

active **Oshawa**

recreation guide

arts

camp

fitness

registered programs

sports

swimming



Spring 2025



welcome

Message from His Worship Mayor Dan Carter

Welcome to the 2025 spring edition of the activeOshawa Recreation Guide – your roadmap to wellness. Whether you're a long-time resident or new to our city, I invite you to take full advantage of the many exciting recreational and cultural opportunities our staff have prepared for you and your loved ones.

The activeOshawa Recreation Guide is an excellent tool that can assist you with your health and wellness journey while keeping you informed about our city's upcoming events and programs.

On behalf of members of Council, I encourage you to be active, involved, and curious about what our great city has to offer. We have an extensive park and recreational trail system and are home to some of the best events in Ontario.

Oshawa is a city in which you can enjoy and explore with family and friends. We look forward to seeing you soon!



Photo courtesy of Sabarish Santhosh on Unsplash



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

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](https://www.oshawa.ca/LandAcknowledgement).

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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.

Book Your Perfect Space for Any Occasion!

From arena and pool rentals to weddings in city parks, we offer a variety of rental spaces for every occasion. Whether it's a sports event, meeting, or family gathering, we've got you covered.



[Learn how you can rent a space today.](#)



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



registration




Spring programs
run from
March to June

Registration dates

Swimming Lessons

Wednesday, February 19, 9 a.m.

General Programs

Friday, February 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](#).

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.

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 participating in our programs. The City offers a variety of financial assistance programs for Oshawa residents. Verify your eligibility by contacting a Supervisor at a recreation facility. For more information about our financial assistance programs, 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

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 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.



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 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 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 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 36](#).
- 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 Shinny Hockey or Fieldhouse Drop-ins.
- 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

Includes free registration to all regular General Fitness classes and daytime Aquafit classes, and a 50% discount on Specialty Fitness and evening Aquafit classes. This add-on can be purchased before the start of the spring 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



◆ Rent a bocce court at Radio Park, 200 Grenfell St.

Bocce Rental Rates

- Community/Non-Profit: \$7 per hour, per court
- Commercial and Tournaments/Events: \$25 per hour, per court
- Lights are available for evening play at an additional cost.

Large groups like schools, sports leagues and clubs wanting exclusive use of the courts are to contact the [Facility Booking Office](#).

Learn more about bocce court rentals at [Oshawa.ca/courtrentals](https://oshawa.ca/courtrentals).

Track and Court

Indoor Tracks

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

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

Civic Recreation Complex	Delpark Homes Centre
Indoor track 225m Mondo track, 4 lanes	Indoor walking track 130m, 2 lanes

Court Rentals

For details about our tennis and squash court rentals, visit [Oshawa.ca/courtrentals](https://oshawa.ca/courtrentals).



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.

Personal Training

Personal training sessions are up to 60 minutes.

Visit [Oshawa.ca/PersonalTrainer](https://oshawa.ca/PersonalTrainer) for more information and the latest fees.



registered programs



Registration dates

General Programs

Friday, February 21, 9 a.m.



Spring programs
run from
March to June

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.



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



Looking for inclusive swim lessons?

See [page 63](#) to find inclusive private swim lessons for participants 3 to 19 years of age.

family & parented programs



Programs are eligible for financial assistance 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

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,
Northview Community Centre**



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**

Yoga – Mother & Daughter



Develop physical strength, endurance, flexibility, and learn basic yoga moves while spending quality time with your family. 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

Preschool

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: 24 to 36 months

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

NEW Fine Motor Fun – Parented

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. Parent participation is required.

Age: 2 to 5 years

Location: Delpark Homes Centre

NEW Letter Factory – Parented

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

Age: 3 to 5 years

Location: Delpark Homes Centre

Tinkergarten – Parented

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

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: 24 to 36 months

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

***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: 24 to 36 months

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

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

***Sportball Soccer Outdoor – Parented**

Learn the fundamentals of soccer in a non-competitive environment.

Age: 24 to 36 months

Location: Northway Court Park

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

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





Spring Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Mini Muck & Mess – Parented	2–4 yrs	DHC	Sat	Mar 29–Jun 7	10:15 a.m.–11:00 a.m.	9	47110	\$49.95
Mini Muck & Mess – Parented	2–4 yrs	NCC	Thu	Apr 3–Jun 5	9:00 a.m.–9:45 a.m.	10	48984	\$55.50
Fitness								
Little Yogis (Child Participant)	2–6 yrs	DHC	Fri	Apr 4–Jun 13	10:00 a.m.–10:30 a.m.	10	47473	\$22.00
Little Yogis (Child Participant)	2–6 yrs	DHC	Fri	Apr 4–Jun 13	10:45 a.m.–11:15 a.m.	10	47475	\$22.00
Little Yogis (Child Participant)	4–5 yrs	SOCC	Sun	Apr 6–Jun 22	12:15 p.m.–12:45 p.m.	10	47241	\$22.00
Little Yogis (Adult Participant)	15 yrs+	DHC	Fri	Apr 4–Jun 13	10:00 a.m.–10:30 a.m.	10	47474	\$41.00
Little Yogis (Adult Participant)	15 yrs+	DHC	Fri	Apr 4–Jun 13	10:45 a.m.–11:15 a.m.	10	47476	\$41.00
Little Yogis (Adult Participant)	15 yrs+	SOCC	Sun	Apr 6–Jun 22	12:15 p.m.–12:45 p.m.	10	47240	\$41.00
Yoga – Mother & Daughter (Child Participant)	10–15 yrs	DRC	Mon	Mar 31–Jun 9	7:05 p.m.–8:00 p.m.	9	49101	\$39.60
Yoga – Mother & Daughter (Adult Participant)	16 yrs+	DRC	Mon	Mar 31–Jun 9	7:05 p.m.–8:00 p.m.	9	49100	\$73.80
AquaFit – Diaper Fit	15 yrs+	DHC	Mon	Apr 7–Jun 16	1:00 p.m.–1:45 p.m.	9	48178	\$74.25
Preschool								
Music, Movement & Make Believe – Parented	18–36 mths	DRC	Wed	Apr 2–Jun 4	9:30 a.m.–10:15 a.m.	10	49108	\$55.50
Totnastics – Parented	24–36 mths	DHC	Sat	Mar 29–Jun 7	9:00 a.m.–9:45 a.m.	9	47318	\$49.95
Totnastics – Parented	24–36 mths	DHC	Sat	Mar 29–Jun 7	9:50 a.m.–10:35 a.m.	9	47319	\$49.95
Totnastics – Parented	24–36 mths	DHC	Sun	Mar 30–Jun 8	11:00 a.m.–11:45 a.m.	9	47322	\$49.95
Totnastics – Parented	24–36 mths	DHC	Wed	Apr 2–Jun 4	10:00 a.m.–10:45 a.m.	10	47312	\$55.50
Totnastics – Parented	24–36 mths	DHC	Wed	Apr 2–Jun 4	10:50 a.m.–11:35 a.m.	10	47313	\$55.50
Totnastics – Parented	24–36 mths	DHC	Thu	Apr 3–Jun 5	9:15 a.m.–10:00 a.m.	10	47316	\$55.50
Totnastics – Parented	24–36 mths	DHC	Thu	Apr 3–Jun 5	10:15 a.m.–11:00 a.m.	10	47317	\$55.50
Totnastics – Parented	24–36 mths	NCC	Sat	Mar 29–Jun 7	9:00 a.m.–9:45 a.m.	9	47520	\$49.95
Fine Motor Fun – Parented	2–5 yrs	DHC	Wed	Apr 2–Jun 4	10:45 a.m.–11:30 a.m.	10	47315	\$75.00
Letter Factory – Parented	3–5 yrs	DHC	Wed	Apr 2–Jun 4	9:30 a.m.–10:15 a.m.	10	47314	\$55.50
Tinkergarten – Parented	3–6 yrs	DHC	Mon	Apr 28–Jun 9	9:30 a.m.–10:30 a.m.	6	47300	\$44.40
Tinkergarten – Parented	3–6 yrs	DHC	Mon	Apr 28–Jun 9	10:45 a.m.–11:45 a.m.	6	47301	\$44.40

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

Spring Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Sports								
Junior Sports – Parented	24–36 mths	DHC	Sun	Mar 30–Jun 8	9:00 a.m.–9:45 a.m.	9	47320	\$49.95
Junior Sports – Parented	24–36 mths	DHC	Sun	Mar 30–Jun 8	9:50 a.m.–10:35 a.m.	9	47321	\$49.95
Junior Sports – Parented	24–36 mths	DHC	Tue	Apr 1–Jun 3	9:15 a.m.–10:00 a.m.	10	47310	\$55.50
Junior Sports – Parented	24–36 mths	DHC	Tue	Apr 1–Jun 3	10:15 a.m.–11:00 a.m.	10	47311	\$55.50
Junior Sports – Parented	24–36 mths	NCC	Thu	Apr 3–Jun 5	10:30 a.m.–11:15 a.m.	10	49809	\$55.50
Junior Sports – Parented	24–36 mths	SOCC	Sun	Mar 30–Jun 8	9:30 a.m.–10:15 a.m.	9	48309	\$49.95
Sportball Multi-Sport – Parented	24–36 mths	DHC	Tue	Apr 1–Jun 17	4:45 p.m.–5:30 p.m.	12	47465	\$249.96
Sportball Multi-Sport – Parented	24–36 mths	SOCC	Sat	Apr 5–Jun 21	4:00 p.m.–4:45 p.m.	10	50765	\$208.30
Sportball Soccer Outdoor – Parented	24–36 mths	NCP	Wed	May 14–Jun 18	5:15 p.m.–6:00 p.m.	6	47468	\$124.98
Learn to Skate – Parent & Child	2–5 yrs	DHC	Thu	Apr 3–Jun 5	5:00 p.m.–5:50 p.m.	10	47947	\$110.00

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

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](https://www.oshawa.ca/Fitness).



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 www.midwaynissan.ca
 (905) 668-6828
 1300 Dundas St E, Whitby, ON L1N 2K5



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VIEW OUR
SELECTION
OF NEW KICKS



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across Oshawa.

Learn more at freedommobile.ca.



child programs

ages 3–12



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, 6 to 12 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: Arts Resource Centre,
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: Arts Resource Centre

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. This is a child only class and caregivers will not be permitted in the studio, however they are required to wait in the facility and be within call during the program time.

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. This is a child only class and caregivers will not be permitted in the studio, however they are required to wait in the facility and be within call during the program time.

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. This is a child only class and caregivers will not be permitted in the studio, however they are required to wait in the facility and be within call during the program time.

Age: 5 to 7 years

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

Ballet – Child

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. This is a child only class and caregivers will not be permitted in the studio, however they are required to wait in the facility and be within call during the program time.

Age: 6 to 8 years

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

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. This is a child only class and caregivers will not be permitted in the studio, however they are required to wait in the facility and be within call during the program time.

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. This is a child only class and caregivers will not be permitted in the studio, however they are required to wait in the facility and be within call during the program time.

Age: 6 to 10 years

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

Hip Hop – Level 2

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. This is a child only class and caregivers will not be permitted in the studio, however they are required to wait in the facility and be within call during the program time.

Age: 8 to 12 years

Location: Delpark Homes Centre



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



Preschool

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

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,
Donevan Recreation Complex**

***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.**

***Sportball Soccer Outdoor**

Focuses on the fundamentals of soccer, including throw-ins, passing, dribbling, and goalie skills. This program enables children to implement the soccer skills taught in order to play a soccer game with success and confidence.

Age: 3 to 5 years, 6 to 9 years

Location: Northway Court Park

***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

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

**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 Lawn Sports – Outdoors – Child

Explore a variety of lawn sports and games beyond your backyard! Enjoy classic outdoor games like cornhole, bocce ball, croquet, frisbee golf, and more. Programming will be dependent on weather.

Age: 7 to 10 years

Location: Delpark Homes Centre

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 – Inventors' Workshop**

Unleash your imagination as you tinker and invent a variety of mechanical gadgets! Children become mechanical engineers as they learn to use gears and other components to make machines move. Learn new concepts and engineering-related vocabulary by completing exciting, hands-on engineering challenges following EFK's Engineering Design Process. Students will become true inventors and leave with a take-home project that will inspire them to continue inventing long into the future.

Age: 4 to 7 years

Location: Delpark Homes Centre

***NEW Senior – High Voltage Hijinks**

Get powered-up for an energetic week of electrical engineering! Learn how to generate power using electromagnets, electrical circuits, wind turbines, and solar panels. Youth will experience exciting, hands-on engineering challenges and put their creations to the test using the EFK's Engineering Design Process. This is an illuminating experience you won't want to miss!

Age: 8 to 12 years

Location: Delpark Homes Centre



Spring Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Crafty Kids	3–5 yrs	DHC	Thu	Apr 3–Jun 5	4:45 p.m.–5:30 p.m.	10	47099	\$55.50
Crafty Kids	3–5 yrs	DRC	Wed	Apr 2–Jun 4	5:00 p.m.–5:45 p.m.	10	47076	\$55.50
Muck & Mess	3–5 yrs	DHC	Sat	Mar 29–Jun 7	11:15 a.m.–12:00 p.m.	9	47111	\$49.95
Muck & Mess	3–5 yrs	DRC	Wed	Apr 2–Jun 4	6:00 p.m.–6:45 p.m.	10	47077	\$55.50
Pottery – Child/Youth – Level 1	5–8 yrs	ARC	Mon	Mar 31–Jun 9	5:00 p.m.–6:30 p.m.	9	47051	\$148.50
Comic Book Creation	5–9 yrs	DRC	Mon	Mar 31–Jun 9	5:00 p.m.–6:00 p.m.	9	47062	\$95.40
Drawing Skills – Junior	5–9 yrs	DHC	Wed	Apr 2–Jun 4	5:00 p.m.–6:00 p.m.	10	47078	\$106.00
Drawing Skills – Junior	5–9 yrs	DRC	Tue	Apr 1–Jun 3	5:00 p.m.–6:00 p.m.	10	47070	\$106.00
Drawing Skills – Junior	5–9 yrs	DRC	Thu	Apr 3–Jun 5	5:00 p.m.–6:00 p.m.	10	47097	\$106.00
Pottery Workshop – Child/Youth	5–9 yrs	ARC	Sat	May 24	9:30 a.m.–11:30 a.m.	1	47107	\$40.00
Art Exploration – Child/Youth	6–12 yrs	ARC	Tue	Apr 1–Jun 3	5:00 p.m.–6:00 p.m.	10	47068	\$106.00
Art Exploration – Child/Youth	6–12 yrs	DHC	Wed	Apr 2–Jun 4	6:15 p.m.–7:15 p.m.	10	47079	\$106.00
Art Exploration – Child/Youth	6–12 yrs	DHC	Thu	Apr 3–Jun 5	5:45 p.m.–6:45 p.m.	10	47100	\$106.00
Cartooning – Beginner	6–12 yrs	DRC	Tue	Apr 1–Jun 3	6:15 p.m.–7:15 p.m.	10	47071	\$106.00
Claymation	6–12 yrs	ARC	Mon	Mar 31–Jun 9	5:00 p.m.–6:00 p.m.	9	47060	\$95.40
Minecraft© Creations	6–12 yrs	DRC	Mon	Mar 31–Jun 9	6:15 p.m.–7:15 p.m.	9	47063	\$95.40
Pottery – Child/Youth – Level 2	6–12 yrs	ARC	Thu	Apr 3–Jun 5	5:00 p.m.–6:30 p.m.	10	47080	\$165.00
Pottery – Child/Youth – Level 1	9–12 yrs	ARC	Tue	Apr 1–Jun 3	5:00 p.m.–6:30 p.m.	10	47064	\$165.00
Dance								
Ballet – Preschool	3–5 yrs	DHC	Sun	Mar 30–Jun 8	1:00 p.m.–1:30 p.m.	9	47179	\$37.80
Ballet – Preschool	3–5 yrs	DHC	Sun	Mar 30–Jun 8	1:45 p.m.–2:15 p.m.	9	47181	\$37.80
Ballet – Preschool	3–5 yrs	DRC	Sat	Mar 29–Jun 7	9:35 a.m.–10:05 a.m.	9	49084	\$37.80
Ballet – Preschool	3–5 yrs	DRC	Mon	Mar 31–Jun 9	5:15 p.m.–5:45 p.m.	9	49050	\$37.80
Ballet – Preschool	3–5 yrs	DRC	Tue	Apr 1–Jun 3	5:35 p.m.–6:05 p.m.	10	49057	\$42.00
Ballet – Preschool	3–5 yrs	DRC	Wed	Apr 2–Jun 4	11:00 a.m.–11:30 a.m.	10	49068	\$42.00
Ballet – Preschool	3–5 yrs	DRC	Wed	Apr 2–Jun 4	5:50 p.m.–6:20 p.m.	10	49071	\$42.00
Ballet – Preschool	3–5 yrs	DRC	Thu	Apr 3–Jun 5	4:40 p.m.–5:10 p.m.	10	51139	\$42.00
Ballet – Preschool	3–5 yrs	SOCC	Sat	Mar 29–Jun 7	9:15 a.m.–9:45 a.m.	9	48302	\$37.80
Ballet – Preschool	3–5 yrs	SOCC	Sat	Mar 29–Jun 7	10:45 a.m.–11:15 a.m.	9	48304	\$37.80
Hip Hop – Preschool	3–5 yrs	DHC	Sun	Mar 30–Jun 8	2:30 p.m.–3:00 p.m.	9	47183	\$37.80
Hip Hop – Preschool	3–5 yrs	DHC	Sun	Mar 30–Jun 8	3:15 p.m.–3:45 p.m.	9	47186	\$37.80
Hip Hop – Preschool	3–5 yrs	DRC	Sat	Mar 29–Jun 7	9:00 a.m.–9:30 a.m.	9	49083	\$37.80
Hip Hop – Preschool	3–5 yrs	DRC	Mon	Mar 31–Jun 9	4:40 p.m.–5:10 p.m.	9	49046	\$37.80
Hip Hop – Preschool	3–5 yrs	DRC	Mon	Mar 31–Jun 9	5:50 p.m.–6:20 p.m.	9	49051	\$37.80

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Spring Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Dance								
Hip Hop – Preschool	3–5 yrs	DRC	Tue	Apr 1–Jun 3	5:00 p.m.–5:30 p.m.	10	49053	\$42.00
Hip Hop – Preschool	3–5 yrs	DRC	Wed	Apr 2–Jun 4	10:25 a.m.–10:55 a.m.	10	49064	\$42.00
Hip Hop – Preschool	3–5 yrs	DRC	Wed	Apr 2–Jun 4	4:40 p.m.–5:10 p.m.	10	49069	\$42.00
Hip Hop – Preschool	3–5 yrs	DRC	Thu	Apr 3–Jun 5	5:15 p.m.–5:45 p.m.	10	49080	\$42.00
Hip Hop – Preschool	3–5 yrs	SOCC	Sat	Mar 29–Jun 7	10:00 a.m.–10:30 a.m.	9	48303	\$37.80
Acro – Intro	5–7 yrs	DHC	Sat	Mar 29–Jun 7	12:15 p.m.–12:45 p.m.	9	47150	\$37.80
Acro – Intro	5–7 yrs	DHC	Sat	Mar 29–Jun 7	2:45 p.m.–3:15 p.m.	9	47151	\$37.80
Acro – Intro	5–7 yrs	DRC	Sat	Mar 29–Jun 7	10:10 a.m.–10:40 a.m.	9	49085	\$37.80
Acro – Intro	5–7 yrs	DRC	Sat	Mar 29–Jun 7	10:45 a.m.–11:15 a.m.	9	49086	\$37.80
Acro – Intro	5–7 yrs	DRC	Sat	Mar 29–Jun 7	11:20 a.m.–11:50 a.m.	9	49087	\$37.80
Acro – Intro	5–7 yrs	DRC	Wed	Apr 2–Jun 4	5:15 p.m.–5:45 p.m.	10	49070	\$42.00
Ballet – Child	6–8 yrs	DHC	Sat	Mar 29–Jun 7	1:00 p.m.–1:30 p.m.	9	47153	\$37.80
Ballet – Child	6–8 yrs	DRC	Tue	Apr 1–Jun 3	6:10 p.m.–6:40 p.m.	10	49058	\$42.00
Funky Town	6–9 yrs	DRC	Mon	Mar 31–Jun 9	6:25 p.m.–6:55 p.m.	9	49052	\$37.80
Funky Town	6–9 yrs	DRC	Thu	Apr 3–Jun 5	6:25 p.m.–6:55 p.m.	10	49082	\$42.00
Hip Hop – Level 1	6–10 yrs	DHC	Sat	Mar 29–Jun 7	1:45 p.m.–2:30 p.m.	9	47156	\$56.70
Hip Hop – Level 1	6–10 yrs	DRC	Sat	Mar 29–Jun 7	11:55 a.m.–12:25 p.m.	9	49088	\$37.80
Hip Hop – Level 1	6–10 yrs	DRC	Wed	Apr 2–Jun 4	6:25 p.m.–6:55 p.m.	10	49079	\$42.00
Hip Hop – Level 1	6–10 yrs	DRC	Thu	Apr 3–Jun 5	5:50 p.m.–6:20 p.m.	10	49081	\$42.00
Hip Hop – Level 2	8–12 yrs	DHC	Sat	Mar 29–Jun 7	3:30 p.m.–4:15 p.m.	9	47157	\$56.70
Drama & Music								
Little Actors	4–6 yrs	ARC	Sat	Mar 29–Jun 7	10:30 a.m.–11:15 a.m.	9	47102	\$49.95
Little Actors	4–6 yrs	ARC	Mon	Mar 31–Jun 9	5:15 p.m.–6:00 p.m.	9	47057	\$49.95
Guitar – Child	6–9 yrs	ARC	Thu	Apr 3–Jun 5	5:45 p.m.–6:45 p.m.	10	47081	\$100.00
Junior Actors	6–12 yrs	ARC	Sat	Mar 29–Jun 7	11:30 a.m.–12:30 p.m.	9	47103	\$64.80
Junior Actors	6–12 yrs	ARC	Mon	Mar 31–Jun 9	6:15 p.m.–7:15 p.m.	9	47058	\$64.80
Musical Theatre	6–12 yrs	ARC	Tue	Apr 1–Jun 3	6:15 p.m.–7:15 p.m.	10	47065	\$72.00
Vocal & Singing	6–12 yrs	ARC	Wed	Apr 2–Jun 4	6:00 p.m.–7:00 p.m.	10	47073	\$106.00
Preschool								
Music, Movement & Make Believe	3–5 yrs	ARC	Sat	Mar 29–Jun 7	9:30 a.m.–10:15 a.m.	9	47101	\$67.50
Ready, Set, School	3–5 yrs	DHC	Mon, Wed	Mar 31–Jun 18	9:15 a.m.–11:15 a.m.	22	47323	\$325.60
Ready, Set, School	3–5 yrs	DHC	Mon, Wed	Mar 31–Jun 18	12:00 p.m.–2:00 p.m.	22	47324	\$325.60
Ready, Set, School	3–5 yrs	DHC	Tue, Thu	Apr 1–Jun 19	9:15 a.m.–11:15 a.m.	24	47325	\$355.20
Ready, Set, School	3–5 yrs	DHC	Tue, Thu	Apr 1–Jun 19	12:00 p.m.–2:00 p.m.	24	47326	\$355.20
Ready, Set, School	3–5 yrs	DRC	Tue, Thu	Apr 1–Jun 5	9:15 a.m.–11:15 a.m.	20	49107	\$296.00

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Spring Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Sports								
Sportball Multi-Sport	3–5 yrs	DHC	Tue	Apr 1–Jun 17	5:30 p.m.–6:30 p.m.	12	47466	\$249.96
Sportball Multi-Sport	3–5 yrs	SOCC	Sat	Apr 5–Jun 21	4:45 p.m.–5:45 p.m.	10	50763	\$208.30
Sportball Soccer Outdoor	3–5 yrs	NCP	Wed	May 14–Jun 18	6:00 p.m.–7:00 p.m.	6	47469	\$124.98
T-Ball Skills	3–5 yrs	SOCC	Sat	Mar 29–Jun 7	12:45 p.m.–1:30 p.m.	8	48306	\$36.00
T-Ball Skills	3–5 yrs	SOCC	Tue	Apr 1–Jun 3	4:30 p.m.–5:15 p.m.	10	48305	\$45.00
Junior Sports	4–6 yrs	DHC	Thu	Apr 3–Jun 5	5:15 p.m.–6:00 p.m.	10	47458	\$45.00
Junior Sports	4–6 yrs	DHC	Thu	Apr 3–Jun 5	6:05 p.m.–6:50 p.m.	10	47459	\$45.00
Junior Sports	4–6 yrs	NCC	Sat	Mar 29–Jun 7	10:00 a.m.–10:45 a.m.	9	47529	\$40.50
Junior Sports	4–6 yrs	NCC	Sat	Mar 29–Jun 7	11:00 a.m.–11:45 a.m.	9	47530	\$40.50
Junior Sports	4–6 yrs	SOCC	Sat	Mar 29–Jun 7	1:45 p.m.–2:30 p.m.	8	48307	\$36.00
Learn to Skate – Child	5–11 yrs	DHC	Sat	Mar 29–Jun 7	9:00 a.m.–9:50 a.m.	9	47952	\$93.60
Learn to Skate – Child	5–11 yrs	DHC	Sat	Mar 29–Jun 7	10:00 a.m.–10:50 a.m.	9	47953	\$93.60
Learn to Skate – Child	5–11 yrs	DHC	Sat	Mar 29–Jun 7	11:00 a.m.–11:50 a.m.	9	47954	\$93.60
Learn to Skate – Child	5–11 yrs	DHC	Tue	Apr 1–Jun 3	6:00 p.m.–6:50 p.m.	10	47944	\$104.00
Learn to Skate – Child	5–11 yrs	DHC	Tue	Apr 1–Jun 3	7:00 p.m.–7:50 p.m.	10	47945	\$104.00
Learn to Skate – Child	5–11 yrs	DHC	Thu	Apr 3–Jun 5	6:00 p.m.–6:50 p.m.	10	47948	\$104.00
Learn to Skate – Child	5–11 yrs	DHC	Thu	Apr 3–Jun 5	7:00 p.m.–7:50 p.m.	10	47949	\$104.00
Learn to Skate – Child	5–11 yrs	DHC	Thu	Apr 3–Jun 5	8:00 p.m.–8:50 p.m.	10	47950	\$104.00
Hockey Skills – Child/Youth	6–8 yrs	DHC	Wed	Apr 2–Jun 4	6:00 p.m.–6:50 p.m.	10	47942	\$104.00
Sportball Multi-Sport	6–9 yrs	DHC	Tue	Apr 1–Jun 17	6:30 p.m.–7:30 p.m.	12	47467	\$249.96
Sportball Multi-Sport	6–9 yrs	SOCC	Sat	Apr 5–Jun 21	5:45 p.m.–6:45 p.m.	10	50764	\$208.30
Sportball Soccer Outdoor	6–9 yrs	NCP	Wed	May 14–Jun 18	7:00 p.m.–8:00 p.m.	6	47470	\$124.98
Badminton	7–10 yrs	DHC	Sun	Mar 30–Jun 8	2:30 p.m.–3:30 p.m.	9	47463	\$54.00
Badminton	7–10 yrs	NCC	Sun	Mar 30–Jun 8	12:00 p.m.–1:00 p.m.	9	47522	\$54.00
Badminton	7–10 yrs	NCC	Fri	Apr 4–Jun 6	6:15 p.m.–7:15 p.m.	9	47524	\$54.00
Basketball	7–10 yrs	DHC	Sun	Mar 30–Jun 8	12:00 p.m.–1:00 p.m.	9	47460	\$54.00
Basketball	7–10 yrs	NCC	Sun	Mar 30–Jun 8	2:30 p.m.–3:30 p.m.	9	47526	\$54.00
Basketball	7–10 yrs	SOCC	Sat	Mar 29–Jun 7	2:45 p.m.–3:45 p.m.	8	48308	\$36.00
Basketball	7–10 yrs	SOCC	Sun	Mar 30–Jun 8	4:00 p.m.–5:00 p.m.	9	48310	\$54.00
Basketball	7–10 yrs	SOCC	Sun	Mar 30–Jun 8	5:15 p.m.–6:15 p.m.	9	48311	\$54.00
Dodgeball – Child/Youth	7–10 yrs	DHC	Mon	Mar 31–May 5	5:45 p.m.–6:45 p.m.	5	47329	\$30.00
Dodgeball – Child/Youth	7–10 yrs	NCC	Sat	Mar 29–Jun 7	2:30 p.m.–3:30 p.m.	9	47528	\$54.00
Lawn Sports – Outdoors – Child	7–10 yrs	DHC	Tue	May 13–Jun 7	5:00 p.m.–6:00 p.m.	6	50933	\$36.00
Nerf Wars	7–10 yrs	DHC	Mon	May 12–Jun 16	5:45 p.m.–6:45 p.m.	5	47331	\$30.00
Hockey Skills – Child/Youth	9–12 yrs	DHC	Wed	Apr 2–Jun 4	7:00 p.m.–7:50 p.m.	10	47943	\$104.00

Spring Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
STEM								
STEM Programs – Junior – Inventors’ Workshop	4–7 yrs	DHC	Sat	Apr 5–Jun 21	9:30 a.m.–10:30 a.m.	10	48959	\$350.00
STEM Programs – Senior – High Voltage Hijinks	8–12 yrs	DHC	Sat	Apr 5–Jun 21	11:00 a.m.–12:00 p.m.	10	48960	\$380.00

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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

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: Arts Resource Centre

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: Arts Resource Centre

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: Civic Recreation Centre,
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

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

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**

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 Lawn Sports – Outdoors – Youth

Explore a variety of lawn sports and games beyond your backyard! Enjoy classic outdoor games like cornhole, bocce ball, croquet, frisbee golf, and more. Programming will be dependent on weather.

Age: 11 to 14 years

Location: Delpark Homes Centre



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

Stay safe on the ice

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

Wear a helmet while skating.



Spring Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Anime Introduction	8–13 yrs	ARC	Mon	Mar 31–Jun 9	6:30 p.m.–8:00 p.m.	9	47061	\$143.10
Drawing Skills – Youth	10–14 yrs	DRC	Thu	Apr 3–Jun 5	6:15 p.m.–7:45 p.m.	10	47098	\$159.00
Acrylic Painting – Youth	10–15 yrs	ARC	Tue	Apr 1–Jun 3	6:15 p.m.–7:45 p.m.	10	47069	\$159.00
Pottery Workshop – Child/Youth	10–15 yrs	ARC	Sat	May 3	9:30 a.m.–11:30 a.m.	1	47106	\$40.00
Pottery & Sculpture – Youth	13–17 yrs	ARC	Thu	Apr 3–Jun 5	7:00 p.m.–8:30 p.m.	10	47082	\$165.00
Drama & Music								
Lights, Camera, Action!	9–13 yrs	ARC	Tue	Apr 1–Jun 3	7:30 p.m.–8:30 p.m.	10	47067	\$72.00
Musical Keyboarding – An Introduction	9–14 yrs	ARC	Wed	Apr 2–Jun 4	7:15 p.m.–8:15 p.m.	10	47075	\$100.00
Guitar – Youth	10–15 yrs	ARC	Thu	Apr 3–Jun 5	7:00 p.m.–8:00 p.m.	10	47083	\$100.00
Fitness								
Weight Training – Teen	13–17 yrs	CRC	Fri	Apr 18	10:00 a.m.–2:00 p.m.	1	50919	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	May 10	10:00 a.m.–2:00 p.m.	1	50920	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	May 31	10:00 a.m.–2:00 p.m.	1	50921	\$0.00
Weight Training – Teen	13–17 yrs	CRC	Sat	Jun 14	10:00 a.m.–2:00 p.m.	1	50922	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Apr 11	4:00 p.m.–8:00 p.m.	1	47011	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Apr 25	4:00 p.m.–8:00 p.m.	1	47012	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	May 4	4:00 p.m.–8:00 p.m.	1	47013	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	May 16	4:00 p.m.–8:00 p.m.	1	47014	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Sun	Jun 1	4:00 p.m.–8:00 p.m.	1	47015	\$0.00
Weight Training – Teen	13–17 yrs	DHC	Fri	Jun 20	4:00 p.m.–8:00 p.m.	1	47016	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Apr 6	1:00 p.m.–5:00 p.m.	1	47242	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Apr 27	1:00 p.m.–5:00 p.m.	1	47243	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	May 18	1:00 p.m.–5:00 p.m.	1	47244	\$0.00
Weight Training – Teen	13–17 yrs	SOCC	Sun	Jun 8	1:00 p.m.–5:00 p.m.	1	47245	\$0.00
Sports								
Kidz X-FITT	8–14 yrs	CRC	Wed	Apr 9–Jun 25	5:00 p.m.–5:45 p.m.	12	48296	\$54.00
Kidz X-FITT	8–14 yrs	CRC	Wed	Apr 9–Jun 25	6:00 p.m.–6:45 p.m.	12	48297	\$54.00
Volleyball – Child/Youth	10–14 yrs	NCC	Sat	Mar 29–Jun 7	3:45 p.m.–4:45 p.m.	9	47531	\$54.00
Badminton	11–14 yrs	DHC	Sun	Mar 30–Jun 8	3:45 p.m.–4:45 p.m.	9	47464	\$54.00
Badminton	11–14 yrs	NCC	Sun	Mar 30–Jun 8	1:00 p.m.–2:00 p.m.	9	47523	\$54.00
Badminton	11–14 yrs	NCC	Fri	Apr 4–Jun 6	7:15 p.m.–8:15 p.m.	9	47525	\$54.00
Basketball	11–14 yrs	DHC	Sun	Mar 30–Jun 8	1:15 p.m.–2:15 p.m.	9	47462	\$54.00
Basketball	11–14 yrs	NCC	Sun	Mar 30–Jun 8	3:30 p.m.–4:30 p.m.	9	47527	\$54.00
Basketball	11–14 yrs	SOCC	Sun	Mar 30–Jun 8	6:30 p.m.–7:30 p.m.	9	48312	\$54.00
Dodgeball – Child/Youth	11–14 yrs	DHC	Mon	Mar 31–May 5	6:45 p.m.–7:45 p.m.	5	47330	\$30.00
Lawn Sports – Outdoors – Youth	11–14 yrs	DHC	Tue	May 13–Jun 7	6:00 p.m.–7:00 p.m.	6	50934	\$36.00
Nerf Wars	11–14 yrs	DHC	Mon	May 12–Jun 16	6:45 p.m.–7:45 p.m.	5	47332	\$30.00
Learn to Skate – Youth	12–17 yrs	DHC	Thu	Apr 3–Jun 5	8:00 p.m.–8:50 p.m.	10	47951	\$104.00



◆ 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 tracks, courts, pools, rinks, drop-in programs and fitness centres. Add-ons are available for group fitness and racquet sports.

See **Fitness Memberships**, [p. 13](#).

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: Arts Resource 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

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: 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

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

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,
Delpark Homes Centre,
South Oshawa Community Centre

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

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,

Note: Evening classes are Specialty Fitness.

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

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

BodyMAX

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

Age: 15 years +

Location: 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



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: Delpark Homes Centre,
Donevan Recreation Complex**



Sports

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

NEW Low-Intensity Recreational Soccer

Join friends for low-intensity recreation soccer in a fun and friendly setting. A great opportunity for exercise and to improve your skills. Staff will help organize teams and foster fair game play. Soccer ball and nets provided. Shin guards mandatory. Cleats/turf shoes are strongly recommended.

Age: 18 years +

Location: Civic Recreation Complex



Spring Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Arts & Crafts								
Acrylic Painting	16 yrs+	ARC	Thu	May 8–Jun 5	7:00 p.m.–9:00 p.m.	5	47096	\$70.00
Introduction to Pottery	16 yrs+	ARC	Tue	Apr 1–Jun 3	7:00 p.m.–9:00 p.m.	10	47066	\$192.00
Introduction to Watercolour	16 yrs+	ARC	Sat	Mar 29–Jun 7	10:45 a.m.–11:45 a.m.	9	47109	\$63.00
Mixed Media	16 yrs+	ARC	Thu	Apr 3–May 1	7:00 p.m.–9:00 p.m.	5	47095	\$70.00
Pottery – Hand Building – Beginner	16 yrs+	ARC	Wed	Apr 2–Jun 4	5:00 p.m.–6:30 p.m.	10	47072	\$144.00
Pottery & Sculpture – Open Studio	16 yrs+	ARC	Mon	Mar 31–Jun 9	7:00 p.m.–9:00 p.m.	9	47059	\$172.80
Pottery & Sculpture – Open Studio	16 yrs+	ARC	Wed	Apr 2–Jun 4	7:00 p.m.–9:00 p.m.	10	47074	\$192.00
Pottery Workshop – Adult	16 yrs+	ARC	Sat	Apr 12	9:30 a.m.–12:30 p.m.	1	47105	\$60.00
Dance								
Zumba®	15 yrs+	CRC	Mon	Apr 7–Jun 23	6:30 p.m.–7:30 p.m.	10	48188	\$86.00
Zumba®	15 yrs+	CRC	Tue	Apr 8–Jun 24	6:00 p.m.–7:00 p.m.	12	48274	\$103.20
Zumba®	15 yrs+	DHC	Wed	Apr 9–Jun 18	7:30 p.m.–8:30 p.m.	11	47038	\$94.60
Zumba®	15 yrs+	DHC	Thu	Apr 10–Jun 26	12:15 p.m.–1:15 p.m.	12	47039	\$103.20
Country Line Dancing	18 yrs+	DRC	Tue	Apr 1–Jun 3	6:45 p.m.–7:45 p.m.	10	49059	\$86.00
Social Ballroom – Couples	18 yrs+	DRC	Tue	Apr 1–Jun 3	7:45 p.m.–9:15 p.m.	10	49063	\$192.00
Fitness								
AB Attack	15 yrs+	CRC	Wed	Apr 9–Jun 25	10:30 a.m.–11:00 a.m.	12	48295	\$40.80
AB Attack	15 yrs+	DHC	Wed	Apr 9–Jun 25	7:30 p.m.–8:00 p.m.	12	46999	\$40.80
AB Attack	15 yrs+	SOCC	Mon	Apr 7–Jun 23	7:30 p.m.–8:00 p.m.	10	47232	\$34.00
Aquafit – Deep Water	15 yrs+	CRC	Mon	Apr 7–Jun 2	10:00 a.m.–10:45 a.m.	7	49756	\$57.75
Aquafit – Deep Water	15 yrs+	CRC	Tue	Apr 8–Jun 3	10:00 a.m.–10:45 a.m.	9	49760	\$74.25
Aquafit – Deep Water	15 yrs+	CRC	Thu	Apr 10–Jun 5	10:00 a.m.–10:45 a.m.	9	49761	\$74.25
Aquafit – Deep Water	15 yrs+	CRC	Fri	Apr 11–Jun 6	10:00 a.m.–10:45 a.m.	8	49762	\$66.00
Aquafit – Shallow Water	15 yrs+	CRC	Mon	Apr 7–Jun 2	9:00 a.m.–9:45 a.m.	7	49755	\$57.75
Aquafit – Shallow Water	15 yrs+	CRC	Tue	Apr 8–Jun 3	9:00 a.m.–9:45 a.m.	9	49757	\$74.25
Aquafit – Shallow Water	15 yrs+	CRC	Thu	Apr 10–Jun 5	9:00 a.m.–9:45 a.m.	9	49758	\$74.25
Aquafit – Shallow Water	15 yrs+	CRC	Fri	Apr 11–Jun 6	9:00 a.m.–9:45 a.m.	8	49759	\$66.00
Aquafit – Shallow Water	15 yrs+	DHC	Mon	Apr 7–Jun 16	8:15 p.m.–9:00 p.m.	9	48189	\$74.25
Aquafit – Shallow Water	15 yrs+	DHC	Tue	Apr 8–Jun 10	9:00 a.m.–9:45 a.m.	10	48181	\$82.50
Aquafit – Shallow Water	15 yrs+	DHC	Tue	Apr 8–Jun 10	9:45 a.m.–10:30 a.m.	10	48182	\$82.50
Aquafit – Shallow Water	15 yrs+	DHC	Tue	Apr 8–Jun 10	9:00 p.m.–9:45 p.m.	10	51085	\$82.50

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

Spring Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Fitness								
AquaFit – Shallow Water	15 yrs+	DHC	Wed	Apr 9–Jun 11	9:00 a.m.–9:45 a.m.	10	48183	\$82.50
AquaFit – Shallow Water	15 yrs+	DHC	Wed	Apr 9–Jun 11	9:45 a.m.–10:30 a.m.	10	48184	\$82.50
AquaFit – Shallow Water	15 yrs+	DHC	Wed	Apr 9–Jun 11	2:00 p.m.–2:45 p.m.	10	50930	\$82.50
AquaFit – Shallow Water	15 yrs+	DHC	Wed	Apr 9–Jun 11	8:15 p.m.–9:00 p.m.	10	48190	\$82.50
AquaFit – Shallow Water	15 yrs+	DHC	Thu	Apr 10–Jun 12	9:00 a.m.–9:45 a.m.	10	48185	\$82.50
AquaFit – Shallow Water	15 yrs+	DHC	Thu	Apr 10–Jun 12	9:45 a.m.–10:30 a.m.	10	48186	\$82.50
AquaFit – Shallow Water	15 yrs+	DHC	Thu	Apr 10–Jun 12	2:00 p.m.–2:45 p.m.	10	50929	\$82.50
AquaFit – Shallow Water	15 yrs+	DRC	Mon	Apr 7–Jun 9	9:00 a.m.–9:45 a.m.	8	50991	\$66.00
AquaFit – Shallow Water	15 yrs+	DRC	Mon	Apr 7–Jun 9	10:00 a.m.–10:45 a.m.	8	48208	\$66.00
AquaFit – Shallow Water	15 yrs+	DRC	Wed	Apr 9–Jun 11	10:00 a.m.–10:45 a.m.	10	48209	\$82.50
AquaFit – Shallow Water	15 yrs+	DRC	Tue	Apr 8–Jun 10	9:00 a.m.–9:45 a.m.	10	50993	\$82.50
AquaFit – Shallow Water	15 yrs+	DRC	Wed	Apr 9–Jun 11	9:00 a.m.–9:45 a.m.	10	50994	\$82.50
AquaFit – Shallow Water	15 yrs+	DRC	Fri	Apr 11–Jun 13	9:00 a.m.–9:45 a.m.	9	50992	\$74.25
AquaFit – Shallow Water	15 yrs+	DRC	Fri	Apr 11–Jun 13	10:00 a.m.–10:45 a.m.	9	48210	\$74.25
Basic Bootcamp	15 yrs+	DHC	Tue	Apr 8–Jun 24	6:30 p.m.–7:25 p.m.	12	47000	\$81.60
Basic Bootcamp	15 yrs+	DHC	Sat	Apr 12–Jun 21	9:30 a.m.–10:25 a.m.	9	47001	\$61.20
Basic Bootcamp	15 yrs+	DRC	Tue	Apr 1–Jun 3	9:00 a.m.–9:55 a.m.	10	49103	\$68.00
Basic Bootcamp	15 yrs+	SOCC	Tue	Apr 8–Jun 24	6:30 p.m.–7:25 p.m.	12	47233	\$81.60
Basic Bootcamp (Women Only)	15 yrs+	DRC	Thu	Apr 3–Jun 5	7:05 p.m.–8:00 p.m.	10	49105	\$68.00
BodyMAX	15 yrs+	DHC	Mon	Apr 7–Jun 23	6:30 p.m.–7:25 p.m.	10	47006	\$68.00
BodyMAX	15 yrs+	DHC	Thu	Apr 10–Jun 26	10:00 a.m.–10:55 a.m.	12	47007	\$81.60
BodyMAX	15 yrs+	DHC	Sat	Apr 12–Jun 21	10:30 a.m.–11:25 a.m.	9	47008	\$61.20
BodyMAX	15 yrs+	DRC	Thu	Apr 3–Jun 5	8:05 p.m.–9:00 p.m.	10	49106	\$68.00
Cardio Sculpt	15 yrs+	CRC	Wed	Apr 9–Jun 25	9:30 a.m.–10:25 a.m.	12	48294	\$81.60
Cardio Sculpt	15 yrs+	DHC	Thu	Apr 10–Jun 26	6:30 p.m.–7:25 p.m.	12	47009	\$81.60
Cardio Sculpt	15 yrs+	DHC	Fri	Apr 11–Jun 27	9:30 a.m.–10:25 a.m.	11	47010	\$74.80
Cycle	15 yrs+	DHC	Mon	Apr 7–Jun 16	9:00 a.m.–9:45 a.m.	9	46992	\$45.90
Cycle	15 yrs+	DHC	Wed	Apr 9–Jun 18	9:00 a.m.–9:45 a.m.	11	46993	\$56.10
Cycle	15 yrs+	DHC	Wed	Apr 9–Jun 18	5:30 p.m.–6:15 p.m.	11	46994	\$56.10
Cycle	15 yrs+	SOCC	Tue	Apr 8–Jun 24	7:30 p.m.–8:15 p.m.	12	47234	\$61.20
Cycle	15 yrs+	SOCC	Thu	Apr 10–Jun 26	7:15 p.m.–8:00 p.m.	12	47239	\$61.20
Easy Fit	15 yrs+	SOCC	Mon	Apr 7–Jun 23	6:30 p.m.–7:25 p.m.	10	47231	\$68.00
Easy Fit	15 yrs+	SOCC	Wed	Apr 9–Jun 25	11:30 a.m.–11:55 a.m.	12	47235	\$81.60
Easy Fit	15 yrs+	SOCC	Wed	Apr 9–Jun 25	6:30 p.m.–7:25 p.m.	12	47236	\$81.60
Osteo FIT	15 yrs+	CRC	Tue	Apr 8–Jun 24	10:30 a.m.–11:25 a.m.	12	48271	\$81.60
Osteo FIT	15 yrs+	CRC	Thu	Apr 10–Jun 26	9:15 a.m.–10:10 a.m.	12	48298	\$81.60

Spring Program Information continued

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Fitness								
Osteo FIT	15 yrs+	CRC	Fri	Apr 11–Jun 27	9:30 a.m.–10:25 a.m.	11	48300	\$74.80
Osteo FIT	15 yrs+	SOCC	Mon	Apr 7–Jun 23	10:30 a.m.–11:25 a.m.	10	47230	\$68.00
SoulBody Barre Unhitched®	15 yrs+	CRC	Thu	Apr 10–Jun 26	6:00 p.m.–6:55 p.m.	12	48117	\$98.40
Weigh Back Wednesdays	15 yrs+	SOCC	Wed	Apr 9–Jun 25	7:30 p.m.–8:25 p.m.	12	47237	\$81.60
Yoga	15 yrs+	CRC	Tue	Apr 8–Jun 24	7:05 p.m.–8:00 p.m.	12	48074	\$98.40
Yoga	15 yrs+	DHC	Mon	Apr 7–Jun 23	10:00 a.m.–10:55 a.m.	10	46995	\$82.00
Yoga	15 yrs+	DHC	Tue	Apr 8–Jun 24	10:00 a.m.–10:55 a.m.	12	46996	\$98.40
Yoga	15 yrs+	DHC	Wed	Apr 9–Jun 25	10:00 a.m.–10:55 a.m.	12	46997	\$98.40
Yoga	15 yrs+	DHC	Wed	Apr 9–Jun 18	6:30 p.m.–7:25 p.m.	11	46998	\$90.20
Yoga	15 yrs+	DHC	Thu	Apr 10–Jun 26	9:00 a.m.–9:55 a.m.	12	50193	\$98.40
Yoga	15 yrs+	DRC	Mon	Mar 31–Jun 9	8:05 p.m.–9:00 p.m.	9	49102	\$73.80
Yoga	15 yrs+	DRC	Wed	Apr 2–Jun 4	7:05 p.m.–8:00 p.m.	10	49104	\$82.00
Yoga	15 yrs+	SOCC	Thu	Apr 10–Jun 26	6:00 p.m.–6:55 p.m.	12	47238	\$98.40
Yoga – Gentle	15 yrs+	CRC	Thu	Apr 10–Jun 26	7:05 p.m.–8:00 p.m.	12	48090	\$98.40
High Energy Aquafit Training (H.E.A.T.)	18 yrs+	DHC	Thu	Apr 10–Jun 12	9:00 p.m.–9:45 p.m.	10	51086	\$82.50
High Energy Aquafit Training (H.E.A.T.)	18 yrs+	DRC	Sat	Apr 5–Jun 14	12:30 p.m.–1:15 p.m.	8	50995	\$66.00
50 & Better Fitness	50 yrs+	CRC	Mon	Apr 7–Jun 23	9:25 a.m.–10:20 a.m.	10	48174	\$68.00
50 & Better Fitness	50 yrs+	CRC	Thu	Apr 10–Jun 26	10:30 a.m.–11:25 a.m.	12	48299	\$81.60
50 & Better Fitness	50 yrs+	DHC	Mon	Apr 7–Jun 23	11:00 a.m.–11:55 a.m.	10	47002	\$68.00
50 & Better Fitness	50 yrs+	DHC	Tue	Apr 8–Jun 24	11:00 a.m.–11:55 a.m.	12	47003	\$81.60
50 & Better Fitness	50 yrs+	DHC	Thu	Apr 10–Jun 26	11:00 a.m.–11:55 a.m.	12	47004	\$81.60
50 & Better Fitness	50 yrs+	DHC	Fri	Apr 11–Jun 27	11:00 a.m.–11:55 a.m.	11	47005	\$74.80
Stretch and Balance	50 yrs+	CRC	Mon	Apr 7–Jun 23	10:30 a.m.–11:25 a.m.	10	48187	\$68.00
Stretch and Balance	50 yrs+	CRC	Fri	Apr 11–Jun 27	10:30 a.m.–11:25 a.m.	11	48301	\$74.80
Safety								
Babysitter Course	11 yrs+	CRC	Sat	Apr 19	9:00 a.m.–5:00 p.m.	1	50310	\$49.60
Babysitter Course	11 yrs+	CRC	Sun	Jun 22	9:00 a.m.–5:00 p.m.	1	50313	\$49.60
Sports								
Hockey Skills – Adult	18 yrs+	DHC	Mon	Mar 31–Jun 9	7:30 p.m.–8:50 p.m.	9	47941	\$148.50
Hockey Skills – Women	18 yrs+	DHC	Mon	Mar 31–Jun 9	6:30 p.m.–7:20 p.m.	9	47940	\$99.00
Learn to Skate – Adult	18 yrs+	DHC	Tue	Apr 1–Jun 3	8:00 p.m.–8:50 p.m.	10	47946	\$110.00
Low-Intensity Recreational Soccer	18 yrs+	CRC	Mon	Mar 31–Jun 9	9:00 p.m.–10:00 p.m.	9	47534	\$59.40
Low-Intensity Recreational Soccer	18 yrs+	CRC	Tue	Apr 1–Jun 3	7:00 a.m.–8:00 a.m.	10	47535	\$66.00

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

◆ Don't miss out on something great!



Highlights for Spring 2025

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Let's plan a party!

◆ Host your celebration at a City of Oshawa facility

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



camps



Registration is open for
March Break Camps



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 sports 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.



Stay up to date!

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

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.



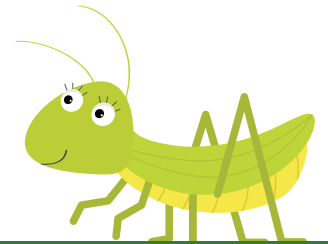
Parent Communication

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.

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.



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.



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.

Inclusion Support for Camps



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.

March Break Camps

Register for your March Break Camp of choice and the following 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.

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



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.





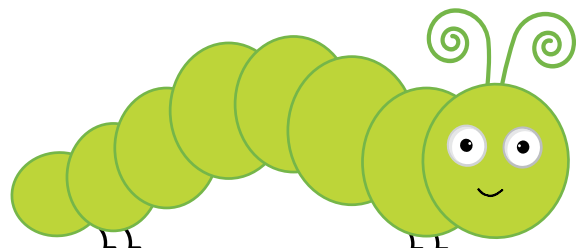
Camp Notes

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
-  Extended supervision is available at all camps

Legend

-  Recreational swim
-  Photos permitted



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

Time: 9:00 a.m. to 4:30 p.m.

Little Legends Camp

Young campers will enjoy action-packed fun including active and passive games, sports, arts and crafts, and other activities. Campers will participate in outdoor water play daily (summer camp only). Campers will not be swimming. An optional lunch is available for an additional fee.

Ages: 4 to 6 years

Time: 9:00 a.m. to 4:30 p.m.

Little Sportsters

Full day camp for 4 to 6 year olds 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

Time: 9:00 a.m. to 4:30 p.m.

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

Time: 9:00 a.m. to 4:30 p.m.

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 recreational swimming. A short performance for family and friends will be held on Friday afternoon.

Ages: 7 to 13 years

Time: 9:00 a.m. to 4:30 p.m.

Hockey Camp (House League)

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 available for an additional fee.

Ages: 7 to 13 years

Time: 8:30 a.m. to 4:30 p.m.

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 available for an additional fee.

Age: 7 to 13 years

Time: 9:00 a.m. to 4:30 p.m.

Sport & Swim Camp

Campers will participate in a variety of basic sports drills, skills and small-sided games. Campers will also participate in games, crafts and a daily recreational swimming.

Age: 7 to 13 years

Time: 9:00 a.m. to 4:30 p.m.





March Break Camps Program Information



Program	Age	Day	Dates	Time	Classes	Course ID	Price
Arts Resource Centre							
March Break Arts Camp	7–13 yrs	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	43760	\$195.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Mar 10–Mar 14	8:00 a.m.–9:00 a.m.	5	43761	\$12.00
Extended Supervision – 1 hour	7–13 yrs	Mon–Fri	Mar 10–Mar 14	4:30 p.m.–5:30 p.m.	5	43762	\$12.00
Civic Recreation Complex							
March Break Little Sportsters	4–6 yrs	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	43805	\$195.00
March Break Sport & Swim	7–13 yrs	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	43806	\$195.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Mar 10–Mar 14	8:00 a.m.–9:00 a.m.	5	46187	\$12.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Mar 10–Mar 14	4:30 p.m.–5:30 p.m.	5	46191	\$12.00
Delpark Homes Centre							
March Break Little Legends Camp	4–6 yrs	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	44939	\$195.00
March Break Hockey Camp	7–13 yrs	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	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	44938	\$195.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Mar 10–Mar 14	8:00 a.m.–9:00 a.m.	5	44580	\$12.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Mar 10–Mar 14	4:30 p.m.–5:30 p.m.	5	44581	\$12.00
Donevan Recreation Complex							
March Break Dance Camp	7–13 yrs	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	45112	\$195.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Mar 10–Mar 14	8:00 a.m.–9:00 a.m.	5	45114	\$12.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Mar 10–Mar 14	4:30 p.m.–5:30 p.m.	5	45117	\$12.00
South Oshawa Community Centre							
March Break L'il Tykes	4–6 yrs	Mon–Fri	Mar 10–Mar 14	9:00 a.m.–4:30 p.m.	5	43699	\$195.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Mar 10–Mar 14	8:00 a.m.–9:00 a.m.	5	43701	\$12.00
Extended Supervision – 1 hour	4–13 yrs	Mon–Fri	Mar 10–Mar 14	4:30 p.m.–5:30 p.m.	5	43702	\$12.00



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

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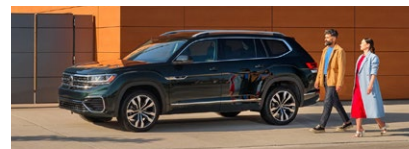
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“I THOUGHT I WAS STRONG, BUT POSTPARTUM DEPRESSION BROUGHT ME TO MY KNEES.”

THESE ARE THE FACES OF ONTARIO SHORES.



They are moms like Tiffany, whose dream of a big happy family was overshadowed by years of fertility issues and a traumatic delivery. After being referred to the Shoppers Drug Mart Women’s Clinic at Ontario Shores, Tiffany was diagnosed with postpartum depression, anxiety, and OCD, finding the crucial help she needed. With your help, we can be there for even more families to provide urgent and caring support.

Help change the face of mental health
facesofontarioshores.ca



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](https://www.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 Spring Programs

Register for your Spring program of choice and the following Inclusion course ID: **50705**

March Break Camps

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





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

Inclusion Services – Fitness

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: 12 to 18 years

Location: Delpark Homes Centre

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

***Private Swim – 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: 3 to 19 years

Location: Delpark Homes Centre

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

Let's stay in touch!

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

Oshawa.ca/Subscribe



OSHAWA VOLT HOCKEY



Inclusion Services – VOLT Hockey – Driving and Safety

An inclusive form of hockey played on a gym floor in an adapted, motorized, sport hockey chair. This program is designed for participants who are new to the sport or who will benefit from additional practice to operate the volt chair safely. Participants will engage in structured drills and games to practice basic driving skills and learn about safety. No hockey experience required. All activity equipment is provided. Chairs are controlled by a joystick without attendant controls. Personal support workers and assistive equipment are welcome. Caregivers are required to stay on site and may be required to provide 1:1 support to ensure successful participation.

Age: 11 years +

Location: Children's Arena

Inclusion Services – VOLT Hockey – Skills and Scrimmage

An inclusive form of hockey played on a gym floor in an adapted, motorized, sport hockey chair. This program is designed for participants with previous experience who have the ability to control the chair in close proximity to others while driving forwards or backwards independently. Participants will engage in structured drills, games, and scrimmages. No hockey experience required. All activity equipment is provided. Chairs are controlled by a joystick without attendant controls. Personal support workers and assistive equipment are welcome. Caregivers are required to stay on site.

Age: 11 years +

Location: Children's Arena



Spring Program Information

Program	Age	Facility	Day	Dates	Time	Classes	Course ID	Price
Inclusion Services – Fitness								
Inclusion Services – Let’s Move	12–18 yrs	DHC	Thu	Apr 3–Jun 5	7:00 p.m.–7:45 p.m.	10	47471	\$45.00
Inclusion Services – Adult Strength Training	15–20 yrs	SOCC	Wed	May 7–May 28	5:30 p.m.–6:25 p.m.	4	50703	\$55.20
Inclusion Services – Adult Strength Training	15–20 yrs	SOCC	Wed	May 7–May 28	6:30 p.m.–7:25 p.m.	4	50704	\$55.20
Inclusion Services – Social								
Inclusion Services – Youth Group	15–19 yrs	CRC	Tue	Apr 8–Apr 29	5:30 p.m.–7:30 p.m.	4	50702	\$97.60
Inclusion Services – Sports								
Inclusion Services – Totnastics	4–6 yrs	DHC	Sat	Mar 29–Jun 7	10:45 a.m.–11:30 a.m.	9	47472	\$49.95
Inclusion Services – Multi-Sport – Family	4–12 yrs	NCC	Sat	Apr 26–May 31	1:30 p.m.–2:15 p.m.	5	50707	\$28.50
Inclusion Services – Multi-Sport – Child	8–12 yrs	NCC	Sat	Apr 26–May 31	12:30 p.m.–1:15 p.m.	5	50708	\$28.50
Inclusion Services – VOLT Hockey – Driving and Safety	11 yrs+	CA	Thu	Mar 27–May 8	5:00 p.m.–5:45 p.m.	7	50892	\$0.00
Inclusion Services – VOLT Hockey – Driving and Safety	11 yrs+	CA	Thu	May 29–Jun 26	5:00 p.m.–5:45 p.m.	5	50894	\$0.00
Inclusion Services – VOLT Hockey – Skills and Scrimmage	11 yrs+	CA	Thu	Mar 27–May 8	6:00 p.m.–7:00 p.m.	7	50893	\$0.00
Inclusion Services – VOLT Hockey – Skills and Scrimmage	11 yrs+	CA	Thu	May 29–Jun 26	6:00 p.m.–7:00 p.m.	5	50895	\$0.00
Inclusion Services – Swimming								
Private Swim – Inclusion	3–19 yrs	DHC	Fri	Apr 11–Jun 13	4:15 p.m.–4:45 p.m.	9	51088	\$153.00
Private Swim – Inclusion	3–19 yrs	DHC	Fri	Apr 11–Jun 13	4:30 p.m.–5:00 p.m.	9	51087	\$153.00
Private Swim – Inclusion	3–19 yrs	DHC	Fri	Apr 11–Jun 13	4:45 p.m.–5:15 p.m.	9	51089	\$153.00
Private Swim – Inclusion	3–19 yrs	DHC	Fri	Apr 11–Jun 13	5:00 p.m.–5:30 p.m.	9	48169	\$153.00
Private Swim – Inclusion	3–19 yrs	DHC	Fri	Apr 11–Jun 13	5:15 p.m.–5:45 p.m.	9	51090	\$153.00
Private Swim – Inclusion	3–19 yrs	DHC	Fri	Apr 11–Jun 13	5:30 p.m.–6:00 p.m.	9	48170	\$153.00
Private Swim – Inclusion	3–19 yrs	DHC	Fri	Apr 11–Jun 13	5:45 p.m.–6:15 p.m.	9	51091	\$153.00
Private Swim – Inclusion	3–19 yrs	DHC	Fri	Apr 11–Jun 13	6:00 p.m.–6:30 p.m.	9	48171	\$153.00
Private Swim – Inclusion	3–19 yrs	DHC	Fri	Apr 11–Jun 13	6:15 p.m.–6:45 p.m.	9	51092	\$153.00
Private Swim – Inclusion	3–19 yrs	DHC	Fri	Apr 11–Jun 13	6:30 p.m.–7:00 p.m.	9	48172	\$153.00

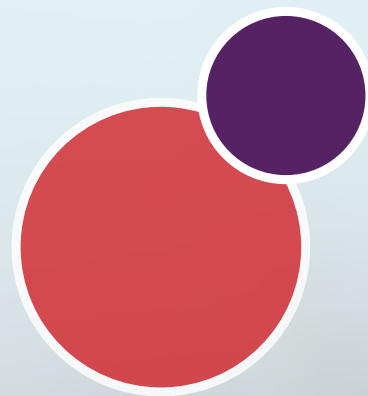
CA – Children's Arena CRC – Civic Recreation Complex DHC – Delpark Homes Centre
 NCC – Northview Community Centre SOCC – South Oshawa Community Centre

Hooray!

It's time to plan a party!

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

All 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 party packages and book yours today!



swimming

The City of Oshawa's indoor pools

Civic Recreation Complex
99 Thornton Road South

Delpark Homes Centre
1661 Harmony Road North

Donevan Recreation Complex
171 Harmony Road South




**Registration is open for
swimming lessons**

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.

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

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



Do you meet the Pool Admission Requirements?

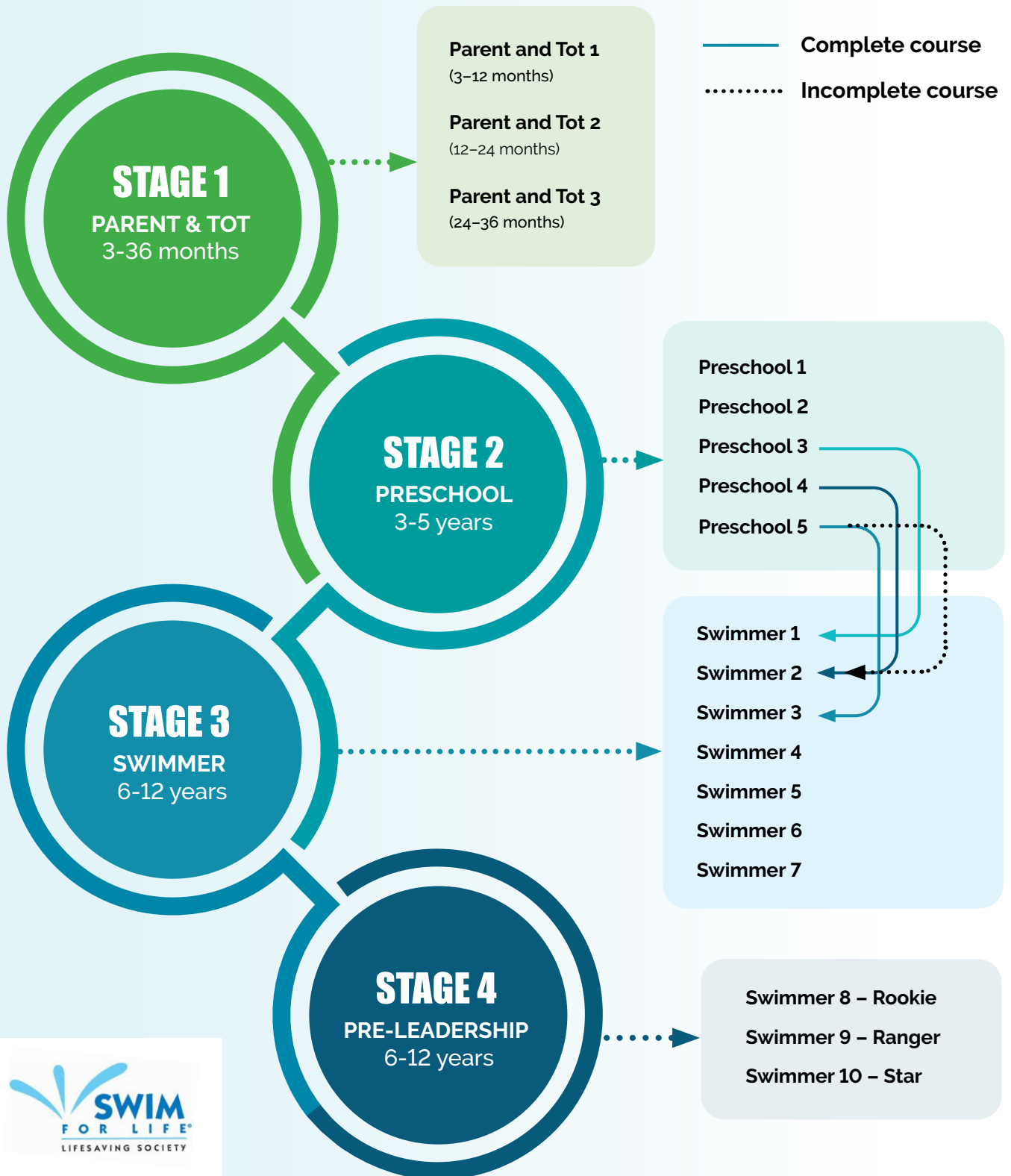
Red, yellow and green wristbands are provided based on the age of the child and their ability to pass the swim test. To pass the swim test, children must be able to swim 25 metres of the pool independently on their front, maintaining a horizontal body position at all times. Children must be able to swim 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 \$5.31 associated with obtaining the swim test card.

Swimming Lesson Pathways



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
69 and 70 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.





spring 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					
Sun	Apr 6–Jun 15	9:30 a.m.	9	47726	\$84.60
Sat	Apr 5–Jun 14	10:30 a.m.	9	47723	\$84.60
Sat	Apr 5–Jun 14	11:30 a.m.	9	47724	\$84.60
Sat	Apr 5–Jun 14	12:30 p.m.	9	47725	\$84.60
Sat	Apr 5–Jun 14	9:30 a.m.	9	47722	\$84.60
Sun	Apr 6–Jun 15	10:30 a.m.	9	47727	\$84.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	47728	\$84.60
Sun	Apr 6–Jun 15	12:30 p.m.	9	47729	\$84.60
Mon	Apr 7–Jun 16	4:30 p.m.	9	47730	\$84.60
Mon	Apr 7–Jun 16	5:30 p.m.	9	47731	\$84.60
Mon	Apr 7–Jun 16	7:00 p.m.	9	47732	\$84.60
Tue	Apr 8–Jun 10	4:30 p.m.	10	47733	\$94.00
Tue	Apr 8–Jun 10	5:30 p.m.	10	47734	\$94.00
Tue	Apr 8–Jun 10	7:00 p.m.	10	47735	\$94.00
Wed	Apr 9–Jun 11	4:30 p.m.	10	47736	\$94.00
Wed	Apr 9–Jun 11	5:30 p.m.	10	47737	\$94.00
Wed	Apr 9–Jun 11	7:00 p.m.	10	47738	\$94.00
Thu	Apr 10–Jun 12	4:30 p.m.	10	47739	\$94.00
Thu	Apr 10–Jun 12	5:30 p.m.	10	47740	\$94.00
Thu	Apr 10–Jun 12	7:00 p.m.	10	47741	\$94.00

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	Apr 5–Jun 7	4:30 p.m.	9	49677	\$84.60
Sun	Apr 6–Jun 1	4:00 p.m.	8	49720	\$75.20
Sun	Apr 6–Jun 1	5:30 p.m.	8	49742	\$75.20
Tue	Apr 8–Jun 3	5:00 p.m.	9	49437	\$84.60
Thu	Apr 10–Jun 5	5:00 p.m.	9	49611	\$84.60
Delpark Homes Centre					
Mon	Apr 7–Jun 16	9:00 a.m.	9	47756	\$84.60
Mon	Apr 7–Jun 16	9:30 a.m.	9	47757	\$84.60
Mon	Apr 7–Jun 16	10:00 a.m.	9	47758	\$84.60
Tue	Apr 8–Jun 10	10:00 a.m.	10	47759	\$94.00
Tue	Apr 8–Jun 10	1:00 p.m.	10	47760	\$94.00
Tue	Apr 8–Jun 10	1:30 p.m.	10	47761	\$94.00
Wed	Apr 9–Jun 11	9:00 a.m.	10	47762	\$94.00
Wed	Apr 9–Jun 11	9:30 a.m.	10	47763	\$94.00
Wed	Apr 9–Jun 11	10:00 a.m.	10	47764	\$94.00
Thu	Apr 10–Jun 12	9:00 a.m.	10	47765	\$94.00
Thu	Apr 10–Jun 12	9:30 a.m.	10	47766	\$94.00
Thu	Apr 10–Jun 12	10:00 a.m.	10	47767	\$94.00
Fri	Apr 11–Jun 13	1:00 p.m.	9	47770	\$84.60
Fri	Apr 11–Jun 13	1:30 p.m.	9	47771	\$84.60
Donevan Recreation Complex					
Sun	Apr 6–Jun 15	9:30 a.m.	9	50999	\$84.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	51000	\$84.60



Looking for inclusive swim lessons?

See [page 63](#) to find inclusive private swim lessons for participants 3 to 19 years of age.

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	Apr 5–Jun 14	9:00 a.m.	9	47742	\$84.60
Sat	Apr 5–Jun 14	10:00 a.m.	9	47743	\$84.60
Sat	Apr 5–Jun 14	12:00 p.m.	9	47744	\$84.60
Sun	Apr 6–Jun 15	9:00 a.m.	9	47745	\$84.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	47746	\$84.60
Sun	Apr 6–Jun 15	12:00 p.m.	9	47747	\$84.60
Mon	Apr 7–Jun 16	5:00 p.m.	9	47748	\$84.60
Mon	Apr 7–Jun 16	6:30 p.m.	9	47749	\$84.60
Tue	Apr 8–Jun 10	5:00 p.m.	10	47750	\$94.00
Tue	Apr 8–Jun 10	6:30 p.m.	10	47751	\$94.00
Wed	Apr 9–Jun 11	5:00 p.m.	10	47752	\$94.00
Wed	Apr 9–Jun 11	6:30 p.m.	10	47753	\$94.00
Thu	Apr 10–Jun 12	5:00 p.m.	10	47754	\$94.00
Thu	Apr 10–Jun 12	6:30 p.m.	10	47755	\$94.00

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

Transition Level

Age: 2 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Apr 5–Jun 7	4:30 p.m.	9	49673	\$84.60
Sun	Apr 6–Jun 1	3:30 p.m.	8	49698	\$75.20
Sun	Apr 6–Jun 1	4:30 p.m.	8	49735	\$75.20
Tue	Apr 8–Jun 3	5:00 p.m.	9	49439	\$84.60
Tue	Apr 8–Jun 3	6:00 p.m.	9	49516	\$84.60
Thu	Apr 10–Jun 5	6:00 p.m.	9	49658	\$84.60
Delpark Homes Centre					
Sat	Apr 5–Jun 14	9:30 a.m.	9	47684	\$84.60
Sat	Apr 5–Jun 14	10:00 a.m.	9	47685	\$84.60
Sat	Apr 5–Jun 14	11:15 a.m.	9	47686	\$84.60
Sat	Apr 5–Jun 14	11:45 a.m.	9	47687	\$84.60
Sat	Apr 5–Jun 14	12:15 p.m.	9	47688	\$84.60
Sat	Apr 5–Jun 14	1:00 p.m.	9	47689	\$84.60
Sun	Apr 6–Jun 15	9:30 a.m.	9	47690	\$84.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	47691	\$84.60
Sun	Apr 6–Jun 15	11:15 a.m.	9	47692	\$84.60
Sun	Apr 6–Jun 15	11:45 a.m.	9	47693	\$84.60
Sun	Apr 6–Jun 15	12:15 p.m.	9	47694	\$84.60
Sun	Apr 6–Jun 15	1:00 p.m.	9	47695	\$84.60
Mon	Apr 7–Jun 16	1:00 p.m.	9	47696	\$84.60
Mon	Apr 7–Jun 16	1:30 p.m.	9	47697	\$84.60
Mon	Apr 7–Jun 16	4:45 p.m.	9	47698	\$84.60
Mon	Apr 7–Jun 16	5:15 p.m.	9	47699	\$84.60
Mon	Apr 7–Jun 16	5:45 p.m.	9	47700	\$84.60
Mon	Apr 7–Jun 16	6:15 p.m.	9	47701	\$84.60
Mon	Apr 7–Jun 16	6:45 p.m.	9	47702	\$84.60
Tue	Apr 8–Jun 10	1:00 p.m.	10	47703	\$94.00
Tue	Apr 8–Jun 10	1:30 p.m.	10	47704	\$94.00
Tue	Apr 8–Jun 10	4:45 p.m.	10	47705	\$94.00
Tue	Apr 8–Jun 10	5:15 p.m.	10	47706	\$94.00
Tue	Apr 8–Jun 10	5:45 p.m.	10	47707	\$94.00
Tue	Apr 8–Jun 10	6:15 p.m.	10	47708	\$94.00
Tue	Apr 8–Jun 10	6:45 p.m.	10	47709	\$94.00

Transition Level continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Wed	Apr 9–Jun 11	4:45 p.m.	10	47712	\$94.00
Wed	Apr 9–Jun 11	5:15 p.m.	10	47713	\$94.00
Wed	Apr 9–Jun 11	5:45 p.m.	10	47714	\$94.00
Wed	Apr 9–Jun 11	6:15 p.m.	10	47715	\$94.00
Wed	Apr 9–Jun 11	6:45 p.m.	10	47716	\$94.00
Thu	Apr 10–Jun 12	4:45 p.m.	10	47717	\$94.00
Thu	Apr 10–Jun 12	5:15 p.m.	10	47718	\$94.00
Thu	Apr 10–Jun 12	5:45 p.m.	10	47719	\$94.00
Thu	Apr 10–Jun 12	6:15 p.m.	10	47720	\$94.00
Thu	Apr 10–Jun 12	6:45 p.m.	10	47721	\$94.00
Donevan Recreation Complex					
Sun	Apr 6–Jun 15	10:30 a.m.	9	51001	\$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	Apr 5–Jun 7	4:00 p.m.	9	49670	\$84.60
Sat	Apr 5–Jun 7	4:00 p.m.	9	51045	\$84.60
Sat	Apr 5–Jun 7	5:00 p.m.	9	49684	\$84.60
Sat	Apr 5–Jun 7	6:30 p.m.	9	51046	\$84.60
Sun	Apr 6–Jun 1	3:30 p.m.	8	49694	\$75.20
Sun	Apr 6–Jun 1	4:00 p.m.	8	49721	\$75.20
Sun	Apr 6–Jun 1	5:00 p.m.	8	49722	\$75.20
Sun	Apr 6–Jun 1	6:00 p.m.	8	49723	\$75.20
Tue	Apr 8–Jun 3	4:30 p.m.	9	51047	\$84.60
Tue	Apr 8–Jun 3	5:00 p.m.	9	49440	\$84.60
Tue	Apr 8–Jun 3	5:30 p.m.	9	49458	\$84.60
Tue	Apr 8–Jun 3	6:00 p.m.	9	49459	\$84.60
Thu	Apr 10–Jun 5	4:30 p.m.	9	51048	\$84.60
Thu	Apr 10–Jun 5	5:00 p.m.	9	49639	\$84.60
Thu	Apr 10–Jun 5	5:30 p.m.	9	49640	\$84.60
Thu	Apr 10–Jun 5	6:00 p.m.	9	49641	\$84.60
Thu	Apr 10–Jun 5	6:30 p.m.	9	49642	\$84.60

Preschool 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sat	Apr 5–Jun 14	9:00 a.m.	9	47772	\$84.60
Sat	Apr 5–Jun 14	9:15 a.m.	9	47773	\$84.60
Sat	Apr 5–Jun 14	10:00 a.m.	9	47775	\$84.60
Sat	Apr 5–Jun 14	10:15 a.m.	9	47776	\$84.60
Sat	Apr 5–Jun 14	10:30 a.m.	9	47777	\$84.60
Sat	Apr 5–Jun 14	11:30 a.m.	9	47778	\$84.60
Sat	Apr 5–Jun 14	12:00 p.m.	9	47779	\$84.60
Sat	Apr 5–Jun 14	12:30 p.m.	9	47780	\$84.60
Sat	Apr 5–Jun 14	12:45 p.m.	9	47781	\$84.60
Sat	Apr 5–Jun 14	1:15 p.m.	9	47782	\$84.60
Sat	Apr 5–Jun 14	9:30 a.m.	9	47774	\$84.60
Sun	Apr 6–Jun 15	9:00 a.m.	9	47783	\$84.60
Sun	Apr 6–Jun 15	9:15 a.m.	9	47784	\$84.60
Sun	Apr 6–Jun 15	9:30 a.m.	9	47785	\$84.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	47786	\$84.60
Sun	Apr 6–Jun 15	10:15 a.m.	9	47787	\$84.60
Sun	Apr 6–Jun 15	10:30 a.m.	9	47788	\$84.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	47789	\$84.60
Sun	Apr 6–Jun 15	12:00 p.m.	9	47790	\$84.60
Sun	Apr 6–Jun 15	12:30 p.m.	9	47791	\$84.60
Sun	Apr 6–Jun 15	12:45 p.m.	9	47792	\$84.60
Sun	Apr 6–Jun 15	1:15 p.m.	9	47793	\$84.60
Mon	Apr 7–Jun 16	4:00 p.m.	9	47794	\$84.60
Mon	Apr 7–Jun 16	4:30 p.m.	9	47795	\$84.60
Mon	Apr 7–Jun 16	5:00 p.m.	9	47796	\$84.60
Mon	Apr 7–Jun 16	5:30 p.m.	9	47797	\$84.60
Mon	Apr 7–Jun 16	6:30 p.m.	9	47798	\$84.60
Mon	Apr 7–Jun 16	7:00 p.m.	9	47799	\$84.60
Mon	Apr 7–Jun 16	7:30 p.m.	9	47800	\$84.60
Tue	Apr 8–Jun 10	4:00 p.m.	10	47801	\$94.00
Tue	Apr 8–Jun 10	4:30 p.m.	10	47802	\$94.00
Tue	Apr 8–Jun 10	5:00 p.m.	10	47803	\$94.00
Tue	Apr 8–Jun 10	5:30 p.m.	10	47804	\$94.00
Tue	Apr 8–Jun 10	6:30 p.m.	10	47805	\$94.00
Tue	Apr 8–Jun 10	7:00 p.m.	10	47806	\$94.00
Tue	Apr 8–Jun 10	7:15 p.m.	10	47807	\$94.00

Preschool 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Wed	Apr 9–Jun 11	4:00 p.m.	10	47808	\$94.00
Wed	Apr 9–Jun 11	4:30 p.m.	10	47809	\$94.00
Wed	Apr 9–Jun 11	5:00 p.m.	10	47810	\$94.00
Wed	Apr 9–Jun 11	5:30 p.m.	10	47811	\$94.00
Wed	Apr 9–Jun 11	6:30 p.m.	10	47812	\$94.00
Wed	Apr 9–Jun 11	7:00 p.m.	10	47813	\$94.00
Wed	Apr 9–Jun 11	7:30 p.m.	10	47814	\$94.00
Thu	Apr 10–Jun 12	4:00 p.m.	10	47815	\$94.00
Thu	Apr 10–Jun 12	4:30 p.m.	10	47816	\$94.00
Thu	Apr 10–Jun 12	5:00 p.m.	10	47817	\$94.00
Thu	Apr 10–Jun 12	5:30 p.m.	10	47818	\$94.00
Thu	Apr 10–Jun 12	6:30 p.m.	10	47819	\$94.00
Thu	Apr 10–Jun 12	7:00 p.m.	10	47820	\$94.00
Thu	Apr 10–Jun 12	7:15 p.m.	10	47821	\$94.00
Fri	Apr 11–Jun 13	1:00 p.m.	9	47823	\$84.60
Fri	Apr 11–Jun 13	1:30 p.m.	9	47824	\$84.60

Preschool 1/2

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

Day	Dates	Time	Class #	Course ID	Fee
Donevan Recreation Complex					
Sun	Apr 6–Jun 15	9:00 a.m.	9	51002	\$84.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	51003	\$84.60
Sun	Apr 6–Jun 15	11:00 a.m.	9	51004	\$84.60



Looking for inclusive swim lessons?

See [page 63](#) to find inclusive private swim lessons for participants 3 to 19 years of age.

Preschool 2

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

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Apr 5–Jun 7	5:30 p.m.	9	49685	\$84.60
Sat	Apr 5–Jun 7	7:00 p.m.	9	51049	\$84.60
Sun	Apr 6–Jun 1	3:30 p.m.	8	49701	\$75.20
Sun	Apr 6–Jun 1	4:00 p.m.	8	49711	\$75.20
Sun	Apr 6–Jun 1	4:30 p.m.	8	49712	\$75.20
Sun	Apr 6–Jun 1	5:00 p.m.	8	49713	\$75.20
Sun	Apr 6–Jun 1	6:00 p.m.	8	49714	\$75.20
Tue	Apr 8–Jun 3	4:30 p.m.	9	51050	\$84.60
Tue	Apr 8–Jun 3	5:00 p.m.	9	49441	\$84.60
Tue	Apr 8–Jun 3	5:30 p.m.	9	49468	\$84.60
Tue	Apr 8–Jun 3	6:00 p.m.	9	49469	\$84.60
Thu	Apr 10–Jun 5	4:30 p.m.	9	51051	\$84.60
Thu	Apr 10–Jun 5	5:00 p.m.	9	49644	\$84.60
Thu	Apr 10–Jun 5	5:30 p.m.	9	49645	\$84.60
Thu	Apr 10–Jun 5	6:00 p.m.	9	49646	\$84.60
Delpark Homes Centre					
Sat	Apr 5–Jun 14	9:00 a.m.	9	47825	\$84.60
Sat	Apr 5–Jun 14	9:15 a.m.	9	47826	\$84.60
Sat	Apr 5–Jun 14	10:00 a.m.	9	47827	\$84.60
Sat	Apr 5–Jun 14	10:30 a.m.	9	47828	\$84.60
Sat	Apr 5–Jun 14	11:30 a.m.	9	47829	\$84.60
Sat	Apr 5–Jun 14	11:45 a.m.	9	47830	\$84.60
Sat	Apr 5–Jun 14	12:00 p.m.	9	47831	\$84.60
Sat	Apr 5–Jun 14	12:30 p.m.	9	47832	\$84.60
Sat	Apr 5–Jun 14	12:45 p.m.	9	47833	\$84.60
Sat	Apr 5–Jun 14	1:15 p.m.	9	47834	\$84.60
Sun	Apr 6–Jun 15	9:00 a.m.	9	47835	\$84.60
Sun	Apr 6–Jun 15	9:15 a.m.	9	47836	\$84.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	47837	\$84.60
Sun	Apr 6–Jun 15	10:30 a.m.	9	47838	\$84.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	47839	\$84.60
Sun	Apr 6–Jun 15	11:45 a.m.	9	47840	\$84.60
Sun	Apr 6–Jun 15	12:00 p.m.	9	47841	\$84.60
Sun	Apr 6–Jun 15	12:30 p.m.	9	47842	\$84.60
Sun	Apr 6–Jun 15	12:45 p.m.	9	47843	\$84.60
Sun	Apr 6–Jun 15	1:15 p.m.	9	47844	\$84.60



Preschool 3

Age: 3 to 5 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Apr 5–Jun 7	7:00 p.m.	9	51052	\$84.60
Sun	Apr 6–Jun 1	3:30 p.m.	8	49696	\$75.20
Sun	Apr 6–Jun 1	5:30 p.m.	8	49727	\$75.20
Sun	Apr 6–Jun 1	4:30 p.m.	8	49726	\$75.20
Tue	Apr 8–Jun 3	5:30 p.m.	9	49470	\$84.60
Tue	Apr 8–Jun 3	6:30 p.m.	9	49519	\$84.60
Thu	Apr 10–Jun 5	5:30 p.m.	9	49649	\$84.60
Thu	Apr 10–Jun 5	6:30 p.m.	9	49650	\$84.60

Delpark Homes Centre					
Sat	Apr 5–Jun 14	9:00 a.m.	9	47871	\$84.60
Sat	Apr 5–Jun 14	9:45 a.m.	9	47872	\$84.60
Sat	Apr 5–Jun 14	10:00 a.m.	9	47873	\$84.60
Sat	Apr 5–Jun 14	11:15 a.m.	9	47874	\$84.60
Sat	Apr 5–Jun 14	11:45 a.m.	9	47875	\$84.60
Sat	Apr 5–Jun 14	12:15 p.m.	9	47876	\$84.60
Sat	Apr 5–Jun 14	1:00 p.m.	9	47877	\$84.60
Sun	Apr 6–Jun 15	9:00 a.m.	9	47878	\$84.60
Sun	Apr 6–Jun 15	9:45 a.m.	9	47879	\$84.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	47880	\$84.60
Sun	Apr 6–Jun 15	11:15 a.m.	9	47881	\$84.60
Sun	Apr 6–Jun 15	11:45 a.m.	9	47882	\$84.60
Sun	Apr 6–Jun 15	12:15 p.m.	9	47883	\$84.60
Sun	Apr 6–Jun 15	1:00 p.m.	9	47884	\$84.60
Mon	Apr 7–Jun 16	4:30 p.m.	9	47885	\$84.60
Mon	Apr 7–Jun 16	4:45 p.m.	9	47886	\$84.60
Mon	Apr 7–Jun 16	5:45 p.m.	9	47887	\$84.60
Mon	Apr 7–Jun 16	6:45 p.m.	9	47888	\$84.60
Mon	Apr 7–Jun 16	7:15 p.m.	9	47889	\$84.60
Tue	Apr 8–Jun 10	4:30 p.m.	10	47890	\$94.00
Tue	Apr 8–Jun 10	4:45 p.m.	10	47891	\$94.00
Tue	Apr 8–Jun 10	5:45 p.m.	10	47892	\$94.00
Tue	Apr 8–Jun 10	6:45 p.m.	10	47893	\$94.00
Tue	Apr 8–Jun 10	7:00 p.m.	10	47894	\$94.00

Preschool 2 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Mon	Apr 7–Jun 16	4:00 p.m.	9	47845	\$84.60
Mon	Apr 7–Jun 16	4:30 p.m.	9	47846	\$84.60
Mon	Apr 7–Jun 16	5:00 p.m.	9	47847	\$84.60
Mon	Apr 7–Jun 16	5:30 p.m.	9	47848	\$84.60
Mon	Apr 7–Jun 16	6:30 p.m.	9	47849	\$84.60
Mon	Apr 7–Jun 16	7:00 p.m.	9	47850	\$84.60
Mon	Apr 7–Jun 16	7:30 p.m.	9	47851	\$84.60
Tue	Apr 8–Jun 10	4:00 p.m.	10	47852	\$94.00
Tue	Apr 8–Jun 10	4:30 p.m.	10	47853	\$94.00
Tue	Apr 8–Jun 10	5:00 p.m.	10	47854	\$94.00
Tue	Apr 8–Jun 10	5:30 p.m.	10	47855	\$94.00
Tue	Apr 8–Jun 10	6:30 p.m.	10	47856	\$94.00
Tue	Apr 8–Jun 10	7:00 p.m.	10	47857	\$94.00
Wed	Apr 9–Jun 11	4:00 p.m.	10	47858	\$94.00
Wed	Apr 9–Jun 11	4:30 p.m.	10	47859	\$94.00
Wed	Apr 9–Jun 11	5:00 p.m.	10	47860	\$94.00
Wed	Apr 9–Jun 11	5:30 p.m.	10	47861	\$94.00
Wed	Apr 9–Jun 11	6:30 p.m.	10	47862	\$94.00
Wed	Apr 9–Jun 11	7:00 p.m.	10	47863	\$94.00
Wed	Apr 9–Jun 11	7:30 p.m.	10	47864	\$94.00
Thu	Apr 10–Jun 12	4:00 p.m.	10	47865	\$94.00
Thu	Apr 10–Jun 12	4:30 p.m.	10	47866	\$94.00
Thu	Apr 10–Jun 12	5:00 p.m.	10	47867	\$94.00
Thu	Apr 10–Jun 12	5:30 p.m.	10	47868	\$94.00
Thu	Apr 10–Jun 12	6:30 p.m.	10	47869	\$94.00
Thu	Apr 10–Jun 12	7:00 p.m.	10	47870	\$94.00

Preschool 3 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Wed	Apr 9–Jun 11	4:30 p.m.	10	47895	\$94.00
Wed	Apr 9–Jun 11	4:45 p.m.	10	47896	\$94.00
Wed	Apr 9–Jun 11	5:45 p.m.	10	47897	\$94.00
Wed	Apr 9–Jun 11	6:45 p.m.	10	47898	\$94.00
Wed	Apr 9–Jun 11	7:15 p.m.	10	47899	\$94.00
Thu	Apr 10–Jun 12	4:30 p.m.	10	47900	\$94.00
Thu	Apr 10–Jun 12	4:45 p.m.	10	47901	\$94.00
Thu	Apr 10–Jun 12	5:45 p.m.	10	47902	\$94.00
Thu	Apr 10–Jun 12	6:45 p.m.	10	47903	\$94.00
Thu	Apr 10–Jun 12	7:00 p.m.	10	47904	\$94.00
Donevan Recreation Complex					
Sun	Apr 6–Jun 15	9:30 a.m.	9	51005	\$84.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	51006	\$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	Apr 6–Jun 1	6:00 p.m.	8	49745	\$75.20
Tue	Apr 8–Jun 3	5:30 p.m.	9	49472	\$84.60
Thu	Apr 10–Jun 5	6:30 p.m.	9	49660	\$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	Apr 5–Jun 7	4:30 p.m.	9	51053	\$84.60
Tue	Apr 8–Jun 3	6:00 p.m.	9	51054	\$84.60
Tue	Apr 8–Jun 3	6:30 p.m.	9	49521	\$84.60
Thu	Apr 10–Jun 5	5:30 p.m.	9	49647	\$84.60
Thu	Apr 10–Jun 5	6:00 p.m.	9	51055	\$84.60
Delpark Homes Centre					
Sat	Apr 5–Jun 14	9:00 a.m.	9	47905	\$84.60
Sat	Apr 5–Jun 14	10:45 a.m.	9	47906	\$84.60
Sun	Apr 6–Jun 15	9:00 a.m.	9	47907	\$84.60
Sun	Apr 6–Jun 15	10:45 a.m.	9	47908	\$84.60
Mon	Apr 7–Jun 16	5:15 p.m.	9	47909	\$84.60
Mon	Apr 7–Jun 16	6:15 p.m.	9	47910	\$84.60
Mon	Apr 7–Jun 16	7:15 p.m.	9	47911	\$84.60
Tue	Apr 8–Jun 10	5:15 p.m.	10	47912	\$94.00
Tue	Apr 8–Jun 10	6:15 p.m.	10	47913	\$94.00
Wed	Apr 9–Jun 11	5:15 p.m.	10	47914	\$94.00
Wed	Apr 9–Jun 11	6:15 p.m.	10	47915	\$94.00
Wed	Apr 9–Jun 11	7:15 p.m.	10	47916	\$94.00
Thu	Apr 10–Jun 12	5:15 p.m.	10	47917	\$94.00
Thu	Apr 10–Jun 12	6:15 p.m.	10	47918	\$94.00
Donevan Recreation Complex					
Sun	Apr 6–Jun 15	10:30 a.m.	9	51007	\$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	Apr 6–Jun 1	5:00 p.m.	8	49738	\$75.20
Tue	Apr 8–Jun 3	5:30 p.m.	9	49471	\$84.60
Thu	Apr 10–Jun 5	6:30 p.m.	9	49659	\$84.60



spring 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	Apr 5–Jun 7	4:00 p.m.	9	49667	\$84.60
Sat	Apr 5–Jun 7	4:30 p.m.	9	49674	\$84.60
Sat	Apr 5–Jun 7	5:00 p.m.	9	49675	\$84.60
Sat	Apr 5–Jun 7	5:00 p.m.	9	51064	\$84.60
Sat	Apr 5–Jun 7	6:00 p.m.	9	49676	\$84.60
Sat	Apr 5–Jun 7	6:00 p.m.	9	51065	\$84.60
Sat	Apr 5–Jun 7	7:30 p.m.	9	51066	\$84.60
Sun	Apr 6–Jun 1	3:30 p.m.	8	49699	\$75.20
Sun	Apr 6–Jun 1	4:00 p.m.	8	49715	\$75.20
Sun	Apr 6–Jun 1	4:30 p.m.	8	49716	\$75.20
Sun	Apr 6–Jun 1	5:30 p.m.	8	49717	\$75.20
Sun	Apr 6–Jun 1	6:00 p.m.	8	49718	\$75.20
Sun	Apr 6–Jun 1	6:30 p.m.	8	49719	\$75.20
Tue	Apr 8–Jun 3	4:30 p.m.	9	51067	\$84.60
Tue	Apr 8–Jun 3	5:00 p.m.	9	49443	\$84.60
Tue	Apr 8–Jun 3	5:30 p.m.	9	49473	\$84.60
Tue	Apr 8–Jun 3	6:00 p.m.	9	49474	\$84.60
Tue	Apr 8–Jun 3	6:30 p.m.	9	49475	\$84.60
Tue	Apr 8–Jun 3	6:30 p.m.	9	51068	\$84.60
Tue	Apr 8–Jun 3	7:00 p.m.	9	49476	\$84.60
Tue	Apr 8–Jun 3	7:00 p.m.	9	51069	\$84.60
Tue	Apr 8–Jun 3	7:30 p.m.	9	49477	\$84.60
Thu	Apr 10–Jun 5	4:30 p.m.	9	51070	\$84.60
Thu	Apr 10–Jun 5	5:00 p.m.	9	49612	\$84.60
Thu	Apr 10–Jun 5	5:30 p.m.	9	49613	\$84.60
Thu	Apr 10–Jun 5	6:30 p.m.	9	49614	\$84.60

Swimmer 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Thu	Apr 10–Jun 5	6:30 p.m.	9	51071	\$84.60
Thu	Apr 10–Jun 5	7:00 p.m.	9	49615	\$84.60
Thu	Apr 10–Jun 5	7:00 p.m.	9	51072	\$84.60
Thu	Apr 10–Jun 5	7:30 p.m.	9	49616	\$84.60
Delpark Homes Centre					
Sat	Apr 5–Jun 14	9:15 a.m.	9	47959	\$84.60
Sat	Apr 5–Jun 14	9:45 a.m.	9	47960	\$84.60
Sat	Apr 5–Jun 14	10:15 a.m.	9	47961	\$84.60
Sat	Apr 5–Jun 14	10:30 a.m.	9	47962	\$84.60
Sat	Apr 5–Jun 14	10:45 a.m.	9	47963	\$84.60
Sat	Apr 5–Jun 14	11:45 a.m.	9	47964	\$84.60
Sat	Apr 5–Jun 14	12:00 p.m.	9	47965	\$84.60
Sat	Apr 5–Jun 14	12:30 p.m.	9	47966	\$84.60
Sat	Apr 5–Jun 14	12:45 p.m.	9	47967	\$84.60
Sat	Apr 5–Jun 14	1:00 p.m.	9	47968	\$84.60
Sat	Apr 5–Jun 14	1:15 p.m.	9	47969	\$84.60
Sun	Apr 6–Jun 15	9:15 a.m.	9	47970	\$84.60
Sun	Apr 6–Jun 15	9:45 a.m.	9	47971	\$84.60
Sun	Apr 6–Jun 15	10:15 a.m.	9	47972	\$84.60
Sun	Apr 6–Jun 15	10:30 a.m.	9	47973	\$84.60
Sun	Apr 6–Jun 15	10:45 a.m.	9	47974	\$84.60
Sun	Apr 6–Jun 15	11:45 a.m.	9	47975	\$84.60
Sun	Apr 6–Jun 15	12:00 p.m.	9	47976	\$84.60
Sun	Apr 6–Jun 15	12:30 p.m.	9	47977	\$84.60
Sun	Apr 6–Jun 15	12:45 p.m.	9	47978	\$84.60
Sun	Apr 6–Jun 15	1:00 p.m.	9	47979	\$84.60
Sun	Apr 6–Jun 15	1:15 p.m.	9	47980	\$84.60
Mon	Apr 7–Jun 16	4:00 p.m.	9	47981	\$84.60
Mon	Apr 7–Jun 16	4:30 p.m.	9	47982	\$84.60
Mon	Apr 7–Jun 16	4:45 p.m.	9	47983	\$84.60



Swimmer 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Mon	Apr 7–Jun 16	5:00 p.m.	9	47984	\$84.60
Mon	Apr 7–Jun 16	5:30 p.m.	9	47985	\$84.60
Mon	Apr 7–Jun 16	5:45 p.m.	9	47986	\$84.60
Mon	Apr 7–Jun 16	6:30 p.m.	9	47987	\$84.60
Mon	Apr 7–Jun 16	6:45 p.m.	9	47988	\$84.60
Mon	Apr 7–Jun 16	7:00 p.m.	9	47989	\$84.60
Mon	Apr 7–Jun 16	7:15 p.m.	9	47990	\$84.60
Mon	Apr 7–Jun 16	7:30 p.m.	9	47991	\$84.60
Tue	Apr 8–Jun 10	4:00 p.m.	10	47992	\$94.00
Tue	Apr 8–Jun 10	4:30 p.m.	10	47996	\$94.00
Tue	Apr 8–Jun 10	5:00 p.m.	10	47997	\$94.00
Tue	Apr 8–Jun 10	5:30 p.m.	10	47998	\$94.00
Tue	Apr 8–Jun 10	5:45 p.m.	10	47999	\$94.00
Tue	Apr 8–Jun 10	6:30 p.m.	10	48000	\$94.00
Tue	Apr 8–Jun 10	6:45 p.m.	10	48001	\$94.00
Tue	Apr 8–Jun 10	7:00 p.m.	10	48002	\$94.00
Wed	Apr 9–Jun 11	4:00 p.m.	10	48003	\$94.00
Wed	Apr 9–Jun 11	4:30 p.m.	10	48004	\$94.00
Wed	Apr 9–Jun 11	4:45 p.m.	10	48005	\$94.00
Wed	Apr 9–Jun 11	5:00 p.m.	10	48006	\$94.00
Wed	Apr 9–Jun 11	5:30 p.m.	10	48007	\$94.00
Wed	Apr 9–Jun 11	5:45 p.m.	10	48008	\$94.00
Wed	Apr 9–Jun 11	6:30 p.m.	10	48009	\$94.00

Swimmer 1 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Wed	Apr 9–Jun 11	6:45 p.m.	10	48010	\$94.00
Wed	Apr 9–Jun 11	7:00 p.m.	10	48011	\$94.00
Wed	Apr 9–Jun 11	7:15 p.m.	10	48012	\$94.00
Wed	Apr 9–Jun 11	7:30 p.m.	10	48013	\$94.00
Thu	Apr 10–Jun 12	4:00 p.m.	10	48014	\$94.00
Thu	Apr 10–Jun 12	4:30 p.m.	10	48015	\$94.00
Thu	Apr 10–Jun 12	5:00 p.m.	10	48016	\$94.00
Thu	Apr 10–Jun 12	5:30 p.m.	10	48017	\$94.00
Thu	Apr 10–Jun 12	5:45 p.m.	10	48018	\$94.00
Thu	Apr 10–Jun 12	6:30 p.m.	10	48019	\$94.00
Thu	Apr 10–Jun 12	6:45 p.m.	10	48020	\$94.00
Thu	Apr 10–Jun 12	7:00 p.m.	10	48021	\$94.00
Donevan Recreation Complex					
Sat	Apr 5–Jun 14	10:00 a.m.	9	48227	\$84.60
Sat	Apr 5–Jun 14	10:30 a.m.	9	48228	\$84.60
Sat	Apr 5–Jun 14	11:00 a.m.	9	48229	\$84.60
Sat	Apr 5–Jun 14	11:30 a.m.	9	48230	\$84.60
Sat	Apr 5–Jun 14	12:00 p.m.	9	48231	\$84.60
Sun	Apr 6–Jun 15	9:30 a.m.	9	51008	\$84.60
Sun	Apr 6–Jun 15	10:30 a.m.	9	51009	\$84.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	51010	\$84.60
Wed	Apr 9–Jun 11	6:30 p.m.	10	48232	\$94.00
Wed	Apr 9–Jun 11	7:30 p.m.	10	48233	\$94.00

Swimmer 2

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Apr 5–Jun 7	4:00 p.m.	9	49668	\$84.60
Sat	Apr 5–Jun 7	5:30 p.m.	9	49686	\$84.60
Sat	Apr 5–Jun 7	7:00 p.m.	9	51073	\$84.60
Sun	Apr 6–Jun 1	4:00 p.m.	8	49724	\$75.20
Sun	Apr 6–Jun 1	5:00 p.m.	8	49739	\$75.20
Sun	Apr 6–Jun 1	5:30 p.m.	8	49740	\$75.20
Sun	Apr 6–Jun 1	6:00 p.m.	8	49741	\$75.20
Tue	Apr 8–Jun 3	4:30 p.m.	9	51074	\$84.60
Tue	Apr 8–Jun 3	5:00 p.m.	9	49448	\$84.60
Tue	Apr 8–Jun 3	5:30 p.m.	9	49506	\$84.60
Tue	Apr 8–Jun 3	6:00 p.m.	9	49507	\$84.60
Tue	Apr 8–Jun 3	7:00 p.m.	9	49601	\$84.60
Thu	Apr 10–Jun 5	4:30 p.m.	9	51075	\$84.60
Thu	Apr 10–Jun 5	5:00 p.m.	9	49622	\$84.60
Thu	Apr 10–Jun 5	5:30 p.m.	9	49627	\$84.60
Thu	Apr 10–Jun 5	6:30 p.m.	9	49628	\$84.60
Thu	Apr 10–Jun 5	7:00 p.m.	9	49629	\$84.60
Delpark Homes Centre					
Sat	Apr 5–Jun 14	9:30 a.m.	9	48022	\$84.60
Sat	Apr 5–Jun 14	9:45 a.m.	9	48023	\$84.60
Sat	Apr 5–Jun 14	10:15 a.m.	9	48024	\$84.60
Sat	Apr 5–Jun 14	10:45 a.m.	9	48025	\$84.60
Sat	Apr 5–Jun 14	11:15 a.m.	9	48026	\$84.60
Sat	Apr 5–Jun 14	11:45 a.m.	9	48027	\$84.60
Sat	Apr 5–Jun 14	12:15 p.m.	9	48028	\$84.60
Sat	Apr 5–Jun 14	12:45 p.m.	9	48029	\$84.60
Sat	Apr 5–Jun 14	1:00 p.m.	9	48030	\$84.60
Sun	Apr 6–Jun 15	9:30 a.m.	9	48032	\$84.60
Sun	Apr 6–Jun 15	9:45 a.m.	9	48033	\$84.60
Sat	Apr 5–Jun 14	1:15 p.m.	9	48031	\$84.60
Sun	Apr 6–Jun 15	10:15 a.m.	9	48034	\$84.60
Sun	Apr 6–Jun 15	10:45 a.m.	9	48035	\$84.60
Sun	Apr 6–Jun 15	11:15 a.m.	9	48036	\$84.60
Sun	Apr 6–Jun 15	11:45 a.m.	9	48037	\$84.60

Swimmer 2 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Sun	Apr 6–Jun 15	12:15 p.m.	9	48038	\$84.60
Sun	Apr 6–Jun 15	1:00 p.m.	9	48040	\$84.60
Sun	Apr 6–Jun 15	1:15 p.m.	9	48041	\$84.60
Sun	Apr 6–Jun 15	12:45 p.m.	9	48039	\$84.60
Mon	Apr 7–Jun 16	4:30 p.m.	9	48042	\$84.60
Mon	Apr 7–Jun 16	5:00 p.m.	9	48043	\$84.60
Mon	Apr 7–Jun 16	5:30 p.m.	9	48044	\$84.60
Mon	Apr 7–Jun 16	6:15 p.m.	9	48045	\$84.60
Mon	Apr 7–Jun 16	6:30 p.m.	9	48046	\$84.60
Mon	Apr 7–Jun 16	7:30 p.m.	9	48047	\$84.60
Tue	Apr 8–Jun 10	4:30 p.m.	10	48048	\$94.00
Tue	Apr 8–Jun 10	5:00 p.m.	10	48055	\$94.00
Tue	Apr 8–Jun 10	5:15 p.m.	10	48056	\$94.00
Tue	Apr 8–Jun 10	5:30 p.m.	10	48057	\$94.00
Tue	Apr 8–Jun 10	6:15 p.m.	10	48058	\$94.00
Tue	Apr 8–Jun 10	6:30 p.m.	10	48059	\$94.00
Tue	Apr 8–Jun 10	7:00 p.m.	10	48060	\$94.00
Wed	Apr 9–Jun 11	4:30 p.m.	10	48061	\$94.00
Wed	Apr 9–Jun 11	5:00 p.m.	10	48062	\$94.00
Wed	Apr 9–Jun 11	5:30 p.m.	10	48063	\$94.00
Wed	Apr 9–Jun 11	6:15 p.m.	10	48064	\$94.00
Wed	Apr 9–Jun 11	6:30 p.m.	10	48065	\$94.00
Wed	Apr 9–Jun 11	7:30 p.m.	10	48066	\$94.00
Thu	Apr 10–Jun 12	4:30 p.m.	10	48067	\$94.00
Thu	Apr 10–Jun 12	5:00 p.m.	10	48068	\$94.00
Thu	Apr 10–Jun 12	5:15 p.m.	10	48069	\$94.00
Thu	Apr 10–Jun 12	5:30 p.m.	10	48070	\$94.00
Thu	Apr 10–Jun 12	6:15 p.m.	10	48071	\$94.00
Thu	Apr 10–Jun 12	6:30 p.m.	10	48072	\$94.00
Thu	Apr 10–Jun 12	7:00 p.m.	10	48073	\$94.00
Donevan Recreation Complex					
Sat	Apr 5–Jun 14	10:00 a.m.	9	48234	\$84.60
Sat	Apr 5–Jun 14	11:00 a.m.	9	48235	\$84.60
Sat	Apr 5–Jun 14	12:00 p.m.	9	48236	\$84.60
Sun	Apr 6–Jun 15	9:30 a.m.	9	51011	\$84.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	51012	\$84.60
Wed	Apr 9–Jun 11	7:00 p.m.	10	48237	\$94.00
Wed	Apr 9–Jun 11	8:00 p.m.	10	48238	\$94.00

Swimmer 3

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Apr 5–Jun 7	4:00 p.m.	9	49669	\$84.60
Sat	Apr 5–Jun 7	6:30 p.m.	9	51076	\$84.60
Sat	Apr 5–Jun 7	7:30 p.m.	9	51077	\$84.60
Sun	Apr 6–Jun 1	5:00 p.m.	8	49736	\$75.20
Sun	Apr 6–Jun 1	5:30 p.m.	8	49743	\$75.20
Sun	Apr 6–Jun 1	6:30 p.m.	8	49744	\$75.20
Tue	Apr 8–Jun 3	4:30 p.m.	9	51078	\$84.60
Tue	Apr 8–Jun 3	5:00 p.m.	9	51079	\$84.60
Tue	Apr 8–Jun 3	6:00 p.m.	9	49508	\$84.60
Tue	Apr 8–Jun 3	6:30 p.m.	9	49517	\$84.60
Thu	Apr 10–Jun 5	5:00 p.m.	9	51080	\$84.60
Thu	Apr 10–Jun 5	5:30 p.m.	9	49651	\$84.60
Thu	Apr 10–Jun 5	6:00 p.m.	9	49652	\$84.60
Thu	Apr 10–Jun 5	7:30 p.m.	9	49653	\$84.60
Delpark Homes Centre					
Sat	Apr 5–Jun 14	9:15 a.m.	9	48075	\$84.60
Sat	Apr 5–Jun 14	10:15 a.m.	9	48076	\$84.60
Sat	Apr 5–Jun 14	10:30 a.m.	9	48077	\$84.60
Sat	Apr 5–Jun 14	11:30 a.m.	9	48078	\$84.60
Sat	Apr 5–Jun 14	12:45 p.m.	9	48079	\$84.60
Sat	Apr 5–Jun 14	1:00 p.m.	9	48080	\$84.60
Sat	Apr 5–Jun 14	1:15 p.m.	9	48081	\$84.60
Sun	Apr 6–Jun 15	9:15 a.m.	9	48082	\$84.60
Sun	Apr 6–Jun 15	10:15 a.m.	9	48083	\$84.60
Sun	Apr 6–Jun 15	10:30 a.m.	9	48084	\$84.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	48085	\$84.60
Sun	Apr 6–Jun 15	12:45 p.m.	9	48086	\$84.60
Sun	Apr 6–Jun 15	1:00 p.m.	9	48087	\$84.60
Sun	Apr 6–Jun 15	1:15 p.m.	9	48088	\$84.60
Mon	Apr 7–Jun 16	5:00 p.m.	9	48089	\$84.60
Mon	Apr 7–Jun 16	5:15 p.m.	9	48091	\$84.60
Mon	Apr 7–Jun 16	6:30 p.m.	9	48092	\$84.60
Mon	Apr 7–Jun 16	6:45 p.m.	9	48093	\$84.60
Mon	Apr 7–Jun 16	7:00 p.m.	9	48094	\$84.60

Swimmer 3 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Tue	Apr 8–Jun 10	5:00 p.m.	10	48095	\$94.00
Tue	Apr 8–Jun 10	5:15 p.m.	10	48096	\$94.00
Tue	Apr 8–Jun 10	6:30 p.m.	10	48097	\$94.00
Tue	Apr 8–Jun 10	6:45 p.m.	10	48098	\$94.00
Tue	Apr 8–Jun 10	7:15 p.m.	10	48099	\$94.00
Wed	Apr 9–Jun 11	5:00 p.m.	10	48100	\$94.00
Wed	Apr 9–Jun 11	5:15 p.m.	10	48101	\$94.00
Wed	Apr 9–Jun 11	6:30 p.m.	10	48102	\$94.00
Wed	Apr 9–Jun 11	6:45 p.m.	10	48103	\$94.00
Wed	Apr 9–Jun 11	7:00 p.m.	10	48104	\$94.00
Thu	Apr 10–Jun 12	5:00 p.m.	10	48105	\$94.00
Thu	Apr 10–Jun 12	5:15 p.m.	10	48106	\$94.00
Thu	Apr 10–Jun 12	6:30 p.m.	10	48107	\$94.00
Thu	Apr 10–Jun 12	6:45 p.m.	10	48108	\$94.00
Thu	Apr 10–Jun 12	7:15 p.m.	10	48109	\$94.00
Donevan Recreation Complex					
Sat	Apr 5–Jun 14	10:30 a.m.	9	48239	\$84.60
Sat	Apr 5–Jun 14	11:30 a.m.	9	48240	\$84.60
Sun	Apr 6–Jun 15	9:00 a.m.	9	51013	\$84.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	51014	\$84.60
Sun	Apr 6–Jun 15	11:00 a.m.	9	51015	\$84.60
Wed	Apr 9–Jun 11	7:00 p.m.	10	48241	\$94.00
Wed	Apr 9–Jun 11	8:00 p.m.	10	48242	\$94.00



Swimmer 4

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Apr 5–Jun 7	7:30 p.m.	9	51081	\$84.60
Sun	Apr 6–Jun 1	4:30 p.m.	8	49728	\$75.20
Sun	Apr 6–Jun 1	6:30 p.m.	8	49746	\$75.20
Tue	Apr 8–Jun 3	5:30 p.m.	9	51082	\$84.60
Tue	Apr 8–Jun 3	6:00 p.m.	9	49509	\$84.60
Tue	Apr 8–Jun 3	6:30 p.m.	9	49518	\$84.60
Thu	Apr 10–Jun 5	5:30 p.m.	9	51083	\$84.60
Thu	Apr 10–Jun 5	6:00 p.m.	9	49656	\$84.60
Thu	Apr 10–Jun 5	7:30 p.m.	9	49657	\$84.60
Delpark Homes Centre					
Sat	Apr 5–Jun 14	9:45 a.m.	9	48110	\$84.60
Sat	Apr 5–Jun 14	10:15 a.m.	9	48111	\$84.60
Sat	Apr 5–Jun 14	10:45 a.m.	9	48112	\$84.60
Sat	Apr 5–Jun 14	11:15 a.m.	9	48113	\$84.60
Sat	Apr 5–Jun 14	12:15 p.m.	9	48114	\$84.60
Sat	Apr 5–Jun 14	1:00 p.m.	9	48115	\$84.60
Sun	Apr 6–Jun 15	9:45 a.m.	9	48116	\$84.60
Sun	Apr 6–Jun 15	10:15 a.m.	9	48118	\$84.60
Sun	Apr 6–Jun 15	10:45 a.m.	9	48119	\$84.60
Sun	Apr 6–Jun 15	11:15 a.m.	9	48120	\$84.60
Sun	Apr 6–Jun 15	12:15 p.m.	9	48121	\$84.60
Sun	Apr 6–Jun 15	1:00 p.m.	9	48122	\$84.60
Mon	Apr 7–Jun 16	4:45 p.m.	9	48123	\$84.60
Mon	Apr 7–Jun 16	5:45 p.m.	9	48124	\$84.60
Mon	Apr 7–Jun 16	6:15 p.m.	9	48125	\$84.60
Mon	Apr 7–Jun 16	7:15 p.m.	9	48126	\$84.60
Mon	Apr 7–Jun 16	7:30 p.m.	9	48127	\$84.60
Tue	Apr 8–Jun 10	4:45 p.m.	10	48128	\$94.00
Tue	Apr 8–Jun 10	5:45 p.m.	10	48129	\$94.00
Tue	Apr 8–Jun 10	6:15 p.m.	10	48130	\$94.00
Tue	Apr 8–Jun 10	6:45 p.m.	10	48131	\$94.00
Wed	Apr 9–Jun 11	4:45 p.m.	10	48132	\$94.00
Wed	Apr 9–Jun 11	5:45 p.m.	10	48133	\$94.00
Wed	Apr 9–Jun 11	6:15 p.m.	10	48134	\$94.00
Wed	Apr 9–Jun 11	7:15 p.m.	10	48135	\$94.00
Wed	Apr 9–Jun 11	7:30 p.m.	10	48136	\$94.00



Swimmer 4 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Thu	Apr 10–Jun 12	4:45 p.m.	10	48137	\$94.00
Thu	Apr 10–Jun 12	5:45 p.m.	10	48138	\$94.00
Thu	Apr 10–Jun 12	6:15 p.m.	10	48139	\$94.00
Thu	Apr 10–Jun 12	6:45 p.m.	10	48140	\$94.00
Donevan Recreation Complex					
Sat	Apr 5–Jun 14	10:00 a.m.	9	48243	\$84.60
Sat	Apr 5–Jun 14	11:30 a.m.	9	48244	\$84.60
Sun	Apr 6–Jun 15	9:00 a.m.	9	51016	\$84.60
Sun	Apr 6–Jun 15	11:00 a.m.	9	51017	\$84.60
Wed	Apr 9–Jun 11	6:30 p.m.	10	48245	\$94.00
Wed	Apr 9–Jun 11	7:30 p.m.	10	48246	\$94.00

Get in on the fun

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

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Swimmer 5

Age: 6 to 15 years
 Lessons: 30 minutes per class, *45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
*Sat	Apr 5–Jun 7	6:30 p.m.	9	51084	\$84.60
*Sun	Apr 6–Jun 1	4:15 p.m.	8	49749	\$75.20
*Tue	Apr 8–Jun 3	6:30 p.m.	9	49522	\$84.60
*Thu	Apr 10–Jun 5	6:00 p.m.	9	49654	\$84.60
Delpark Homes Centre					
Sat	Apr 5–Jun 14	9:15 a.m.	9	48141	\$84.60
Sat	Apr 5–Jun 14	10:00 a.m.	9	48142	\$84.60
Sat	Apr 5–Jun 14	12:30 p.m.	9	48143	\$84.60
Sun	Apr 6–Jun 15	9:15 a.m.	9	48144	\$84.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	48145	\$84.60
Sun	Apr 6–Jun 15	12:30 p.m.	9	48146	\$84.60
Mon	Apr 7–Jun 16	5:15 p.m.	9	48147	\$84.60
Mon	Apr 7–Jun 16	6:15 p.m.	9	48148	\$84.60
Mon	Apr 7–Jun 16	7:15 p.m.	9	48149	\$84.60
Wed	Apr 9–Jun 11	6:30 p.m.	10	48249	\$94.00
Wed	Apr 9–Jun 11	8:00 p.m.	10	48250	\$94.00

Swimmer 5 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Tue	Apr 8–Jun 10	5:15 p.m.	10	48150	\$94.00
Tue	Apr 8–Jun 10	6:15 p.m.	10	48151	\$94.00
Wed	Apr 9–Jun 11	5:15 p.m.	10	48152	\$94.00
Wed	Apr 9–Jun 11	6:15 p.m.	10	48153	\$94.00
Wed	Apr 9–Jun 11	7:15 p.m.	10	48154	\$94.00
Thu	Apr 10–Jun 12	5:15 p.m.	10	48155	\$94.00
Thu	Apr 10–Jun 12	6:15 p.m.	10	48156	\$94.00
Donevan Recreation Complex					
Sat	Apr 5–Jun 14	10:30 a.m.	9	48247	\$84.60
Sat	Apr 5–Jun 14	12:00 p.m.	9	48248	\$84.60
Sun	Apr 6–Jun 15	10:30 a.m.	9	51018	\$84.60



Looking for inclusive swim lessons?
 See [page 63](#) to find inclusive private swim lessons for participants 3 to 19 years of age.

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	Apr 6–Jun 1	5:00 p.m.	8	49750	\$75.20
*Tue	Apr 8–Jun 3	6:30 p.m.	9	49515	\$84.60
*Thu	Apr 10–Jun 5	6:00 p.m.	9	49655	\$84.60
Delpark Homes Centre					
Sat	Apr 5–Jun 14	11:30 a.m.	9	48157	\$84.60
Sat	Apr 5–Jun 14	12:15 p.m.	9	48158	\$84.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	48159	\$84.60
Sun	Apr 6–Jun 15	12:15 p.m.	9	48160	\$84.60
Mon	Apr 7–Jun 16	4:30 p.m.	9	48161	\$84.60
Mon	Apr 7–Jun 16	7:00 p.m.	9	48162	\$84.60
Tue	Apr 8–Jun 10	4:30 p.m.	10	48163	\$94.00
Tue	Apr 8–Jun 10	7:00 p.m.	10	48164	\$94.00
Wed	Apr 9–Jun 11	4:30 p.m.	10	48165	\$94.00
Wed	Apr 9–Jun 11	7:00 p.m.	10	48166	\$94.00
Thu	Apr 10–Jun 12	4:30 p.m.	10	48167	\$94.00
Thu	Apr 10–Jun 12	7:00 p.m.	10	48168	\$94.00
Donevan Recreation Complex					
*Sat	Apr 5–Jun 14	10:00 a.m.	9	48251	\$84.60
*Sat	Apr 5–Jun 14	11:00 a.m.	9	48252	\$84.60
*Wed	Apr 9–Jun 11	6:30 p.m.	10	48253	\$94.00
*Wed	Apr 9–Jun 11	7:00 p.m.	10	48254	\$94.00

Swimmer 6/7

Age: 6 to 15 years

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Donevan Recreation Complex					
Sun	Apr 6–Jun 15	10:00 a.m.	9	51019	\$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	Apr 6–Jun 1	5:45 p.m.	8	49751	\$75.20
Tue	Apr 8–Jun 3	7:15 p.m.	9	49598	\$84.60
Thu	Apr 10–Jun 5	6:45 p.m.	9	49661	\$84.60
Donevan Recreation Complex					
Sat	Apr 5–Jun 14	10:45 a.m.	9	48255	\$84.60
Sat	Apr 5–Jun 14	11:45 a.m.	9	48256	\$84.60
Wed	Apr 9–Jun 11	7:15 p.m.	10	48257	\$94.00
Wed	Apr 9–Jun 11	7:45 p.m.	10	48258	\$94.00

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	Apr 6–Jun 1	5:00 p.m.	8	49748	\$75.20
Tue	Apr 8–Jun 3	7:15 p.m.	9	49589	\$84.60
Thu	Apr 10–Jun 5	6:45 p.m.	9	49662	\$84.60
Donevan Recreation Complex					
Sat	Apr 5–Jun 14	10:00 a.m.	9	48259	\$84.60
Sat	Apr 5–Jun 14	10:45 a.m.	9	48260	\$84.60
Sat	Apr 5–Jun 14	11:30 a.m.	9	48263	\$84.60
Wed	Apr 9–Jun 11	7:00 p.m.	10	48261	\$94.00
Wed	Apr 9–Jun 11	7:45 p.m.	10	48262	\$94.00



Photo policy

◆ **Photography in City of Oshawa Recreation Facilities**

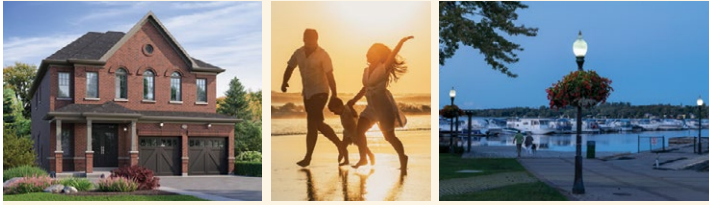
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Low ratio swim lessons*

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. Must be a minimum of two swimmers and a maximum of three.

Age: 3 to 15 years

Location: Civic Recreation Complex

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 breath 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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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





spring 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	Apr 5–Jun 14	9:30 a.m.	9	47612	\$170.10
Sat	Apr 5–Jun 14	11:30 a.m.	9	47613	\$170.10
Sun	Apr 6–Jun 15	9:30 a.m.	9	47614	\$170.10
Sun	Apr 6–Jun 15	11:30 a.m.	9	47615	\$170.10
Mon	Apr 7–Jun 16	4:45 p.m.	9	47616	\$170.10
Mon	Apr 7–Jun 16	5:00 p.m.	9	47617	\$170.10
Mon	Apr 7–Jun 16	6:30 p.m.	9	47618	\$170.10
Tue	Apr 8–Jun 10	5:00 p.m.	10	47619	\$189.00
Tue	Apr 8–Jun 10	6:30 p.m.	10	47620	\$189.00
Tue	Apr 8–Jun 10	7:15 p.m.	10	47621	\$189.00
Wed	Apr 9–Jun 11	4:45 p.m.	10	47622	\$189.00
Wed	Apr 9–Jun 11	5:00 p.m.	10	47623	\$189.00
Wed	Apr 9–Jun 11	6:30 p.m.	10	47624	\$189.00
Thu	Apr 10–Jun 12	5:00 p.m.	10	47625	\$189.00
Thu	Apr 10–Jun 12	6:30 p.m.	10	47626	\$189.00
Thu	Apr 10–Jun 12	7:15 p.m.	10	47627	\$189.00

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	Apr 5–Jun 7	4:00 p.m.	9	49671	\$170.10
Sat	Apr 5–Jun 7	5:00 p.m.	9	49681	\$170.10
Sat	Apr 5–Jun 7	5:30 p.m.	9	49682	\$170.10
Sat	Apr 5–Jun 7	6:00 p.m.	9	49683	\$170.10
Sat	Apr 5–Jun 7	7:00 p.m.	9	51044	\$170.10
Sun	Apr 6–Jun 1	3:30 p.m.	8	49695	\$151.20
Sun	Apr 6–Jun 1	4:30 p.m.	8	49729	\$151.20
Sun	Apr 6–Jun 1	5:00 p.m.	8	49730	\$151.20
Sun	Apr 6–Jun 1	5:30 p.m.	8	49731	\$151.20
Sun	Apr 6–Jun 1	6:00 p.m.	8	49732	\$151.20
Sun	Apr 6–Jun 1	6:30 p.m.	8	49733	\$151.20
Tue	Apr 8–Jun 3	5:00 p.m.	9	49444	\$170.10
Tue	Apr 8–Jun 3	5:30 p.m.	9	49484	\$170.10
Tue	Apr 8–Jun 3	6:00 p.m.	9	49485	\$170.10
Tue	Apr 8–Jun 3	6:30 p.m.	9	49486	\$170.10
Tue	Apr 8–Jun 3	7:00 p.m.	9	49487	\$170.10
Tue	Apr 8–Jun 3	7:00 p.m.	9	49488	\$170.10
Thu	Apr 10–Jun 5	5:00 p.m.	9	49630	\$170.10
Thu	Apr 10–Jun 5	5:00 p.m.	9	49631	\$170.10
Thu	Apr 10–Jun 5	5:30 p.m.	9	49632	\$170.10
Thu	Apr 10–Jun 5	6:00 p.m.	9	49633	\$170.10
Thu	Apr 10–Jun 5	7:00 p.m.	9	49634	\$170.10
Thu	Apr 10–Jun 5	7:00 p.m.	9	49635	\$170.10
Thu	Apr 10–Jun 5	7:30 p.m.	9	49636	\$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	Apr 5–Jun 14	9:45 a.m.	9	47628	\$170.10
Sat	Apr 5–Jun 14	12:00 p.m.	9	47629	\$170.10
Sun	Apr 6–Jun 15	12:00 p.m.	9	47631	\$170.10
Sun	Apr 6–Jun 15	9:45 a.m.	9	47630	\$170.10
Mon	Apr 7–Jun 16	5:30 p.m.	9	47632	\$170.10
Mon	Apr 7–Jun 16	6:45 p.m.	9	47633	\$170.10
Tue	Apr 8–Jun 10	5:30 p.m.	10	47634	\$189.00
Tue	Apr 8–Jun 10	6:45 p.m.	10	47635	\$189.00
Wed	Apr 9–Jun 11	5:30 p.m.	10	47636	\$189.00
Wed	Apr 9–Jun 11	6:45 p.m.	10	47637	\$189.00
Thu	Apr 10–Jun 12	5:30 p.m.	10	47638	\$189.00
Thu	Apr 10–Jun 12	6:45 p.m.	10	47639	\$189.00

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	Apr 5–Jun 14	9:00 a.m.	9	47654	\$170.10
Sat	Apr 5–Jun 14	12:30 p.m.	9	47655	\$170.10
Sun	Apr 6–Jun 15	9:00 a.m.	9	47656	\$170.10
Sun	Apr 6–Jun 15	12:30 p.m.	9	47657	\$170.10
Mon	Apr 7–Jun 16	5:45 p.m.	9	47658	\$170.10
Mon	Apr 7–Jun 16	7:30 p.m.	9	47659	\$170.10
Tue	Apr 8–Jun 10	4:45 p.m.	10	47660	\$189.00
Tue	Apr 8–Jun 10	5:45 p.m.	10	47661	\$189.00
Wed	Apr 9–Jun 11	5:45 p.m.	10	47662	\$189.00
Wed	Apr 9–Jun 11	7:30 p.m.	10	47663	\$189.00
Thu	Apr 10–Jun 12	4:45 p.m.	10	47664	\$189.00
Thu	Apr 10–Jun 12	5:45 p.m.	10	47665	\$189.00

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	Apr 5–Jun 14	10:45 a.m.	9	47640	\$170.10
Sat	Apr 5–Jun 14	12:15 p.m.	9	47641	\$170.10
Sun	Apr 6–Jun 15	10:45 a.m.	9	47642	\$170.10
Sun	Apr 6–Jun 15	12:15 p.m.	9	47643	\$170.10
Mon	Apr 7–Jun 16	4:45 p.m.	9	47644	\$170.10
Mon	Apr 7–Jun 16	5:45 p.m.	9	47645	\$170.10
Mon	Apr 7–Jun 16	7:00 p.m.	9	47646	\$170.10
Tue	Apr 8–Jun 10	4:45 p.m.	10	47647	\$189.00
Tue	Apr 8–Jun 10	5:45 p.m.	10	47648	\$189.00
Wed	Apr 9–Jun 11	4:45 p.m.	10	47649	\$189.00
Wed	Apr 9–Jun 11	5:45 p.m.	10	47650	\$189.00
Wed	Apr 9–Jun 11	7:15 p.m.	10	47651	\$189.00
Thu	Apr 10–Jun 12	4:45 p.m.	10	47652	\$189.00
Thu	Apr 10–Jun 12	5:45 p.m.	10	47653	\$189.00

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	Apr 5–Jun 14	9:30 a.m.	9	47666	\$170.10
Sat	Apr 5–Jun 14	12:00 p.m.	9	47667	\$170.10
Sun	Apr 6–Jun 15	9:30 a.m.	9	47668	\$170.10
Sun	Apr 6–Jun 15	12:00 p.m.	9	47669	\$170.10
Mon	Apr 7–Jun 16	5:15 p.m.	9	47670	\$170.10
Mon	Apr 7–Jun 16	6:15 p.m.	9	47671	\$170.10
Tue	Apr 8–Jun 10	5:15 p.m.	10	47672	\$189.00
Tue	Apr 8–Jun 10	6:15 p.m.	10	47673	\$189.00
Wed	Apr 9–Jun 11	5:15 p.m.	10	47674	\$189.00
Wed	Apr 9–Jun 11	6:15 p.m.	10	47675	\$189.00
Thu	Apr 10–Jun 12	5:15 p.m.	10	47676	\$189.00
Thu	Apr 10–Jun 12	6:15 p.m.	10	47677	\$189.00

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	Apr 5–Jun 14	10:30 a.m.	9	47678	\$170.10
Sun	Apr 6–Jun 15	10:30 a.m.	9	47679	\$170.10
Mon	Apr 7–Jun 16	6:45 p.m.	9	47680	\$170.10
Tue	Apr 8–Jun 10	6:45 p.m.	10	47681	\$189.00
Wed	Apr 9–Jun 11	6:45 p.m.	10	47682	\$189.00
Thu	Apr 10–Jun 12	6:45 p.m.	10	47683	\$189.00



Looking for inclusive swim lessons?

See [page 63](#) to find inclusive private swim lessons for participants 3 to 19 years of age.

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



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.

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



spring 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	Apr 5–Jun 7	4:00 p.m.	9	49666	\$264.60
Sat	Apr 5–Jun 7	4:30 p.m.	9	49678	\$264.60
Sat	Apr 5–Jun 7	5:00 p.m.	9	49679	\$264.60
Sat	Apr 5–Jun 7	5:30 p.m.	9	49680	\$264.60
Sun	Apr 6–Jun 1	3:30 p.m.	8	49700	\$235.20
Sun	Apr 6–Jun 1	4:00 p.m.	8	49702	\$235.20
Sun	Apr 6–Jun 1	4:00 p.m.	8	49703	\$235.20
Sun	Apr 6–Jun 1	4:30 p.m.	8	49704	\$235.20
Sun	Apr 6–Jun 1	5:00 p.m.	8	49705	\$235.20
Sun	Apr 6–Jun 1	5:30 p.m.	8	49706	\$235.20
Sun	Apr 6–Jun 1	6:00 p.m.	8	49707	\$235.20
Sun	Apr 6–Jun 1	6:30 p.m.	8	49708	\$235.20
Sun	Apr 6–Jun 1	6:30 p.m.	8	49709	\$235.20
Sun	Apr 6–Jun 1	6:30 p.m.	8	49710	\$235.20
Tue	Apr 8–Jun 3	5:00 p.m.	9	49456	\$264.60
Tue	Apr 8–Jun 3	5:00 p.m.	9	49457	\$264.60
Tue	Apr 8–Jun 3	5:30 p.m.	9	49492	\$264.60
Tue	Apr 8–Jun 3	6:00 p.m.	9	49493	\$264.60
Tue	Apr 8–Jun 3	6:30 p.m.	9	49494	\$264.60
Tue	Apr 8–Jun 3	7:00 p.m.	9	49495	\$264.60
Tue	Apr 8–Jun 3	7:30 p.m.	9	49496	\$264.60
Tue	Apr 8–Jun 3	7:30 p.m.	9	49497	\$264.60
Tue	Apr 8–Jun 3	7:30 p.m.	9	49498	\$264.60
Thu	Apr 10–Jun 5	5:00 p.m.	9	49602	\$264.60
Thu	Apr 10–Jun 5	5:00 p.m.	9	49603	\$264.60
Thu	Apr 10–Jun 5	5:30 p.m.	9	49604	\$264.60
Thu	Apr 10–Jun 5	6:00 p.m.	9	49605	\$264.60
Thu	Apr 10–Jun 5	6:30 p.m.	9	49606	\$264.60
Thu	Apr 10–Jun 5	7:00 p.m.	9	49607	\$264.60
Thu	Apr 10–Jun 5	7:00 p.m.	9	49608	\$264.60

Private Swim – 30 minutes continued

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Thu	Apr 10–Jun 5	7:30 p.m.	9	49609	\$264.60
Thu	Apr 10–Jun 5	7:30 p.m.	9	49610	\$264.60
Thu	Apr 10–Jun 5	7:30 p.m.	9	51056	\$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
Civic Recreation Complex					
Sat	Apr 5–Jun 7	7:00 p.m.	9	51057	\$264.60
Sat	Apr 5–Jun 7	7:30 p.m.	9	51058	\$264.60
Sat	Apr 5–Jun 7	7:30 p.m.	9	51059	\$264.60
Tue	Apr 8–Jun 3	7:30 p.m.	9	51060	\$264.60
Thu	Apr 10–Jun 5	7:30 p.m.	9	51061	\$264.60
Delpark Homes Centre					
Sat	Apr 5–Jun 14	1:15 p.m.	9	47540	\$264.60
Sat	Apr 5–Jun 14	10:00 a.m.	9	47537	\$264.60
Sat	Apr 5–Jun 14	11:15 a.m.	9	47538	\$264.60
Sat	Apr 5–Jun 14	12:15 p.m.	9	47539	\$264.60
Sat	Apr 5–Jun 14	9:00 a.m.	9	47536	\$264.60
Sun	Apr 6–Jun 15	1:15 p.m.	9	47545	\$264.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	47542	\$264.60
Sun	Apr 6–Jun 15	11:15 a.m.	9	47543	\$264.60
Sun	Apr 6–Jun 15	12:15 p.m.	9	47544	\$264.60
Sun	Apr 6–Jun 15	9:00 a.m.	9	47541	\$264.60

Private Swim Preschool 1–Swimmer 3 continued

Day	Dates	Time	Class #	Course ID	Fee
Delpark Homes Centre					
Mon	Apr 7–Jun 16	4:00 p.m.	9	47546	\$264.60
Mon	Apr 7–Jun 16	4:00 p.m.	9	47547	\$264.60
Mon	Apr 7–Jun 16	4:15 p.m.	9	47548	\$264.60
Mon	Apr 7–Jun 16	4:15 p.m.	9	47549	\$264.60
Mon	Apr 7–Jun 16	5:30 p.m.	9	47550	\$264.60
Mon	Apr 7–Jun 16	6:15 p.m.	9	47551	\$264.60
Mon	Apr 7–Jun 16	7:45 p.m.	9	47552	\$264.60
Mon	Apr 7–Jun 16	7:45 p.m.	9	47553	\$264.60
Mon	Apr 7–Jun 16	7:45 p.m.	9	47554	\$264.60
Mon	Apr 7–Jun 16	7:45 p.m.	9	47555	\$264.60
Tue	Apr 8–Jun 10	4:00 p.m.	10	47556	\$294.00
Tue	Apr 8–Jun 10	4:00 p.m.	10	47557	\$294.00
Tue	Apr 8–Jun 10	4:15 p.m.	10	47558	\$294.00
Tue	Apr 8–Jun 10	4:15 p.m.	10	47559	\$294.00
Tue	Apr 8–Jun 10	5:30 p.m.	10	47560	\$294.00
Tue	Apr 8–Jun 10	6:15 p.m.	10	47561	\$294.00
Wed	Apr 9–Jun 11	4:00 p.m.	10	47562	\$294.00
Wed	Apr 9–Jun 11	4:00 p.m.	10	47563	\$294.00
Wed	Apr 9–Jun 11	4:15 p.m.	10	47564	\$294.00
Wed	Apr 9–Jun 11	4:15 p.m.	10	47565	\$294.00
Wed	Apr 9–Jun 11	5:30 p.m.	10	47566	\$294.00
Wed	Apr 9–Jun 11	6:15 p.m.	10	47567	\$294.00
Wed	Apr 9–Jun 11	7:45 p.m.	10	47568	\$294.00
Wed	Apr 9–Jun 11	7:45 p.m.	10	47569	\$294.00
Wed	Apr 9–Jun 11	7:45 p.m.	10	47570	\$294.00
Wed	Apr 9–Jun 11	7:45 p.m.	10	47571	\$294.00
Thu	Apr 10–Jun 12	4:00 p.m.	10	47572	\$294.00
Thu	Apr 10–Jun 12	4:00 p.m.	10	47573	\$294.00
Thu	Apr 10–Jun 12	4:15 p.m.	10	47574	\$294.00
Thu	Apr 10–Jun 12	4:15 p.m.	10	47575	\$294.00
Thu	Apr 10–Jun 12	5:30 p.m.	10	47576	\$294.00
Thu	Apr 10–Jun 12	6:15 p.m.	10	47577	\$294.00

Private Swim Swimmer 1–7

Age: 6 to 15 years
Lessons: 30 minutes per class

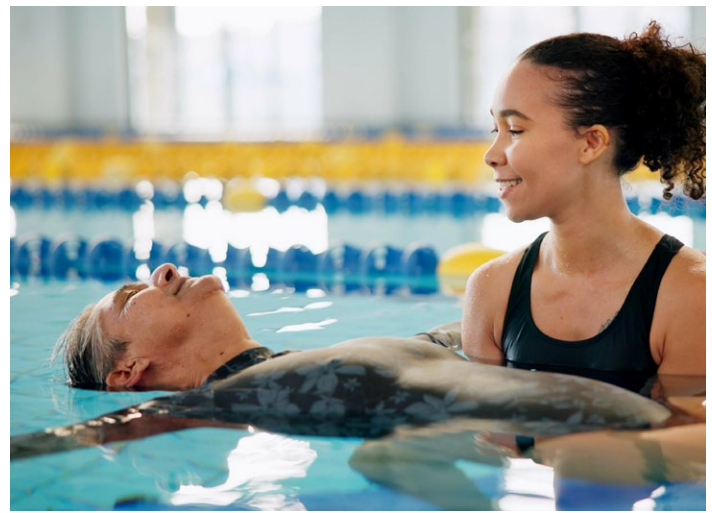
Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Apr 5–Jun 7	6:30 p.m.	9	51062	\$264.60
Sat	Apr 5–Jun 7	7:30 p.m.	9	51063	\$264.60
Donevan Recreation Complex					
Sat	Apr 5–Jun 14	10:00 a.m.	9	48217	\$264.60
Sat	Apr 5–Jun 14	10:00 a.m.	9	49617	\$264.60
Sat	Apr 5–Jun 14	10:30 a.m.	9	48218	\$264.60
Sat	Apr 5–Jun 14	10:30 a.m.	9	49618	\$264.60
Sat	Apr 5–Jun 14	11:00 a.m.	9	48219	\$264.60
Sat	Apr 5–Jun 14	11:00 a.m.	9	49619	\$264.60
Sat	Apr 5–Jun 14	11:30 a.m.	9	48220	\$264.60
Sat	Apr 5–Jun 14	11:30 a.m.	9	49620	\$264.60
Sat	Apr 5–Jun 14	12:00 p.m.	9	48221	\$264.60
Sat	Apr 5–Jun 14	12:00 p.m.	9	49621	\$264.60
Sun	Apr 6–Jun 15	9:00 a.m.	9	51032	\$264.60
Sun	Apr 6–Jun 15	9:00 a.m.	9	51033	\$264.60
Sun	Apr 6–Jun 15	9:30 a.m.	9	51034	\$264.60
Sun	Apr 6–Jun 15	9:30 a.m.	9	51035	\$264.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	51036	\$264.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	51037	\$264.60
Sun	Apr 6–Jun 15	10:30 a.m.	9	51038	\$264.60
Sun	Apr 6–Jun 15	10:30 a.m.	9	51039	\$264.60
Sun	Apr 6–Jun 15	11:00 a.m.	9	51040	\$264.60
Sun	Apr 6–Jun 15	11:00 a.m.	9	51041	\$264.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	51042	\$264.60
Sun	Apr 6–Jun 15	11:30 a.m.	9	51043	\$264.60
Wed	Apr 9–Jun 11	6:30 p.m.	10	48222	\$294.00
Wed	Apr 9–Jun 11	6:30 p.m.	10	48223	\$294.00
Wed	Apr 9–Jun 11	6:30 p.m.	10	49623	\$294.00
Wed	Apr 9–Jun 11	7:00 p.m.	10	48224	\$294.00
Wed	Apr 9–Jun 11	7:00 p.m.	10	49624	\$294.00
Wed	Apr 9–Jun 11	7:30 p.m.	10	48225	\$294.00
Wed	Apr 9–Jun 11	7:30 p.m.	10	49625	\$294.00
Wed	Apr 9–Jun 11	8:00 p.m.	10	48226	\$294.00
Wed	Apr 9–Jun 11	8:00 p.m.	10	49626	\$294.00

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	Apr 5–Jun 14	1:15 p.m.	9	47582	\$264.60
Sat	Apr 5–Jun 14	10:15 a.m.	9	47579	\$264.60
Sat	Apr 5–Jun 14	11:15 a.m.	9	47580	\$264.60
Sat	Apr 5–Jun 14	12:15 p.m.	9	47581	\$264.60
Sat	Apr 5–Jun 14	9:15 a.m.	9	47578	\$264.60
Sun	Apr 6–Jun 15	1:15 p.m.	9	47587	\$264.60
Sun	Apr 6–Jun 15	10:15 a.m.	9	47584	\$264.60
Sun	Apr 6–Jun 15	11:15 a.m.	9	47585	\$264.60
Sun	Apr 6–Jun 15	12:15 p.m.	9	47586	\$264.60
Sun	Apr 6–Jun 15	9:15 a.m.	9	47583	\$264.60
Mon	Apr 7–Jun 16	4:00 p.m.	9	47588	\$264.60
Mon	Apr 7–Jun 16	4:15 p.m.	9	47589	\$264.60
Mon	Apr 7–Jun 16	5:45 p.m.	9	47590	\$264.60
Mon	Apr 7–Jun 16	6:45 p.m.	9	47591	\$264.60
Mon	Apr 7–Jun 16	7:45 p.m.	9	47592	\$264.60
Mon	Apr 7–Jun 16	7:45 p.m.	9	47593	\$264.60
Mon	Apr 7–Jun 16	7:45 p.m.	9	47594	\$264.60
Tue	Apr 8–Jun 10	4:00 p.m.	10	47595	\$294.00
Tue	Apr 8–Jun 10	4:15 p.m.	10	47596	\$294.00
Tue	Apr 8–Jun 10	4:15 p.m.	10	47597	\$294.00
Tue	Apr 8–Jun 10	4:45 p.m.	10	47598	\$294.00
Tue	Apr 8–Jun 10	5:45 p.m.	10	47599	\$294.00
Wed	Apr 9–Jun 11	4:00 p.m.	10	47600	\$294.00
Wed	Apr 9–Jun 11	4:15 p.m.	10	47601	\$294.00
Wed	Apr 9–Jun 11	5:45 p.m.	10	47602	\$294.00
Wed	Apr 9–Jun 11	6:45 p.m.	10	47603	\$294.00
Wed	Apr 9–Jun 11	7:45 p.m.	10	47604	\$294.00
Wed	Apr 9–Jun 11	7:45 p.m.	10	47605	\$294.00
Wed	Apr 9–Jun 11	7:45 p.m.	10	47606	\$294.00
Thu	Apr 10–Jun 12	4:00 p.m.	10	47607	\$294.00
Thu	Apr 10–Jun 12	4:15 p.m.	10	47608	\$294.00
Thu	Apr 10–Jun 12	4:15 p.m.	10	47609	\$294.00
Thu	Apr 10–Jun 12	4:45 p.m.	10	47610	\$294.00
Thu	Apr 10–Jun 12	5:45 p.m.	10	47611	\$294.00



Private Swim – Adult

Age: 18 years +

Lessons: 30 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Apr 5–Jun 7	6:00 p.m.	9	49688	\$264.60
Sat	Apr 5–Jun 7	6:00 p.m.	9	49689	\$264.60
Sat	Apr 5–Jun 7	6:00 p.m.	9	49691	\$264.60
Sun	Apr 6–Jun 1	6:30 p.m.	8	49752	\$235.20
Sun	Apr 6–Jun 1	6:30 p.m.	8	49753	\$235.20
Tue	Apr 8–Jun 3	7:00 p.m.	9	49587	\$264.60
Tue	Apr 8–Jun 3	7:00 p.m.	9	49588	\$264.60
Donevan Recreation Complex					
Wed	Apr 9–Jun 11	8:30 p.m.	10	48213	\$294.00
Wed	Apr 9–Jun 11	8:30 p.m.	10	48214	\$294.00
Wed	Apr 9–Jun 11	8:30 p.m.	10	48215	\$294.00
Wed	Apr 9–Jun 11	8:30 p.m.	10	48216	\$294.00

Try something new!

◆ **Brand new courses for
Spring 2025!**

Check out the list of fresh programming on [page 107](#).

specialty swim lessons



Programs are eligible for financial assistance unless marked (*)

NEW Water Sports Club

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: Civic Recreation Complex

Fitness Swimmer

Take your swimming skills to the next level! Through structured drills and personalized feedback, improve your stroke, increase stamina and work toward your swim goals in a supportive environment.

Age: 12 to 16 years

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

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,
Donevan Recreation Complex**

NEW Swim Fit Training

This program focuses on stroke improvement, endurance building and technique refinement, guided by qualified instructors. Perfect for those who want a coached swim experience with clear fitness goals in mind!

Age: 15 years +

Location: Civic Recreation Complex



spring specialty swim lessons

Water Sports Club

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

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Apr 5–Jun 7	6:30 p.m.	9	50774	\$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	Apr 5–May 24	4:00 p.m.	6	48211	\$56.40
Sat	Apr 5–May 24	4:30 p.m.	6	48212	\$56.40

Fitness Swimmer

Age: 12 to 16 years
Lessons: 30 minutes per class, *45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
*Sun	Apr 6–Jun 1	3:30 p.m.	8	50772	\$75.20
Donevan Recreation Complex					
Sun	Apr 6–Jun 8	10:30 a.m.	8	49637	\$75.20



Adult Swimmer – All Levels

Age: 14 years +
Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Fri	Apr 11–Jun 6	9:45 a.m.	8	49767	\$75.20
Mon	Apr 7–Jun 2	9:45 a.m.	7	49764	\$65.80
Tue	Apr 8–Jun 3	9:45 a.m.	9	49765	\$84.60
Thu	Apr 10–Jun 5	9:45 a.m.	9	49766	\$84.60
Donevan Recreation Complex					
Wed	Apr 9–Jun 11	8:30 p.m.	10	48207	\$94.00

Teen Swimmer – Beginner

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

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sun	Apr 6–Jun 1	5:45 p.m.	8	49754	\$75.20



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	Apr 5–Jun 7	4:30 p.m.	9	49672	\$84.60
*Sun	Apr 6–Jun 1	3:30 p.m.	8	49693	\$75.20
*Tue	Apr 8–Jun 3	7:45 p.m.	9	49599	\$84.60
*Thu	Apr 10–Jun 5	7:45 p.m.	9	49664	\$84.60
Delpark Homes Centre					
*Mon	Apr 7–Jun 16	8:15 p.m.	9	48173	\$84.60
*Tue	Apr 8–Jun 10	9:15 a.m.	10	48175	\$94.00
*Wed	Apr 9–Jun 11	8:15 p.m.	10	48177	\$94.00
*Wed	Apr 9–Jun 11	9:00 a.m.	10	48176	\$94.00
Donevan Recreation Complex					
Sun	Apr 6–Jun 15	9:00 a.m.	9	50996	\$84.60
Sun	Apr 6–Jun 15	10:00 a.m.	9	50997	\$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	Apr 5–Jun 7	5:15 p.m.	9	49687	\$84.60
*Sun	Apr 6–Jun 1	4:15 p.m.	8	49747	\$75.20
*Tue	Apr 8–Jun 3	7:45 p.m.	9	49600	\$84.60
*Thu	Apr 10–Jun 5	7:45 p.m.	9	49663	\$84.60
Donevan Recreation Complex					
Sun	Apr 6–Jun 15	11:00 a.m.	9	50998	\$84.60

Swim Fit Training

Age: 15 years +
 Lessons: 45 minutes per class

Day	Dates	Time	Class #	Course ID	Fee
Civic Recreation Complex					
Sat	Apr 5–Jun 14	6:30 p.m.	7	49692	\$84.60

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.



aquatic leadership

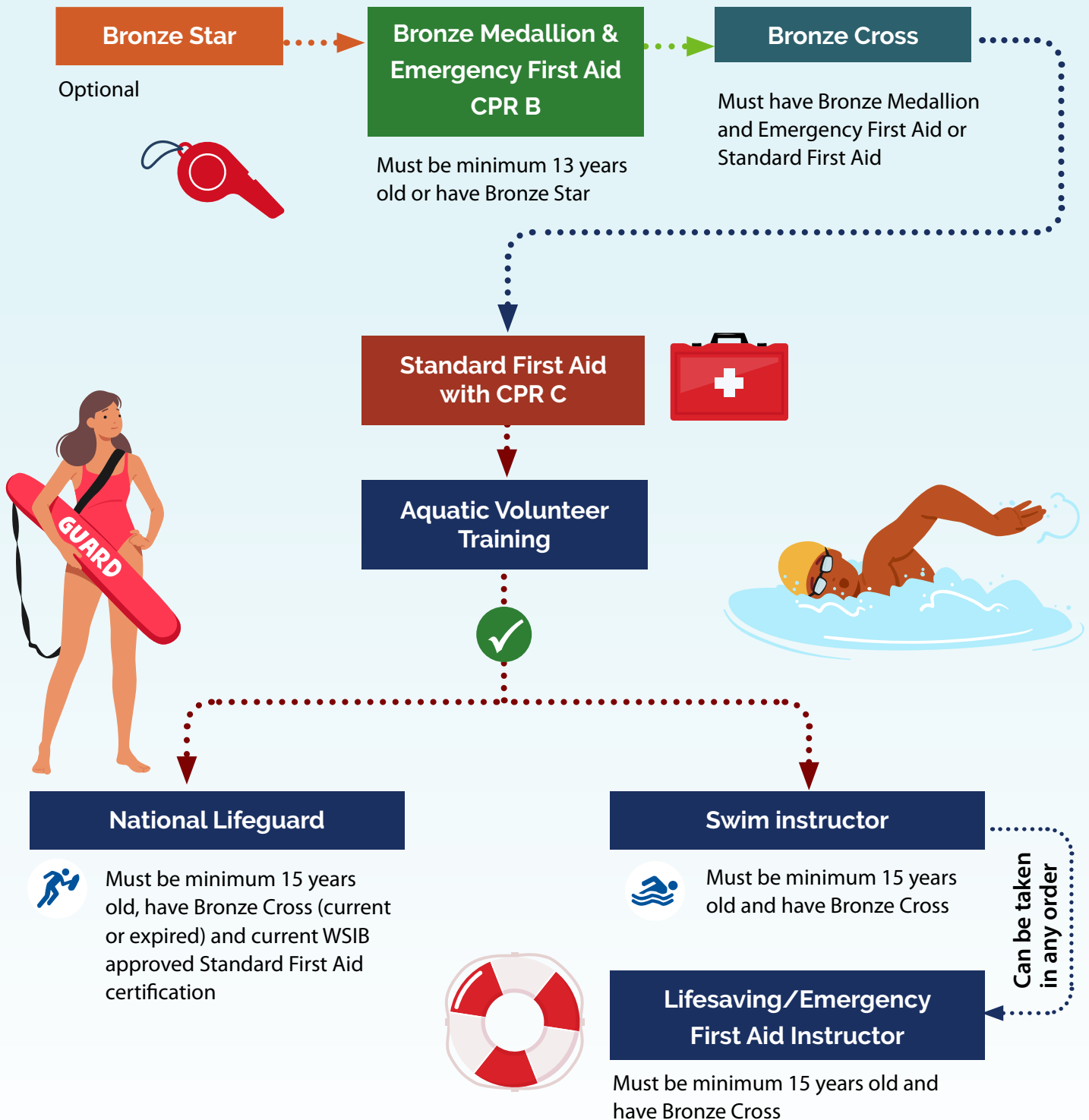
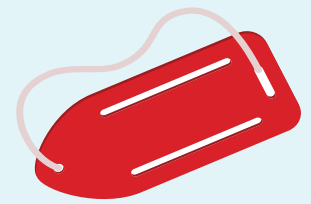


Making registration simple

All aquatic leadership courses 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



aquatic leadership 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,
Donevan 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.

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: Camp Samac & Delpark Homes Centre, 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: 17 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 & Emergency First Aid 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



Spring Program Information

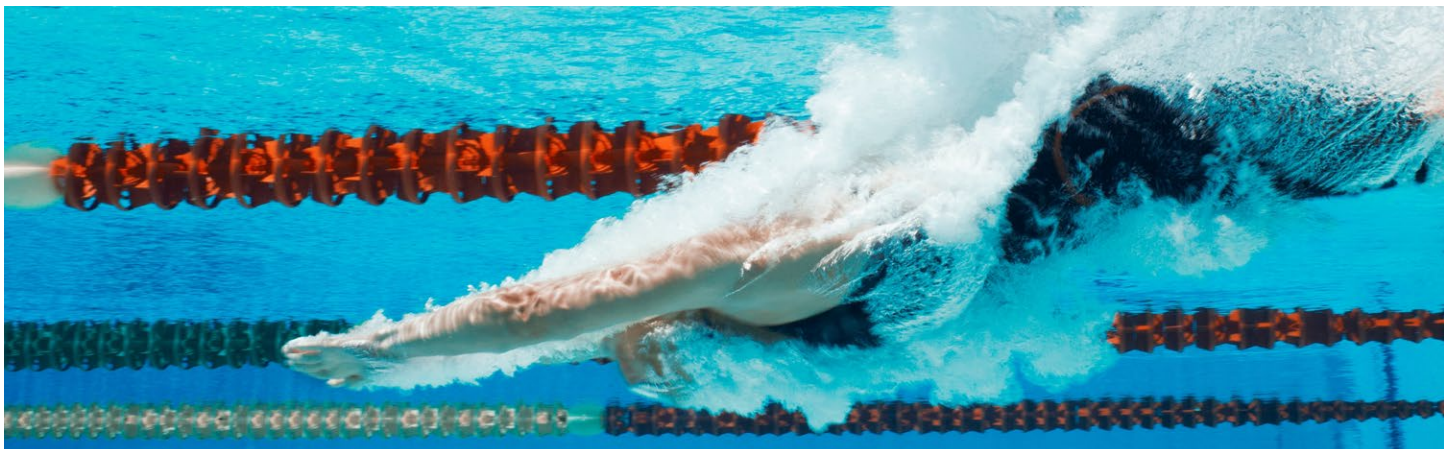
Program	Age	Facility	Dates	Day & Time	Classes	Course ID	Price
Leadership & First Aid							
Bronze Star & Basic First Aid	10–13 yrs	CRC	Apr 10–May 29	Thu: 7:00 p.m.–8:30 p.m.	8	49665	\$134.40
Bronze Star & Basic First Aid	10–13 yrs	DRC	Apr 6–Jun 8	Sun: 12:00 p.m.–1:30 p.m.	8	49513	\$134.40
Bronze Cross & Standard First Aid	13 yrs+	DRC	Apr 6–Jun 15	Sun: 11:00 a.m.–2:45 p.m.	9	49512	\$336.00
Bronze Medallion & Emergency First Aid	13 yrs+	CRC	Apr 5–Jun 7	Sat: 4:00 p.m.–6:30 p.m.	9	49690	\$224.00
Bronze Medallion & Emergency First Aid	13 yrs+	DRC	Apr 6–Jun 15	Sun: 1:30 p.m.–4:00 p.m.	9	49511	\$224.00
Standard First Aid & CPR C	13 yrs+	CRC	May 24–May 25	Sat & Sun: 9:00 a.m.–5:00 p.m.	2	50314	\$140.80
Standard First Aid & CPR C	13 yrs+	DRC	Mar 29–Mar 30	Sat & Sun: 9:00 a.m.–5:00 p.m.	2	49845	\$140.80
Standard First Aid & CPR C – Recertification	13 yrs+	DRC	Mar 30	Sun: 9:00 a.m.–5:00 p.m.	1	49847	\$70.40
Standard First Aid & CPR C – Recertification	13 yrs+	DRC	Jun 22	Sun: 9:00 a.m.–5:00 p.m.	1	49849	\$70.40
Lifesaving & Emergency First Aid Instructor	15 yrs+	DRC	May 16–May 18	Fri: 4:00 p.m.–8:00 p.m. Sat & Sun: 9:00 a.m.–6:00 p.m.	3	49524	\$272.00
Swim Instructor	15 yrs+	DRC, DHC	Apr 5–May 3 May 10–Jun 14	Sat (DRC): 10:00 a.m.–12:30 p.m. Sat (DHC): 10:00 a.m.–12:00 p.m.	9	49514	\$256.00
National Lifeguard – Pool	15 yrs+	CS, DHC	Jun 13–Jun 22	Fri (CS): 5:00 p.m.–9:00 p.m. Sat & Sun (DHC): 9:00 a.m.–6:00 p.m.	6	50754	\$360.00
National Lifeguard – Pool	15 yrs+	DRC	Apr 6–Jun 15	Sun: 3:00 p.m.–8:00 p.m.	9	49520	\$360.00
National Lifeguard – Recertification	17 yrs+	DRC	Jun 14	Sat: 4:00 p.m.–9:00 p.m.	1	49842	\$92.00

CS – Camp Samac

CRC – Civic Recreation Complex

DHC – Delpark Homes Centre

DRC – Donevan Recreation Complex



The City of Oshawa is excited to announce the installation of the centennial community-based art project, “How Many Hearts?“, currently on display at Delpark Homes Centre, 1661 Harmony Rd. N., Oshawa.

The “How Many Hearts?” project, created in collaboration with the LivingRoom Community Art Studio and Oshawa community members, was created with mulberry paper and permanent marker. This artwork unites more than 300 individual perspectives, histories and hopes in a hanging artwork celebrating that which connects us as neighbours, families and friends. When brought together, each heart – a unique expression of that which matters most to a community member –reminds us that despite our differences, we are bound together through the love we carry for one another and the city we call home.

The artwork has been added to the City’s public art collection.



◆ Check out our new courses!



Fresh programming for all ages starting this spring

Course Title	Age Group	Page
Fine Motor Fun – Parented	2 to 5 years	Page 19
Letter Factory – Parented	3 to 5 years	Page 19
Junior STEM – Inventors' Workshop	4 to 7 years	Page 30
Lawn Sports – Outdoors – Child	7 to 10 years	Page 28
Senior STEM – High Voltage Hijinks	8 to 12 years	Page 30
Water Sports Club	10 to 14 years	Page 95
Lawn Sports – Outdoors – Youth	11 to 14 years	Page 37
Inclusion Services – VOLT Hockey – Driving and Safety	11 years +	Page 62
Inclusion Services – VOLT Hockey – Skills and Scrimmage	11 years +	Page 62
Swim Fit Training	15 years +	Page 96
Low Intensity Recreational Soccer	18 years +	Page 44

events

Check out the
upcoming
city events at
[Oshawa.ca/events](https://www.oshawa.ca/events)



Register for a Community Cleanup by visiting Oshawa.ca/communitycleanup

Find out more at Oshawa.ca/Events and Oshawa.ca/Culture.



Looking to volunteer at one of the City of Oshawa events? Visit Oshawa.ca/volunteer

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.



The Spring 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

