration dates



Fall

Swimming Lessons

Tuesday, August 20 at 9 a.m.



Winter

Swimming Lessons

Tuesday, November 19 at 9 a.m.



The City of Oshawa has four indoor pools

Civic Recreation Complex

99 Thornton Road South

Donevan Recreation Complex

171 Harmony Road South

South Oshawa Community Centre

1455 Cedar Street

Delpark Homes Centre


1661 Harmony Road North

Before you go, you should know

Swimming lessons are designed to work on personal improvement and becoming water safe.

- Bring a bathing suit, towel and goggles if needed
- Long hair should be tied back
- Street shoes are not permitted on the pool deck. If you would like to wear shoes, they must be indoor sandals or water shoes

Parented programs

- Some programs require parents/guardians to actively participate
- Look out for parented program symbol 

Change room policies

- Mixed gender families are required to use the universal change room
- Unaccompanied children under 12 years of age are required to use the universal change room (Only children 12 years and older are allowed in gender specific change rooms at the Delpark Homes Centre)

Change room storage

Cubicles are for changing only. Do not leave personal belongings in the changing cubicles. Coin and padlock lockers are available at all facilities.

The City is not responsible for lost, damaged or stolen items.

Photography and videos

The use of any device with photo or recording capabilities is strictly prohibited in all change rooms.

Permission to take photographs during times other than swimming lessons must be granted by a Lifeguard prior to taking any photographs or videos. Photos/videos may only be taken of your own family. Underwater photography is not permitted.



Pool fouling closures

Pool fouling can cause a closure up to 24 hours

Adopt healthy habits to stop the spread of germs and reduce the number of closures in our pools:

- Do not swim if you are feeling sick
- Eat at least one hour before swimming
- Wash your body thoroughly with soap and water before swimming
- Use the bathroom before swimming
- Children not toilet trained must wear swim diapers made for pool use



Do you meet the Pool Admission Requirements?

Red, yellow and green wristbands are provided based on the age of the child and their ability to pass the swim test. To pass the swim test, children must be able to swim 25 metres of the pool independently on their front, maintaining a horizontal body position at all times. Children must be able to swim with their face in the water and take breaths without stopping or touching the bottom of the pool. Front Crawl is encouraged.

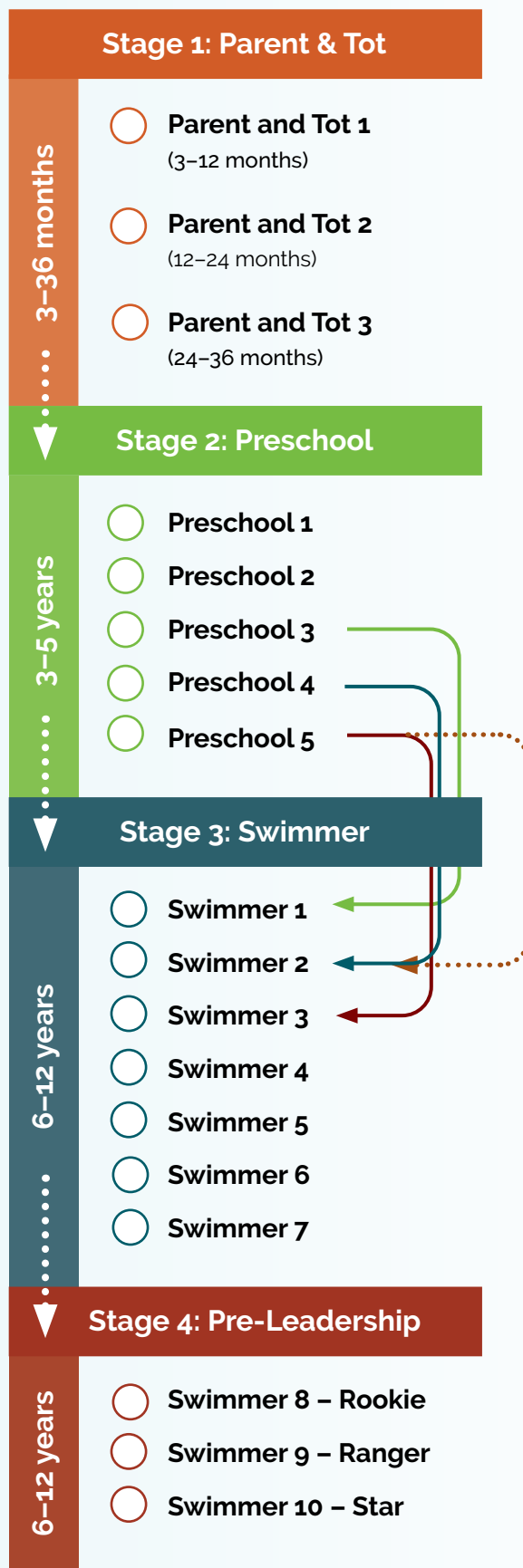
Wristbands	Age	Supervision	Additional Information
Red	6 and under	Must be in arm's reach of a supervising guardian at all times. Maximum two children per guardian	N/A
Yellow	7 -9 yrs	<p>Fail swim test – must be in arm's reach of a supervising guardian at all times</p> <p>Pass swim test– will receive a green wristband and may swim unaccompanied</p>	If you are unsure of your child's swim level, visit a City pool during public or fun swim hours for a free swim assessment before registering for swim lessons.
Green	10 yrs +	<p>May swim unaccompanied</p> <p>Pass swim test – may enter the deep end of the pool</p>	

Swim test cards

Children who have passed the swim test and received a green wristband, are eligible to purchase a City of Oshawa swim test card. This card entitles the child to a green wristband upon entry to any City pool. To receive a swim test card, present your child's green wristband (on their wrist) to a staff member at a reception desk. There is a fee of \$5.01 associated with obtaining the swim test card.

Swimming Lesson Pathways

- Complete course
- Incomplete course



Swimming Level Descriptions

Parent and Tot (4–36 months)



Parent and Tot 1 (3–12 months) **P**

Designed for the 3- to 12-month old to learn to enjoy the water with the parent.

Parent and Tot 2 (12–24 months) **P**

Designed for the 12- to 24-month old to learn to enjoy the water with the parent.

Parent and Tot 3 (24–36 months) **P**

Designed for the 24- to 36-month old to learn to enjoy the water with the parent.



All sessions on pages
**78 and 79 are eligible
for financial assistance**



Parented program

Transition Level (2–5 years)



Transition Level (2–5 years) **P**

Designed for toddlers/preschoolers comfortable in the water and capable of doing skills independent from a caregiver. Caregivers are to participate (and should come prepared to be in the class) until the instructor lets them know the child can do it themselves.

Preschool (3–5 years)



Preschool 1 (3–5 years)

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 assisted on their front and back and learn to get their faces wet and blow bubbles underwater.

Preschool 2 (3–5 years)

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.

Preschool 3 (3–5 years)

Preschoolers 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.

Preschool 4 (3–5 years)

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.

Preschool 5 (3–5 years)

Advanced preschoolers are challenged with a forward roll entry wearing a lifejacket and treading water for 10 seconds. They'll work on front and back crawl swims for 5 metres, interval training, and get an introduction to whip kick.

Swimmer Levels (6–15 years)

Swimmer 1

Swimmers 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 with assistance.

Swimmer 2

Swimmers 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 on their front and back, and be introduced to flutter kick interval training.

Swimmer 3

Swimmers will do different entries, in-water front somersaults and handstands. They'll work on front crawl, back crawl, and whip kick. Flutter kick interval training increases.

Swimmer 4

Swimmers will swim underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. New challenges include the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints and front or back crawl interval training.

Swimmer 5

Swimmers will master entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl and breaststroke. Then they'll pick up the pace in sprints and two interval trainings.

Swimmer 6

Swimmers will rise to the challenge of 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. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and improve fitness with swimming workouts.

Swimmer 7

Swimmers will rise to the challenge of aquatic skills including stride entries, lifesaving kicks like eggbeater and scissor kick. They'll develop strength and endurance through stroke developments and workouts.

Swimmer 8 – Rookie

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



Swimmer 9 – Ranger

Swimmers develop better strokes over 75 metre 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.



Swimmer 10 – Star

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





fall preschool swim lessons

ages 3 months–5 years

Parent and Tot 1/2

Age: 3 to 24 months

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:30 a.m.	10	44008	\$94.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	44009	\$94.00
Sat	Sep 28–Dec 7	11:30 a.m.	10	44010	\$94.00
Sat	Sep 28–Dec 7	12:30 p.m.	10	44011	\$94.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	44012	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	44013	\$94.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	44014	\$94.00
Sun	Sep 29–Dec 8	12:30 p.m.	10	44015	\$94.00
Mon	Sep 30–Dec 9	4:30 p.m.	10	44016	\$94.00
Mon	Sep 30–Dec 9	5:30 p.m.	10	44017	\$94.00
Mon	Sep 30–Dec 9	7:00 p.m.	10	44018	\$94.00
Tue	Oct 1–Dec 10	4:30 p.m.	11	44019	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	44021	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	44022	\$103.40
Wed	Oct 2–Dec 11	4:30 p.m.	11	44023	\$103.40
Wed	Oct 2–Dec 11	5:30 p.m.	11	44024	\$103.40
Wed	Oct 2–Dec 11	7:00 p.m.	11	44025	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	44026	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44027	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	44028	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	9:30 a.m.	10	45505	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	45501	\$94.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	45502	\$94.00
Tue	Oct 1–Dec 10	4:30 p.m.	11	45503	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	45504	\$103.40

Parent and Tot 1/2/3

Age: 3 to 36 months

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	4:30 p.m.	10	44733	\$94.00
Sun	Sep 29–Dec 8	4:00 p.m.	10	45007	\$94.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45033	\$94.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	43763	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	43765	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44574	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	44575	\$103.40
Delpark Homes Centre					
Mon	Sep 30–Dec 9	9:00 a.m.	10	44047	\$94.00
Mon	Sep 30–Dec 9	9:30 a.m.	10	44048	\$94.00
Mon	Sep 30–Dec 9	10:00 a.m.	10	44049	\$94.00
Tue	Oct 1–Dec 10	10:00 a.m.	11	44050	\$103.40
Tue	Oct 1–Dec 10	1:00 p.m.	11	44051	\$103.40
Tue	Oct 1–Dec 10	1:30 p.m.	11	44052	\$103.40
Wed	Oct 2–Dec 11	9:00 a.m.	11	44053	\$103.40
Wed	Oct 2–Dec 11	9:30 a.m.	11	44054	\$103.40
Wed	Oct 2–Dec 11	10:00 a.m.	11	44055	\$103.40
Thu	Oct 3–Dec 12	9:00 a.m.	11	44056	\$103.40
Thu	Oct 3–Dec 12	9:30 a.m.	11	44057	\$103.40
Thu	Oct 3–Dec 12	10:00 a.m.	11	44058	\$103.40
Fri	Oct 4–Dec 13	9:00 a.m.	11	44059	\$103.40
Fri	Oct 4–Dec 13	10:00 a.m.	11	44060	\$103.40
Fri	Oct 4–Dec 13	1:00 p.m.	11	44061	\$103.40
Fri	Oct 4–Dec 13	1:30 p.m.	11	44062	\$103.40
South Oshawa Community Centre					
Sun	Sep 29–Dec 8	5:30 p.m.	10	45506	\$94.00
Fri	Oct 4–Dec 13	11:00 a.m.	11	45507	\$103.40

Parent and Tot 3

Age: 24 to 36 months

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	44029	\$94.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	44030	\$94.00
Sat	Sep 28–Dec 7	12:00 p.m.	10	44031	\$94.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	44032	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	44037	\$94.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	44038	\$94.00
Mon	Sep 30–Dec 9	5:00 p.m.	10	44039	\$94.00
Mon	Sep 30–Dec 9	6:30 p.m.	10	44040	\$94.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	44041	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44042	\$103.40
Wed	Oct 2–Dec 11	5:00 p.m.	11	44043	\$103.40
Wed	Oct 2–Dec 11	6:30 p.m.	11	44044	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44045	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44046	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	45511	\$94.00
Sun	Sep 29–Dec 8	11:00 a.m.	10	45508	\$94.00
Tue	Oct 1–Dec 10	5:30 p.m.	11	45509	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	45510	\$103.40



Transition Level

Age: 2 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	4:30 p.m.	10	44732	\$94.00
Sun	Sep 29–Dec 8	3:30 p.m.	10	44795	\$94.00
Sun	Sep 29–Dec 8	4:30 p.m.	10	44796	\$94.00
Sun	Sep 29–Dec 8	5:00 p.m.	10	44797	\$94.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	43771	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	43772	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44596	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:30 a.m.	10	43969	\$94.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	43970	\$94.00
Sat	Sep 28–Dec 7	11:15 a.m.	10	43971	\$94.00
Sat	Sep 28–Dec 7	11:45 a.m.	10	43972	\$94.00
Sat	Sep 28–Dec 7	12:15 p.m.	10	43973	\$94.00
Sat	Sep 28–Dec 7	1:00 p.m.	10	43974	\$94.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	43975	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	43976	\$94.00
Sun	Sep 29–Dec 8	11:15 a.m.	10	43977	\$94.00
Sun	Sep 29–Dec 8	11:45 a.m.	10	43978	\$94.00
Sun	Sep 29–Dec 8	12:15 p.m.	10	43979	\$94.00
Sun	Sep 29–Dec 8	1:00 p.m.	10	43980	\$94.00
Mon	Sep 30–Dec 9	1:00 p.m.	10	43981	\$94.00
Mon	Sep 30–Dec 9	1:30 p.m.	10	43982	\$94.00
Mon	Sep 30–Dec 9	4:45 p.m.	10	43983	\$94.00
Mon	Sep 30–Dec 9	5:15 p.m.	10	43984	\$94.00
Mon	Sep 30–Dec 9	5:45 p.m.	10	43985	\$94.00
Mon	Sep 30–Dec 9	6:15 p.m.	10	43986	\$94.00
Mon	Sep 30–Dec 9	6:45 p.m.	10	43987	\$94.00
Tue	Oct 1–Dec 10	1:00 p.m.	11	43988	\$103.40
Tue	Oct 1–Dec 10	1:30 p.m.	11	43989	\$103.40
Tue	Oct 1–Dec 10	4:45 p.m.	11	43990	\$103.40
Tue	Oct 1–Dec 10	5:15 p.m.	11	43991	\$103.40
Tue	Oct 1–Dec 10	5:45 p.m.	11	43992	\$103.40
Tue	Oct 1–Dec 10	6:15 p.m.	11	43993	\$103.40
Tue	Oct 1–Dec 10	6:45 p.m.	11	43994	\$103.40

Transition Level continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Wed	Oct 2–Dec 11	1:00 p.m.	11	43995	\$103.40
Wed	Oct 2–Dec 11	1:30 p.m.	11	43996	\$103.40
Wed	Oct 2–Dec 11	4:45 p.m.	11	43997	\$103.40
Wed	Oct 2–Dec 11	5:15 p.m.	11	43998	\$103.40
Wed	Oct 2–Dec 11	5:45 p.m.	11	43999	\$103.40
Wed	Oct 2–Dec 11	6:15 p.m.	11	44000	\$103.40
Wed	Oct 2–Dec 11	6:45 p.m.	11	44001	\$103.40
Thu	Oct 3–Dec 12	4:45 p.m.	11	44002	\$103.40
Thu	Oct 3–Dec 12	5:15 p.m.	11	44003	\$103.40
Thu	Oct 3–Dec 12	5:45 p.m.	11	44004	\$103.40
Thu	Oct 3–Dec 12	6:15 p.m.	11	44005	\$103.40
Thu	Oct 3–Dec 12	6:45 p.m.	11	44006	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	9:30 a.m.	10	45517	\$94.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	45512	\$94.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	45513	\$94.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	45514	\$94.00
Sun	Sep 29–Dec 8	7:00 p.m.	10	45515	\$94.00
Fri	Oct 4–Dec 13	11:30 a.m.	11	45516	\$103.40

Preschool 1

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	5:00 p.m.	10	44734	\$94.00
Sun	Sep 29–Dec 8	3:30 p.m.	10	44807	\$94.00
Sun	Sep 29–Dec 8	4:00 p.m.	10	44808	\$94.00
Sun	Sep 29–Dec 8	5:00 p.m.	10	44809	\$94.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	44810	\$94.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	43774	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	43775	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	43776	\$103.40

Preschool 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Thu	Oct 3–Dec 12	5:00 p.m.	11	44576	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44577	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	44578	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44579	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	44063	\$94.00
Sat	Sep 28–Dec 7	9:15 a.m.	10	44064	\$94.00
Sat	Sep 28–Dec 7	9:30 a.m.	10	44065	\$94.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	44066	\$94.00
Sat	Sep 28–Dec 7	10:15 a.m.	10	44067	\$94.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	44068	\$94.00
Sat	Sep 28–Dec 7	11:30 a.m.	10	44069	\$94.00
Sat	Sep 28–Dec 7	12:00 p.m.	10	44070	\$94.00
Sat	Sep 28–Dec 7	12:30 p.m.	10	44071	\$94.00
Sat	Sep 28–Dec 7	12:45 p.m.	10	44072	\$94.00
Sat	Sep 28–Dec 7	1:15 p.m.	10	44073	\$94.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	44074	\$94.00
Sun	Sep 29–Dec 8	9:15 a.m.	10	44075	\$94.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	44076	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	44077	\$94.00
Sun	Sep 29–Dec 8	10:15 a.m.	10	44078	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	44079	\$94.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	44080	\$94.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	44081	\$94.00
Sun	Sep 29–Dec 8	12:30 p.m.	10	44082	\$94.00
Sun	Sep 29–Dec 8	12:45 p.m.	10	44083	\$94.00
Sun	Sep 29–Dec 8	1:15 p.m.	10	44084	\$94.00
Mon	Sep 30–Dec 9	4:00 p.m.	10	44085	\$94.00
Mon	Sep 30–Dec 9	4:30 p.m.	10	44086	\$94.00
Mon	Sep 30–Dec 9	5:00 p.m.	10	44087	\$94.00
Mon	Sep 30–Dec 9	5:30 p.m.	10	44088	\$94.00
Mon	Sep 30–Dec 9	6:30 p.m.	10	44089	\$94.00
Mon	Sep 30–Dec 9	7:00 p.m.	10	44090	\$94.00
Mon	Sep 30–Dec 9	7:30 p.m.	10	44091	\$94.00

Preschool 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Tue	Oct 1–Dec 10	4:00 p.m.	11	44092	\$103.40
Tue	Oct 1–Dec 10	4:30 p.m.	11	44093	\$103.40
Tue	Oct 1–Dec 10	5:00 p.m.	11	44094	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	44095	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44096	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	44097	\$103.40
Tue	Oct 1–Dec 10	7:15 p.m.	11	44098	\$103.40
Wed	Oct 2–Dec 11	4:00 p.m.	11	44099	\$103.40
Wed	Oct 2–Dec 11	4:30 p.m.	11	44100	\$103.40
Wed	Oct 2–Dec 11	5:00 p.m.	11	44101	\$103.40
Wed	Oct 2–Dec 11	5:30 p.m.	11	44102	\$103.40
Wed	Oct 2–Dec 11	6:30 p.m.	11	44103	\$103.40
Wed	Oct 2–Dec 11	7:00 p.m.	11	44104	\$103.40
Wed	Oct 2–Dec 11	7:30 p.m.	11	44105	\$103.40
Thu	Oct 3–Dec 12	4:00 p.m.	11	44106	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	44107	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44108	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44109	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44110	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	44111	\$103.40
Thu	Oct 3–Dec 12	7:15 p.m.	11	44112	\$103.40
Fri	Oct 4–Dec 13	9:45 a.m.	11	44113	\$103.40
Fri	Oct 4–Dec 13	1:00 p.m.	11	44114	\$103.40
Fri	Oct 4–Dec 13	1:30 p.m.	11	44115	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	45537	\$94.00
Sat	Sep 28–Dec 7	9:30 a.m.	10	45538	\$94.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	45539	\$94.00
Sat	Sep 28–Dec 7	11:00 a.m.	10	45540	\$94.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	45518	\$94.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	45519	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	45520	\$94.00
Sun	Sep 29–Dec 8	11:00 a.m.	10	45521	\$94.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	45522	\$94.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45523	\$94.00
Sun	Sep 29–Dec 8	7:00 p.m.	10	45524	\$94.00

Preschool 1 continued

Day	Dates	Time	Class #	Course ID	Fee
South Oshawa Community Centre					
Tue	Oct 1–Dec 10	4:30 p.m.	11	45525	\$103.40
Tue	Oct 1–Dec 10	5:00 p.m.	11	45526	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	45527	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	45528	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	45529	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	45530	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	45531	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	45532	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	45533	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	45534	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	45535	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	45536	\$103.40

Preschool 1/2

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	4:00 p.m.	10	44727	\$94.00

Preschool 2

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	5:30 p.m.	10	44736	\$94.00
Sun	Sep 29–Dec 8	3:30 p.m.	10	44812	\$94.00
Sun	Sep 29–Dec 8	4:00 p.m.	10	44815	\$94.00
Sun	Sep 29–Dec 8	5:00 p.m.	10	44816	\$94.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	44817	\$94.00

Preschool 2 continued

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Tue	Oct 1–Dec 10	5:00 p.m.	11	43777	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	43778	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	43779	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44582	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44583	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	44584	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	44116	\$94.00
Sat	Sep 28–Dec 7	9:15 a.m.	10	44117	\$94.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	44118	\$94.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	44119	\$94.00
Sat	Sep 28–Dec 7	11:30 a.m.	10	44120	\$94.00
Sat	Sep 28–Dec 7	11:45 a.m.	10	44121	\$94.00
Sat	Sep 28–Dec 7	12:00 p.m.	10	44122	\$94.00
Sat	Sep 28–Dec 7	12:30 p.m.	10	44123	\$94.00
Sat	Sep 28–Dec 7	12:45 p.m.	10	44124	\$94.00
Sat	Sep 28–Dec 7	1:15 p.m.	10	44125	\$94.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	44126	\$94.00
Sun	Sep 29–Dec 8	9:15 a.m.	10	44127	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	44128	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	44129	\$94.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	44130	\$94.00
Sun	Sep 29–Dec 8	11:45 a.m.	10	44131	\$94.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	44132	\$94.00
Sun	Sep 29–Dec 8	12:30 p.m.	10	44133	\$94.00
Sun	Sep 29–Dec 8	12:45 p.m.	10	44134	\$94.00
Sun	Sep 29–Dec 8	1:15 p.m.	10	44135	\$94.00
Mon	Sep 30–Dec 9	4:00 p.m.	10	44136	\$94.00
Mon	Sep 30–Dec 9	4:30 p.m.	10	44137	\$94.00
Mon	Sep 30–Dec 9	5:00 p.m.	10	44138	\$94.00
Mon	Sep 30–Dec 9	5:30 p.m.	10	44139	\$94.00
Mon	Sep 30–Dec 9	6:30 p.m.	10	44140	\$94.00
Mon	Sep 30–Dec 9	7:00 p.m.	10	44141	\$94.00
Mon	Sep 30–Dec 9	7:30 p.m.	10	44142	\$94.00
Tue	Oct 1–Dec 10	4:00 p.m.	11	44143	\$103.40
Tue	Oct 1–Dec 10	4:30 p.m.	11	44144	\$103.40
Tue	Oct 1–Dec 10	5:00 p.m.	11	44145	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	44146	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44147	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	44148	\$103.40

Preschool 2 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Wed	Oct 2–Dec 11	4:00 p.m.	11	44149	\$103.40
Wed	Oct 2–Dec 11	4:30 p.m.	11	44150	\$103.40
Wed	Oct 2–Dec 11	5:00 p.m.	11	44151	\$103.40
Wed	Oct 2–Dec 11	5:30 p.m.	11	44152	\$103.40
Wed	Oct 2–Dec 11	6:30 p.m.	11	44153	\$103.40
Wed	Oct 2–Dec 11	7:00 p.m.	11	44154	\$103.40
Wed	Oct 2–Dec 11	7:30 p.m.	11	44155	\$103.40
Thu	Oct 3–Dec 12	4:00 p.m.	11	44156	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	44157	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44158	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44159	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44160	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	44161	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	45555	\$94.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	45556	\$94.00
Sat	Sep 28–Dec 7	11:00 a.m.	10	45557	\$94.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	45541	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	45542	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	45543	\$94.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	45544	\$94.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45545	\$94.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45546	\$94.00
Tue	Oct 1–Dec 10	7:00 p.m.	11	45550	\$103.40
Tue	Oct 1–Dec 10	5:00 p.m.	11	45547	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	45548	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	45549	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	45551	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	45552	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	45553	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	45554	\$103.40



Looking for inclusive swim lessons?

See pages 22–23 to find inclusive private swim lessons for participants 3 to 19 years of age.

Preschool 3

Age: 3 to 5 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	5:30 p.m.	10	44737	\$94.00
Sun	Sep 29–Dec 8	3:30 p.m.	10	44822	\$94.00
Sun	Sep 29–Dec 8	4:30 p.m.	10	44825	\$94.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	44826	\$94.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	44827	\$94.00
Tue	Oct 1–Dec 10	5:30 p.m.	11	44356	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44357	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44597	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44598	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	44162	\$94.00
Sat	Sep 28–Dec 7	9:45 a.m.	10	44163	\$94.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	44164	\$94.00
Sat	Sep 28–Dec 7	11:15 a.m.	10	44165	\$94.00
Sat	Sep 28–Dec 7	11:45 a.m.	10	44166	\$94.00
Sat	Sep 28–Dec 7	12:15 p.m.	10	44167	\$94.00
Sat	Sep 28–Dec 7	1:00 p.m.	10	44168	\$94.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	44169	\$94.00
Sun	Sep 29–Dec 8	9:45 a.m.	10	44170	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	44171	\$94.00
Sun	Sep 29–Dec 8	11:15 a.m.	10	44172	\$94.00
Sun	Sep 29–Dec 8	11:45 a.m.	10	44173	\$94.00
Sun	Sep 29–Dec 8	12:15 p.m.	10	44174	\$94.00
Sun	Sep 29–Dec 8	1:00 p.m.	10	44175	\$94.00
Mon	Sep 30–Dec 9	4:30 p.m.	10	44176	\$94.00
Mon	Sep 30–Dec 9	4:45 p.m.	10	44177	\$94.00
Mon	Sep 30–Dec 9	5:45 p.m.	10	44178	\$94.00
Mon	Sep 30–Dec 9	6:45 p.m.	10	44179	\$94.00
Mon	Sep 30–Dec 9	7:15 p.m.	10	44180	\$94.00
Tue	Oct 1–Dec 10	4:30 p.m.	11	44181	\$103.40
Tue	Oct 1–Dec 10	4:45 p.m.	11	44182	\$103.40
Tue	Oct 1–Dec 10	5:45 p.m.	11	44183	\$103.40
Tue	Oct 1–Dec 10	6:45 p.m.	11	44184	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	44185	\$103.40

Preschool 3 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Wed	Oct 2–Dec 11	4:30 p.m.	11	44186	\$103.40
Wed	Oct 2–Dec 11	4:45 p.m.	11	44187	\$103.40
Wed	Oct 2–Dec 11	5:45 p.m.	11	44188	\$103.40
Wed	Oct 2–Dec 11	6:45 p.m.	11	44189	\$103.40
Wed	Oct 2–Dec 11	7:15 p.m.	11	44190	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	44191	\$103.40
Thu	Oct 3–Dec 12	4:45 p.m.	11	44192	\$103.40
Thu	Oct 3–Dec 12	5:45 p.m.	11	44193	\$103.40
Thu	Oct 3–Dec 12	6:45 p.m.	11	44194	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	44195	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	45566	\$94.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	45567	\$94.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	45558	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	45559	\$94.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	45560	\$94.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45561	\$94.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	45562	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	45563	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	45564	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	45565	\$103.40

Preschool 4

Age: 3 to 5 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Sep 29–Dec 8	4:30 p.m.	10	45003	\$94.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45006	\$94.00
Tue	Oct 1–Dec 10	5:30 p.m.	11	44358	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44359	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44603	\$103.40

Preschool 4/5

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Thu	Oct 3–Dec 12	5:30 p.m.	11	44605	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	44196	\$94.00
Sat	Sep 28–Dec 7	10:45 a.m.	10	44197	\$94.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	44198	\$94.00
Sun	Sep 29–Dec 8	10:45 a.m.	10	44199	\$94.00
Mon	Sep 30–Dec 9	5:15 p.m.	10	44200	\$94.00
Mon	Sep 30–Dec 9	6:15 p.m.	10	44201	\$94.00
Mon	Sep 30–Dec 9	7:15 p.m.	10	44202	\$94.00
Tue	Oct 1–Dec 10	5:15 p.m.	11	44203	\$103.40
Tue	Oct 1–Dec 10	6:15 p.m.	11	44204	\$103.40
Wed	Oct 2–Dec 11	5:15 p.m.	11	44205	\$103.40
Wed	Oct 2–Dec 11	6:15 p.m.	11	44206	\$103.40
Wed	Oct 2–Dec 11	7:15 p.m.	11	44207	\$103.40
Thu	Oct 3–Dec 12	5:15 p.m.	11	44208	\$103.40
Thu	Oct 3–Dec 12	6:15 p.m.	11	44209	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	10:30 a.m.	10	45574	\$94.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	45568	\$94.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	45569	\$94.00
Tue	Oct 1–Dec 10	4:30 p.m.	11	45570	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	45571	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	45572	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	45573	\$103.40

Preschool 5

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Sep 29–Dec 8	5:00 p.m.	10	45014	\$94.00
Tue	Oct 1–Dec 10	5:30 p.m.	11	44360	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44361	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44604	\$103.40



Emergency

Preparedness

Emergencies can happen anytime, anywhere.

Is your family **ready?**



Be prepared
to take care of
yourself and your family
for a minimum of 72 hours (3 days).

oshawa.ca/emergencynews

Water safety

◆ It's the facts!

- Children under five, young men and older adults have the highest drowning risk
- Drowning can occur in as little as a few centimetres of water
- Drowning is fast and silent
- Bathtub drownings occur every year among children and older adults

Lifesaving Society

www.lifesavingsociety.com

Hooray!

It's time to plan a birthday!

Host your birthday party at a City of Oshawa recreation facility. We offer many birthday packages to help you plan the perfect party!

All birthday party packages include one hour in the program room, studio, gymnasium, or pool, plus two additional hours in the party room (unless otherwise noted). Fees include party leaders or lifeguards and necessary equipment.

Get all the details
on birthday party
packages and book
yours today!





fall swim lessons

ages 6–15

Swimmer 1

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	4:00 p.m.	10	44712	\$94.00
Sat	Sep 28–Dec 7	4:30 p.m.	10	44720	\$94.00
Sat	Sep 28–Dec 7	5:00 p.m.	10	44713	\$94.00
Sat	Sep 28–Dec 7	6:00 p.m.	10	44714	\$94.00
Sun	Sep 29–Dec 8	3:30 p.m.	10	44828	\$94.00
Sun	Sep 29–Dec 8	4:00 p.m.	10	44829	\$94.00
Sun	Sep 29–Dec 8	4:30 p.m.	10	44830	\$94.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	44831	\$94.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	44832	\$94.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	44833	\$94.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	43780	\$103.40
Tue	Oct 1–Dec 10	5:00 p.m.	11	43781	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	43782	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	43783	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	43784	\$103.40
Tue	Oct 1–Dec 10	7:30 p.m.	11	43786	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44585	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44586	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44587	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44588	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	44589	\$103.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	44590	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:15 a.m.	10	44210	\$94.00
Sat	Sep 28–Dec 7	9:45 a.m.	10	44211	\$94.00
Sat	Sep 28–Dec 7	10:15 a.m.	10	44212	\$94.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	44213	\$94.00
Sat	Sep 28–Dec 7	10:45 a.m.	10	44214	\$94.00

Swimmer 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	11:45 a.m.	10	44215	\$94.00
Sat	Sep 28–Dec 7	12:00 p.m.	10	44216	\$94.00
Sat	Sep 28–Dec 7	12:30 p.m.	10	44217	\$94.00
Sat	Sep 28–Dec 7	12:45 p.m.	10	44218	\$94.00
Sat	Sep 28–Dec 7	1:00 p.m.	10	44219	\$94.00
Sat	Sep 28–Dec 7	1:15 p.m.	10	44220	\$94.00
Sun	Sep 29–Dec 8	9:15 a.m.	10	44221	\$94.00
Sun	Sep 29–Dec 8	9:45 a.m.	10	44222	\$94.00
Sun	Sep 29–Dec 8	10:15 a.m.	10	44223	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	44224	\$94.00
Sun	Sep 29–Dec 8	10:45 a.m.	10	44225	\$94.00
Sun	Sep 29–Dec 8	11:45 a.m.	10	44226	\$94.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	44227	\$94.00
Sun	Sep 29–Dec 8	12:30 p.m.	10	44228	\$94.00
Sun	Sep 29–Dec 8	12:45 p.m.	10	44229	\$94.00
Sun	Sep 29–Dec 8	1:00 p.m.	10	44230	\$94.00
Sun	Sep 29–Dec 8	1:15 p.m.	10	44231	\$94.00
Mon	Sep 30–Dec 9	4:00 p.m.	10	44232	\$94.00
Mon	Sep 30–Dec 9	4:30 p.m.	10	44233	\$94.00
Mon	Sep 30–Dec 9	4:45 p.m.	10	44234	\$94.00
Mon	Sep 30–Dec 9	5:00 p.m.	10	44235	\$94.00
Mon	Sep 30–Dec 9	5:30 p.m.	10	44236	\$94.00
Mon	Sep 30–Dec 9	5:45 p.m.	10	44237	\$94.00
Mon	Sep 30–Dec 9	6:30 p.m.	10	44238	\$94.00
Mon	Sep 30–Dec 9	6:45 p.m.	10	44239	\$94.00
Mon	Sep 30–Dec 9	7:00 p.m.	10	44240	\$94.00
Mon	Sep 30–Dec 9	7:15 p.m.	10	44241	\$94.00
Mon	Sep 30–Dec 9	7:30 p.m.	10	44242	\$94.00
Tue	Oct 1–Dec 10	4:00 p.m.	11	44243	\$103.40
Tue	Oct 1–Dec 10	4:30 p.m.	11	44244	\$103.40
Tue	Oct 1–Dec 10	5:00 p.m.	11	44245	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	44246	\$103.40

Swimmer 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Tue	Oct 1–Dec 10	5:45 p.m.	11	44247	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44248	\$103.40
Tue	Oct 1–Dec 10	6:45 p.m.	11	44249	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	44250	\$103.40
Wed	Oct 2–Dec 11	4:00 p.m.	11	44251	\$103.40
Wed	Oct 2–Dec 11	4:30 p.m.	11	44252	\$103.40
Wed	Oct 2–Dec 11	4:45 p.m.	11	44253	\$103.40
Wed	Oct 2–Dec 11	5:00 p.m.	11	44254	\$103.40
Wed	Oct 2–Dec 11	5:30 p.m.	11	44255	\$103.40
Wed	Oct 2–Dec 11	5:45 p.m.	11	44256	\$103.40
Wed	Oct 2–Dec 11	6:30 p.m.	11	44257	\$103.40
Wed	Oct 2–Dec 11	6:45 p.m.	11	44258	\$103.40
Wed	Oct 2–Dec 11	7:00 p.m.	11	44259	\$103.40
Wed	Oct 2–Dec 11	7:15 p.m.	11	44260	\$103.40
Wed	Oct 2–Dec 11	7:30 p.m.	11	44261	\$103.40
Thu	Oct 3–Dec 12	4:00 p.m.	11	44262	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	44263	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44264	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44265	\$103.40
Thu	Oct 3–Dec 12	5:45 p.m.	11	44266	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44267	\$103.40
Thu	Oct 3–Dec 12	6:45 p.m.	11	44268	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	44269	\$103.40
Donevan Recreation Complex					
Sat	Sep 28–Dec 7	10:00 a.m.	9	46227	\$84.60
Sat	Sep 28–Dec 7	10:30 a.m.	9	46228	\$84.60
Sat	Sep 28–Dec 7	11:00 a.m.	9	46229	\$84.60
Sat	Sep 28–Dec 7	11:30 a.m.	9	46230	\$84.60
Sat	Sep 28–Dec 7	12:00 p.m.	9	46231	\$84.60
Wed	Oct 2–Dec 11	6:30 p.m.	11	46232	\$103.40
Wed	Oct 2–Dec 11	7:30 p.m.	11	46233	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	45596	\$94.00
Sat	Sep 28–Dec 7	9:30 a.m.	10	45597	\$94.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	45598	\$94.00
Sat	Sep 28–Dec 7	11:00 a.m.	10	45599	\$94.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	45575	\$94.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	45576	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	45577	\$94.00
Sun	Sep 29–Dec 8	11:00 a.m.	10	45578	\$94.00

Swimmer 1 continued

Day	Dates	Time	Class #	Course ID	Fee
South Oshawa Community Centre					
Sun	Sep 29–Dec 8	11:30 a.m.	10	45579	\$94.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45580	\$94.00
Sun	Sep 29–Dec 8	7:00 p.m.	10	45581	\$94.00
Tue	Oct 1–Dec 10	4:30 p.m.	11	45582	\$103.40
Tue	Oct 1–Dec 10	5:00 p.m.	11	45583	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	45584	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	45585	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	45586	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	45587	\$103.40
Tue	Oct 1–Dec 10	7:30 p.m.	11	45588	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	45589	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	45590	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	45591	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	45592	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	45593	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	45594	\$103.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	45595	\$103.40



Swimmer 2

Age: 6 to 12 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	4:00 p.m.	10	44721	\$94.00
Sat	Sep 28–Dec 7	6:00 p.m.	10	44722	\$94.00
Sun	Sep 29–Dec 8	4:00 p.m.	10	44997	\$94.00
Sun	Sep 29–Dec 8	5:00 p.m.	10	44999	\$94.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	45000	\$94.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45001	\$94.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	43787	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	43788	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	43789	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	43790	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44591	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44592	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44593	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	44594	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:30 a.m.	10	44270	\$94.00
Sat	Sep 28–Dec 7	9:45 a.m.	10	44271	\$94.00
Sat	Sep 28–Dec 7	10:15 a.m.	10	44272	\$94.00
Sat	Sep 28–Dec 7	10:45 a.m.	10	44273	\$94.00
Sat	Sep 28–Dec 7	11:15 a.m.	10	44274	\$94.00
Sat	Sep 28–Dec 7	11:45 a.m.	10	44275	\$94.00
Sat	Sep 28–Dec 7	12:15 p.m.	10	44276	\$94.00
Sat	Sep 28–Dec 7	12:45 p.m.	10	44277	\$94.00
Sat	Sep 28–Dec 7	1:00 p.m.	10	44278	\$94.00
Sat	Sep 28–Dec 7	1:15 p.m.	10	44279	\$94.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	44280	\$94.00
Sun	Sep 29–Dec 8	9:45 a.m.	10	44283	\$94.00
Sun	Sep 29–Dec 8	10:15 a.m.	10	44284	\$94.00
Sun	Sep 29–Dec 8	10:45 a.m.	10	44285	\$94.00
Sun	Sep 29–Dec 8	11:15 a.m.	10	44286	\$94.00
Sun	Sep 29–Dec 8	11:45 a.m.	10	44287	\$94.00
Sun	Sep 29–Dec 8	12:15 p.m.	10	44288	\$94.00
Sun	Sep 29–Dec 8	12:45 p.m.	10	44289	\$94.00
Sun	Sep 29–Dec 8	1:00 p.m.	10	44290	\$94.00

Swimmer 2 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sun	Sep 29–Dec 8	1:15 p.m.	10	44291	\$94.00
Mon	Sep 30–Dec 9	4:30 p.m.	10	44292	\$94.00
Mon	Sep 30–Dec 9	5:00 p.m.	10	44297	\$94.00
Mon	Sep 30–Dec 9	5:30 p.m.	10	44298	\$94.00
Mon	Sep 30–Dec 9	6:15 p.m.	10	44299	\$94.00
Mon	Sep 30–Dec 9	6:30 p.m.	10	44300	\$94.00
Mon	Sep 30–Dec 9	7:30 p.m.	10	44301	\$94.00
Tue	Oct 1–Dec 10	6:15 a.m.	11	44306	\$103.40
Tue	Oct 1–Dec 10	4:30 p.m.	11	44302	\$103.40
Tue	Oct 1–Dec 10	5:00 p.m.	11	44303	\$103.40
Tue	Oct 1–Dec 10	5:15 p.m.	11	44304	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	44305	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44307	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	44308	\$103.40
Wed	Oct 2–Dec 11	4:30 p.m.	11	44309	\$103.40
Wed	Oct 2–Dec 11	5:00 p.m.	11	44310	\$103.40
Wed	Oct 2–Dec 11	5:30 p.m.	11	44311	\$103.40
Wed	Oct 2–Dec 11	6:15 p.m.	11	44312	\$103.40
Wed	Oct 2–Dec 11	6:30 p.m.	11	44313	\$103.40
Wed	Oct 2–Dec 11	7:30 p.m.	11	44314	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	44315	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44316	\$103.40
Thu	Oct 3–Dec 12	5:15 p.m.	11	44317	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44318	\$103.40
Thu	Oct 3–Dec 12	6:15 p.m.	11	44319	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44320	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	44321	\$103.40
Donevan Recreation Complex					
Sat	Sep 28–Dec 7	10:00 a.m.	9	46234	\$84.60
Sat	Sep 28–Dec 7	11:00 a.m.	9	46235	\$84.60
Sat	Sep 28–Dec 7	12:00 p.m.	9	46236	\$84.60
Wed	Oct 2–Dec 11	7:00 p.m.	11	46237	\$103.40
Wed	Oct 2–Dec 11	8:00 p.m.	11	46238	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	9:30 a.m.	10	45615	\$94.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	45616	\$94.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	45617	\$94.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	45600	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	45601	\$94.00

Swimmer 2 continued

Day	Dates	Time	Class #	Course ID	Fee
South Oshawa Community Centre					
Sun	Sep 29–Dec 8	11:00 a.m.	10	45602	\$94.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45603	\$94.00
Sun	Sep 29–Dec 8	7:00 p.m.	10	45604	\$94.00
Tue	Oct 1–Dec 10	4:30 p.m.	11	45605	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	45606	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	45607	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	45608	\$103.40
Tue	Oct 1–Dec 10	7:30 p.m.	11	45609	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	45610	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	45611	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	45612	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	45613	\$103.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	45614	\$103.40

Swimmer 3

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	4:00 p.m.	10	44726	\$94.00
Sun	Sep 29–Dec 8	5:00 p.m.	10	45010	\$94.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	45011	\$94.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45012	\$94.00
Tue	Oct 1–Dec 10	6:00 p.m.	11	44362	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44363	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	44599	\$103.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	44600	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:15 a.m.	10	44322	\$94.00
Sat	Sep 28–Dec 7	10:15 a.m.	10	44323	\$94.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	44324	\$94.00
Sat	Sep 28–Dec 7	11:30 a.m.	10	44325	\$94.00
Sat	Sep 28–Dec 7	12:45 p.m.	10	44326	\$94.00
Sat	Sep 28–Dec 7	1:00 p.m.	10	44327	\$94.00

Swimmer 3 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	1:15 p.m.	10	44328	\$94.00
Sun	Sep 29–Dec 8	9:15 a.m.	10	44329	\$94.00
Sun	Sep 29–Dec 8	10:15 a.m.	10	44330	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	44331	\$94.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	44332	\$94.00
Sun	Sep 29–Dec 8	12:45 p.m.	10	44333	\$94.00
Sun	Sep 29–Dec 8	1:00 p.m.	10	44334	\$94.00
Sun	Sep 29–Dec 8	1:15 p.m.	10	44335	\$94.00
Mon	Sep 30–Dec 9	5:00 p.m.	10	44336	\$94.00
Mon	Sep 30–Dec 9	5:15 p.m.	10	44337	\$94.00
Mon	Sep 30–Dec 9	6:30 p.m.	10	44338	\$94.00
Mon	Sep 30–Dec 9	6:45 p.m.	10	44339	\$94.00
Mon	Sep 30–Dec 9	7:00 p.m.	10	44340	\$94.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	44341	\$103.40
Tue	Oct 1–Dec 10	5:15 p.m.	11	44342	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44343	\$103.40
Tue	Oct 1–Dec 10	6:45 p.m.	11	44344	\$103.40
Tue	Oct 1–Dec 10	7:15 p.m.	11	44345	\$103.40
Wed	Oct 2–Dec 11	5:00 p.m.	11	44346	\$103.40
Wed	Oct 2–Dec 11	5:15 p.m.	11	44347	\$103.40
Wed	Oct 2–Dec 11	6:30 p.m.	11	44348	\$103.40
Wed	Oct 2–Dec 11	6:45 p.m.	11	44349	\$103.40
Wed	Oct 2–Dec 11	7:00 p.m.	11	44350	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44351	\$103.40
Thu	Oct 3–Dec 12	5:15 p.m.	11	44352	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	44353	\$103.40
Thu	Oct 3–Dec 12	6:45 p.m.	11	44354	\$103.40
Thu	Oct 3–Dec 12	7:15 p.m.	11	44355	\$103.40
Donevan Recreation Complex					
Sat	Sep 28–Dec 7	10:30 a.m.	9	46239	\$84.60
Sat	Sep 28–Dec 7	11:30 a.m.	9	46240	\$84.60
Wed	Oct 2–Dec 11	7:00 p.m.	11	46241	\$103.40
Wed	Oct 2–Dec 11	8:00 p.m.	11	46242	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	10:00 a.m.	11	45632	\$103.40
Sat	Sep 28–Dec 7	10:30 a.m.	11	45633	\$103.40
Sat	Sep 28–Dec 7	11:00 a.m.	11	45634	\$103.40
Sun	Sep 29–Dec 8	10:00 a.m.	11	45618	\$103.40
Sun	Sep 29–Dec 8	10:30 a.m.	11	45619	\$103.40
Sun	Sep 29–Dec 8	11:00 a.m.	11	45620	\$103.40

Swimmer 3 continued

Day	Dates	Time	Class #	Course ID	Fee
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	10:00 a.m.	10	45632	\$94.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	45633	\$94.00
Sat	Sep 28–Dec 7	11:00 a.m.	10	45634	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	45618	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	45619	\$94.00
Sun	Sep 29–Dec 8	11:00 a.m.	10	45620	\$94.00
Sun	Sep 29–Dec 8	11:00 a.m.	10	45621	\$94.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45622	\$94.00
Sun	Sep 29–Dec 8	7:30 p.m.	10	45623	\$94.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	45624	\$103.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	45625	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	45626	\$103.40
Tue	Oct 1–Dec 10	7:30 p.m.	11	45627	\$103.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	45628	\$103.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	45629	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	45630	\$103.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	45631	\$103.40

Swimmer 4

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Sep 29–Dec 8	5:30 p.m.	10	45015	\$94.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45016	\$94.00
Tue	Oct 1–Dec 10	6:00 p.m.	11	44364	\$103.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44365	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	44601	\$103.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	44602	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:45 a.m.	10	44395	\$94.00
Sat	Sep 28–Dec 7	10:15 a.m.	10	44396	\$94.00
Sat	Sep 28–Dec 7	10:45 a.m.	10	44397	\$94.00
Sat	Sep 28–Dec 7	11:15 a.m.	10	44398	\$94.00
Sat	Sep 28–Dec 7	12:15 p.m.	10	44399	\$94.00
Sat	Sep 28–Dec 7	1:00 p.m.	10	44400	\$94.00

Swimmer 4 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sun	Sep 29–Dec 8	9:45 a.m.	10	44401	\$94.00
Sun	Sep 29–Dec 8	10:15 a.m.	10	44402	\$94.00
Sun	Sep 29–Dec 8	10:45 a.m.	10	44403	\$94.00
Sun	Sep 29–Dec 8	11:15 a.m.	10	44404	\$94.00
Sun	Sep 29–Dec 8	12:15 p.m.	10	44405	\$94.00
Sun	Sep 29–Dec 8	1:00 p.m.	10	44406	\$94.00
Mon	Sep 30–Dec 9	4:45 p.m.	10	44407	\$94.00
Mon	Sep 30–Dec 9	5:45 p.m.	10	44408	\$94.00
Mon	Sep 30–Dec 9	6:15 p.m.	10	44409	\$94.00
Mon	Sep 30–Dec 9	7:15 p.m.	10	44410	\$94.00
Mon	Sep 30–Dec 9	7:30 p.m.	10	44411	\$94.00
Tue	Oct 1–Dec 10	4:45 p.m.	11	44412	\$103.40
Tue	Oct 1–Dec 10	5:45 p.m.	11	44413	\$103.40
Tue	Oct 1–Dec 10	6:15 p.m.	11	44414	\$103.40
Tue	Oct 1–Dec 10	6:45 p.m.	11	44415	\$103.40
Wed	Oct 2–Dec 11	4:45 p.m.	11	44416	\$103.40
Wed	Oct 2–Dec 11	5:45 p.m.	11	44417	\$103.40
Wed	Oct 2–Dec 11	6:15 p.m.	11	44418	\$103.40
Wed	Oct 2–Dec 11	7:15 p.m.	11	44419	\$103.40
Wed	Oct 2–Dec 11	7:30 p.m.	11	44420	\$103.40
Thu	Oct 3–Dec 12	4:45 p.m.	11	44421	\$103.40
Thu	Oct 3–Dec 12	5:45 p.m.	11	44422	\$103.40
Thu	Oct 3–Dec 12	6:15 p.m.	11	44423	\$103.40
Thu	Oct 3–Dec 12	6:45 p.m.	11	44424	\$103.40
Donevan Recreation Complex					
Sat	Sep 28–Dec 7	10:00 a.m.	9	46243	\$84.60
Sat	Sep 28–Dec 7	11:30 a.m.	9	46244	\$84.60
Wed	Oct 2–Dec 11	6:30 p.m.	11	46245	\$103.40
Wed	Oct 2–Dec 11	7:30 p.m.	11	46246	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	10:00 a.m.	10	45642	\$94.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	45643	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	45635	\$94.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	45636	\$94.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45637	\$94.00
Tue	Oct 1–Dec 10	4:30 p.m.	11	45638	\$103.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	45639	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	45640	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	45641	\$103.40

Swimmer 5

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Sep 29–Dec 8	4:30 p.m.	10	45008	\$94.00
Tue	Oct 1–Dec 10	6:30 p.m.	11	44366	\$103.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	44608	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:15 a.m.	10	44425	\$94.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	44426	\$94.00
Sat	Sep 28–Dec 7	12:30 p.m.	10	44427	\$94.00
Sun	Sep 29–Dec 8	9:15 a.m.	10	44428	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	44429	\$94.00
Sun	Sep 29–Dec 8	12:30 p.m.	10	44430	\$94.00
Mon	Sep 30–Dec 9	5:15 p.m.	10	44431	\$94.00
Mon	Sep 30–Dec 9	6:15 p.m.	10	44432	\$94.00
Mon	Sep 30–Dec 9	7:15 p.m.	10	44433	\$94.00
Tue	Oct 1–Dec 10	5:15 p.m.	11	44434	\$103.40
Tue	Oct 1–Dec 10	6:15 p.m.	11	44435	\$103.40
Wed	Oct 2–Dec 11	5:15 p.m.	11	44436	\$103.40
Wed	Oct 2–Dec 11	6:15 p.m.	11	44437	\$103.40
Wed	Oct 2–Dec 11	7:15 p.m.	11	44438	\$103.40
Thu	Oct 3–Dec 12	5:15 p.m.	11	44439	\$103.40
Thu	Oct 3–Dec 12	6:15 p.m.	11	44440	\$103.40
Donevan Recreation Complex					
Sat	Sep 28–Dec 7	10:30 a.m.	9	46247	\$84.60
Sat	Sep 28–Dec 7	12:00 p.m.	9	46248	\$84.60
Wed	Oct 2–Dec 11	6:30 p.m.	11	46249	\$103.40
Wed	Oct 2–Dec 11	8:00 p.m.	11	46250	\$103.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	10:00 a.m.	10	45648	\$94.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	45644	\$94.00
Sun	Sep 29–Dec 8	7:00 p.m.	10	45645	\$94.00
Tue	Oct 1–Dec 10	6:30 p.m.	11	45646	\$103.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	45647	\$103.40

Swimmer 6

Age: 6 to 15 years

Lessons: 30 minutes per class, *45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
*Sun	Sep 29–Dec 8	4:30 p.m.	10	45009	\$94.00
*Tue	Oct 1–Dec 10	6:30 p.m.	11	44367	\$103.40
*Thu	Oct 3–Dec 12	6:00 p.m.	11	44607	\$103.40
Delpark Homes Centre					
Sat	Sep 28–Dec 7	11:30 a.m.	10	44441	\$94.00
Sat	Sep 28–Dec 7	12:15 p.m.	10	44442	\$94.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	44443	\$94.00
Sun	Sep 29–Dec 8	12:15 p.m.	10	44444	\$94.00
Mon	Sep 30–Dec 9	4:30 p.m.	10	44445	\$94.00
Mon	Sep 30–Dec 9	7:00 p.m.	10	44446	\$94.00
Tue	Oct 1–Dec 10	4:30 p.m.	11	44447	\$103.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	44448	\$103.40
Wed	Oct 2–Dec 11	4:30 p.m.	11	44449	\$103.40
Wed	Oct 2–Dec 11	7:00 p.m.	11	44450	\$103.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	44451	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	44452	\$103.40
Donevan Recreation Complex					
*Sat	Sep 28–Dec 7	10:00 a.m.	9	46251	\$84.60
*Sat	Sep 28–Dec 7	11:00 a.m.	9	46252	\$84.60
*Wed	Oct 2–Dec 11	6:30 p.m.	11	46253	\$103.40
*Wed	Oct 2–Dec 11	7:00 p.m.	11	46254	\$103.40



Looking for inclusive swim lessons?

See [pages 22–23](#) to find inclusive private swim lessons for participants 3 to 19 years of age.

Swimmer 6/7

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	11:00 a.m.	10	45653	\$94.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	45649	\$94.00
Sun	Sep 29–Dec 8	7:30 p.m.	10	45650	\$94.00
Tue	Oct 1–Dec 10	7:00 p.m.	11	45651	\$103.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	45652	\$103.40

Swimmer 7

Age: 6 to 15 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Sep 29–Dec 8	5:15 p.m.	10	45013	\$94.00
Tue	Oct 1–Dec 10	7:15 p.m.	11	44368	\$103.40
Thu	Oct 3–Dec 12	6:45 p.m.	11	44609	\$103.40
Donevan Recreation Complex					
Sat	Sep 28–Dec 7	10:45 a.m.	9	46255	\$84.60
Sat	Sep 28–Dec 7	11:45 a.m.	9	46256	\$84.60
Wed	Oct 2–Dec 11	7:15 p.m.	11	46257	\$103.40
Wed	Oct 2–Dec 11	7:45 p.m.	11	46258	\$103.40

Swimmer 8/9/10

Age: 6 to 15 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Sep 29–Dec 8	5:15 p.m.	10	45034	\$94.00
Tue	Oct 1–Dec 10	7:15 p.m.	11	44369	\$103.40
Thu	Oct 3–Dec 12	6:45 p.m.	11	44611	\$103.40
Donevan Recreation Complex					
Sat	Sep 28–Dec 7	10:00 a.m.	9	46259	\$84.60
Sat	Sep 28–Dec 7	10:45 a.m.	9	46260	\$84.60
Sat	Sep 28–Dec 7	11:30 a.m.	9	46283	\$84.60
Wed	Oct 2–Dec 11	7:00 p.m.	11	46261	\$103.40
Wed	Oct 2–Dec 11	7:45 p.m.	11	46262	\$103.40
South Oshawa Community Centre					
Tue	Oct 1–Dec 10	7:15 p.m.	11	45654	\$103.40

Try something new!

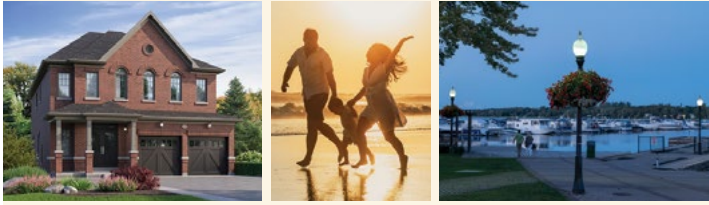
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Fall 2024/Winter 2025!**

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programming on [page 109](#).





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winter preschool swim lessons

ages 3 months–5 years

Parent and Tot 1/2

Age: 3 to 24 months
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:30 a.m.	9	44881	\$84.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	44882	\$84.60
Sat	Jan 4–Mar 1	11:30 a.m.	9	44883	\$84.60
Sat	Jan 4–Mar 1	12:30 p.m.	9	44884	\$84.60
Sun	Jan 5–Mar 2	9:30 a.m.	9	44885	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	44886	\$84.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	44887	\$84.60
Sun	Jan 5–Mar 2	12:30 p.m.	9	44888	\$84.60
Mon	Jan 6–Mar 3	4:30 p.m.	8	44889	\$75.20
Mon	Jan 6–Mar 3	5:30 p.m.	8	44890	\$75.20
Mon	Jan 6–Mar 3	7:00 p.m.	8	44891	\$75.20
Tue	Jan 7–Mar 4	4:30 p.m.	9	44892	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	44893	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	44894	\$84.60
Wed	Jan 8–Mar 5	4:30 p.m.	9	44895	\$84.60
Wed	Jan 8–Mar 5	5:30 p.m.	9	44900	\$84.60
Wed	Jan 8–Mar 5	7:00 p.m.	9	44901	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	44902	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	44903	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	44904	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	9:30 a.m.	9	45745	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45741	\$84.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	45742	\$84.60
Tue	Jan 7–Mar 4	4:30 p.m.	9	45743	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45744	\$84.60

Parent and Tot 1/2/3

Age: 3 to 36 months
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	4:30 p.m.	9	45490	\$84.60
Sun	Jan 5–Mar 2	4:00 p.m.	9	45998	\$84.60
Sun	Jan 5–Mar 2	5:30 p.m.	9	46042	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	46101	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	46157	\$84.60
Delpark Homes Centre					
Mon	Jan 6–Mar 3	9:00 a.m.	8	44922	\$75.20
Mon	Jan 6–Mar 3	9:30 a.m.	8	44923	\$75.20
Mon	Jan 6–Mar 3	10:00 a.m.	8	44924	\$75.20
Tue	Jan 7–Mar 4	10:00 a.m.	9	44925	\$84.60
Tue	Jan 7–Mar 4	1:00 p.m.	9	44926	\$84.60
Tue	Jan 7–Mar 4	1:30 p.m.	9	44927	\$84.60
Wed	Jan 8–Mar 5	9:00 a.m.	9	44928	\$84.60
Wed	Jan 8–Mar 5	9:30 a.m.	9	44929	\$84.60
Wed	Jan 8–Mar 5	10:00 a.m.	9	44930	\$84.60
Thu	Jan 9–Mar 6	9:00 a.m.	9	44931	\$84.60
Thu	Jan 9–Mar 6	9:30 a.m.	9	44932	\$84.60
Thu	Jan 9–Mar 6	10:00 a.m.	9	44933	\$84.60
Fri	Jan 10–Mar 7	9:00 a.m.	9	44934	\$84.60
Fri	Jan 10–Mar 7	10:00 a.m.	9	44935	\$84.60
Fri	Jan 10–Mar 7	1:00 p.m.	9	44936	\$84.60
South Oshawa Community Centre					
Sun	Jan 5–Mar 2	5:30 p.m.	9	45746	\$84.60
Fri	Jan 10–Mar 7	11:00 a.m.	9	45747	\$84.60

Parent and Tot 3

Age: 24 to 36 months

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	44907	\$84.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	44908	\$84.60
Sat	Jan 4–Mar 1	12:00 p.m.	9	44909	\$84.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	44910	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	44912	\$84.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	44913	\$84.60
Mon	Jan 6–Mar 3	5:00 p.m.	8	44914	\$75.20
Mon	Jan 6–Mar 3	6:30 p.m.	8	44915	\$75.20
Tue	Jan 7–Mar 4	5:00 p.m.	9	44916	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	44917	\$84.60
Wed	Jan 8–Mar 5	5:00 p.m.	9	44918	\$84.60
Wed	Jan 8–Mar 5	6:30 p.m.	9	44919	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	44920	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	44921	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	45751	\$84.60
Sun	Jan 5–Mar 2	11:00 a.m.	9	45748	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45749	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45750	\$84.60

Transition Level

Age: 2 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	4:30 p.m.	9	45489	\$84.60
Sat	Jan 4–Mar 1	5:30 p.m.	9	45984	\$84.60
Sun	Jan 5–Mar 2	3:30 p.m.	9	45996	\$84.60
Sun	Jan 5–Mar 2	5:00 p.m.	9	46035	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	46055	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	46085	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	46107	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	46158	\$84.60

Transition Level continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:30 a.m.	9	44843	\$84.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	44844	\$84.60
Sat	Jan 4–Mar 1	11:15 a.m.	9	44845	\$84.60
Sat	Jan 4–Mar 1	11:45 a.m.	9	44846	\$84.60
Sat	Jan 4–Mar 1	12:15 p.m.	9	44847	\$84.60
Sat	Jan 4–Mar 1	1:00 p.m.	9	44848	\$84.60
Sun	Jan 5–Mar 2	9:30 a.m.	9	44849	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	44850	\$84.60
Sun	Jan 5–Mar 2	11:15 a.m.	9	44851	\$84.60
Sun	Jan 5–Mar 2	11:45 a.m.	9	44852	\$84.60
Sun	Jan 5–Mar 2	12:15 p.m.	9	44853	\$84.60
Sun	Jan 5–Mar 2	1:00 p.m.	9	44854	\$84.60
Mon	Jan 6–Mar 3	1:00 p.m.	8	44855	\$75.20
Mon	Jan 6–Mar 3	1:30 p.m.	8	44856	\$75.20
Mon	Jan 6–Mar 3	4:45 p.m.	8	44857	\$75.20
Mon	Jan 6–Mar 3	5:15 p.m.	8	44858	\$75.20
Mon	Jan 6–Mar 3	5:45 p.m.	8	44859	\$75.20
Mon	Jan 6–Mar 3	6:15 p.m.	8	44860	\$75.20
Mon	Jan 6–Mar 3	6:45 p.m.	8	44861	\$75.20
Tue	Jan 7–Mar 4	1:00 p.m.	9	44862	\$84.60
Tue	Jan 7–Mar 4	1:30 p.m.	9	44863	\$84.60
Tue	Jan 7–Mar 4	4:45 p.m.	9	44864	\$84.60
Tue	Jan 7–Mar 4	5:15 p.m.	9	44865	\$84.60
Tue	Jan 7–Mar 4	5:45 p.m.	9	44866	\$84.60
Tue	Jan 7–Mar 4	6:15 p.m.	9	44867	\$84.60
Tue	Jan 7–Mar 4	6:45 p.m.	9	44868	\$84.60
Wed	Jan 8–Mar 5	1:00 p.m.	9	44869	\$84.60
Wed	Jan 8–Mar 5	1:30 p.m.	9	44870	\$84.60
Wed	Jan 8–Mar 5	4:45 p.m.	9	44871	\$84.60
Wed	Jan 8–Mar 5	5:15 p.m.	9	44872	\$84.60
Wed	Jan 8–Mar 5	5:45 p.m.	9	44873	\$84.60
Wed	Jan 8–Mar 5	6:15 p.m.	9	44874	\$84.60
Wed	Jan 8–Mar 5	6:45 p.m.	9	44875	\$84.60
Thu	Jan 9–Mar 6	4:45 p.m.	9	44876	\$84.60
Thu	Jan 9–Mar 6	5:15 p.m.	9	44877	\$84.60
Thu	Jan 9–Mar 6	5:45 p.m.	9	44878	\$84.60
Thu	Jan 9–Mar 6	6:15 p.m.	9	44879	\$84.60
Thu	Jan 9–Mar 6	6:45 p.m.	9	44880	\$84.60

Transition Level continued

Day	Dates	Time	Class #	Course ID	Fee
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	9:30 a.m.	9	45757	\$84.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	45752	\$84.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	45753	\$84.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	45754	\$84.60
Sun	Jan 5–Mar 2	7:00 p.m.	9	45755	\$84.60
Fri	Jan 10–Mar 7	11:30 a.m.	9	45756	\$84.60

Preschool 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	1:15 p.m.	9	45128	\$84.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	45129	\$84.60
Sun	Jan 5–Mar 2	9:15 a.m.	9	45130	\$84.60
Sun	Jan 5–Mar 2	9:30 a.m.	9	45131	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45132	\$84.60
Sun	Jan 5–Mar 2	10:15 a.m.	9	45133	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45134	\$84.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45135	\$84.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	45136	\$84.60
Sun	Jan 5–Mar 2	12:30 p.m.	9	45137	\$84.60
Sun	Jan 5–Mar 2	12:45 p.m.	9	45138	\$84.60
Sun	Jan 5–Mar 2	1:15 p.m.	9	45139	\$84.60
Mon	Jan 6–Mar 3	4:00 p.m.	8	45140	\$75.20
Mon	Jan 6–Mar 3	4:30 p.m.	8	45141	\$75.20
Mon	Jan 6–Mar 3	5:00 p.m.	8	45142	\$75.20
Mon	Jan 6–Mar 3	5:30 p.m.	8	45143	\$75.20
Mon	Jan 6–Mar 3	6:30 p.m.	8	45144	\$75.20
Mon	Jan 6–Mar 3	7:00 p.m.	8	45145	\$75.20
Mon	Jan 6–Mar 3	7:30 p.m.	8	45146	\$75.20
Tue	Jan 7–Mar 4	4:00 p.m.	9	45147	\$84.60
Tue	Jan 7–Mar 4	4:30 p.m.	9	45148	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45149	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45150	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45151	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45152	\$84.60
Tue	Jan 7–Mar 4	7:15 p.m.	9	45153	\$84.60
Wed	Jan 8–Mar 5	4:00 p.m.	9	45154	\$84.60
Wed	Jan 8–Mar 5	4:30 p.m.	9	45155	\$84.60
Wed	Jan 8–Mar 5	5:00 p.m.	9	45156	\$84.60
Wed	Jan 8–Mar 5	5:30 p.m.	9	45157	\$84.60
Wed	Jan 8–Mar 5	6:30 p.m.	9	45158	\$84.60
Wed	Jan 8–Mar 5	7:00 p.m.	9	45159	\$84.60
Wed	Jan 8–Mar 5	7:30 p.m.	9	45160	\$84.60
Thu	Jan 9–Mar 6	4:00 p.m.	9	45161	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45162	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45163	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45164	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45165	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45166	\$84.60
Thu	Jan 9–Mar 6	7:15 p.m.	9	45167	\$84.60

Preschool 1

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	4:30 p.m.	9	45491	\$84.60
Sun	Jan 5–Mar 2	3:30 p.m.	9	45994	\$84.60
Sun	Jan 5–Mar 2	4:30 p.m.	9	46031	\$84.60
Sun	Jan 5–Mar 2	5:00 p.m.	9	46032	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	46058	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	46068	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	46069	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	46070	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	46108	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	46144	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	46145	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	46146	\$84.60
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	45118	\$84.60
Sat	Jan 4–Mar 1	9:15 a.m.	9	45119	\$84.60
Sat	Jan 4–Mar 1	9:30 a.m.	9	45120	\$84.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	45121	\$84.60
Sat	Jan 4–Mar 1	10:15 a.m.	9	45122	\$84.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45123	\$84.60
Sat	Jan 4–Mar 1	11:30 a.m.	9	45124	\$84.60
Sat	Jan 4–Mar 1	12:00 p.m.	9	45125	\$84.60
Sat	Jan 4–Mar 1	12:30 p.m.	9	45126	\$84.60
Sat	Jan 4–Mar 1	12:45 p.m.	9	45127	\$84.60

Preschool 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Fri	Jan 10–Mar 7	9:45 a.m.	9	45168	\$84.60
Fri	Jan 10–Mar 7	1:00 p.m.	9	45169	\$84.60
Fri	Jan 10–Mar 7	1:30 p.m.	9	45170	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	45777	\$84.60
Sat	Jan 4–Mar 1	9:30 a.m.	9	45778	\$84.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45779	\$84.60
Sat	Jan 4–Mar 1	11:00 a.m.	9	45780	\$84.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	45758	\$84.60
Sun	Jan 5–Mar 2	9:30 a.m.	9	45759	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45760	\$84.60
Sun	Jan 5–Mar 2	11:00 a.m.	9	45761	\$84.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	45762	\$84.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	45763	\$84.60
Sun	Jan 5–Mar 2	7:00 p.m.	9	45764	\$84.60
Tue	Jan 7–Mar 4	4:30 p.m.	9	45765	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45766	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45767	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	45768	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45769	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45770	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45771	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45772	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45773	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	45774	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45775	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45776	\$84.60

Preschool 2

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	5:00 p.m.	9	45493	\$84.60
Sun	Jan 5–Mar 2	4:00 p.m.	9	45999	\$84.60
Sun	Jan 5–Mar 2	4:30 p.m.	9	46023	\$84.60

Preschool 2 continued

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Jan 5–Mar 2	5:30 p.m.	9	46024	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	46056	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	46071	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	46072	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	46133	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	46134	\$84.60
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	45171	\$84.60
Sat	Jan 4–Mar 1	9:15 a.m.	9	45172	\$84.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	45173	\$84.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45174	\$84.60
Sat	Jan 4–Mar 1	11:30 a.m.	9	45175	\$84.60
Sat	Jan 4–Mar 1	11:45 a.m.	9	45176	\$84.60
Sat	Jan 4–Mar 1	12:00 p.m.	9	45177	\$84.60
Sat	Jan 4–Mar 1	12:30 p.m.	9	45178	\$84.60
Sat	Jan 4–Mar 1	12:45 p.m.	9	45179	\$84.60
Sat	Jan 4–Mar 1	1:15 p.m.	9	45180	\$84.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	45181	\$84.60
Sun	Jan 5–Mar 2	9:15 a.m.	9	45182	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45183	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45184	\$84.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45185	\$84.60
Sun	Jan 5–Mar 2	11:45 a.m.	9	45186	\$84.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	45187	\$84.60
Sun	Jan 5–Mar 2	12:30 p.m.	9	45188	\$84.60
Sun	Jan 5–Mar 2	12:45 p.m.	9	45189	\$84.60
Sun	Jan 5–Mar 2	1:15 p.m.	9	45190	\$84.60
Mon	Jan 6–Mar 3	4:00 p.m.	8	45191	\$75.20
Mon	Jan 6–Mar 3	4:30 p.m.	8	45192	\$75.20
Mon	Jan 6–Mar 3	5:00 p.m.	8	45193	\$75.20
Mon	Jan 6–Mar 3	5:30 p.m.	8	45194	\$75.20
Mon	Jan 6–Mar 3	6:30 p.m.	8	45195	\$75.20
Mon	Jan 6–Mar 3	7:00 p.m.	8	45196	\$75.20
Mon	Jan 6–Mar 3	7:30 p.m.	8	45197	\$75.20
Tue	Jan 7–Mar 4	4:00 p.m.	9	45198	\$84.60
Tue	Jan 7–Mar 4	4:30 p.m.	9	45199	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45200	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45201	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45202	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45203	\$84.60

Preschool 2 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Wed	Jan 8–Mar 5	4:00 p.m.	9	45204	\$84.60
Wed	Jan 8–Mar 5	4:30 p.m.	9	45205	\$84.60
Wed	Jan 8–Mar 5	5:00 p.m.	9	45206	\$84.60
Wed	Jan 8–Mar 5	5:30 p.m.	9	45207	\$84.60
Wed	Jan 8–Mar 5	6:30 p.m.	9	45208	\$84.60
Wed	Jan 8–Mar 5	7:00 p.m.	9	45209	\$84.60
Wed	Jan 8–Mar 5	7:30 p.m.	9	45210	\$84.60
Thu	Jan 9–Mar 6	4:00 p.m.	9	45211	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45212	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45213	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45214	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45215	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45216	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	45795	\$84.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	45796	\$84.60
Sat	Jan 4–Mar 1	11:00 a.m.	9	45797	\$84.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	45781	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45782	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45783	\$84.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45784	\$84.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	45785	\$84.60
Sun	Jan 5–Mar 2	6:30 p.m.	9	45786	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45787	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	45788	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45789	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45790	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45791	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	45792	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45793	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45794	\$84.60



Looking for inclusive swim lessons?

See [pages 22–23](#) to find inclusive private swim lessons for participants 3 to 19 years of age.

Preschool 3

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	5:30 p.m.	9	45983	\$84.60
Sun	Jan 5–Mar 2	4:30 p.m.	9	46021	\$84.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	46022	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	46077	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	46078	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	46135	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	46136	\$84.60
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	45217	\$84.60
Sat	Jan 4–Mar 1	9:45 a.m.	9	45218	\$84.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	45219	\$84.60
Sat	Jan 4–Mar 1	11:15 a.m.	9	45220	\$84.60
Sat	Jan 4–Mar 1	11:45 a.m.	9	45221	\$84.60
Sat	Jan 4–Mar 1	12:15 p.m.	9	45222	\$84.60
Sat	Jan 4–Mar 1	1:00 p.m.	9	45223	\$84.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	45224	\$84.60
Sun	Jan 5–Mar 2	9:45 a.m.	9	45225	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45226	\$84.60
Sun	Jan 5–Mar 2	11:15 a.m.	9	45227	\$84.60
Sun	Jan 5–Mar 2	11:45 a.m.	9	45228	\$84.60
Sun	Jan 5–Mar 2	12:15 p.m.	9	45229	\$84.60
Sun	Jan 5–Mar 2	1:00 p.m.	9	45230	\$84.60
Mon	Jan 6–Mar 3	4:30 p.m.	8	45231	\$75.20
Mon	Jan 6–Mar 3	4:45 p.m.	8	45232	\$75.20
Mon	Jan 6–Mar 3	5:45 p.m.	8	45233	\$75.20
Mon	Jan 6–Mar 3	6:45 p.m.	8	45234	\$75.20
Mon	Jan 6–Mar 3	7:15 p.m.	8	45235	\$75.20
Tue	Jan 7–Mar 4	4:30 p.m.	9	45236	\$84.60
Tue	Jan 7–Mar 4	4:45 p.m.	9	45237	\$84.60
Tue	Jan 7–Mar 4	5:45 p.m.	9	45238	\$84.60
Tue	Jan 7–Mar 4	6:45 p.m.	9	45239	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45240	\$84.60

Preschool 3 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Wed	Jan 8–Mar 5	4:30 p.m.	9	45241	\$84.60
Wed	Jan 8–Mar 5	4:45 p.m.	9	45242	\$84.60
Wed	Jan 8–Mar 5	5:45 p.m.	9	45243	\$84.60
Wed	Jan 8–Mar 5	6:45 p.m.	9	45244	\$84.60
Wed	Jan 8–Mar 5	7:15 p.m.	9	45245	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45246	\$84.60
Thu	Jan 9–Mar 6	4:45 p.m.	9	45247	\$84.60
Thu	Jan 9–Mar 6	5:45 p.m.	9	45248	\$84.60
Thu	Jan 9–Mar 6	6:45 p.m.	9	45249	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45250	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	45806	\$84.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	45807	\$84.60
Sun	Jan 5–Mar 2	9:30 a.m.	9	45798	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45799	\$84.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45800	\$84.60
Sun	Jan 5–Mar 2	6:30 p.m.	9	45801	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45802	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	45803	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45804	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	45805	\$84.60

Preschool 4

Age: 3 to 5 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Jan 5–Mar 2	4:30 p.m.	9	46033	\$84.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	46034	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	46076	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	46130	\$84.60
Thu	Jan 9–Mar 6	6:45 p.m.	9	46132	\$84.60

Preschool 4/5

Age: 3 to 5 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	6:00 p.m.	9	45991	\$84.60
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	45251	\$84.60
Sat	Jan 4–Mar 1	10:45 a.m.	9	45252	\$84.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	45253	\$84.60
Sun	Jan 5–Mar 2	10:45 a.m.	9	45254	\$84.60
Mon	Jan 6–Mar 3	5:15 p.m.	8	45255	\$75.20
Mon	Jan 6–Mar 3	6:15 p.m.	8	45256	\$75.20
Mon	Jan 6–Mar 3	7:15 p.m.	8	45257	\$75.20
Tue	Jan 7–Mar 4	5:15 p.m.	9	45258	\$84.60
Tue	Jan 7–Mar 4	6:15 p.m.	9	45259	\$84.60
Wed	Jan 8–Mar 5	5:15 p.m.	9	45260	\$84.60
Wed	Jan 8–Mar 5	6:15 p.m.	9	45261	\$84.60
Wed	Jan 8–Mar 5	7:15 p.m.	9	45262	\$84.60
Thu	Jan 9–Mar 6	5:15 p.m.	9	45263	\$84.60
Thu	Jan 9–Mar 6	6:15 p.m.	9	45264	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	10:30 a.m.	9	45814	\$84.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45808	\$84.60
Sun	Jan 5–Mar 2	5:30 p.m.	9	45809	\$84.60
Tue	Jan 7–Mar 4	4:30 p.m.	9	45810	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45811	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45812	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45813	\$84.60

Preschool 5

Age: 3 to 5 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Jan 5–Mar 2	5:00 p.m.	9	46037	\$84.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	46038	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	46086	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	46163	\$84.60



winter swim lessons

ages 6–15

Swimmer 1

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	4:00 p.m.	9	45115	\$84.60
Sat	Jan 4–Mar 1	4:30 p.m.	9	45496	\$84.60
Sat	Jan 4–Mar 1	6:00 p.m.	9	45497	\$84.60
Sun	Jan 5–Mar 2	3:30 p.m.	9	45995	\$84.60
Sun	Jan 5–Mar 2	5:00 p.m.	9	46039	\$84.60
Sun	Jan 5–Mar 2	5:30 p.m.	9	46040	\$84.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	46049	\$84.60
Sun	Jan 5–Mar 2	6:30 p.m.	9	46041	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	46050	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	46062	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	46051	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	46052	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	46053	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	46054	\$84.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	46063	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	46105	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	46109	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	46110	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	46111	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	46112	\$84.60
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:15 a.m.	9	45265	\$84.60
Sat	Jan 4–Mar 1	9:45 a.m.	9	45266	\$84.60
Sat	Jan 4–Mar 1	10:15 a.m.	9	45267	\$84.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45268	\$84.60
Sat	Jan 4–Mar 1	10:45 a.m.	9	45269	\$84.60
Sat	Jan 4–Mar 1	11:45 a.m.	9	45270	\$84.60

Swimmer 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	12:00 p.m.	9	45271	\$84.60
Sat	Jan 4–Mar 1	12:30 p.m.	9	45272	\$84.60
Sat	Jan 4–Mar 1	12:45 p.m.	9	45273	\$84.60
Sat	Jan 4–Mar 1	1:00 p.m.	9	45274	\$84.60
Sat	Jan 4–Mar 1	1:15 p.m.	9	45275	\$84.60
Sun	Jan 5–Mar 2	9:15 a.m.	9	45276	\$84.60
Sun	Jan 5–Mar 2	9:45 a.m.	9	45277	\$84.60
Sun	Jan 5–Mar 2	10:15 a.m.	9	45278	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45279	\$84.60
Sun	Jan 5–Mar 2	10:45 a.m.	9	45280	\$84.60
Sun	Jan 5–Mar 2	11:45 a.m.	9	45281	\$84.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	45282	\$84.60
Sun	Jan 5–Mar 2	12:30 p.m.	9	45283	\$84.60
Sun	Jan 5–Mar 2	12:45 p.m.	9	45284	\$84.60
Sun	Jan 5–Mar 2	1:00 p.m.	9	45285	\$84.60
Sun	Jan 5–Mar 2	1:15 p.m.	9	45286	\$84.60
Mon	Jan 6–Mar 3	4:00 p.m.	8	45287	\$75.20
Mon	Jan 6–Mar 3	4:30 p.m.	8	45288	\$75.20
Mon	Jan 6–Mar 3	4:45 p.m.	8	45289	\$75.20
Mon	Jan 6–Mar 3	5:00 p.m.	8	45290	\$75.20
Mon	Jan 6–Mar 3	5:30 p.m.	8	45291	\$75.20
Mon	Jan 6–Mar 3	5:45 p.m.	8	45292	\$75.20
Mon	Jan 6–Mar 3	6:30 p.m.	8	45293	\$75.20
Mon	Jan 6–Mar 3	6:45 p.m.	8	45294	\$75.20
Mon	Jan 6–Mar 3	7:00 p.m.	8	45295	\$75.20
Mon	Jan 6–Mar 3	7:15 p.m.	8	45296	\$75.20
Mon	Jan 6–Mar 3	7:30 p.m.	8	45297	\$75.20
Tue	Jan 7–Mar 4	4:00 p.m.	9	45298	\$84.60
Tue	Jan 7–Mar 4	4:30 p.m.	9	45299	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45300	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45301	\$84.60

Swimmer 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Tue	Jan 7–Mar 4	5:45 p.m.	9	45302	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45303	\$84.60
Tue	Jan 7–Mar 4	6:45 p.m.	9	45304	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45305	\$84.60
Wed	Jan 8–Mar 5	4:00 p.m.	9	45306	\$84.60
Wed	Jan 8–Mar 5	4:30 p.m.	9	45307	\$84.60
Wed	Jan 8–Mar 5	4:45 p.m.	9	45308	\$84.60
Wed	Jan 8–Mar 5	5:00 p.m.	9	45309	\$84.60
Wed	Jan 8–Mar 5	5:30 p.m.	9	45310	\$84.60
Wed	Jan 8–Mar 5	5:45 p.m.	9	45311	\$84.60
Wed	Jan 8–Mar 5	6:30 p.m.	9	45312	\$84.60
Wed	Jan 8–Mar 5	6:45 p.m.	9	45313	\$84.60
Wed	Jan 8–Mar 5	7:00 p.m.	9	45314	\$84.60
Wed	Jan 8–Mar 5	7:15 p.m.	9	45315	\$84.60
Wed	Jan 8–Mar 5	7:30 p.m.	9	45316	\$84.60
Thu	Jan 9–Mar 6	4:00 p.m.	9	45317	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45318	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45319	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45320	\$84.60
Thu	Jan 9–Mar 6	5:45 p.m.	9	45321	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45322	\$84.60
Thu	Jan 9–Mar 6	6:45 p.m.	9	45323	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45324	\$84.60
Donevan Recreation Complex					
Sat	Jan 4–Mar 1	10:00 a.m.	8	46304	\$75.20
Sat	Jan 4–Mar 1	10:30 a.m.	8	46305	\$75.20
Sat	Jan 4–Mar 1	11:00 a.m.	8	46306	\$75.20
Sat	Jan 4–Mar 1	11:30 a.m.	8	46307	\$75.20
Sat	Jan 4–Mar 1	12:00 p.m.	8	46308	\$75.20
Wed	Jan 8–Mar 5	6:30 p.m.	9	46309	\$84.60
Wed	Jan 8–Mar 5	7:30 p.m.	9	46310	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	45836	\$84.60
Sat	Jan 4–Mar 1	9:30 a.m.	9	45837	\$84.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45838	\$84.60
Sat	Jan 4–Mar 1	11:00 a.m.	9	45839	\$84.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	45815	\$84.60
Sun	Jan 5–Mar 2	9:30 a.m.	9	45816	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45817	\$84.60

Swimmer 1 continued

Day	Dates	Time	Class #	Course ID	Fee
South Oshawa Community Centre					
Sun	Jan 5–Mar 2	11:00 a.m.	9	45818	\$84.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45819	\$84.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	45820	\$84.60
Sun	Jan 5–Mar 2	7:00 p.m.	9	45821	\$84.60
Tue	Jan 7–Mar 4	4:30 p.m.	9	45822	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45823	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45824	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	45825	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45826	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45827	\$84.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	45828	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45829	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45830	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45831	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	45832	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45833	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45834	\$84.60
Thu	Jan 9–Mar 6	7:30 p.m.	9	45835	\$84.60



Swimmer 2

Age: 6 to 12 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	4:00 p.m.	9	45116	\$84.60
Sat	Jan 4–Mar 1	5:00 p.m.	9	45498	\$84.60
Sun	Jan 5–Mar 2	3:30 p.m.	9	45993	\$84.60
Sun	Jan 5–Mar 2	5:00 p.m.	9	46036	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	46059	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	46079	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	46080	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	46082	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	46081	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	46106	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	46152	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	46153	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	46155	\$84.60
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:30 a.m.	9	45325	\$84.60
Sat	Jan 4–Mar 1	9:45 a.m.	9	45326	\$84.60
Sat	Jan 4–Mar 1	10:15 a.m.	9	45327	\$84.60
Sat	Jan 4–Mar 1	10:45 a.m.	9	45328	\$84.60
Sat	Jan 4–Mar 1	11:15 a.m.	9	45329	\$84.60
Sat	Jan 4–Mar 1	11:45 a.m.	9	45330	\$84.60
Sat	Jan 4–Mar 1	12:15 p.m.	9	45331	\$84.60
Sat	Jan 4–Mar 1	12:45 p.m.	9	45332	\$84.60
Sat	Jan 4–Mar 1	1:00 p.m.	9	45333	\$84.60
Sat	Jan 4–Mar 1	1:15 p.m.	9	45334	\$84.60
Sun	Jan 5–Mar 2	9:30 a.m.	9	45335	\$84.60
Sun	Jan 5–Mar 2	9:45 a.m.	9	45336	\$84.60
Sun	Jan 5–Mar 2	10:15 a.m.	9	45337	\$84.60
Sun	Jan 5–Mar 2	10:45 a.m.	9	45338	\$84.60
Sun	Jan 5–Mar 2	11:15 a.m.	9	45339	\$84.60
Sun	Jan 5–Mar 2	11:45 a.m.	9	45340	\$84.60
Sun	Jan 5–Mar 2	12:15 p.m.	9	45341	\$84.60
Sun	Jan 5–Mar 2	12:45 p.m.	9	45342	\$84.60
Sun	Jan 5–Mar 2	1:00 p.m.	9	45343	\$84.60
Sun	Jan 5–Mar 2	1:15 p.m.	9	45344	\$84.60

Swimmer 2 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Mon	Jan 6–Mar 3	4:30 p.m.	8	45345	\$75.20
Mon	Jan 6–Mar 3	5:00 p.m.	8	45346	\$75.20
Mon	Jan 6–Mar 3	5:30 p.m.	8	45347	\$75.20
Mon	Jan 6–Mar 3	6:15 p.m.	8	45348	\$75.20
Mon	Jan 6–Mar 3	6:30 p.m.	8	45349	\$75.20
Mon	Jan 6–Mar 3	7:30 p.m.	8	45350	\$75.20
Tue	Jan 7–Mar 4	4:30 p.m.	9	45351	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45352	\$84.60
Tue	Jan 7–Mar 4	5:15 p.m.	9	45353	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45354	\$84.60
Tue	Jan 7–Mar 4	6:15 p.m.	9	45355	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45356	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45357	\$84.60
Wed	Jan 8–Mar 5	4:30 p.m.	9	45358	\$84.60
Wed	Jan 8–Mar 5	5:00 p.m.	9	45359	\$84.60
Wed	Jan 8–Mar 5	5:30 p.m.	9	45360	\$84.60
Wed	Jan 8–Mar 5	6:15 p.m.	9	45361	\$84.60
Wed	Jan 8–Mar 5	6:30 p.m.	9	45362	\$84.60
Wed	Jan 8–Mar 5	7:30 p.m.	9	45363	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45364	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45365	\$84.60
Thu	Jan 9–Mar 6	5:15 p.m.	9	45366	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45367	\$84.60
Thu	Jan 9–Mar 6	6:15 p.m.	9	45368	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45369	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45370	\$84.60
Donevan Recreation Complex					
Sat	Jan 4–Mar 1	10:00 a.m.	8	46311	\$75.20
Sat	Jan 4–Mar 1	11:00 a.m.	8	46312	\$75.20
Sat	Jan 4–Mar 1	12:00 p.m.	8	46313	\$75.20
Wed	Jan 8–Mar 5	7:00 p.m.	9	46314	\$84.60
Wed	Jan 8–Mar 5	8:00 p.m.	9	46315	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	9:30 a.m.	9	45855	\$84.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	45856	\$84.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45857	\$84.60
Sun	Jan 5–Mar 2	9:30 a.m.	9	45840	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45841	\$84.60
Sun	Jan 5–Mar 2	11:00 a.m.	9	45842	\$84.60

Swimmer 2 continued

Day	Dates	Time	Class #	Course ID	Fee
South Oshawa Community Centre					
Sun	Jan 5–Mar 2	6:00 p.m.	9	45843	\$84.60
Sun	Jan 5–Mar 2	7:00 p.m.	9	45844	\$84.60
Tue	Jan 7–Mar 4	4:30 p.m.	9	45845	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45846	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	45847	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45848	\$84.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	45849	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45850	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45851	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	45852	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45853	\$84.60
Thu	Jan 9–Mar 6	7:30 p.m.	9	45854	\$84.60

Swimmer 3

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	4:00 p.m.	9	45486	\$84.60
Sun	Jan 5–Mar 2	4:00 p.m.	9	45997	\$84.60
Sun	Jan 5–Mar 2	4:30 p.m.	9	46025	\$84.60
Sun	Jan 5–Mar 2	5:00 p.m.	9	46026	\$84.60
Sun	Jan 5–Mar 2	5:30 p.m.	9	46027	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	46073	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	46074	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	46075	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	46148	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	46149	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	46150	\$84.60
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:15 a.m.	9	45371	\$84.60
Sat	Jan 4–Mar 1	10:15 a.m.	9	45372	\$84.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45373	\$84.60
Sat	Jan 4–Mar 1	11:30 a.m.	9	45374	\$84.60

Swimmer 3 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	12:45 p.m.	9	45375	\$84.60
Sat	Jan 4–Mar 1	1:00 p.m.	9	45376	\$84.60
Sat	Jan 4–Mar 1	1:15 p.m.	9	45377	\$84.60
Sun	Jan 5–Mar 2	9:15 a.m.	9	45378	\$84.60
Sun	Jan 5–Mar 2	10:15 a.m.	9	45379	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45380	\$84.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45381	\$84.60
Sun	Jan 5–Mar 2	12:45 p.m.	9	45382	\$84.60
Sun	Jan 5–Mar 2	1:00 p.m.	9	45383	\$84.60
Sun	Jan 5–Mar 2	1:15 p.m.	9	45384	\$84.60
Mon	Jan 6–Mar 3	5:00 p.m.	8	45385	\$75.20
Mon	Jan 6–Mar 3	5:15 p.m.	8	45386	\$75.20
Mon	Jan 6–Mar 3	6:30 p.m.	8	45387	\$75.20
Mon	Jan 6–Mar 3	6:45 p.m.	8	45388	\$75.20
Mon	Jan 6–Mar 3	7:00 p.m.	8	45389	\$75.20
Tue	Jan 7–Mar 4	5:00 p.m.	9	45390	\$84.60
Tue	Jan 7–Mar 4	5:15 p.m.	9	45391	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45392	\$84.60
Tue	Jan 7–Mar 4	6:45 p.m.	9	45393	\$84.60
Tue	Jan 7–Mar 4	7:15 p.m.	9	45394	\$84.60
Wed	Jan 8–Mar 5	5:00 p.m.	9	45395	\$84.60
Wed	Jan 8–Mar 5	5:15 p.m.	9	45396	\$84.60
Wed	Jan 8–Mar 5	6:30 p.m.	9	45397	\$84.60
Wed	Jan 8–Mar 5	6:45 p.m.	9	45398	\$84.60
Wed	Jan 8–Mar 5	7:00 p.m.	9	45399	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45400	\$84.60
Thu	Jan 9–Mar 6	5:15 p.m.	9	45401	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45402	\$84.60
Thu	Jan 9–Mar 6	6:45 p.m.	9	45403	\$84.60
Thu	Jan 9–Mar 6	7:15 p.m.	9	45404	\$84.60
Donevan Recreation Complex					
Sat	Jan 4–Mar 1	10:30 a.m.	8	46316	\$75.20
Sat	Jan 4–Mar 1	11:30 a.m.	8	46317	\$75.20
Wed	Jan 8–Mar 5	7:00 p.m.	9	46318	\$84.60
Wed	Jan 8–Mar 5	8:00 p.m.	9	46319	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	10:00 a.m.	9	45872	\$84.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45873	\$84.60
Sat	Jan 4–Mar 1	11:00 a.m.	9	45874	\$84.60

Swimmer 3 continued

Day	Dates	Time	Class #	Course ID	Fee
South Oshawa Community Centre					
Sun	Jan 5–Mar 2	10:00 a.m.	9	45858	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45859	\$84.60
Sun	Jan 5–Mar 2	11:00 a.m.	9	45860	\$84.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45861	\$84.60
Sun	Jan 5–Mar 2	6:30 p.m.	9	45862	\$84.60
Sun	Jan 5–Mar 2	7:30 p.m.	9	45863	\$84.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45864	\$84.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45865	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45866	\$84.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	45867	\$84.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45868	\$84.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45869	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45870	\$84.60
Thu	Jan 9–Mar 6	7:30 p.m.	9	45871	\$84.60

Swimmer 4 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sun	Jan 5–Mar 2	10:15 a.m.	9	45412	\$84.60
Sun	Jan 5–Mar 2	10:45 a.m.	9	45413	\$84.60
Sun	Jan 5–Mar 2	11:15 a.m.	9	45414	\$84.60
Sun	Jan 5–Mar 2	12:15 p.m.	9	45415	\$84.60
Sun	Jan 5–Mar 2	1:00 p.m.	9	45416	\$84.60
Mon	Jan 6–Mar 3	4:45 p.m.	8	45417	\$75.20
Mon	Jan 6–Mar 3	5:45 p.m.	8	45418	\$75.20
Mon	Jan 6–Mar 3	6:15 p.m.	8	45419	\$75.20
Mon	Jan 6–Mar 3	7:15 p.m.	8	45420	\$75.20
Mon	Jan 6–Mar 3	7:30 p.m.	8	45421	\$75.20
Tue	Jan 7–Mar 4	4:45 p.m.	9	45422	\$84.60
Tue	Jan 7–Mar 4	5:45 p.m.	9	45423	\$84.60
Tue	Jan 7–Mar 4	6:15 p.m.	9	45424	\$84.60
Tue	Jan 7–Mar 4	6:45 p.m.	9	45425	\$84.60
Wed	Jan 8–Mar 5	4:45 p.m.	9	45426	\$84.60
Wed	Jan 8–Mar 5	5:45 p.m.	9	45427	\$84.60
Wed	Jan 8–Mar 5	6:15 p.m.	9	45428	\$84.60
Wed	Jan 8–Mar 5	7:15 p.m.	9	45429	\$84.60
Wed	Jan 8–Mar 5	7:30 p.m.	9	45430	\$84.60
Thu	Jan 9–Mar 6	4:45 p.m.	9	45431	\$84.60
Thu	Jan 9–Mar 6	5:45 p.m.	9	45432	\$84.60
Thu	Jan 9–Mar 6	6:15 p.m.	9	45433	\$84.60
Thu	Jan 9–Mar 6	6:45 p.m.	9	45434	\$84.60
Donevan Recreation Complex					
Sat	Jan 4–Mar 1	10:00 a.m.	8	46320	\$75.20
Sat	Jan 4–Mar 1	11:30 a.m.	8	46321	\$75.20
Wed	Jan 8–Mar 5	6:30 p.m.	9	46322	\$84.60
Wed	Jan 8–Mar 5	7:30 p.m.	9	46323	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	10:00 a.m.	9	45882	\$84.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45883	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45875	\$84.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	45876	\$84.60
Sun	Jan 5–Mar 2	6:30 p.m.	9	45877	\$84.60
Tue	Jan 7–Mar 4	4:30 p.m.	9	45878	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	45879	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45880	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	45881	\$84.60

Swimmer 4

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Jan 5–Mar 2	4:30 p.m.	9	46028	\$84.60
Sun	Jan 5–Mar 2	5:30 p.m.	9	46029	\$84.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	46083	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	46084	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	46161	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	46162	\$84.60
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:45 a.m.	9	45405	\$84.60
Sat	Jan 4–Mar 1	10:15 a.m.	9	45406	\$84.60
Sat	Jan 4–Mar 1	10:45 a.m.	9	45407	\$84.60
Sat	Jan 4–Mar 1	11:15 a.m.	9	45408	\$84.60
Sat	Jan 4–Mar 1	12:15 p.m.	9	45409	\$84.60
Sat	Jan 4–Mar 1	1:00 p.m.	9	45410	\$84.60
Sun	Jan 5–Mar 2	9:45 a.m.	9	45411	\$84.60

Swimmer 5

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Jan 5–Mar 2	5:30 p.m.	9	46043	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	46088	\$84.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	46159	\$84.60
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:15 a.m.	9	45435	\$84.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	45436	\$84.60
Sat	Jan 4–Mar 1	12:30 p.m.	9	45437	\$84.60
Sun	Jan 5–Mar 2	9:15 a.m.	9	45438	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45439	\$84.60
Sun	Jan 5–Mar 2	12:30 p.m.	9	45440	\$84.60
Mon	Jan 6–Mar 3	5:15 p.m.	8	45441	\$75.20
Mon	Jan 6–Mar 3	6:15 p.m.	8	45442	\$75.20
Mon	Jan 6–Mar 3	7:15 p.m.	8	45443	\$75.20
Tue	Jan 7–Mar 4	5:15 p.m.	9	45444	\$84.60
Tue	Jan 7–Mar 4	6:15 p.m.	9	45445	\$84.60
Delpark Homes Centre					
Wed	Jan 8–Mar 5	5:15 p.m.	9	45446	\$84.60
Wed	Jan 8–Mar 5	6:15 p.m.	9	45447	\$84.60
Wed	Jan 8–Mar 5	7:15 p.m.	9	45448	\$84.60
Thu	Jan 9–Mar 6	5:15 p.m.	9	45449	\$84.60
Thu	Jan 9–Mar 6	6:15 p.m.	9	45450	\$84.60
Donevan Recreation Complex					
Sat	Jan 4–Mar 1	10:30 a.m.	8	46324	\$75.20
Sat	Jan 4–Mar 1	12:00 p.m.	8	46325	\$75.20
Wed	Jan 8–Mar 5	6:30 p.m.	9	46326	\$84.60
Wed	Jan 8–Mar 5	8:00 p.m.	9	46327	\$84.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	10:00 a.m.	9	45888	\$84.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45884	\$84.60
Sun	Jan 5–Mar 2	7:00 p.m.	9	45885	\$84.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45886	\$84.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45887	\$84.60

Swimmer 6

Age: 6 to 15 years

Lessons: 30 minutes per class, *45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
*Sun	Jan 5–Mar 2	5:30 p.m.	9	46044	\$84.60
*Tue	Jan 7–Mar 4	6:30 p.m.	9	46087	\$84.60
*Thu	Jan 9–Mar 6	6:00 p.m.	9	46160	\$84.60
Delpark Homes Centre					
Sat	Jan 4–Mar 1	11:30 a.m.	9	45451	\$84.60
Sat	Jan 4–Mar 1	12:15 p.m.	9	45452	\$84.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45453	\$84.60
Sun	Jan 5–Mar 2	12:15 p.m.	9	45454	\$84.60
Mon	Jan 6–Mar 3	4:30 p.m.	8	45455	\$75.20
Mon	Jan 6–Mar 3	7:00 p.m.	8	45456	\$75.20
Delpark Homes Centre					
Tue	Jan 7–Mar 4	4:30 p.m.	9	45457	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45458	\$84.60
Wed	Jan 8–Mar 5	4:30 p.m.	9	45459	\$84.60
Wed	Jan 8–Mar 5	7:00 p.m.	9	45460	\$84.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45461	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45462	\$84.60
Donevan Recreation Complex					
*Sat	Jan 4–Mar 1	10:00 a.m.	8	46328	\$75.20
*Sat	Jan 4–Mar 1	11:00 a.m.	8	46329	\$75.20
*Wed	Jan 8–Mar 5	6:30 p.m.	9	46330	\$84.60
*Wed	Jan 8–Mar 5	7:00 p.m.	9	46331	\$84.60





Swimmer 6/7

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	11:00 a.m.	9	45893	\$84.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45889	\$84.60
Sun	Jan 5–Mar 2	7:30 p.m.	9	45890	\$84.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45891	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45892	\$84.60

Swimmer 8/9/10

Age: 6 to 15 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Jan 5–Mar 2	6:00 p.m.	9	46048	\$84.60
Tue	Jan 7–Mar 4	7:15 p.m.	9	46090	\$84.60
Thu	Jan 9–Mar 6	6:45 p.m.	9	46165	\$84.60
Donevan Recreation Complex					
Sat	Jan 4–Mar 1	10:00 a.m.	8	46336	\$75.20
Sat	Jan 4–Mar 1	10:45 a.m.	8	46337	\$75.20
Sat	Jan 4–Mar 1	11:30 a.m.	8	46340	\$75.20
Wed	Jan 8–Mar 5	7:00 p.m.	9	46338	\$84.60
Wed	Jan 8–Mar 5	7:45 p.m.	9	46339	\$84.60
South Oshawa Community Centre					
Tue	Jan 7–Mar 4	7:15 p.m.	9	45894	\$84.60

Swimmer 7

Age: 6 to 15 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Jan 5–Mar 2	6:15 p.m.	9	46047	\$84.60
Tue	Jan 7–Mar 4	7:15 p.m.	9	46089	\$84.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	46164	\$84.60
Donevan Recreation Complex					
Sat	Jan 4–Mar 1	10:45 a.m.	8	46332	\$75.20
Sat	Jan 4–Mar 1	11:45 a.m.	8	46333	\$75.20
Wed	Jan 8–Mar 5	7:15 p.m.	9	46334	\$84.60
Wed	Jan 8–Mar 5	7:45 p.m.	9	46335	\$84.60



Looking for inclusive swim lessons?

See [pages 22–23](#) to find inclusive private swim lessons for participants 3 to 19 years of age.

◆ Check out our new courses!



Fresh programming for all ages starting this Fall 2024 and Winter 2025

Course Title	Age Group	Page
Crafty Climbers - Parented	18 to 36 months	Page 36
Fine Motor Fun	2 to 5 years	Page 46
Letter Factory	2 to 5 years	Page 46
Junior – Engineering Electrified	4 to 7 years	Page 48
Junior – Mission to Mars	4 to 7 years	Page 48
Nerf Wars	7 to 10 years	Page 47
Senior – Master Machines	8 to 12 years	Page 48
Senior – Rescue Bots	8 to 12 years	Page 48
Aqua Sport Sampler	10 to 14 years	Page 126
Nerf Wars	11 to 14 years	Page 59
Aquatic Volunteer Training Course	14 to 17 years	Page 136
Introduction to Watercolour	16 years +	Page 63
Needle Felting	16 years +	Page 63

Low ratio swim lessons*

ages 3–15

A smaller ratio swimming lesson of 3:1

***Note: Low ratio swim lessons are not eligible for financial assistance.**

Low Ratio Swim Lessons – Preschool 2/3

Preschool 2:

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 will glide on their front and back.

Preschool 3:

Preschoolers 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.

Age: 3 to 5 years

Location: Delpark Homes Centre

Family Swim Lessons – Low Ratio

Designed for family/friends to learn together in the water. Each participant will be able to work on their own swim techniques while having fun together. Ideal for participants who are close in skill sets. All participants must be registered in the course. Price listed is per participant. Register the first participant and then call the coordinator at the location where the lesson is taking place to add the extra participants: Civic Recreation Complex ext. 2787, or South Oshawa Community Centre ext. 5308. Must be a minimum of two swimmers and a maximum of three.

Age: 3 to 15 years

**Location: Civic Recreation Complex,
South Oshawa Community Centre**

Low Ratio Swim Lessons – Swimmer 1

Swimmers will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale, and hold their breathe underwater. They'll work on floats, glides, and kicking through the water on their front and back with assistance.

Age: 6 to 15 years

Location: Delpark Homes Centre

Low Ratio Swim Lessons – Swimmer 2

Swimmers 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 on their front and back, and be introduced to flutter kick interval training.

Age: 6 to 15 years

Location: Delpark Homes Centre

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Oshawa.ca/Subscribe

Low Ratio Swim Lessons – Swimmer 3

Swimmers will do different entries, do in-water front somersaults and handstands. They'll work on front crawl, back crawl, and whip kick. Flutter kick interval training increases.

Age: 6 to 15 years

Location: Delpark Homes Centre

Low Ratio Swim Lessons – Swimmer 4

These swimmers will swim underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. New challenges include the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints and front or back crawl interval training.

Age: 6 to 15 years

Location: Delpark Homes Centre

Low Ratio Swim Lessons – Swimmer 5/6

Swimmer 5:

Swimmers will master entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl and breaststroke. Then they'll pick up the pace in sprints and two interval trainings.

Swimmer 6:

Swimmers will rise to the challenge of 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. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and improve fitness with swimming workouts.

Age: 6 to 15 years

Location: Delpark Homes Centre





fall low ratio swim lessons

Low Ratio – Preschool 2/3

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:30 a.m.	10	43897	\$189.00
Sat	Sep 28–Dec 7	11:30 a.m.	10	43898	\$189.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	43899	\$189.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	43900	\$189.00
Mon	Sep 30–Dec 9	4:45 p.m.	10	43901	\$189.00
Mon	Sep 30–Dec 9	5:00 p.m.	10	43902	\$189.00
Mon	Sep 30–Dec 9	6:30 p.m.	10	43903	\$189.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	43904	\$207.90
Tue	Oct 1–Dec 10	6:30 p.m.	11	43905	\$207.90
Tue	Oct 1–Dec 10	7:15 p.m.	11	43906	\$207.90
Wed	Oct 2–Dec 11	4:45 p.m.	11	43907	\$207.90
Wed	Oct 2–Dec 11	5:00 p.m.	11	43908	\$207.90
Wed	Oct 2–Dec 11	6:30 p.m.	11	43909	\$207.90
Thu	Oct 3–Dec 12	5:00 p.m.	11	43910	\$207.90
Thu	Oct 3–Dec 12	6:30 p.m.	11	43911	\$207.90
Thu	Oct 3–Dec 12	7:15 p.m.	11	43912	\$207.90

Family Swim – Low Ratio

Age: 3 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	4:00 p.m.	10	44677	\$189.00
Sat	Sep 28–Dec 7	5:00 p.m.	10	44678	\$189.00
Sat	Sep 28–Dec 7	5:30 p.m.	10	44735	\$189.00
Sat	Sep 28–Dec 7	6:00 p.m.	10	44679	\$189.00
Sun	Sep 29–Dec 8	4:30 p.m.	10	45028	\$189.00
Sun	Sep 29–Dec 8	5:00 p.m.	10	45029	\$189.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	45030	\$189.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45031	\$189.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45032	\$189.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	44370	\$207.90
Tue	Oct 1–Dec 10	5:30 p.m.	11	44371	\$207.90
Tue	Oct 1–Dec 10	6:30 p.m.	11	44372	\$207.90
Tue	Oct 1–Dec 10	7:00 p.m.	11	44373	\$207.90
Tue	Oct 1–Dec 10	7:00 p.m.	11	44374	\$207.90
Thu	Oct 3–Dec 12	5:00 p.m.	11	44612	\$207.90
Thu	Oct 3–Dec 12	5:30 p.m.	11	44613	\$207.90
Thu	Oct 3–Dec 12	6:00 p.m.	11	44614	\$207.90
Thu	Oct 3–Dec 12	6:30 p.m.	11	44615	\$207.90
Thu	Oct 3–Dec 12	7:00 p.m.	11	44616	\$207.90
Thu	Oct 3–Dec 12	7:00 p.m.	11	44617	\$207.90
Thu	Oct 3–Dec 12	7:30 p.m.	11	44618	\$207.90
South Oshawa Community Centre					
Sun	Sep 29–Dec 8	5:30 p.m.	10	45709	\$189.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45710	\$189.00
Sun	Sep 29–Dec 8	7:30 p.m.	10	45711	\$189.00



Low Ratio – Swimmer 1

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:45 a.m.	10	43913	\$189.00
Sat	Sep 28–Dec 7	12:00 p.m.	10	43914	\$189.00
Sun	Sep 29–Dec 8	9:45 a.m.	10	43915	\$189.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	43916	\$189.00
Mon	Sep 30–Dec 9	5:30 p.m.	10	43917	\$189.00
Mon	Sep 30–Dec 9	6:45 p.m.	10	43918	\$189.00
Tue	Oct 1–Dec 10	5:30 p.m.	11	43919	\$207.90
Tue	Oct 1–Dec 10	6:45 p.m.	11	43920	\$207.90
Wed	Oct 2–Dec 11	5:30 p.m.	11	43921	\$207.90
Wed	Oct 2–Dec 11	6:45 p.m.	11	43922	\$207.90
Thu	Oct 3–Dec 12	5:30 p.m.	11	43923	\$207.90
Thu	Oct 3–Dec 12	6:45 p.m.	11	43924	\$207.90

Low Ratio – Swimmer 3

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	43939	\$189.00
Sat	Sep 28–Dec 7	12:30 p.m.	10	43940	\$189.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	43941	\$189.00
Sun	Sep 29–Dec 8	12:30 p.m.	10	43942	\$189.00
Mon	Sep 30–Dec 9	5:45 p.m.	10	43943	\$189.00
Mon	Sep 30–Dec 9	7:30 p.m.	10	43944	\$189.00
Tue	Oct 1–Dec 10	4:45 p.m.	11	43945	\$207.90
Tue	Oct 1–Dec 10	5:45 p.m.	11	43946	\$207.90
Wed	Oct 2–Dec 11	5:45 p.m.	11	43947	\$207.90
Wed	Oct 2–Dec 11	7:30 p.m.	11	43948	\$207.90
Thu	Oct 3–Dec 12	4:45 p.m.	11	43949	\$207.90
Thu	Oct 3–Dec 12	5:45 p.m.	11	43950	\$207.90

Low Ratio – Swimmer 2

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	10:45 a.m.	10	43925	\$189.00
Sat	Sep 28–Dec 7	12:15 p.m.	10	43926	\$189.00
Sun	Sep 29–Dec 8	10:45 a.m.	10	43927	\$189.00
Sun	Sep 29–Dec 8	12:15 p.m.	10	43928	\$189.00
Mon	Sep 30–Dec 9	4:45 p.m.	10	43929	\$189.00
Mon	Sep 30–Dec 9	5:45 p.m.	10	43930	\$189.00
Mon	Sep 30–Dec 9	7:00 p.m.	10	43931	\$189.00
Tue	Oct 1–Dec 10	4:45 p.m.	11	43932	\$207.90
Tue	Oct 1–Dec 10	5:45 p.m.	11	43933	\$207.90
Wed	Oct 2–Dec 11	4:45 p.m.	11	43934	\$207.90
Wed	Oct 2–Dec 11	5:45 p.m.	11	43935	\$207.90
Wed	Oct 2–Dec 11	7:15 p.m.	11	43936	\$207.90
Thu	Oct 3–Dec 12	4:45 p.m.	11	43937	\$207.90
Thu	Oct 3–Dec 12	5:45 p.m.	11	43938	\$207.90

Low Ratio – Swimmer 4

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:30 a.m.	10	43951	\$189.00
Sat	Sep 28–Dec 7	12:00 p.m.	10	43952	\$189.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	43953	\$189.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	43954	\$189.00
Mon	Sep 30–Dec 9	5:15 p.m.	10	43955	\$189.00
Mon	Sep 30–Dec 9	6:15 p.m.	10	43956	\$189.00
Tue	Oct 1–Dec 10	5:15 p.m.	11	43957	\$207.90
Tue	Oct 1–Dec 10	6:15 p.m.	11	43958	\$207.90
Wed	Oct 2–Dec 11	5:15 p.m.	11	43959	\$207.90
Wed	Oct 2–Dec 11	6:15 p.m.	11	43960	\$207.90
Thu	Oct 3–Dec 12	5:15 p.m.	11	43961	\$207.90
Thu	Oct 3–Dec 12	6:15 p.m.	11	43962	\$207.90

Low Ratio – Swimmer 5/6

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	10:30 a.m.	10	43963	\$189.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	43964	\$189.00
Mon	Sep 30–Dec 9	6:45 p.m.	10	43965	\$189.00
Tue	Oct 1–Dec 10	6:45 p.m.	11	43966	\$207.90
Wed	Oct 2–Dec 11	6:45 p.m.	11	43967	\$207.90
Thu	Oct 3–Dec 12	6:45 p.m.	11	43968	\$207.90

Events calendar

✦ **Join us for some great City of Oshawa events**

View the full Fall 2024 schedule on [page 10](#).

Water safety tips

✦ **Notes for children and families:**

- Stay within arms' reach of children under five
- Stay On Guard! Supervision of children and non-swimmers is key
- Always swim with a buddy
- Always wear a life jacket when you are in a boat
- **Take swimming lessons**
- Swim in lifeguarded areas

Lifesaving Society
www.lifesavingsociety.com





winter low ratio swim lessons

Low Ratio – Preschool 2/3

Age: 3 to 5 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:30 a.m.	9	44748	\$170.10
Sat	Jan 4–Mar 1	11:30 a.m.	9	44749	\$170.10
Sun	Jan 5–Mar 2	9:30 a.m.	9	44750	\$170.10
Sun	Jan 5–Mar 2	11:30 a.m.	9	44751	\$170.10
Mon	Jan 6–Mar 3	4:45 p.m.	8	44752	\$151.20
Mon	Jan 6–Mar 3	5:00 p.m.	8	44753	\$151.20
Mon	Jan 6–Mar 3	6:30 p.m.	8	44754	\$151.20
Tue	Jan 7–Mar 4	5:00 p.m.	9	44755	\$170.10
Tue	Jan 7–Mar 4	6:30 p.m.	9	44756	\$170.10
Tue	Jan 7–Mar 4	7:15 p.m.	9	44757	\$170.10
Wed	Jan 8–Mar 5	4:45 p.m.	9	44758	\$170.10
Wed	Jan 8–Mar 5	5:00 p.m.	9	44759	\$170.10
Wed	Jan 8–Mar 5	6:30 p.m.	9	44760	\$170.10
Thu	Jan 9–Mar 6	5:00 p.m.	9	44761	\$170.10
Thu	Jan 9–Mar 6	6:30 p.m.	9	44762	\$170.10
Thu	Jan 9–Mar 6	7:15 p.m.	9	44763	\$170.10

Family Swim – Low Ratio

Age: 3 to 15 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	4:00 p.m.	9	45487	\$170.10
Sat	Jan 4–Mar 1	5:00 p.m.	9	45494	\$170.10
Sat	Jan 4–Mar 1	6:00 p.m.	9	45495	\$170.10
Sun	Jan 5–Mar 2	3:30 p.m.	9	45992	\$170.10
Sun	Jan 5–Mar 2	3:30 p.m.	9	46008	\$170.10
Sun	Jan 5–Mar 2	4:00 p.m.	9	46000	\$170.10
Sun	Jan 5–Mar 2	4:00 p.m.	9	46001	\$170.10
Sun	Jan 5–Mar 2	4:30 p.m.	9	46002	\$170.10
Sun	Jan 5–Mar 2	5:00 p.m.	9	46003	\$170.10
Sun	Jan 5–Mar 2	5:30 p.m.	9	46004	\$170.10
Sun	Jan 5–Mar 2	6:00 p.m.	9	46005	\$170.10
Sun	Jan 5–Mar 2	6:30 p.m.	9	46006	\$170.10
Sun	Jan 5–Mar 2	6:30 p.m.	9	46007	\$170.10
Tue	Jan 7–Mar 4	5:00 p.m.	9	46057	\$170.10
Tue	Jan 7–Mar 4	5:30 p.m.	9	46064	\$170.10
Tue	Jan 7–Mar 4	6:00 p.m.	9	46065	\$170.10
Tue	Jan 7–Mar 4	7:00 p.m.	9	46066	\$170.10
Tue	Jan 7–Mar 4	7:30 p.m.	9	46067	\$170.10
Thu	Jan 9–Mar 6	5:00 p.m.	9	46121	\$170.10
Thu	Jan 9–Mar 6	5:00 p.m.	9	46122	\$170.10
Thu	Jan 9–Mar 6	5:30 p.m.	9	46123	\$170.10
Thu	Jan 9–Mar 6	6:00 p.m.	9	46124	\$170.10
Thu	Jan 9–Mar 6	6:30 p.m.	9	46125	\$170.10
Thu	Jan 9–Mar 6	7:00 p.m.	9	46126	\$170.10
Thu	Jan 9–Mar 6	7:15 p.m.	9	46127	\$170.10
Thu	Jan 9–Mar 6	7:30 p.m.	9	46128	\$170.10
Thu	Jan 9–Mar 6	7:30 p.m.	9	46129	\$170.10
South Oshawa Community Centre					
Sun	Jan 5–Mar 2	5:30 p.m.	9	45949	\$170.10
Sun	Jan 5–Mar 2	6:30 p.m.	9	45950	\$170.10
Sun	Jan 5–Mar 2	7:30 p.m.	9	45951	\$170.10



Low Ratio – Swimmer 1

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:45 a.m.	9	44764	\$170.10
Sat	Jan 4–Mar 1	12:00 p.m.	9	44765	\$170.10
Sun	Jan 5–Mar 2	9:45 a.m.	9	44766	\$170.10
Sun	Jan 5–Mar 2	12:00 p.m.	9	44767	\$170.10
Mon	Jan 6–Mar 3	5:30 p.m.	8	44768	\$151.20
Mon	Jan 6–Mar 3	6:45 p.m.	8	44769	\$151.20
Tue	Jan 7–Mar 4	5:30 p.m.	9	44770	\$170.10
Tue	Jan 7–Mar 4	6:45 p.m.	9	44771	\$170.10
Wed	Jan 8–Mar 5	5:30 p.m.	9	44772	\$170.10
Wed	Jan 8–Mar 5	6:45 p.m.	9	44773	\$170.10
Thu	Jan 9–Mar 6	5:30 p.m.	9	44774	\$170.10
Thu	Jan 9–Mar 6	6:45 p.m.	9	44775	\$170.10

Low Ratio – Swimmer 3

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	44792	\$170.10
Sat	Jan 4–Mar 1	12:30 p.m.	9	44793	\$170.10
Sun	Jan 5–Mar 2	9:00 a.m.	9	44794	\$170.10
Sun	Jan 5–Mar 2	12:30 p.m.	9	44798	\$170.10
Mon	Jan 6–Mar 3	5:45 p.m.	8	44799	\$151.20
Mon	Jan 6–Mar 3	7:30 p.m.	8	44800	\$151.20
Tue	Jan 7–Mar 4	4:45 p.m.	9	44801	\$170.10
Tue	Jan 7–Mar 4	5:45 p.m.	9	44802	\$170.10
Wed	Jan 8–Mar 5	5:45 p.m.	9	44803	\$170.10
Wed	Jan 8–Mar 5	7:30 p.m.	9	44804	\$170.10
Thu	Jan 9–Mar 6	4:45 p.m.	9	44805	\$170.10
Thu	Jan 9–Mar 6	5:45 p.m.	9	44806	\$170.10

Low Ratio – Swimmer 2

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	10:45 a.m.	9	44776	\$170.10
Sat	Jan 4–Mar 1	12:15 p.m.	9	44777	\$170.10
Sun	Jan 5–Mar 2	10:45 a.m.	9	44778	\$170.10
Sun	Jan 5–Mar 2	12:15 p.m.	9	44779	\$170.10
Mon	Jan 6–Mar 3	4:45 p.m.	8	44780	\$151.20
Mon	Jan 6–Mar 3	5:45 p.m.	8	44781	\$151.20
Mon	Jan 6–Mar 3	7:00 p.m.	8	44782	\$151.20
Tue	Jan 7–Mar 4	4:45 p.m.	9	44783	\$170.10
Tue	Jan 7–Mar 4	5:45 p.m.	9	44784	\$170.10
Wed	Jan 8–Mar 5	4:45 p.m.	9	44785	\$170.10
Wed	Jan 8–Mar 5	5:45 p.m.	9	44786	\$170.10
Wed	Jan 8–Mar 5	7:15 p.m.	9	44787	\$170.10
Thu	Jan 9–Mar 6	4:45 p.m.	9	44788	\$170.10
Thu	Jan 9–Mar 6	5:45 p.m.	9	44789	\$170.10

Low Ratio – Swimmer 4

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:30 a.m.	9	44811	\$170.10
Sat	Jan 4–Mar 1	12:00 p.m.	9	44813	\$170.10
Sun	Jan 5–Mar 2	9:30 a.m.	9	44814	\$170.10
Sun	Jan 5–Mar 2	12:00 p.m.	9	44818	\$170.10
Mon	Jan 6–Mar 3	5:15 p.m.	8	44819	\$151.20
Mon	Jan 6–Mar 3	6:15 p.m.	8	44820	\$151.20
Tue	Jan 7–Mar 4	5:15 p.m.	9	44821	\$170.10
Tue	Jan 7–Mar 4	6:15 p.m.	9	44823	\$170.10
Wed	Jan 8–Mar 5	5:15 p.m.	9	44824	\$170.10
Wed	Jan 8–Mar 5	6:15 p.m.	9	44834	\$170.10
Thu	Jan 9–Mar 6	5:15 p.m.	9	44835	\$170.10
Thu	Jan 9–Mar 6	6:15 p.m.	9	44836	\$170.10

Low Ratio – Swimmer 5/6

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	10:30 a.m.	9	44837	\$170.10
Sun	Jan 5–Mar 2	10:30 a.m.	9	44838	\$170.10
Mon	Jan 6–Mar 3	6:45 p.m.	8	44839	\$151.20
Tue	Jan 7–Mar 4	6:45 p.m.	9	44840	\$170.10
Wed	Jan 8–Mar 5	6:45 p.m.	9	44841	\$170.10
Thu	Jan 9–Mar 6	6:45 p.m.	9	44842	\$170.10



Looking for inclusive swim lessons?

See [pages 22–23](#) to find inclusive private swim lessons for participants 3 to 19 years of age.

Photo policy

✦ Photography in City of Oshawa Recreation Facilities



For the protection and privacy of all users in City of Oshawa facilities, patrons wishing to use video cameras or other photographic devices must receive permission from staff before filming.

The use of all camera, cell phones, personal digital assistants (PDAs) and any other device designed to take photographs is prohibited in all change room and washroom areas in City of Oshawa facilities.



private swim lessons



Designed for participants who would like 1:1 lessons

Participants will receive individual attention to improve their swimming technique and have the convenience of selecting their preferred day and time. Levels will be determined upon registration.



fall private swim lessons

Private Swim – 30 minutes

Age: 3 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	4:00 p.m.	10	44728	\$294.00
Sat	Sep 28–Dec 7	4:30 p.m.	10	44729	\$294.00
Sat	Sep 28–Dec 7	5:00 p.m.	10	44730	\$294.00
Sat	Sep 28–Dec 7	5:30 p.m.	10	44731	\$294.00
Sun	Sep 29–Dec 8	3:30 p.m.	10	45017	\$294.00
Sun	Sep 29–Dec 8	3:30 p.m.	10	45020	\$294.00
Sun	Sep 29–Dec 8	4:00 p.m.	10	45021	\$294.00
Sun	Sep 29–Dec 8	4:00 p.m.	10	45022	\$294.00
Sun	Sep 29–Dec 8	4:30 p.m.	10	45035	\$294.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	45023	\$294.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45024	\$294.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45025	\$294.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45026	\$294.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45027	\$294.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	44375	\$323.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	44376	\$323.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	44377	\$323.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	44378	\$323.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	44379	\$323.40
Tue	Oct 1–Dec 10	7:30 p.m.	11	44380	\$323.40
Tue	Oct 1–Dec 10	7:30 p.m.	11	44381	\$323.40
Tue	Oct 1–Dec 10	7:30 p.m.	11	44383	\$323.40
Tue	Oct 1–Dec 10	7:30 p.m.	22	44382	\$646.80
Thu	Oct 3–Dec 12	5:00 p.m.	11	44621	\$323.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	44622	\$323.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	44623	\$323.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	44624	\$323.40

Private Swim – 30 minutes continued

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Thu	Oct 3–Dec 12	7:00 p.m.	11	44625	\$323.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	44626	\$323.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	44627	\$323.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	44628	\$323.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	10:00 a.m.	10	45674	\$294.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	45675	\$294.00
Sat	Sep 28–Dec 7	11:00 a.m.	10	45676	\$294.00
Sat	Sep 28–Dec 7	11:00 a.m.	10	45677	\$294.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	45660	\$294.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	45655	\$294.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	45656	\$294.00
Sun	Sep 29–Dec 8	11:00 a.m.	10	45657	\$294.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	45658	\$294.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	45659	\$294.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	45661	\$294.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45662	\$294.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45663	\$294.00
Sun	Sep 29–Dec 8	7:00 p.m.	10	45664	\$294.00
Sun	Sep 29–Dec 8	7:30 p.m.	10	45665	\$294.00
Tue	Oct 1–Dec 10	5:00 p.m.	11	45666	\$323.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	45667	\$323.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	45668	\$323.40
Tue	Oct 1–Dec 10	7:30 p.m.	11	45669	\$323.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	45670	\$323.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	45671	\$323.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	45672	\$323.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	45673	\$323.40

Private Swim Preschool 1–Swimmer 3

Age: 3 to 15 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	43821	\$294.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	43822	\$294.00
Sat	Sep 28–Dec 7	11:15 a.m.	10	43823	\$294.00
Sat	Sep 28–Dec 7	12:15 p.m.	10	43824	\$294.00
Sat	Sep 28–Dec 7	1:15 p.m.	10	43825	\$294.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	43826	\$294.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	43827	\$294.00
Sun	Sep 29–Dec 8	11:15 a.m.	10	43828	\$294.00
Sun	Sep 29–Dec 8	12:15 p.m.	10	43829	\$294.00
Sun	Sep 29–Dec 8	1:15 p.m.	10	43830	\$294.00
Mon	Sep 30–Dec 9	4:00 p.m.	10	43831	\$294.00
Mon	Sep 30–Dec 9	4:00 p.m.	10	43832	\$294.00
Mon	Sep 30–Dec 9	4:15 p.m.	10	43833	\$294.00
Mon	Sep 30–Dec 9	4:15 p.m.	10	43834	\$294.00
Mon	Sep 30–Dec 9	5:30 p.m.	10	43835	\$294.00
Mon	Sep 30–Dec 9	6:15 p.m.	10	43836	\$294.00
Mon	Sep 30–Dec 9	7:45 p.m.	10	43837	\$294.00
Mon	Sep 30–Dec 9	7:45 p.m.	10	43838	\$294.00
Mon	Sep 30–Dec 9	7:45 p.m.	10	43839	\$294.00
Mon	Sep 30–Dec 9	7:45 p.m.	10	43840	\$294.00
Tue	Oct 1–Dec 10	4:00 p.m.	11	43841	\$323.40
Tue	Oct 1–Dec 10	4:00 p.m.	11	43842	\$323.40
Tue	Oct 1–Dec 10	4:15 p.m.	11	43843	\$323.40
Tue	Oct 1–Dec 10	4:15 p.m.	11	43844	\$323.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	43845	\$323.40
Tue	Oct 1–Dec 10	6:15 p.m.	11	43846	\$323.40
Wed	Oct 2–Dec 11	4:00 p.m.	11	43847	\$323.40
Wed	Oct 2–Dec 11	4:00 p.m.	11	43848	\$323.40
Wed	Oct 2–Dec 11	4:15 p.m.	11	43849	\$323.40
Wed	Oct 2–Dec 11	4:15 p.m.	11	43850	\$323.40
Wed	Oct 2–Dec 11	5:30 p.m.–	11	43851	\$323.40
Wed	Oct 2–Dec 11	6:15 p.m.	11	43852	\$323.40
Wed	Oct 2–Dec 11	7:45 p.m.	11	43853	\$323.40
Wed	Oct 2–Dec 11	7:45 p.m.	11	43854	\$323.40
Wed	Oct 2–Dec 11	7:45 p.m.	11	43855	\$323.40
Wed	Oct 2–Dec 11	7:45 p.m.	11	43856	\$323.40

Private Swim Preschool 1–Swimmer 3 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Thu	Oct 3–Dec 12	4:00 p.m.	11	43857	\$323.40
Thu	Oct 3–Dec 12	4:00 p.m.	11	43858	\$323.40
Thu	Oct 3–Dec 12	4:15 p.m.	11	43859	\$323.40
Thu	Oct 3–Dec 12	4:15 p.m.	11	43860	\$323.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	43861	\$323.40
Thu	Oct 3–Dec 12	6:15 p.m.	11	43862	\$323.40
South Oshawa Community Centre					
Sat	Sep 28–Dec 7	9:00 a.m.	10	45704	\$294.00
Sat	Sep 28–Dec 7	9:30 a.m.	10	45705	\$294.00
Sat	Sep 28–Dec 7	10:00 a.m.	10	45706	\$294.00
Sat	Sep 28–Dec 7	10:30 a.m.	10	45707	\$294.00
Sat	Sep 28–Dec 7	11:00 a.m.	10	45708	\$294.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	45678	\$294.00
Sun	Sep 29–Dec 8	9:00 a.m.	10	45679	\$294.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	45680	\$294.00
Sun	Sep 29–Dec 8	9:30 a.m.	10	45681	\$294.00
Sun	Sep 29–Dec 8	10:00 a.m.	10	45682	\$294.00
Sun	Sep 29–Dec 8	10:30 a.m.	10	45683	\$294.00
Sun	Sep 29–Dec 8	11:00 a.m.	10	45684	\$294.00
Sun	Sep 29–Dec 8	11:30 a.m.	10	45685	\$294.00
Sun	Sep 29–Dec 8	12:00 p.m.	10	45686	\$294.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	45687	\$294.00
Sun	Sep 29–Dec 8	6:00 p.m.	10	45688	\$294.00
Sun	Sep 29–Dec 8	6:30 p.m.	10	45689	\$294.00
Sun	Sep 29–Dec 8	7:00 p.m.	10	45690	\$294.00
Sun	Sep 29–Dec 8	7:30 p.m.	10	45691	\$294.00
Tue	Oct 1–Dec 10	4:30 p.m.	11	45692	\$323.40
Tue	Oct 1–Dec 10	5:00 p.m.	11	45693	\$323.40
Tue	Oct 1–Dec 10	5:30 p.m.	11	45694	\$323.40
Tue	Oct 1–Dec 10	6:00 p.m.	11	45695	\$323.40
Tue	Oct 1–Dec 10	6:30 p.m.	11	45696	\$323.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	45697	\$323.40
Thu	Oct 3–Dec 12	4:30 p.m.	11	45698	\$323.40
Thu	Oct 3–Dec 12	5:00 p.m.	11	45699	\$323.40
Thu	Oct 3–Dec 12	5:30 p.m.	11	45700	\$323.40
Thu	Oct 3–Dec 12	6:00 p.m.	11	45701	\$323.40
Thu	Oct 3–Dec 12	6:30 p.m.	11	45702	\$323.40
Thu	Oct 3–Dec 12	7:00 p.m.	11	45703	\$323.40

Private Swim Swimmer 1–7

Age: 5 to 15 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Donevan Recreation Complex					
Sat	Sep 28–Dec 7	10:00 a.m.	9	46263	\$264.60
Sat	Sep 28–Dec 7	10:30 a.m.	9	46264	\$264.60
Sat	Sep 28–Dec 7	11:00 a.m.	9	46265	\$264.60
Sat	Sep 28–Dec 7	11:30 a.m.	9	46266	\$264.60
Sat	Sep 28–Dec 7	12:00 p.m.	9	46267	\$264.60
Wed	Oct 2–Dec 11	6:30 p.m.	11	46268	\$323.40
Wed	Oct 2–Dec 11	6:30 p.m.	11	46269	\$323.40
Wed	Oct 2–Dec 11	7:00 p.m.	11	46270	\$323.40
Wed	Oct 2–Dec 11	7:30 p.m.	11	46271	\$323.40
Wed	Oct 2–Dec 11	8:00 p.m.	11	46272	\$323.40

Private Swim Swimmer 4–7

Age: 5 to 15 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	9:15 a.m.	10	43863	\$294.00
Sat	Sep 28–Dec 7	10:15 a.m.	10	43864	\$294.00
Sat	Sep 28–Dec 7	11:15 a.m.	10	43865	\$294.00
Sat	Sep 28–Dec 7	12:15 p.m.	10	43866	\$294.00
Sat	Sep 28–Dec 7	1:15 p.m.	10	43867	\$294.00
Sun	Sep 29–Dec 8	9:15 a.m.	10	43868	\$294.00
Sun	Sep 29–Dec 8	10:15 a.m.	10	43869	\$294.00
Sun	Sep 29–Dec 8	11:15 a.m.	10	43870	\$294.00
Sun	Sep 29–Dec 8	12:15 p.m.	10	43871	\$294.00
Sun	Sep 29–Dec 8	1:15 p.m.	10	43872	\$294.00
Mon	Sep 30–Dec 9	4:00 p.m.	10	43873	\$294.00
Mon	Sep 30–Dec 9	4:15 p.m.	10	43874	\$294.00
Mon	Sep 30–Dec 9	5:45 p.m.	10	43875	\$294.00
Mon	Sep 30–Dec 9	6:45 p.m.	10	43876	\$294.00

Private Swim Swimmer 4–7 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Mon	Sep 30–Dec 9	7:45 p.m.	10	43877	\$294.00
Mon	Sep 30–Dec 9	7:45 p.m.	10	43878	\$294.00
Mon	Sep 30–Dec 9	7:45 p.m.	10	43879	\$294.00
Tue	Oct 1–Dec 10	4:00 p.m.	11	43880	\$323.40
Tue	Oct 1–Dec 10	4:15 p.m.	11	43881	\$323.40
Tue	Oct 1–Dec 10	4:15 p.m.	11	43882	\$323.40
Tue	Oct 1–Dec 10	4:45 p.m.	11	43883	\$323.40
Tue	Oct 1–Dec 10	5:45 p.m.	11	43884	\$323.40
Wed	Oct 2–Dec 11	4:00 p.m.	11	43885	\$323.40
Wed	Oct 2–Dec 11	4:15 p.m.	11	43886	\$323.40
Wed	Oct 2–Dec 11	5:45 p.m.	11	43887	\$323.40
Wed	Oct 2–Dec 11	6:45 p.m.	11	43888	\$323.40
Wed	Oct 2–Dec 11	7:45 p.m.	11	43889	\$323.40
Wed	Oct 2–Dec 11	7:45 p.m.	11	43890	\$323.40
Wed	Oct 2–Dec 11	7:45 p.m.	11	43891	\$323.40
Thu	Oct 3–Dec 12	4:00 p.m.	11	43892	\$323.40
Thu	Oct 3–Dec 12	4:15 p.m.	11	43893	\$323.40
Thu	Oct 3–Dec 12	4:15 p.m.	11	43894	\$323.40
Thu	Oct 3–Dec 12	4:45 p.m.	11	43895	\$323.40
Thu	Oct 3–Dec 12	5:45 p.m.	11	43896	\$323.40

Private Swim – Adult

Age: 18 years +
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Sep 28–Dec 7	6:00 p.m.	10	44738	\$294.00
Sat	Sep 28–Dec 7	6:00 p.m.	10	44739	\$294.00
Tue	Oct 1–Dec 10	7:00 p.m.	11	44384	\$323.40
Tue	Oct 1–Dec 10	7:00 p.m.	11	44571	\$323.40
Donevan Recreation Complex					
Wed	Oct 2–Dec 11	8:30 p.m.	11	46273	\$323.40
Wed	Oct 2–Dec 11	8:30 p.m.	11	46274	\$323.40
Wed	Oct 2–Dec 11	8:30 p.m.	11	46275	\$323.40
Wed	Oct 2–Dec 11	8:30 p.m.	11	46276	\$323.40



winter private swim lessons

Private Swim – 30 minutes

Age: 3 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	5:00 p.m.	9	45987	\$264.60
Sat	Jan 4–Mar 1	5:30 p.m.	9	45988	\$264.60
Sat	Jan 4–Mar 1	6:00 p.m.	9	45989	\$264.60
Sun	Jan 5–Mar 2	3:30 p.m.	9	46009	\$264.60
Sun	Jan 5–Mar 2	4:00 p.m.	9	46010	\$264.60
Sun	Jan 5–Mar 2	4:00 p.m.	9	46018	\$264.60
Sun	Jan 5–Mar 2	4:30 p.m.	9	46011	\$264.60
Sun	Jan 5–Mar 2	5:00 p.m.	9	46012	\$264.60
Sun	Jan 5–Mar 2	5:30 p.m.	9	46013	\$264.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	46014	\$264.60
Sun	Jan 5–Mar 2	6:30 p.m.	9	46015	\$264.60
Sun	Jan 5–Mar 2	6:30 p.m.	9	46016	\$264.60
Sun	Jan 5–Mar 2	6:30 p.m.	9	46017	\$264.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	46060	\$264.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	46061	\$264.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	46093	\$264.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	46094	\$264.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	46100	\$264.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	46095	\$264.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	46096	\$264.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	46097	\$264.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	46098	\$264.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	46099	\$264.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	46114	\$264.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	46115	\$264.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	46116	\$264.60

Private Swim – 30 minutes continued

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Thu	Jan 9–Mar 6	6:30 p.m.	9	46117	\$264.60
Thu	Jan 9–Mar 6	7:30 p.m.	9	46118	\$264.60
Thu	Jan 9–Mar 6	7:30 p.m.	9	46119	\$264.60
Thu	Jan 9–Mar 6	7:30 p.m.	9	46120	\$264.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	10:00 a.m.	9	45914	\$264.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45915	\$264.60
Sat	Jan 4–Mar 1	11:00 a.m.	9	45916	\$264.60
Sat	Jan 4–Mar 1	11:00 a.m.	9	45917	\$264.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45895	\$264.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45896	\$264.60
Sun	Jan 5–Mar 2	11:00 a.m.	9	45897	\$264.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45898	\$264.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	45899	\$264.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	45900	\$264.60
Sun	Jan 5–Mar 2	5:30 p.m.	9	45901	\$264.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	45902	\$264.60
Sun	Jan 5–Mar 2	6:30 p.m.	9	45903	\$264.60
Sun	Jan 5–Mar 2	7:00 p.m.	9	45904	\$264.60
Sun	Jan 5–Mar 2	7:30 p.m.	9	45905	\$264.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45906	\$264.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45907	\$264.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45908	\$264.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	45909	\$264.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45910	\$264.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45911	\$264.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45912	\$264.60
Thu	Jan 9–Mar 6	7:30 p.m.	9	45913	\$264.60

Private Swim Preschool 1–Swimmer 3

Age: 3 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	44633	\$264.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	44634	\$264.60
Sat	Jan 4–Mar 1	11:15 a.m.	9	44635	\$264.60
Sat	Jan 4–Mar 1	12:15 p.m.	9	44636	\$264.60
Sat	Jan 4–Mar 1	1:15 p.m.	9	44637	\$264.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	44638	\$264.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	44639	\$264.60
Sun	Jan 5–Mar 2	11:15 a.m.	9	44640	\$264.60
Sun	Jan 5–Mar 2	12:15 p.m.	9	44641	\$264.60
Sun	Jan 5–Mar 2	1:15 p.m.	9	44642	\$264.60
Mon	Jan 6–Mar 3	4:00 p.m.	8	44643	\$235.20
Mon	Jan 6–Mar 3	4:00 p.m.	8	44644	\$235.20
Mon	Jan 6–Mar 3	4:15 p.m.	8	44645	\$235.20
Mon	Jan 6–Mar 3	4:15 p.m.	8	44646	\$235.20
Mon	Jan 6–Mar 3	5:30 p.m.	8	44647	\$235.20
Mon	Jan 6–Mar 3	6:15 p.m.	8	44648	\$235.20
Mon	Jan 6–Mar 3	7:45 p.m.	8	44649	\$235.20
Mon	Jan 6–Mar 3	7:45 p.m.	8	44650	\$235.20
Mon	Jan 6–Mar 3	7:45 p.m.	8	44651	\$235.20
Mon	Jan 6–Mar 3	7:45 p.m.	8	44652	\$235.20
Tue	Jan 7–Mar 4	4:00 p.m.	9	44653	\$264.60
Tue	Jan 7–Mar 4	4:00 p.m.	9	44654	\$264.60
Tue	Jan 7–Mar 4	4:15 p.m.	9	44655	\$264.60
Tue	Jan 7–Mar 4	4:15 p.m.	9	44656	\$264.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	44657	\$264.60
Tue	Jan 7–Mar 4	6:15 p.m.	9	44658	\$264.60
Wed	Jan 8–Mar 5	4:00 p.m.	9	44659	\$264.60
Wed	Jan 8–Mar 5	4:00 p.m.	9	44662	\$264.60
Wed	Jan 8–Mar 5	4:15 p.m.	9	44663	\$264.60
Wed	Jan 8–Mar 5	4:15 p.m.	9	44664	\$264.60
Wed	Jan 8–Mar 5	5:30 p.m.	9	44665	\$264.60
Wed	Jan 8–Mar 5	6:15 p.m.	9	44666	\$264.60
Wed	Jan 8–Mar 5	7:45 p.m.	9	44667	\$264.60
Wed	Jan 8–Mar 5	7:45 p.m.	9	44668	\$264.60
Wed	Jan 8–Mar 5	7:45 p.m.	9	44669	\$264.60
Wed	Jan 8–Mar 5	7:45 p.m.	9	44670	\$264.60

Private Swim Preschool 1–Swimmer 3 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Thu	Jan 9–Mar 6	4:00 p.m.	9	44671	\$264.60
Thu	Jan 9–Mar 6	4:00 p.m.	9	44672	\$264.60
Thu	Jan 9–Mar 6	4:15 p.m.	9	44673	\$264.60
Thu	Jan 9–Mar 6	4:15 p.m.	9	44674	\$264.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	44675	\$264.60
Thu	Jan 9–Mar 6	6:15 p.m.	9	44676	\$264.60
South Oshawa Community Centre					
Sat	Jan 4–Mar 1	9:00 a.m.	9	45944	\$264.60
Sat	Jan 4–Mar 1	9:30 a.m.	9	45945	\$264.60
Sat	Jan 4–Mar 1	10:00 a.m.	9	45946	\$264.60
Sat	Jan 4–Mar 1	10:30 a.m.	9	45947	\$264.60
Sat	Jan 4–Mar 1	11:00 a.m.	9	45948	\$264.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	45918	\$264.60
Sun	Jan 5–Mar 2	9:00 a.m.	9	45919	\$264.60
Sun	Jan 5–Mar 2	9:30 a.m.	9	45920	\$264.60
Sun	Jan 5–Mar 2	9:30 a.m.	9	45921	\$264.60
Sun	Jan 5–Mar 2	10:00 a.m.	9	45922	\$264.60
Sun	Jan 5–Mar 2	10:30 a.m.	9	45923	\$264.60
Sun	Jan 5–Mar 2	11:00 a.m.	9	45924	\$264.60
Sun	Jan 5–Mar 2	11:30 a.m.	9	45925	\$264.60
Sun	Jan 5–Mar 2	12:00 p.m.	9	45926	\$264.60
Sun	Jan 5–Mar 2	5:30 p.m.	9	45927	\$264.60
Sun	Jan 5–Mar 2	6:00 p.m.	9	45928	\$264.60
Sun	Jan 5–Mar 2	6:30 p.m.	9	45929	\$264.60
Sun	Jan 5–Mar 2	7:00 p.m.	9	45930	\$264.60
Sun	Jan 5–Mar 2	7:30 p.m.	9	45931	\$264.60
Tue	Jan 7–Mar 4	4:30 p.m.	9	45932	\$264.60
Tue	Jan 7–Mar 4	5:00 p.m.	9	45933	\$264.60
Tue	Jan 7–Mar 4	5:30 p.m.	9	45934	\$264.60
Tue	Jan 7–Mar 4	6:00 p.m.	9	45935	\$264.60
Tue	Jan 7–Mar 4	6:30 p.m.	9	45936	\$264.60
Tue	Jan 7–Mar 4	7:00 p.m.	9	45937	\$264.60
Thu	Jan 9–Mar 6	4:30 p.m.	9	45938	\$264.60
Thu	Jan 9–Mar 6	5:00 p.m.	9	45939	\$264.60
Thu	Jan 9–Mar 6	5:30 p.m.	9	45940	\$264.60
Thu	Jan 9–Mar 6	6:00 p.m.	9	45941	\$264.60
Thu	Jan 9–Mar 6	6:30 p.m.	9	45942	\$264.60
Thu	Jan 9–Mar 6	7:00 p.m.	9	45943	\$264.60

Private Swim Swimmer 1–7

Age: 5 to 15 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Donevan Recreation Complex					
Sat	Jan 4–Mar 1	10:00 a.m.	8	46294	\$235.20
Sat	Jan 4–Mar 1	10:30 a.m.	8	46295	\$235.20
Sat	Jan 4–Mar 1	11:00 a.m.	8	46296	\$235.20
Sat	Jan 4–Mar 1	11:30 a.m.	8	46297	\$235.20
Sat	Jan 4–Mar 1	12:00 p.m.	8	46298	\$235.20
Wed	Jan 8–Mar 5	6:30 p.m.	9	46299	\$264.60
Wed	Jan 8–Mar 5	6:30 p.m.	9	46300	\$264.60
Wed	Jan 8–Mar 5	7:00 p.m.	9	46301	\$264.60
Wed	Jan 8–Mar 5	7:30 p.m.	9	46302	\$264.60
Wed	Jan 8–Mar 5	8:00 p.m.	9	46303	\$264.60

Private Swim Swimmer 4–7

Age: 5 to 15 years
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Jan 4–Mar 1	9:15 a.m.	9	44680	\$264.60
Sat	Jan 4–Mar 1	10:15 a.m.	9	44682	\$264.60
Sat	Jan 4–Mar 1	11:15 a.m.	9	44683	\$264.60
Sat	Jan 4–Mar 1	12:15 p.m.	9	44684	\$264.60
Sat	Jan 4–Mar 1	1:15 p.m.	9	44685	\$264.60
Sun	Jan 5–Mar 2	9:15 a.m.	9	44686	\$264.60
Sun	Jan 5–Mar 2	10:15 a.m.	9	44688	\$264.60
Sun	Jan 5–Mar 2	11:15 a.m.	9	44689	\$264.60
Sun	Jan 5–Mar 2	12:15 p.m.	9	44690	\$264.60
Sun	Jan 5–Mar 2	1:15 p.m.	9	44691	\$264.60
Mon	Jan 6–Mar 3	4:00 p.m.	8	44692	\$235.20
Mon	Jan 6–Mar 3	4:15 p.m.	8	44693	\$235.20
Mon	Jan 6–Mar 3	5:45 p.m.	8	44694	\$235.20

Private Swim Swimmer 4–7 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Mon	Jan 6–Mar 3	6:45 p.m.	8	44695	\$235.20
Mon	Jan 6–Mar 3	7:45 p.m.	8	44696	\$235.20
Mon	Jan 6–Mar 3	7:45 p.m.	8	44697	\$235.20
Mon	Jan 6–Mar 3	7:45 p.m.	8	44698	\$235.20
Tue	Jan 7–Mar 4	4:00 p.m.	9	44699	\$264.60
Tue	Jan 7–Mar 4	4:15 p.m.	9	44700	\$264.60
Tue	Jan 7–Mar 4	4:15 p.m.	9	44701	\$264.60
Tue	Jan 7–Mar 4	4:45 p.m.	9	44702	\$264.60
Tue	Jan 7–Mar 4	5:45 p.m.	9	44703	\$264.60
Wed	Jan 8–Mar 5	4:00 p.m.	9	44704	\$264.60
Wed	Jan 8–Mar 5	4:15 p.m.	9	44705	\$264.60
Wed	Jan 8–Mar 5	5:45 p.m.	9	44706	\$264.60
Wed	Jan 8–Mar 5	6:45 p.m.	9	44707	\$264.60
Wed	Jan 8–Mar 5	7:45 p.m.	9	44708	\$264.60
Wed	Jan 8–Mar 5	7:45 p.m.	9	44709	\$264.60
Wed	Jan 8–Mar 5	7:45 p.m.	9	44710	\$264.60
Thu	Jan 9–Mar 6	4:00 p.m.	9	44711	\$264.60
Thu	Jan 9–Mar 6	4:15 p.m.	9	44715	\$264.60
Thu	Jan 9–Mar 6	4:15 p.m.	9	44716	\$264.60
Thu	Jan 9–Mar 6	4:45 p.m.	9	44717	\$264.60
Thu	Jan 9–Mar 6	5:45 p.m.	9	44718	\$264.60

Private Swim – Adult

Age: 18 years +
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	5:30 p.m.	9	45986	\$264.60
Donevan Recreation Complex					
Wed	Jan 8–Mar 5	8:30 p.m.	9	46290	\$264.60
Wed	Jan 8–Mar 5	8:30 p.m.	9	46291	\$264.60
Wed	Jan 8–Mar 5	8:30 p.m.	9	46292	\$264.60
Wed	Jan 8–Mar 5	8:30 p.m.	9	46293	\$264.60

◆ City of Oshawa Fitness Perks

Residents 55+ save big on recreation!

Residents 55 years of age and older, living in or paying property taxes in Oshawa, now qualify for discounted rates on City recreation programs, fitness memberships and admission fees for recreation facilities.

Learn more at Oshawa.ca/55Plus.

Choose your fitness membership today!

Customize your membership and gain access to classes, indoor/outdoor tracks, courts, pools, rinks, drop-in programs and fitness centres. Add-ons are available for group fitness and racquet sports.

See Fitness Memberships, [p. 14](#).



specialty swim lessons



Programs are eligible for financial assistance unless marked (*)

NEW Aqua Sport Sampler

An opportunity for those that love swimming and the water to try a variety of water sport activities. Disciplines such as water polo, artistic swimming, lifeguarding sports, competitive swimming, diving and lifesaving skills will be introduced.

Age: 10 to 14 years

Location: Delpark Homes Centre

Fitness Swimmer

Swimmers of any age improve their overall physical fitness in the water. A structured approach based on accepted training principles and practices including interval training. Participants set their own goals.

Age: 12 to 16 years

Location: Civic Recreation Complex



Teen Swimmer – Beginner

Designed for beginners who may be just starting out. Within the curriculum participants set their own goals to develop water confidence and smooth recognizable strokes. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all teen swimmer levels.

Age: 12 to 17 years

Location: Civic Recreation Complex

Female Only Learn to Swim

Taught by female instructors in a curtain enclosed pool. Swimmers will be taught in a group setting according to ability in one of two levels: beginner or intermediate/advanced.

Age: 13 years +

Location: Donevan Recreation Complex

Adult Swimmer – All Levels

Swimmers just starting out or wanting help with strokes. Within the curriculum participants set their own goals to develop water confidence and smooth recognizable strokes. Learn to master the front crawl, back crawl, and breaststroke. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all adult swimmer levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn to achieve their personal swimming goals.

Age: 14 years +

**Location: Civic Recreation Complex,
Donevan Recreation Complex**



Adult Swimmer – Beginner

Participants will work towards a 10–15 metre swim on their front and back, do jump entries from the side, and recover an object from the bottom in chest-deep water. Improve fitness and flutter kick with 4 x 9–12 metre interval training.

Age: 14 years +

**Location: Civic Recreation Complex,
Delpark Homes Centre,
South Oshawa Community Centre**

Adult Swimmer – Intermediate

Participants will work on two interval training workouts of 4 x 25 metre kicking and front or back crawl, perform dive entries, and demonstrate breaststroke arms and breathing over 10–15 metres. Participants will also learn to support themselves at the surface for 1–2 minutes.

Age: 14 years +

**Location: Civic Recreation Complex,
South Oshawa Community Centre**



fall specialty swim lessons

Aqua Sport Sampler

Age: 10 to 14 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Sep 28–Dec 7	6:30 p.m.	10	46837	\$94.00
Wed	Oct 20–Dec 11	8:15 p.m.	11	46373	\$103.40

Female Only Learn to Swim

Age: 13 years +

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Donevan Recreation Complex					
Sat	Sep 28–Dec 7	4:00 p.m.	8	46278	\$75.20
Sat	Sep 28–Dec 7	4:30 p.m.	8	46279	\$75.20

Fitness Swimmer

Age: 12 to 16 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Sep 29–Dec 8	3:30 p.m.	10	45036	\$94.00

Adult Swimmer – All Levels

Age: 14 years +

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Mon	Sep 30–Dec 9	9:45 a.m.	10	45046	\$94.00
Tue	Oct 1–Dec 10	9:45 a.m.	11	45047	\$103.40
Thu	Oct 3–Dec 12	9:45 a.m.	11	45048	\$103.40
Fri	Oct 4–Dec 13	9:45 a.m.	11	45049	\$103.40
Donevan Recreation Complex					
Wed	Oct 2–Dec 11	8:30 p.m.	11	46277	\$103.40

Teen Swimmer – Beginner

Age: 12 to 17 years

Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Sep 29–Dec 8	6:00 p.m.	10	45037	\$94.00

Adult Swimmer – Beginner

Age: 14 years +

Lessons: 30 minutes per class, *45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
*Sat	Sep 28–Dec 7	4:30 p.m.	10	44741	\$94.00
*Sun	Sep 29–Dec 8	3:30 p.m.	10	44790	\$94.00
*Tue	Oct 1–Dec 10	7:45 p.m.	11	44572	\$103.40
*Thu	Oct 3–Dec 12	7:45 p.m.	11	44630	\$103.40
Delpark Homes Centre					
*Mon	Sep 30–Dec 9	8:15 p.m.	10	44457	\$94.00
*Tue	Oct 1–Dec 10	9:15 a.m.	11	44458	\$103.40
*Wed	Oct 2–Dec 11	9:00 a.m.	11	44459	\$103.40
*Wed	Oct 2–Dec 11	8:15 p.m.	11	44460	\$103.40
*Fri	Oct 4–Dec 13	9:00 a.m.	11	44461	\$103.40
South Oshawa Community Centre					
Sun	Sep 29–Dec 8	5:30 p.m.	10	45717	\$94.00
Sun	Sep 29–Dec 8	5:30 p.m.	10	45718	\$94.00
Tue	Oct 1–Dec 10	7:30 p.m.	11	45719	\$103.40
Tue	Oct 1–Dec 10	7:30 p.m.	11	45720	\$103.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	45721	\$103.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	45722	\$103.40
Fri	Oct 4–Dec 13	11:00 a.m.	11	45723	\$103.40

Adult Swimmer – Intermediate

Age: 14 years +

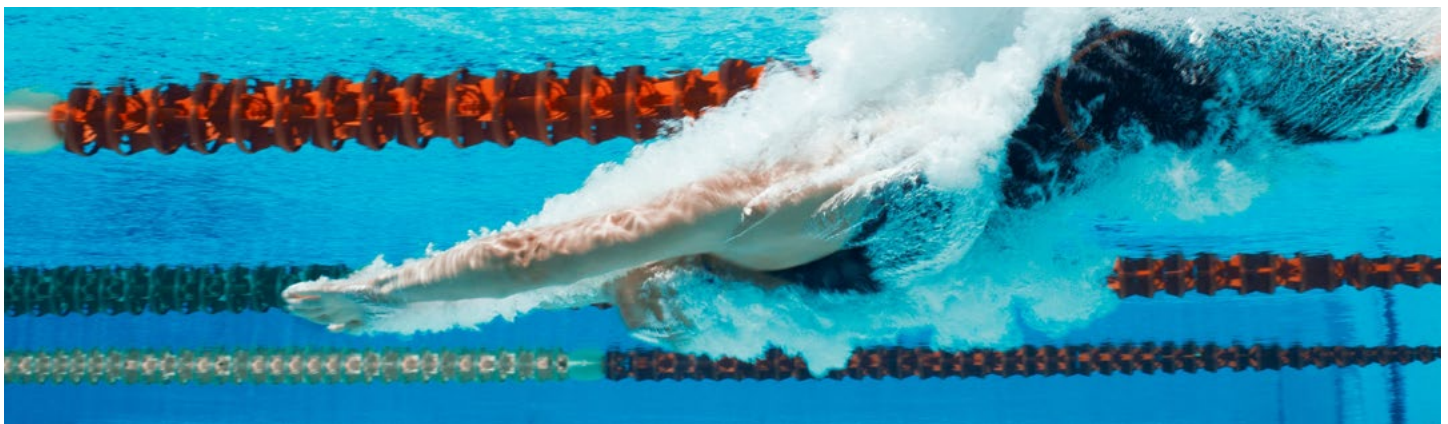
Lessons: 30 minutes per class, *45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
*Sat	Sep 28–Dec 7	5:15 p.m.	10	44742	\$94.00
*Sun	Sep 29–Dec 8	4:15 p.m.	10	44791	\$94.00
*Tue	Oct 1–Dec 10	7:45 p.m.	11	44573	\$103.40
*Tue	Oct 8–Dec 10	7:45 p.m.	10	44631	\$94.00
South Oshawa Community Centre					
Sun	Sep 29–Dec 8	7:30 p.m.	10	45724	\$94.00
Sun	Sep 29–Dec 8	7:30 p.m.	10	45725	\$94.00
Tue	Oct 1–Dec 10	7:30 p.m.	11	45726	\$103.40
Thu	Oct 3–Dec 12	7:30 p.m.	11	45727	\$103.40
Fri	Oct 4–Dec 13	11:30 a.m.	11	45728	\$103.40



Looking for inclusive swim lessons?

See pages 22–23 to find inclusive private swim lessons for participants 3 to 19 years of age.





winter specialty swim lessons

Aqua Sport Sampler

Age: 10 to 14 years
Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Wed	Jan 8–Mar 5	8:15 p.m.	9	46374	\$84.60

Teen Swimmer – Beginner

Age: 12 to 17 years
Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Jan 4–Mar 1	5:30 p.m.	9	45990	\$84.60

Fitness Swimmer

Age: 12 to 16 years
Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Jan 5–Mar 2	3:30 p.m.	9	46019	\$84.60

Female Only Learn to Swim

Age: 13 years +
Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Donevan Recreation Complex					
Sat	Jan 4–Mar 1	4:00 p.m.	8	46288	\$75.20
Sat	Jan 4–Mar 1	4:30 p.m.	8	46289	\$75.20



Adult Swimmer – All Levels

Age: 14 years +
Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Mon	Jan 6–Mar 3	9:45 a.m.	8	46178	\$75.20
Tue	Jan 7–Mar 4	9:45 a.m.	9	46180	\$84.60
Thu	Jan 9–Mar 6	9:45 a.m.	9	46181	\$84.60
Fri	Jan 10–Mar 7	9:45 a.m.	9	46182	\$84.60
Donevan Recreation Complex					
Wed	Jan 8–Mar 5	8:30 p.m.	9	46284	\$84.60



Adult Swimmer – Beginner

Age: 14 years +

Lessons: 30 minutes per class, *45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
*Sat	Jan 4–Mar 1	4:45 p.m.	9	45985	\$84.60
*Sun	Jan 5–Mar 2	3:30 p.m.	9	46020	\$84.60
*Sun	Jan 5–Mar 2	6:15 p.m.	9	46046	\$84.60
*Tue	Jan 7–Mar 4	7:45 p.m.	9	46092	\$84.60
*Thu	Jan 9–Mar 6	7:45 p.m.	9	46167	\$84.60
Delpark Homes Centre					
*Mon	Jan 6–Mar 3	8:15 p.m.	8	45467	\$75.20
*Tue	Jan 7–Mar 4	9:15 a.m.	9	45468	\$84.60
*Wed	Jan 8–Mar 5	9:00 a.m.	9	45469	\$84.60
*Wed	Jan 8–Mar 5	8:15 p.m.	9	45470	\$84.60
*Fri	Jan 10–Mar 7	9:00 a.m.	9	45471	\$84.60
South Oshawa Community Centre					
Sun	Jan 5–Mar 2	5:30 p.m.	9	45957	\$84.60
Sun	Jan 5–Mar 2	5:30 p.m.	9	45958	\$84.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	45959	\$84.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	45960	\$84.60
Thu	Jan 9–Mar 6	7:30 p.m.	9	45961	\$84.60
Thu	Jan 9–Mar 6	7:30 p.m.	9	45962	\$84.60
Fri	Jan 10–Mar 7	11:00 a.m.	9	45963	\$84.60

Adult Swimmer – Intermediate

Age: 14 years +

Lessons: 30 minutes per class, *45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
*Sat	Jan 4–Mar 1	4:00 p.m.	9	45488	\$84.60
*Sun	Jan 5–Mar 2	4:15 p.m.	9	46045	\$84.60
*Tue	Jan 7–Mar 4	7:45 p.m.	9	46091	\$84.60
*Thu	Jan 9–Mar 6	7:45 p.m.	9	46166	\$84.60
South Oshawa Community Centre					
Sun	Jan 5–Mar 2	7:30 p.m.	9	45964	\$84.60
Sun	Jan 5–Mar 2	7:30 p.m.	9	45965	\$84.60
Tue	Jan 7–Mar 4	7:30 p.m.	9	45966	\$84.60
Thu	Jan 9–Mar 6	7:30 p.m.	9	45967	\$84.60
Fri	Jan 10–Mar 7	11:30 a.m.	9	45968	\$84.60

Leadership & first aid



Making registration simple

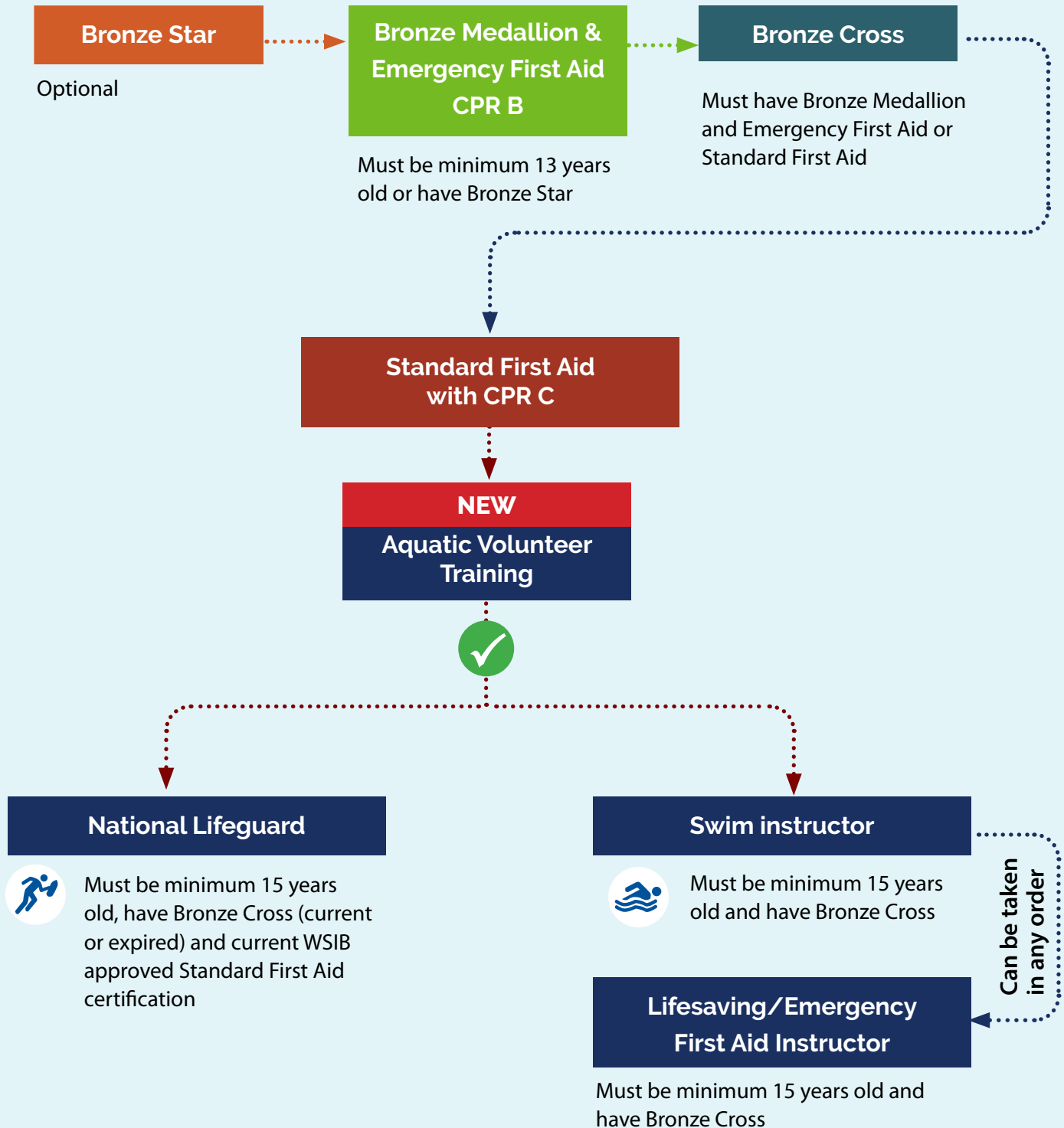
Community members no longer need to register for separate course materials.

All aquatic leadership courses now include the cost for awards, manuals and course materials in their fees.



Visit oshawa.ca/lifeguarding for more information about our leadership programs.

How to become a lifeguard or swim instructor



Aquatic Leadership Courses

! Aquatic Leadership courses are offered in two formats, an extended course and crash course

Extended courses

Extended courses are scheduled over the duration of a program session (i.e several weeks) and give candidates more opportunities to practice what they learnt in between each class.

Crash courses

Crash courses allow candidates to complete a full course intensively over one or two weekends or consecutive days. Crash courses are best suited for highly motivated, mature learners ready to perform required skills with little time to practice between each class.

Course Prerequisites

Age prerequisites

Minimum age prerequisites must be attained by the last day of the course or the day of the exam. There are no exceptions. Acceptable proof of age includes: birth certificate, driver's license, health card or passport.

Award prerequisites

Prerequisite award(s) must be earned prior to the start of the course. No exceptions can be made to this policy and it is the responsibility of the candidate to ensure they have the appropriate prerequisite(s).

The following are acceptable proof of award prerequisites: a printout from Find a Member; or confirmation using [Find a Member Mobile](#), a Lifesaving Society certification card or current temporary card (expired temporary cards more than 90 days old will not be accepted).

Course Attendance

100 percent attendance and active participation are required for all aquatic leadership courses. If a candidate is unable to attend a class, make-up classes will not be offered and a refund will not be issued.

Before you go, you should know

Food & Drinks

Candidates should bring water/drinks and lunch/dinner/snacks where appropriate.

For aquatic leadership courses, bring:

- proof of age where required
- proof of original certification of prerequisite(s)

For in-water courses, bring:

- bathing suit(s) and towel(s)
- comfortable clothing and shoes
- non-slip sandals or deck shoes
- notebook/paper and pen/pencil



Leadership & first aid programs



Programs are eligible for financial assistance unless marked (*)

Bronze Star & Basic First Aid

Develop swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Completion of Bronze Star allows early entry into Bronze Medallion if candidate is under 13 years old.

Age prerequisite: 10 to 13 years

Location: Civic Recreation Complex

Bronze Medallion & Emergency First Aid

This Lifesaving Society course is the prerequisite for Bronze Cross. Participants develop stroke efficiency and endurance in a 400-metre timed swim as well as Emergency First Aid & CPR B and victim assessment skills.

Prerequisite:

Bronze Star certification or minimum 13 years of age by exam date.

Age prerequisite: 13 years +

**Location: Civic Recreation Complex,
Donevan Recreation Complex**

Bronze Cross & Standard First Aid

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and instructor certification programs.

Age prerequisite: 13 years +

Location: Donevan Recreation Complex

Let's stay in touch!

◆ **Get City of Oshawa news, events and alerts sent to your inbox.**

Sign up at
Oshawa.ca/Subscribe.

◆ **NEW** Aquatic Volunteer Training Course

The City of Oshawa is thrilled to offer a comprehensive Aquatic Volunteer Training Course. This free, one-day in-person class will cover all essential aspects of being a swim instructor, including:

- Training on what it's like to be a swim instructor
- Facility orientation and emergency procedures
- Hands-on experience by assisting with swimming lessons
- Mentorship and guidance from experienced instructors

Prerequisite: Must have completed Bronze Cross.

This course is mandatory to volunteer with the City of Oshawa Aquatics Department. Complete the course, to be assigned a volunteer role where you can assist with swimming lessons and work alongside experienced instructors. This is a fantastic opportunity for aspiring swim instructors to gain high school volunteer hours and an introduction to aquatics.

Age prerequisite: 14 to 17 years

Location: Delpark Homes Centre

Fall course ID: 46365

Winter course ID: 46366



National Lifeguard – Pool

As Canada's professional lifeguard standard, National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. The course emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership, and communication skills. Fitness requirements include a timed object recovery, 50 metre sprint challenge, 50 metre rescue drill, and 400 metre endurance challenge.

Prerequisite:

Minimum 15 years of age by the exam date and Bronze Cross and Standard First Aid from a WSIB approved agency.

Age prerequisite: 15 years +

Location: Donevan Recreation Complex

National Lifeguard – Recertification

The National Lifeguard award remains current for a period of two years. This is a mandatory program to recertify the award. Fitness requirements include a timed object recovery, 50 metre sprint challenge, 50 metre rescue drill, and 400 metre endurance challenge.

Prerequisite: National Lifeguard Certification

Age prerequisite: 15 years +

Location: Donevan Recreation Complex

Swim Instructor

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

Prerequisite:

15 years of age by the end of the course and Bronze Cross certification (does not need to be current).

Age prerequisite: 15 years +

**Location: Delpark Homes Centre,
Donevan Recreation Complex**

Lifesaving Instructor

Upon successful completion of this program, candidates will be able to instruct the following awards in the Lifesaving program: Canadian Swim Patrol program, Bronze Medal Awards, Wading Pool Attendant, and Emergency First Aid.

Prerequisite:

Minimum 15 years of age by the exam date and Bronze Cross and Standard First Aid from a WSIB approved agency.

Age prerequisite: 15 years +

Location: Donevan Recreation Complex

Standard First Aid & CPR C

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. Includes CPR-C certification.

Age prerequisite: 13 years +

**Location: Civic Recreation Complex,
Donevan Recreation Complex**

Standard First Aid & CPR C – Recertification

Successful candidates will receive both Standard First Aid and CPR-C certification. Recertification can only be done through the original certifying agency. A recertification course can only be taken once. Award holders must then repeat the full Standard First Aid course.

Age prerequisite: 13 years +

Location: Donevan Recreation Complex

Become a

lifeguard

and start your career
with the City of Oshawa

We are looking for enthusiastic and energetic certified Lifeguards and Swim Instructors for all our pools. Flexible working hours available include daytime, evening and weekend shifts to fit your schedule.

Visit oshawa.ca/careers
to find current employment
opportunities.

All applicants are thanked for their
interest, however, only selected
candidates will be contacted.





Fall Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Leadership & First Aid								
Bronze Star & Basic First Aid	10–13 yrs	CRC	Thu	Oct 3–Dec 5	7:00 p.m.–8:15 p.m.	10	45096	\$127.50
Bronze Star & Basic First Aid	10–13 yrs	SOCC	Thu	Sep 29–Nov 24	11:00 a.m.–12:30 p.m.	8	45738	\$122.40
Aquatic Volunteer Training	14–17 yrs	DHC	Thu	Sep 26	5:00 p.m.–8:00 p.m.	1	46365	\$0.00
Bronze Cross & Standard First Aid	13 yrs+	DRC	Sun	Sep 29–Dec 15	9:00 a.m.–12:00 p.m.	10	46341	\$306.00
Bronze Medallion & Emergency First Aid	13 yrs+	CRC	Sat	Sep 28–Dec 7	4:30 p.m.–6:30 p.m.	10	44743	\$204.00
Bronze Medallion & Emergency First Aid	13 yrs+	DRC	Sun	Sep 29–Dec 15	9:00 a.m.–11:00 a.m.	10	46342	\$204.00
Standard First Aid & CPR C	13 yrs+	CRC	Sat, Sun	Dec 14–Dec 15	9:00 a.m.–5:00 p.m.	2	45051	\$134.40
Standard First Aid & CPR C	13 yrs+	DRC	Thu, Fri	Jan 2–Jan 3	9:00 a.m.–5:00 p.m.	2	46349	\$134.40
Standard First Aid & CPR C	13 yrs+	DRC	Sat, Sun	Sep 21–Sep 22	9:00 a.m.–5:00 p.m.	2	46350	\$134.40
Lifesaving Instructor	15 yrs+	DRC	Fri, Sat, Sun, Mon	Dec 27–Dec 30	1:00 p.m.–6:00 p.m.	4	46344	\$256.00
Swim Instructor	15 yrs+	DRC DHC	Sat	Sep 28–Oct 26 Nov 9–Dec 7	10:30 a.m.–1:00 p.m. 10:30 a.m.–12:30 p.m.	9	46351	\$240.00
National Lifeguard – Pool	15 yrs+	DRC	Thu, Fri, Sat, Sun, Mon	Dec 28–Jan 3	9:00 a.m.–5:00 p.m.	5	46346	\$328.00
National Lifeguard – Pool	15 yrs+	DRC	Sun	Sep 29–Dec 15	1:00 p.m.–5:00 p.m.	10	46345	\$328.00
National Lifeguard – Recertification	15 yrs+	DRC	Sat	Oct 12	4:00 p.m.–9:00 p.m.	1	46348	\$92.00

CRC - Civic Recreation Complex

DHC - Delpark Homes Centre

DRC - Donevan Recreation Complex

SOCC - South Oshawa Community Centre

Recreation for 55+

◆ Residents save big on recreation!

Residents 55 years of age and older, living in or paying property taxes in Oshawa, now qualify for discounted rates on City recreation programs, fitness memberships and admission fees for recreation facilities.

Learn more at [Oshawa.ca/55Plus](https://www.oshawa.ca/55Plus).



Winter Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Leadership & First Aid								
Bronze Star & Basic First Aid	10–13 yrs	CRC	Thu	Jan 9–Feb 27	7:00 p.m.–8:30 p.m.	8	46168	\$122.40
Aquatic Volunteer Training	14–17 yrs	DHC	Thu	Dec 19	5:00 p.m.–8:00 p.m.	1	46366	\$0.00
Bronze Cross & Standard First Aid	13 yrs+	DRC	Sun	Jan 5–Mar 2	8:45 a.m.–12:30 p.m.	8	46362	\$306.00
Bronze Medallion & Emergency First Aid	13 yrs+	CRC	Sat	Jan 4–Feb 22	4:00 p.m.–6:00 p.m.	8	46169	\$163.20
Bronze Medallion & Emergency First Aid	13 yrs+	DRC	Sun	Jan 5–Mar 2	9:00 a.m.–11:30 a.m.	8	46353	\$204.00
Standard First Aid & CPR C	13 yrs+	CRC	Sat, Sun	Feb 8–Feb 9	9:00 a.m.–5:00 p.m.	2	46185	\$134.40
Standard First Aid & CPR C	13 yrs+	DRC	Sat, Sun	Mar 15–Mar 16	9:00 a.m.–5:00 p.m.	2	46359	\$134.40
Standard First Aid & CPR C (Recert)	13 yrs+	DRC	Sun	Mar 16	9:00 a.m.–5:00 p.m.	1	46360	\$67.20
Lifesaving Instructor	15 yrs+	DRC	Fri, Sat, Sun	Mar 7–Mar 9	5:00 p.m.–9:00 p.m. 9:00 a.m.–5:00 p.m.	3	46355	\$256.00
Swim Instructor	15 yrs+	DRC DHC	Sat	Jan 4–Jan 25 Feb 1–Mar 1	10:30 a.m.–1:00 p.m. 10:30 a.m.–12:30 p.m.	9	46361	\$240.00
National Lifeguard – Pool	15 yrs+	DRC	Sun	Jan 5–Mar 2	1:30 p.m.–6:30 p.m.	8	46356	\$328.00
National Lifeguard – Pool	15 yrs+	DRC	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–5:00 p.m.	5	46357	\$328.00
National Lifeguard – Recertification	15 yrs+	DRC	Sun	Mar 16	4:00 p.m.–9:00 p.m.	1	46358	\$92.00



◆ Don't miss out on something great!



Highlights and important dates	Page
City of Oshawa events for Fall 2024	Page 10
Free workshops for Culture Days	Page 13
Camp signup dates	Page 24
Registered Programs signup dates	Page 35
Swimming Lessons signup dates	Page 74
New courses for Fall 2024/Winter 2025	Page 109



Respect the dignity and spirit of all people – children, youth, adults and staff.

Set a good example for your family, team members and those around you by creating a supportive, positive experience. Build confidence, develop, and improve skills, and have fun.



Oshawa.ca/RespectCheck

The Fall 2024 Winter 2025 activeOshawa Guide is produced by the City of Oshawa, Community and Operations Services Department, Recreation Services Branch. Changes to program information may occur after the activeOshawa Guide has been published. For the most up-to-date information, please visit activeOshawa Online at Register.Oshawa.ca.

If this information is required in an accessible format, please contact: Service Oshawa.

Telephone: 905-436-3311

Email: service@oshawa.ca

