PROTECT YOUR SMILE WITH CUSTOM SPORTS GUARDS!

www.northshoresdental.com 416-694-8177
NEW PATIENTS WELCOME

BOOK YOUR APPOINTMENT ONLINE
916 Kingston Rd (West of Victoria Park).
Greetings,

Summer is always an exciting time here as we welcome over 2,000 campers of all abilities to experience all Variety Village has to offer. Our campers enjoyed art, dance, drama, multi sport, swimming, taekwondo, synchro, and even sleep-over camp. It’s hard to believe that summer is almost over after taking so long to get here! As we approach the fall season we are happy to present the Variety Village Fall/Winter 2013/2014 Program Guide. It is always our goal to offer the best in sport, fitness and wellness opportunities to provide positive lifestyle choices for people of all abilities.

Please feel free to share this guide with your family, friends and neighbours.

Variety Village is an accessible and inclusive sport, fitness, wellness and life skills facility that also provides adapted programs and equipment for people with disabilities. As a not-for-profit facility, we rely on donor dollars to help us provide these programs and services, both here at the Village, and within the larger community through our outreach programs. Variety Village continues to be generously supported through foundation grants and by community and corporate partners. We also rely on funding through special events such as our Inaugural Open Water Swim at Boshkung Lake on September 7, the Walk Roll Run & Fun Fall Fair, coming up on October 27 and the World’s Greatest Christmas Party, taking place on December 1.

Our extensive line up of fall/winter programs includes Cardio-Kids, Building Blocks, wheelchair basketball, taekwondo, dance, Drama & Music Club, Pilates, Zumba® and Zumba® Toning, Tai Chi, Aquafit, swimming lessons and everything in between. Our certified personal trainers and nutritionists are ready to work with you to help you meet your fitness goals.

As a renowned training centre where athletes play, learn and compete from grassroots right up to elite podium levels at the Olympics, Paralympics and Special Olympics, Variety is proud to offer opportunities for play and competition on eight sports teams. Our teams include track, wheelchair basketball, two swim teams, synchro, weightlifting and taekwondo and powerlifting.

Variety Village serves a large community across Ontario through outreach programs in the areas of accessibility training and education. We also serve as a centre for rehabilitation to community for stroke, brain injury, physical trauma and more. We are very grateful to the Province of Ontario and Scotiabank for their support of these programs.

We would be pleased to offer you a tour of our 168,000 square foot facility at any time and answer any questions you may have about membership.

I hope to welcome you to the Variety Village family in the very near future.

John Willson, CEO

For more information or to book a tour contact:
Chris Crawford at 416-699-7167 ext 221
or email ccrawford@varietyvillage.on.ca
FALL Sept 2 - Dec 23 2013

INCLUDED PROGRAMS
20 ADULT / SENIOR
22 CHILDREN

FEE PROGRAMS
23 WELLNESS
25 SPECIALTY
27 FUNDAMENTAL
28 MULTI-SPORT

PRE-COMPETITIVE PROGRAMS
29 GRASSROOTS

AQUATICS INCLUDED PROGRAMS
31 AQUATICS

AQUATICS FEE PROGRAMS
32 LEARN TO SWIM
37 RECREATIONAL
38 PRE-COMPETITIVE
40 INDIVIDUAL INSTRUCTION
42 LEADERSHIP

WINTER Jan 6 - Mar 8 2014

INCLUDED PROGRAMS
45 ADULT / SENIOR
46 CHILDREN

FEE PROGRAMS
47 WELLNESS
49 SPECIALTY
51 FUNDAMENTAL
52 MULTI-SPORT

PRE-COMPETITIVE PROGRAMS
53 GRASSROOTS

AQUATICS INCLUDED PROGRAMS
56 AQUATICS

AQUATICS FEE PROGRAMS
58 LEARN TO SWIM
63 RECREATIONAL
64 PRE-COMPETITIVE
66 INDIVIDUAL INSTRUCTION
68 LEADERSHIP
PARKING & DROP-OFF

MAIN ENTRANCE
1 Reception
2 Membership
3 Personal Training Office
4 Waiting Area
& Snack Bar

FIELDHOUSE
5 Women’s Change Room
6 Men’s Change Room
7 Shopper’s Home HealthCare
8 Track & Basketball Courts
9 Cardio Room
10 Physiotherapy
11 Co-Ordinator Office

AQUATICS CENTRE
12 Pool Office
  • Lane Pool
  • Shallow Pool
  • Hot Therapy Pool
13 Family Changeroom
14 Women’s Changeroom
15 Men’s Change Room
16 LINKS Room
17 Lounge
18 BARALL Performance Centre
19 Maintenance
20 Cafeteria
21 Communications
  • Volunteer Office
22 Administration
23 Fundraising / Development
24 Program Offices
25 Finance Offices
26 Weight Room
27 Taekwondo Room
28 Multi-Sensory Room

HOURS OF OPERATION

Monday - Friday: 6:00am - 10:00pm
Saturday and Sunday: 7:00am - 5:00pm

Please note: Variety Village occasionally hosts special events; access may be limited.

6 VARIETY VILLAGE PROGRAM GUIDE FALL & WINTER 2013-2014 WWW.VARIETYVILLAGE.CA
EQUIPMENT & FACILITIES
From our 76,000 square foot fieldhouse, 200m indoor MONDO® Track, 3 full basketball courts, rock climbing walls, state of the art cardio room and weight room to our swimming pools, hot pool and full range of accessible equipment, we have something to fit everyone’s needs. Whether you’re a serious athlete or working on getting fit and staying healthy, you can do it at Variety Village in our friendly, family oriented environment.

PROGRAMS FOR ALL AGES
Variety Village offers programs for all ages: from tots to seniors. Be sure to check out our unique programs and our Active Aging Club.

ACCESS TO FREE PROGRAMS
Variety Village members enjoy free access to drop-in fitness classes including free Aquafit, Cardio & Weight Training classes, ZUMBA® and more! Parents - take advantage of Kids’ Zone – free drop-in classes for kids aged 3-12!

MEMBER REFERRAL PROGRAM
As our thank you to you, members receive a free one month extension to their membership for every annual membership referred.

PERSONAL TRAINING and NUTRITIONAL SERVICES
Variety Village offers its members additional services including access to personal training and one to one nutritional counselling.

CPR/FIRST AID/AED TRAINED STAFF
Feel comfortable and confident working out in an environment that offers the added safety of fully CPR/First Aid/AED trained program staff.

For the additional benefits of membership, please visit us at: www.varietyvillage.ca
SPECIAL EVENTS

Variety Village is pleased to host exciting special events throughout the year. Our goal is to connect with our community by creating mutually beneficial events and sparking future partnerships.

Special Events Contact:
Nina Chamberlain 416-699-7167 ext 285 
nchamberlain@varietyvillage.on.ca

2013 SPECIAL EVENTS INCLUDE:

- **Open Water Swim**
  Saturday, Sept 7

- **Lt. Governor’s Games**
  Friday, October 18

- **7th Annual Walk Roll Run & Fun Fall Fair**
  Sunday, October 27

- **Active Living Conference**
  Friday, November 1

- **16th Annual World’s Greatest Christmas Party**
  Sunday, December 1

HOLIDAY CLOSURES

- **Labour Day**
  Monday, Sept 2/13 - CLOSED

- **Thanksgiving**
  Monday, Oct 14/13 - CLOSED

- **Christmas Eve**
  Tuesday, Dec 24/13 - 2PM CLOSED

- **Christmas**
  Wednesday, Dec 25/13 - CLOSED

- **Boxing Day**
  Thursday, Dec 26/13 - CLOSED

- **New Year’s Eve**
  Tuesday, Dec 31/13 - CLOSED

- **New Year’s Day**
  Wednesday, Jan 1/14 - CLOSED

- **Family Day**
  Monday, Feb 17/14 - OPEN 9-5PM

CLOSURES/RESTRICTIONS

- **OCT 6** Pool closed 8-2pm
- **NOV 1** Fieldhouse restriction 9-3pm
- **NOV 16** Fieldhouse closed - Toronto Open TKD
- **NOV 17** Fieldhouse closed - Toronto Open TKD
- **NOV 30** Village Closed - Private Party
- **DEC 1** Fieldhouse closed
Variety Village offers facility rentals to members and the general public:

- 76,000 Square Foot Fieldhouse with 3 full size multi-purpose Sport Courts
- Fully Equipped Weight Room and Cardio Room
- 200m, 5 Lane Indoors Competitive Track
- 25m, 6 Lanes Competition Pool
- 15m, 6 Lanes Shallow End Pool
- Hot Therapy Pool
- 2 Medium All Purpose Rooms

For more information on facility rentals and birthday parties please contact:

Ann Doucette
416-699-7167 ext 245
adoucette@varietyvillage.on.ca

You choose from:

ONE HOUR IN THE GYM

OR

ONE HOUR IN THE POOL

+ ONE HOUR IN A PRIVATE ROOM

for presents and cake!*

A qualified instructor will plan and direct your one hour activity.

Cost: Basic package $200 for up to 15 children ($250 for non-members)

Days available: Sundays only

*Food, beverages & cake not included.

From a wide range of sports genres, The Village is the training facility of preference for youth organizations from across the GTA. In total, over 20 associations representing over 60 teams and 700 athletes have included the facility in their off season, pre-season and in season conditioning programs.

VARIETY VILLAGE SHOULD BE PART OF YOUR TRAINING PROGRAM!

For more details and registration:

Mark Ireland
416-699-7167 ext 297
mireland@varietyvillage.on.ca
HELLO POTENTIAL VOLUNTEER!

I hope you are ready to get involved and join the Variety Team!
With over 600 volunteers annually, Variety Village offers unique and inspiring volunteer opportunities in a number of areas.

Variety is always looking for motivated volunteers to assist in our integrated recreational evening and weekend programs, upcoming events and in an administrative capacity.

For a complete list of volunteer opportunities and application, please visit our website at www.varietyvillage.ca

For more information contact:
Kate Haggis
416-699-7167 ext 251
volunteer@varietyvillage.on.ca

DO YOU WANT TO WORK AT THE VARIETY VILLAGE POOL?

WHAT DO I DO?

When you are 12-13 years old:
Take your Bronze Star

When you are 13 years old or have your Bronze Star:
Take your Bronze Medallion

When you have your Bronze Medallion and you are 14 years old:
Take your Bronze Cross

When you are 14-15 years old and have your Bronze Cross:
Take the Assistant Water Safety Instructor Course

When you have your Assistant Water Safety Instructor:
Take the Water Safety Instructor Course

When you are 16 years old:
Take your NLS

Now that you have completed all these courses, drop off your resume and cover letter with the Aquatics Coordinator,

Suzie Lowe,
416-699-7167 ext 237
slowe@varietyvillage.on.ca
Regular proper exercise lifts your spirit, sharpens your mind and makes your body more resilient.

Our Personal Trainers will guide you through the steps you need to meet and maintain your personal goals. They train you through one on one instruction and teach you proper exercise techniques for use in the weight room, fieldhouse, cardio room and more. You will receive an initial assessment, a progress assessment as well as a challenging written program.

Trainers have extensive experience working with children, youth, adults and seniors. Our trainers work with high level athletes, recreational athletes, people in recovery, people with specific conditions, couch potatoes, and anyone who needs help reaching their fitness goals.

**ADULTS:** training packages are available in 2 sessions, 10 sessions or 20 sessions.

**YOUTH & SENIORS:** packages are available in 5 sessions or 10 sessions.

*Rates for special needs clients are also available.*

**Weight 2 Go** has partnered with Variety Village to offer members a Nutrition and Wellness service.

Weight 2 Go Health and Wellness Inc. is a nutrition and wellness company designed to teach and assist you to manage your weight and health goals based on your personal lifestyle.

Weight 2 Go will customize a sensible nutrition plan for you with emphasis on REAL food. Weight 2 Go is NOT a fad diet but a healthy lifestyle choice. We take into account your overall health, lifestyle, dietary likes and dislikes. Customized nutrition plans are designed to help you manage your weight and improve overall health. Learn how to select healthy food choices when grocery shopping and when out for dinner at your favourite restaurant.

Weight 2 GO will offer you guidance, support and teach you how to manage your weight and enjoy healthy living for the rest of your life!

For more information contact:
Corinna N. Purdy,
*Nutrition Specialist*
416 629-6401
email: corinna@weight2go.ca

---

For more information please contact:
Debbie Murray
416-699-7167 ext 238
dmurray@varietyvillage.on.ca
Promoting participation and inclusive activities for your class, school, community group or organization.

At Variety Village, we are passionate about educating individuals and communities about the importance of providing inclusive active living opportunities.

The Ability in Action program is a very energetic and hands-on learning experience. On-site at Variety Village or off-site at a location of your choice, our Ability in Action program staff will provide activities that are both interactive and inclusive.

Through the Ability in Action program, educators, students, coaches, service industry leaders and participants from municipalities receive practical experiences to promote inclusive sport and activities. With focus placed on integration, acceptance, awareness and teamwork, participants will have an increased awareness of the importance of inclusive activities for people of all abilities.

Our ON-SITE PROGRAM could include a facility tour highlighting accessibility features; a choice of adapted activities; and a discussion about the importance of inclusion and active living.

Our OFF-SITE PROGRAM includes a selection of equipment based on the choice of adapted activities and a discussion about the importance of inclusion and active living.

A. 2 - hour session - $10 per participant
(choice of 3 activities)
Availability: Monday – Friday

B. 4 - hour session - $15 per participant
(choice of 6 activities with a lunch break)
Availability: Monday – Friday

Please Note:
A mileage charge is applied to all off-site options.

For more information contact:
Shane Risto
416.699.7167 ext 262
sristo@varietyvillage.on.ca
REGISTRATION DAYS AND TIMES
are printed on page 15 of this guide

Please note: Special Needs Children have an exclusive registration period.

Registration is subject to availability on a first come, first served basis.

1. Complete the registration form: available at reception or online at www.varietyvillage.ca
Ensure all program codes are included. Program codes are located beside program times. Ensure the waiver portion is signed.

2. Registration forms may be submitted the following ways:

   Please note: first day of registration is in person only
   - Phone: Call 416-699-7167 ext 246 during business hours and register by phone. You may only pay by credit card.
   - Drop-Off: Drop off registration form and payment at the reception desk during business hours. You may pay by cash, credit card or cheque.
   - Fax: Fax registration form to 416-699-3926 including credit card only payment information and expiry date.
   - Mail: Mail form and payment to: Membership Services, Variety Village, 3701 Danforth Avenue, Scarborough, Ontario M1N 2G2
     You may pay by credit card or cheque.

   Please do not send cash.

Payment Information: Accepted credit cards are VISA, Master Card and American Express.

Note: If your cheque does not clear, you must pay by cash or certified cheque (within 2 business days) the outstanding balance plus a $25 NSF (Non-sufficient funds) administration fee.

AGE SPECIFICATIONS:
Registrants must reach the specified minimum age of the program within three weeks of program start.

For your SAFETY:
To ensure your health and safety, please make program staff aware of any medical conditions, medication requirements, behavioral issues, allergies or recent surgeries. All information will be treated confidentially.

WITHDRAWALS AND REFUNDS:
All registration cancellations/withdrawals must be initiated, and followed in writing, prior to the start of the program’s third class/day only. No refunds or credits will be considered after this date. Withdrawals will be prorated based on the date of withdrawal, not based on attendance in the program. A $15 administration fee will be deducted per person, per program for all refunds, withdrawals and credits.

Requests must be submitted in writing, dated and delivered in person to the Membership Office at Variety Village, e-mailed or faxed to 416-699-3926.

FOULINGS/MAINTENANCE: Due to situations beyond our control we may need to cancel a class with very short notice. We will do as much as possible to limit the amount of time the pool is closed however we are not able to provide make up classes for this time missed.

PROGRAM CANCELLATION: Variety Village reserves the right to cancel or alter any programs, times, costs, or locations outlined in this guide without notice, due to lack of registration, change of policy, availability of space, instructors and special events. Refunds will be issued for course cancellations only.

WAITING LISTS: In cases of full classes, you may choose to be added to a waiting list.

TRANSFERS: There is no transfer fee to move from one program to another or one class to another. Transfers are not permitted for certification programs after the first 2 wks/classes.

NON-ATTENDANCE POLICY: If you decide to no longer attend or a medical condition prevents you from attending, please be considerate and call 416-699-7167 ext 237 to withdraw from the program. Otherwise, we may contact you and ask you to leave the program so someone from the waiting list can join.

For Red Cross Swimming programs, we reserve the right to cancel without calling if participants miss the first two weeks of the program without notifying us. Make up classes are not available.
GENERAL MEMBERSHIP

- Payment terms:
  Credit card (Master Card, Visa, Amex), cheque, debit or cash & pre-authorized debit.

ANNUAL MEMBERSHIP

Includes access to the facility and fitness classes.

<table>
<thead>
<tr>
<th>Age</th>
<th>Monthly</th>
<th>Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$ 48.00</td>
<td>$ 533.00</td>
</tr>
<tr>
<td>Child</td>
<td>$ 28.00</td>
<td>$ 309.00</td>
</tr>
<tr>
<td>Youth</td>
<td>$ 28.00</td>
<td>$ 304.00</td>
</tr>
<tr>
<td>Senior</td>
<td>$ 28.00</td>
<td>$ 304.00</td>
</tr>
<tr>
<td>Family</td>
<td>$ 97.00</td>
<td>$ 1066.00</td>
</tr>
</tbody>
</table>

All prices are subject to change. Prices do not include HST.

Monthly payment option on annual memberships only must be scheduled to a credit card, post dated cheques or pre-authorized debit.

FOUR MONTH MEMBERSHIP

Includes access to the facility and drop-in fitness classes. Note: fees for 4 month memberships must be paid with one payment by membership start date.

<table>
<thead>
<tr>
<th>Age</th>
<th>4 Month Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$ 266.00</td>
</tr>
<tr>
<td>Child</td>
<td>$ 159.00</td>
</tr>
<tr>
<td>Youth</td>
<td>$ 161.00</td>
</tr>
<tr>
<td>Senior</td>
<td>$ 161.00</td>
</tr>
<tr>
<td>Family</td>
<td>$ 533.00</td>
</tr>
</tbody>
</table>

All prices are subject to change. Prices do not include HST.

FINANCIAL SUBSIDIES

Financially subsidized memberships are available through application to Variety-The Children’s Charity. Financial assistance is based on total household income. To be considered, applicants are required to complete a Financial Assistance application form and provide documentation to confirm total household income. For additional information, please contact one of our Membership Services representatives.

ACTIVE AGING CLUB

This is a fitness club for members age 55+. Members participate in gentle exercise classes, walk our cushioned track or exercise in our heated pool. After exercising, members can join their fitness friends for a relaxing afternoon tea or coffee.

Time: Monday - Friday, 9:00am to 4:00 pm
Fee: $36.00 per month
Four-month period fee: $134.00
Full-Year membership: $381.00.

Please note: access to the Village only during the Club hours.

For more information, call 416-699-7167 ext 283 Prices do not include HST.

MEMBERSHIP TERMS and ELIGIBILITY

As part of the application process, membership applicants are required to complete an application form and sign a waiver form. Applicants under the age of 18 must have a parent or legal guardian sign on their behalf.

Applicants applying for financial subsidy through Variety-The Children’s Charity are required to complete a Financial Assistance application and provide documentation to confirm total household income. Annual memberships cancelled before the end of the contracted period are subject to cancellation fees.

As a security measure, members are required to swipe their Membership ID Card upon entering the building and to display it while in the facility. For the safety and wellbeing of our members, rules and protocols have been established. Members are required to adhere to these.Variety Village reserves the right to suspend or revoke membership privileges in the event a person is found to be in breach of rules and protocols.
### PROGRAM GUIDE
#### COMMUNITY BASED PROGRAM SESSIONS

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DURATION</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL 2013</td>
<td>11 weeks</td>
<td>Sept 23 - Dec 7</td>
</tr>
<tr>
<td>BREAK</td>
<td>4 weeks</td>
<td>Dec 8 - Jan 5</td>
</tr>
<tr>
<td>WINTER 2014</td>
<td>9 weeks</td>
<td>Jan 6 - March 8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DURATION</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL 2013</td>
<td>15 weeks</td>
<td>Sept 9 - Dec 21</td>
</tr>
<tr>
<td>BREAK</td>
<td>2 weeks</td>
<td>Dec 22 - Jan 5</td>
</tr>
<tr>
<td>WINTER 2014</td>
<td>10 weeks</td>
<td>Jan 6 - March 15</td>
</tr>
</tbody>
</table>

### FITNESS CLASSES / KIDS’ ZONE
#### ACTIVE AGING SESSIONS

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DURATION</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL 2013</td>
<td>15 weeks</td>
<td>Sept 9 - Dec 21</td>
</tr>
<tr>
<td>BREAK</td>
<td>2 weeks</td>
<td>Dec 22 - Jan 5</td>
</tr>
<tr>
<td>WINTER 2014</td>
<td>10 weeks</td>
<td>Jan 6 - March 15</td>
</tr>
</tbody>
</table>

For more information contact:
Katie Morrison
416-699-7167 ext 283
kmorrison@varietyvillage.on.ca

### WELLNESS CLASSES SESSIONS

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DURATION</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL 2013</td>
<td>15 weeks</td>
<td>Sept 9 - Dec 21</td>
</tr>
<tr>
<td>BREAK</td>
<td>2 weeks</td>
<td>Dec 22 - Jan 5</td>
</tr>
<tr>
<td>WINTER 2014</td>
<td>10 weeks</td>
<td>Jan 6 - March 15</td>
</tr>
</tbody>
</table>

### REGISTRATION TIMES

<table>
<thead>
<tr>
<th>SPECIAL NEEDS</th>
<th>GENERAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>All day by phone, fax or in person.</td>
<td>7:30-11:00am in person only.</td>
</tr>
</tbody>
</table>

|--------------------|-----------------------------|

### ACTIVE AGING CLUB

**MONDAY to FRIDAY - 9:00AM-4:00PM**

This is a fitness club for members age 55+. Members participate in gentle exercise classes, walk our cushioned track or exercise in our heated pool. After exercising, members can join their fitness friends for a relaxing afternoon tea or coffee.

**MONDAY**

1:00-2:00pm  Aquafit Intervals (shallow end)
2:30-3:30pm  Weight Training (weight room)

**TUESDAY**

1:00-2:00pm  Aquafit Fundamentals (shallow end)
2:30-3:30pm  Yoga (theatre)

**WEDNESDAY**

1:00-2:00pm  Aquafit Intervals (shallow end/deep end)
2:30-3:30pm  SHAPE (court 1)

**THURSDAY**

1:00-2:00pm  Aquafit Fundamentals (shallow end)
2:30-3:30pm  Beginners Pilates (theatre)

**FRIDAY**

1:00-2:00pm  Aquafit Intervals (shallow end / deep end)
2:30-3:30pm  Weight Training (weight room)
<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>CLASS</th>
<th>KIDS’ ZONE</th>
<th>FAMILY DROP-IN</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>6:00 - 7:00pm</td>
<td>Cardio &amp; Weights</td>
<td>Aquatics Ages: 5-13</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:30 - 8:30pm</td>
<td>Aquafit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:00 - 8:00pm</td>
<td>ZUMBA®</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00 - 11:00am</td>
<td>T.I.M.E</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUESDAY</td>
<td>9:30 - 10:30am</td>
<td>Body Burn</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00 - 12:00pm</td>
<td>Chair Fitness</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00 - 7:00pm</td>
<td>Cardio Interval</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>9:30 - 10:30am</td>
<td>Cardio Core</td>
<td>Fieldhouse Ages: 3-7</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:30 - 3:30pm</td>
<td>S.H.A.P.E</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:30 - 8:30pm</td>
<td>Aquafit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:00 - 8:00pm</td>
<td>ZUMBA® Toning / Circuit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td>6:30 - 7:15am</td>
<td>Aquafit</td>
<td>Fieldhouse Ages: 3-7</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30 - 10:30am</td>
<td>Circuit Fitness</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00 - 7:00pm</td>
<td>Tai Chi</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00am - 12:00pm</td>
<td>Chair Fitness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td>6:15 - 7:15am</td>
<td>AB Blast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SATURDAY</td>
<td>9:00 - 10:00am</td>
<td>ZUMBA®</td>
<td>Aquatics Ages: 5-13</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00 - 11:30am</td>
<td>Aquafit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:00 - 1:00pm</td>
<td>Aquafit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUNDAY</td>
<td>12:30 - 2:30pm</td>
<td>Family In-Line Skating</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Helmets are mandatory for children under 12. You must provide your own equipment.
Program Information Form

If more space is required, photocopies of this form are acceptable.

Main Contact (18 years or older):

Home Phone: __________________________ Bus Phone: __________________________ ext. ______

Cell Phone: __________________________ Email: __________________________

Has your address changed since your last registration?  □ NO  □ YES - (new address) __________________________

1 Registrant’s Name __________________________

Health/Special Needs Info. __________________________

Birth Date (m/d/y) ______/_____/______  □ Male  □ Female

Member’s Pass No. __________________________ Expiry ______

□ ANNUAL  □ 4 MONTHS

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Name of Program/Level</th>
<th>Day / Session</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2 Registrant’s Name __________________________

Health/Special Needs Info. __________________________

Birth Date (m/d/y) ______/_____/______  □ Male  □ Female

Member’s Pass No. __________________________ Expiry ______

□ ANNUAL  □ 4 MONTHS

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Name of Program/Level</th>
<th>Day / Session</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Helping Hands

Variety Village is a not-for-profit, charitable organization. Helping Hands assists people with disabilities who cannot afford to pay in full for memberships or services. If you would like to donate to this program please include the amount below. A tax receipt will be issued for donations over $20.00

Thank you!

Yes, I would like to donate to Helping Hands.

Amount:

□ $35.00  □ $50.00

□ $100.00  □ Other

$ __________________________

Signature __________________________

Date __________________________

Payment Method  □ Cash  □ Credit Card  □ Cheque  □ Debit

Check One  □ Visa  □ Master Card  □ AMEX

Please DO NOT send cash in the mail.

Card Holder Name (PLEASE PRINT) __________________________

Card Holder Signature __________________________

Helping Hands

Variety Village is a not-for-profit, charitable organization. Helping Hands assists people with disabilities who cannot afford to pay in full for memberships or services. If you would like to donate to this program please include the amount below. A tax receipt will be issued for donations over $20.00

Thank you!

Yes, I would like to donate to Helping Hands.

Amount:

□ $35.00  □ $50.00

□ $100.00  □ Other

$ __________________________

Signature __________________________

Date __________________________

Payment Method  □ Cash  □ Credit Card  □ Cheque  □ Debit

Check One  □ Visa  □ Master Card  □ AMEX

Please DO NOT send cash in the mail.

Card Holder Name (PLEASE PRINT) __________________________

Card Holder Signature __________________________
GETTING STARTED

Families joining the Village have demonstrated their commitment to activity and the importance of exercise on a daily basis. Along side the programs available for parents, we offer programs both on land and in the water for children that create new connections, foster fundamental movement skills and teach simple sport skills. Our goal is to promote physical activity in an environment that is inclusive.

INTRODUCING PHYSICAL LITERACY TO YOUR INFANT/TODDLER

Parent and child can register for a number of early morning/early afternoon programs both on land and in water. The activities and areas are designed to foster social play and connections for the child and friendships for the parents.

GETTING ACTIVE

Children 3 – 6 years of age

In both the fieldhouse and pool, these program introduce children to fundamental movement in an environment that is fun, inclusive and interactive. If you are not sure what program to start with, try out the Children in Motion classes, the starting blocks to teaching running, throwing, catching and kicking through games and activities.

NOT SURE WHICH SPORT YOUR CHILD IS INTERESTED IN PURSUING?

Children 5 and older

As children transition out of the Children in Motion classes and show an interest in sport, Variety Village offers Multisport classes on land and Red Class programs in water. These classes introduce and help to foster sport skills including:

1. dribbling
2. striking
3. lifting
4. swimming

Throughout the eleven week program, coaches from the teams will be guest teaching, introducing simple sport specific skills. This gives the children the opportunity to experience each of the sports we foster at Variety Village.

INTRODUCTION TO SPORT

For Children 5 and older

For children who have mastered basic fundamental movement skills through the Children in Motion and/or Multisport classes and have shown an interest in participating in a specific sport on land and in water, Variety Village offers eight Introduction to Sport including, Wheelchair Basketball, Weightlifting, Track, Swimming, Synchronized Swimming, Taekwondo, Powerlifting, and Boccia.

Coaches facilitating the program follow a teaching model that focuses on age stage and development under the Canadian Sport for Life Long Term Athlete Development Model (LTAD). At this level, children are introduced to the ABC of sport: Agility, Balance and Coordination in an environment that is athlete centred, fun safe and inclusive.

VARIETY VILLAGE ATHLETIC CLUBS

Preparing for Competition

Youngsters who have excelled in the grassroots programs and are interested in competition will transition towards the Athletic Clubs. The focus is on competition following the LTAD model. At this level youngsters are required to commit to year long training schedules, competitions and camps within the region, province and country. Coaches are certified under the National Coaching Certification Program with years of expertise in their sport.
CARDO & WEIGHTS
In this class learn proper exercise techniques. Increase muscle tone and exercise your heart at the same time.

Monday 6:00-7:00pm Ages: 14+ FREE

BODY BURN
This class will be a full HOUR of carefully planned fitness moves that will take your FULL BODY exercise to the next level. Sculpt and Tone your arms, shoulders, chest, back and legs.

Tuesday 9:30-10:30am Ages: 14+ FREE

CARDO INTERVAL
Mix up your workout with a cardio / power circuit class. Cardio Interval is geared towards challenging the cardiovascular system and building muscle tone. It is taught using a variety of equipment that focuses on cardiovascular training, muscle strength/conditioning and abdominal work, while creating a streamlined shape.

Tuesday 6:00-7:00pm Ages: 14+ FREE

CHAIR FITNESS (Special Needs)
Warm up and exercises leading into games in a group setting to enhance individual fitness. Class is facilitated in an encouraging and social atmosphere.

Tuesday 11:00am-12:00pm Ages: 14+ FREE
Thursday 11:00am-12:00pm Ages: 14+ FREE

S.H.A.P.E
This program gives adults the opportunity to improve and maintain their fitness level in a sociable and supportive atmosphere. This is a low impact chair based class.

Wednesday 2:30-3:30pm Ages: 14+ FREE

TIME PROGRAMS (Special Needs)
Please note: TIME runs from Sept. 23 - Dec 7, 2013
TIME is a 1-hour group program. Led by fitness instructors, the workout is arranged in exercise stations for strengthening in everyday activities like standing up from sitting, reaching in all directions, stepping up onto curbs and walking endurance. The program assists participants to improve balance and strengthen legs and core while practicing essential mobility tasks and experiencing all the benefits of exercise.
* Registration required. This program runs for 11 weeks.

Monday 10:00-11:00am Ages: 14+ FREE
CORE-FIT
This class will be a full hour of carefully planned fitness moves that will take your cardio and core exercise to the next level. The first half-hour will focus on moves that will raise your heartbeat and the next half-hour will focus on trunk exercises.

Wednesday  9:30-10:30am  Ages: 14+  FREE

CIRCUIT FITNESS
This circuit training class will challenge your entire body. The possibilities are endless with the focus being strength training. Cycle through exercises and push yourself every week with different exercises.

Thursday  9:30-10:30am  Ages: 14+  FREE

ZUMBA® FITNESS
The ZUMBA® Fitness program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system.

Monday  7:00-8:00pm  Ages: 14+  FREE
Saturday  9:00-10:00am  Ages: 14+  FREE

ZUMBA® TONING / ZUMBA IN THECIRCUIT
ZUMBA® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused ZUMBA® moves to create a calorie-torching, strength-training dance fitness-party. ZUMBA® in the Circuit takes the ZUMBA® Fitness class and mixes it with strength training exercises all at timed intervals. Together you have a great class with sweat, strength and flavour.

Wednesday  7:00-8:00pm  Ages: 14+  FREE

AB BLAST
Blast your Abdominals with this muscle toning, muscle firming and muscle strengthening class. Get that stomach and back beach ready! Perfect for those who need to spice up their abdominal routine or push it to the limit.

Friday  6:15-7:15am  Ages: 14+  FREE

TAI CHI
The practice of Tai Chi is a well-known method of staying healthy, balanced, and strong. It’s an ideal exercise for members of all ages.

Thursday  6:00-7:00pm  Ages: 14+  FREE
CARDIO-KIDS (Previously Gym-tastic)
Let’s get active! Parents enjoy our cardio programs… so too can the kids. This active class consists of structured play and interactive games promoting team building, self-confidence, fitness and fun.
* Registration required.

Monday 6:00-7:00pm  Ages: 4-8  FREE
Monday 6:00-7:00pm  SPECIAL NEEDS  FREE

FAMILY INLINE SKATING
This is a great opportunity to get on your inline skates and cruise around the fieldhouse with the family. Helmets are mandatory for children under 12. You must provide your own equipment.

DROP IN  Sunday  1:00-3:00pm  Ages: All ages  FREE

KIDS’ ZONE
Kids’ Zone is a drop in supervised play area for kids where they will be safe and have fun! Participants must be independent or come with an attendant. Parents must be in a fitness class/working out to drop their children off at Kids’ Zone.

DROP IN  Wednesday  9:30-10:30am  Ages: 3-7  FREE
DROP IN  Thursday  9:30-10:30am  Ages: 3-7  FREE
Please note: **please refrain from wearing scent in the wellness classes. This would include perfume, cologne, body sprays, hair sprays and hair products and essential oils.**

**MOMMY AND ME YOGA**
Bring your baby, 6 weeks through crawling, and enjoy the opportunity for a re-energizing yoga practice focusing on toning abs and the pelvic floor; re-strengthening and re-aligning the shoulders, lower back, and hips; and to recovering internally and externally from pregnancy and childbirth. For the babies, healthy behaviour is modeled by moms taking care of themselves. Home practice tips and infant massage techniques are often included. Bring baby’s favourite blanket for use during practice. (This is an 11 week program)

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12820</td>
<td>Monday</td>
<td>10:00-11:00</td>
<td>Mom and baby</td>
<td>$110</td>
</tr>
</tbody>
</table>

**KIDS’ YOGA**
This class is for those in a Pilates Beginner/Intermediate level, searching for a little more than the regular mat classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12815</td>
<td>Wednesday</td>
<td>6:00-6:45</td>
<td>4-11</td>
<td>$55</td>
</tr>
</tbody>
</table>

**PILATES**
Pilates is a great way to improve your posture, align your body, and increase strength using the principles of core control, breathing and muscular integration. Pilates incorporates elements of Yoga and greco roman exercise.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12757</td>
<td>Thursday</td>
<td>2:30-3:30</td>
<td>55+</td>
<td>$150</td>
</tr>
<tr>
<td>12756</td>
<td>Friday</td>
<td>9:30-10:00</td>
<td>14+</td>
<td>$150</td>
</tr>
</tbody>
</table>

**CORE FIT**
Take Pilates to the next level with this half hour class. Sculpt and tone your core muscles and develop a stronger trunk. This class will target the shoulders, chest, back and abdominal muscles.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12478</td>
<td>Tuesday</td>
<td>12:15-12:45</td>
<td>14+</td>
<td>$75</td>
</tr>
</tbody>
</table>

**YOGA - LATES**
This class is for those in a Pilates Beginner/Intermediate level, searching for a little more than the regular mat classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12817</td>
<td>Tuesday</td>
<td>6:30-7:30</td>
<td>14+</td>
<td>$150</td>
</tr>
</tbody>
</table>
**Please note:** please refrain from wearing scent in the wellness classes. This would include perfume, cologne, body sprays, hair sprays and hair products and essential oils.

### YOGA
Learn yoga positions, breathing patterns and stretching techniques. Make the body and mind connect in this class by increasing flexibility and releasing tensions.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13331</td>
<td>Monday</td>
<td>7:00-8:00pm</td>
<td>14+</td>
<td>$140</td>
</tr>
<tr>
<td>12819</td>
<td>Saturday</td>
<td>10:00-11:00am</td>
<td>14+</td>
<td>$130</td>
</tr>
</tbody>
</table>

### HATHA YOGA
Hatha Yoga is an ancient practice that integrates physical postures, breathing techniques and meditation to promote health and well-being. The main benefits of Hatha Yoga include greater self-awareness, increased mental clarity, stress release and improved physical fitness.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12821</td>
<td>Wednesday</td>
<td>7:30-8:30pm</td>
<td>14+</td>
<td>$150</td>
</tr>
</tbody>
</table>

### FAMILY YOGA
This is an interactive yoga class for yourself and your child/children. Enjoy asanas, meditations and breath work, yoga games and a replenishing savasana wrapped up in a thematic approach to yoga.

* will require 4 families in order to run the program.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12826</td>
<td>Saturday</td>
<td>12:00-1:00pm</td>
<td>Family of 4</td>
<td>$150</td>
</tr>
</tbody>
</table>
**BUILDING BLOCKS**
Participants will learn effective means of communicating play with peers and develop skills that will assist them in their interactions in the classroom, playground or recreation settings. Each week the focus will be working on skills relating to certain themes (making friends, personal space, team work, sharing etc.) and create opportunities for activity during recreation times. We will involve interactive games, new activities and opportunities to interact with peers on various levels depending on the child’s ability.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12830</td>
<td>Saturday</td>
<td>9:00-10:30am</td>
<td>4+</td>
<td>$250</td>
</tr>
<tr>
<td>12831</td>
<td>Saturday</td>
<td>11:00am-12:30pm</td>
<td>4+</td>
<td>$250</td>
</tr>
<tr>
<td>12832</td>
<td>Tuesday</td>
<td>5:30-7:00pm</td>
<td>4+</td>
<td>$250</td>
</tr>
<tr>
<td>12833</td>
<td>Tuesday</td>
<td>7:00-8:30pm</td>
<td>4+</td>
<td>$250</td>
</tr>
</tbody>
</table>

**ONE-ON-ONE READING PROGRAMS**
Help increase your child’s reading ability and comprehension skills through reflection and themed activities. 1:1 reading classes provide your son or daughter with a comfortable reading environment to develop strengths in making inferences, predictions, and comparisons.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12843</td>
<td>Monday</td>
<td>5:00-5:30pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>12844</td>
<td>Monday</td>
<td>5:30-6:00pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>12845</td>
<td>Monday</td>
<td>6:00-6:30pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>12846</td>
<td>Monday</td>
<td>6:30-7:00pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>12847</td>
<td>Wednesday</td>
<td>5:00-5:30pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>12848</td>
<td>Wednesday</td>
<td>5:30-6:00pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>12849</td>
<td>Wednesday</td>
<td>6:00-6:30pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>12850</td>
<td>Wednesday</td>
<td>6:30-7:00pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
</tbody>
</table>

**DRAMA COMPANY**
Participants of this program will take the fundamentals of Introduction to Drama and use those skills to develop an end of year performance. They will also learn behind the scenes techniques to prepare for a show. This program is a full year program.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12881</td>
<td>Thursday</td>
<td>6:00-8:00pm</td>
<td>12+</td>
<td>$545</td>
</tr>
</tbody>
</table>

**WICKED WEDNESDAY**
This respite programs gives participants the opportunity to swim, play cooperative activities in the Fieldhouse and other activities in a social atmosphere. Participants will be given dinner.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12883</td>
<td>Wednesday</td>
<td>3:00-8:00pm</td>
<td>12-18</td>
<td>$440</td>
</tr>
</tbody>
</table>
**ZUMBATONIC** (Previously Kidz’ Dance)
Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they’re at it? Kids will participate in a ZUMBA® Fitness style class and play dance based games throughout the hour.

12891  Tuesday  6:00-7:00pm  Ages: 5-9  $55

**SPORT AND SOCIAL**
Sport and Social is a program for young adults with disabilities. This successful program includes gym, crafts, cooking & group outings presented in a social atmosphere.

12893  Saturday  1:30-4:00pm  Ages: 14+  $140
12892  Monday  7:00-8:30pm  Ages: 14+  $82.50

**SPIN CLASS** **NEW!**
This indoor cycling class offers a non-impact, highly effective way to build cardiovascular strength and endurance as well as abdominal toning with an intense ab focus during the last 15 minutes of class. Designed for all levels (beginners are welcome!) this class offers a challenging opportunity for participants to get their heart pumping while enjoying an hour of music and motivation!

13340  Monday  9:15-10:15am  Ages: 14+  $140
13341  Wednesday  6:00-7:00pm  Ages: 14+  $140
**ONE-ON-ONE FITNESS CONDITIONING / MULTI-SENSORY ROOM (Special Needs)**
Individual instruction in the Fieldhouse for 30 minutes to increase your coordination, endurance, flexibility and fitness.

<table>
<thead>
<tr>
<th>Session ID</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12903</td>
<td>Tuesday</td>
<td>4:30-5:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>12904</td>
<td>Tuesday</td>
<td>5:00-5:30pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>12905</td>
<td>Tuesday</td>
<td>5:30-6:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>12900</td>
<td>Wednesday</td>
<td>4:30-5:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>12899</td>
<td>Wednesday</td>
<td>5:00-5:30pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>12907</td>
<td>Wednesday</td>
<td>5:30-6:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>12906</td>
<td>Thursday</td>
<td>4:30-5:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>12901</td>
<td>Thursday</td>
<td>5:00-5:30pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>12902</td>
<td>Thursday</td>
<td>5:30-6:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
</tbody>
</table>

**CHILDREN IN MOTION 1** - Brought to you by Jays Care Foundation
The Children in Motion program is designed to focus on fundamentals of games and activity improvement in a non-competitive environment. This program also works to prepare participants to participate successfully and independently in programs.

<table>
<thead>
<tr>
<th>Session ID</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12915</td>
<td>Saturday</td>
<td>10:00-10:45am</td>
<td>3-12</td>
<td>$55</td>
</tr>
<tr>
<td>12917</td>
<td>Saturday</td>
<td>11:00-11:45am</td>
<td>3-12</td>
<td>$55</td>
</tr>
</tbody>
</table>

**CHILDREN IN MOTION 2** - Brought to you by Jays Care Foundation
Challenging skills and new concepts are introduced. The emphasis is on individual motor skill development and fitness. This class will reinforce skills learned in Level 1 such as, listening and following instructions. They will also focus on fine and gross motor skills. Advanced skills are developed using fun games.

<table>
<thead>
<tr>
<th>Session ID</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12916</td>
<td>Saturday</td>
<td>10:00-10:45am</td>
<td>3-12</td>
<td>$55</td>
</tr>
</tbody>
</table>

**CHILDREN IN MOTION 3** - Brought to you by Jays Care Foundation
Advanced skill development games are played. Emphasis is on teamwork and fitness.

<table>
<thead>
<tr>
<th>Session ID</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12918</td>
<td>Saturday</td>
<td>10:00-10:45am</td>
<td>3-12</td>
<td>$55</td>
</tr>
</tbody>
</table>
The Variety Village Multi-sport program is an introductory to a range of sports and social skills that foster confidence and skill sets. Highlighting five Fieldhouse Sports Teams; Athletics, Weightlifting, Wheelchair Basketball, Taekwondo and Boccia children will be introduced to the fundamentals focusing on agility, balance and coordination of each sport. Each session will start with a baseline assessment followed by nine weeks of key skill development and ending with a signed take home final skills evaluation with a recommendation for future sessions / program placement.

**MULTI-SPORT 1**
Multi-sport Level 1 is designed to introduce children to simple skill development including: running, jumping, throwing to build confidence in a non-competitive environment. Children will have the opportunity to use pieces of equipment that will support skill development in a setting that is safe.

12919  Tuesday  6:00-7:00pm  Ages: 3-7  $55

**MULTI-SPORT 2**
Children in the Multi-sport Level 2 will continue to build confidence within their skill while introducing advanced skill sets in an environment that is encouraging. By the end of this level, children should be showing skills set/interest towards specific sports.

12921  Tuesday  6:00-7:00pm  Ages: 4-7  $55

**MULTI-SPORT 3**
Children in the Multi-sport Level 3 are interested in sport and have skill set that reflects their interest. Children in level three will be invited to attend grassroots sports teams of their choice and given the extra coaching support to transition into sport.

12923  Tuesday  7:00-8:00pm  Ages: 6-9  $55

**KID FIT**
Are your children ready to hit the gym but are too young?...Not anymore!! This fitness program will teach your children how to workout properly and have fun around the gym. Come build a foundation for your child's future in fitness.

12924  Wednesday  7:00-8:00pm  Ages: 8-13  $55
**BOCCIA** (Special Needs)
This ancient game, whose modern adaptation most closely resembles bowling, requires skill, strategy and just a little luck.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>12926</td>
<td>Saturday</td>
<td>11:00am-12:00pm</td>
<td>11+</td>
<td>$55</td>
</tr>
</tbody>
</table>

**TAEKWONDO - CHILDREN’S INTRODUCTION CLASS - NEW BELTS ONLY**
This beginner program for children of all abilities provides the opportunity to develop fitness, balance, coordination, strength and self-discipline through the Martial Art and sport of Taekwondo.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>12928</td>
<td>Monday</td>
<td>4:30-5:00pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
<tr>
<td>12929</td>
<td>Wednesday</td>
<td>4:30-5:00pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
</tbody>
</table>

**TAEKWONDO - FAMILY FUNDAMENTAL CLASS - BEGINNER PROGRAM**
This introductory program offers families of all abilities the opportunity to develop fitness, balance, coordination, strength, and self-discipline. Students can participate recreationally or test for belts.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>12991</td>
<td>Monday</td>
<td>5:00-6:00pm</td>
<td>5+</td>
<td>$55</td>
</tr>
<tr>
<td>12992</td>
<td>Wednesday</td>
<td>5:00-6:00pm</td>
<td>5+</td>
<td>$55</td>
</tr>
<tr>
<td>12993</td>
<td>Saturday</td>
<td>11:00am-12:00pm</td>
<td>5+</td>
<td>$55</td>
</tr>
</tbody>
</table>

**TAEKWONDO - 1st Year - INTRODUCTION - BEGINNER** (Special Needs)
This Beginner program introduces participants to basic martial arts skills. Emphasizing positive experience through Taekwondo and to remain engaged.
* A Parent/Guardian must be present and may assist participant in class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>12994</td>
<td>Monday</td>
<td>6:00-7:00pm</td>
<td>4+</td>
<td>$55</td>
</tr>
</tbody>
</table>

**TAEKWONDO - 2nd Year - FUNDAMENTALS** (Special Needs)
This Intermediate program continues to develop acquired martial art skills. Emphasizing following directions, good etiquette, through a safe and organized physical activity.
* A Parent/Guardian must be present and may assist participant in class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>12995</td>
<td>Wednesday</td>
<td>6:00-7:00pm</td>
<td>4+</td>
<td>$55</td>
</tr>
</tbody>
</table>

**TAEKWONDO - 3rd Year - TRAIN TO TRAIN/ TRAIN TO COMPETE** (Special Needs)
This Advanced program encourages greater involvement through Taekwondo. Emphasis is on personal bests, leadership & integration.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>12999</td>
<td>Wednesday</td>
<td>6:00-7:00pm</td>
<td>4+</td>
<td>$55</td>
</tr>
</tbody>
</table>

**TAEKWONDO - Youth/Adult - BEGINNER - ADVANCED**
This Integrated program includes all training stages from Intermediate to Advanced. The training environment supports and identifies the recreational and performance streams.
* All Participants can advance through our Taekwondo Belt System, and take part in competitive events.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>13000</td>
<td>Monday</td>
<td>7:00-8:00pm</td>
<td>10+</td>
<td>$55</td>
</tr>
<tr>
<td>13001</td>
<td>Wednesday</td>
<td>7:00-8:00pm</td>
<td>10+</td>
<td>$55</td>
</tr>
<tr>
<td>13002</td>
<td>Saturday</td>
<td>1:00-2:00pm</td>
<td>10+</td>
<td>$55</td>
</tr>
</tbody>
</table>
WHEELCHAIR BASKETBALL
Our wheelchair basketball program gives beginners and experienced players the opportunity to compete in organized, timed and officiated games. Games take place in a recreational setting. Wheelchairs are provided.

13003  Saturday  10:00am-12:00pm  Ages: 6-12  $110

WEIGHTLIFTING
This is the ideal program for someone looking for strength training and an introduction to Olympic Weightlifting. It’s also an excellent program for young athletes already training in a specific sport and looking for a program to increase overall athletic performance and self-confidence.

13004  Tuesday  5:30-6:30pm  Ages: 9-12  $55
13005  Saturday  10:00-11:00am  Ages: 9-12  $55

POWERLIFTING
Learn how to use this 3 lift sport to increase strength and power. The 3 lifts include: squat, bench press and dead lift. This class will also include other secondary exercises for overall strength and power.

13006  Tuesday  6:00-7:00pm  Ages: 12+  $55
13007  Tuesday  7:00-8:00pm  Ages: 12+  $55

WHEELCHAIR RACING
The program is designed to introduce children with disabilities to wheelchair racing. This program focus on different skill sets including Ready to Race Position, Proper Stroke and Recovery in an environment that is encouraging and pre-competitive.

13008  Sunday  9:00-10:00am  Ages: 4-8  $55

TRACK (Special Needs)
This program is based on the Fundamental Running Skills for children with special needs. The eleven week program will work on the concepts of A’s, B’s, and C’s of running in an environment that is encouraging and non-competitive.

13011  Thursday  6:00-7:00pm  Ages: 4-8  $55

FUNDAMENTAL THROWING PROGRAM (Special Needs)
This program is based on the fundamental throwing skills for children with special needs. The eleven weeks program will work on cardiovascular fitness, muscle tone, and coordination skills in an environment that is encouraging and non-competitive.

13012  Thursday  7:00-8:00pm  Ages: 4-8  $55

TRACK
This demanding program is for participants looking for an introduction to track events. The program consists of one hour of training for distance runners and sprinters including a proper warm-up and a workout to their event.

13009  Monday  6:30-7:30pm  Ages: 7-12  $55
13010  Wednesday  6:30-7:30pm  Ages: 7-12  $55
AQUAFIT
Find out why our water-based fitness class has become so popular. Improve your cardiovascular fitness and muscle tone through low impact movements. Exercise at your own rate and choose to use the deep end or shallow end.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7:30-8:30pm</td>
<td>14+</td>
<td>FREE</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:30-7:30am</td>
<td>14+</td>
<td>FREE</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:30-8:30pm</td>
<td>14+</td>
<td>FREE</td>
</tr>
<tr>
<td>Saturday</td>
<td>12:00-1:00pm</td>
<td>14+</td>
<td>FREE</td>
</tr>
</tbody>
</table>

KIDS’ ZONE
Kids’ Zone is a drop-in supervised play area for kids where they will be safe and have fun! Participants must be independent or come with an attendant. Parents must be in a fitness class / working out to drop their children off at a Kids’ Zone. Kids’ Zone is on a sessional schedule.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:00-7:00pm</td>
<td>5-12</td>
<td>FREE</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:00-11:00am</td>
<td>5-12</td>
<td>FREE</td>
</tr>
</tbody>
</table>

SPLASH-TASTIC
In this water sport based program participants will have a Splash-Tastic time trying a variety of water sports. Participants must be independent or come with an attendant.
*Registration is required

<table>
<thead>
<tr>
<th>Registration</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12774</td>
<td>Wednesday</td>
<td>5-12</td>
<td>FREE</td>
</tr>
</tbody>
</table>
PARENT & TOT (Starfish, Duck, Sea Turtle)
Parents of swimmers aged 4-36 months are required to participate in the water with their child. Swimmers in the Parent & Tot program will work on becoming comfortable on their front and back in the water, breath control and assisted submersion through games and songs.

12778 Saturday 10:00-10:30am Ages: 4-36mo $55

PRESCHOOL LEARN TO SWIM
Swimmers from Parent & Tot to Whale levels will work on their level specific skills in this daytime class, especially for those swimmers who are at home in the morning!

12780 Thursday 11:00-11:30am Ages: 4mo-5yrs $55

SEA TURTLE
This level develops skills in swimming, glides and floating and builds awareness of deep water and safe entries.

12781 Wednesday 4:30-5:00pm Ages: 3-5 $55
12782 Thursday 6:00-6:30pm Ages: 3-5 $55
12783 Saturday 4:00-4:30pm Ages: 3-5 $55

SEA OTTER
Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.

12786 Tuesday 6:30-7:00pm Ages: 3-5 $55
12787 Wednesday 5:00-5:30pm Ages: 3-5 $55
12788 Saturday 12:30-1:00pm Ages: 3-5 $55

SALAMANDER
Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.

12790 Tuesday 5:00-5:30pm Ages: 3-5 $55
12791 Thursday 6:30-7:00pm Ages: 3-5 $55
12792 Saturday 1:00-1:30pm Ages: 3-5 $55
12793 Saturday 3:30-4:00pm Ages: 3-5 $55
**SUNFISH**
Assisted by an Instructor, preschoolers work on stroke and skills progression. Learning also focuses on good judgment in, on, and around the water and entries and floats in deep water.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12798</td>
<td>Tuesday</td>
<td>6:00-6:30pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
<tr>
<td>12799</td>
<td>Wednesday</td>
<td>5:30-6:30pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
<tr>
<td>12800</td>
<td>Thursday</td>
<td>5:30-6:00pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
<tr>
<td>12801</td>
<td>Saturday</td>
<td>2:00-2:30pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
</tbody>
</table>

**CROCODILE**
Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12804</td>
<td>Wednesday</td>
<td>6:00-6:30pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
<tr>
<td>12814</td>
<td>Thursday</td>
<td>5:00-5:30pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
<tr>
<td>12805</td>
<td>Saturday</td>
<td>1:30-2:00pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
</tbody>
</table>

**CROCODILE / WHALE**
Swimmers in Crocodile/Whale will work on their level specific skills. In Crocodile, students will start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water. In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12809</td>
<td>Tuesday</td>
<td>5:30-6:00pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
</tbody>
</table>

**WHALE**
In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12816</td>
<td>Saturday</td>
<td>1:00-1:30pm</td>
<td>3-5</td>
<td>$55</td>
</tr>
</tbody>
</table>

**LEVEL 1**
This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area, and introduces floats and glides with kicks. Children build their endurance by improving distance.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12822</td>
<td>Monday</td>
<td>4:30-5:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12823</td>
<td>Wednesday</td>
<td>6:30-7:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12824</td>
<td>Saturday</td>
<td>1:30-2:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12825</td>
<td>Saturday</td>
<td>3:00-3:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>
LEVEL 1/2
Swimmers in Levels 1 or 2 will work on their level specific skills. Level 1 - This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area, and introduces floats and glides with kicks. Children build their endurance by improving distance. Level 2 - This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

12827   Monday  7:00-7:30pm   Ages: 6-14   $55
12828   Wednesday  4:30-5:00pm   Ages: 6-14   $55
12829   Saturday  2:30-3:00pm   Ages: 6-14   $55

LEVEL 2
This Level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

12834   Monday  5:00-5:30pm   Ages: 6-14   $55
12835   Wednesday  6:00-6:30pm   Ages: 6-14   $55
12836   Saturday  2:00-2:30pm   Ages: 6-14   $55
12837   Saturday  3:30-4:00pm   Ages: 6-14   $55

LEVEL 3
This Level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced, and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.

12838   Monday  5:30-6:00pm   Ages: 6-14   $55
12839   Wednesday  5:00-5:30pm   Ages: 6-14   $55
12840   Wednesday  6:30-7:00pm   Ages: 6-14   $55
12841   Saturday  12:30-1:00pm   Ages: 6-14   $55
12842   Saturday  4:00-4:30pm   Ages: 6-14   $55

LEVEL 4
In Level 4, front crawl, back glide, and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support, and developing a greater sense of self safety by understanding their own limits. Endurance is built through a 25-metre swim.

12851   Monday  5:00-5:30pm   Ages: 6-14   $55
12852   Monday  7:00-7:30pm   Ages: 6-14   $55
12853   Wednesday  5:30-6:00pm   Ages: 6-14   $55
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12854</td>
<td>Wednesday</td>
<td>6:00-6:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12855</td>
<td>Saturday</td>
<td>1:30-2:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12856</td>
<td>Saturday</td>
<td>2:30-3:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>

**LEVEL 5**

Level 5 introduces back crawl along with sculling skills and whip kick on the back. Children try striding dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12859</td>
<td>Monday</td>
<td>7:30-8:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12860</td>
<td>Wednesday</td>
<td>4:30-5:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12861</td>
<td>Wednesday</td>
<td>5:00-5:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12862</td>
<td>Saturday</td>
<td>1:00-1:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12863</td>
<td>Saturday</td>
<td>3:00-3:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>

**LEVEL 5/6**

Swimmers in Levels 5 or 6 will work on their level specific skills. Level 5 introduces back crawl and sculling skills and whip kick on the back. Children try striding dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim. Students in level 6 continue to refine their front and back crawl. Elementary backstroke is also introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12864</td>
<td>Monday</td>
<td>4:30-5:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12865</td>
<td>Saturday</td>
<td>2:00-2:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>

**LEVEL 6**

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12867</td>
<td>Monday</td>
<td>8:00-8:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12868</td>
<td>Wednesday</td>
<td>5:30-6:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12869</td>
<td>Saturday</td>
<td>12:30-1:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>12870</td>
<td>Saturday</td>
<td>2:30-3:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>
LEVEL 7/8
Swimmers in Levels 7 or 8 will work on their level specific skills. Level 7 continues to build skills and endurance for front crawl, back crawl, elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim. Level 8 provides an introduction to the breaststroke, foot first surface dives and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300-metre swim.

12871  Monday  5:30-6:15pm  Ages: 6-14  $82.50
12872  Wednesday  6:30-7:15pm  Ages: 6-14  $82.50
12873  Saturday  3:00-3:45pm  Ages: 6-14  $82.50

LEVEL 9/10
Swimmers in Levels 9 and 10 will work on their level specific skills. Level 9 - Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences, and self rescue from ice. Endurance is built through a 400-metre swim. Level 10 - This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary backstroke 50m, breaststroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head first and feet first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.

12876  Monday  6:15-7:00pm  Ages: 6-14  $82.50
12877  Wednesday  7:15-8:00pm  Ages: 6-14  $82.50
12878  Saturday  3:45-4:30pm  Ages: 6-14  $82.50

TEEN / ADULT LEARN TO SWIM
For beginner swimmers who would like to learn the basic swimming skills such as floats, rhythmic breathing, front crawl, back crawl etc. Working towards being comfortable swimming in the deep end and treading water.

12879  Wednesday  7:00-7:45pm  Ages: 14 +  $82.50
12880  Thursday  9:00-9:45am  Ages: 14 +  $82.50
ADAPTED AQUAFIT
This class places more emphasis on stretching and range of motion, ideal for members with Arthritis or limited mobility.

12882 Thursday 10:00-11:00am Ages: 16+ $55

SWIM AND SPORT- BEGINNER (Special Needs)
The Swim and Sport program focuses on water safety, swim skill development and aquatic sports including waterpolo, canoe, kayak, synchro, diving and snorkeling. Introduction to becoming comfortable in the pool, assisted floats and introduction to kicking and breath control.

12884 Saturday 9:00-9:45am Ages: 6-12 $82.50

SWIM AND SPORT - INTERMEDIATE (Special Needs)
The Swim and Sport program focuses on water safety, swim skill development and aquatic sports including waterpolo, canoe, kayak, synchro, diving and snorkeling. Swimmers must be comfortable in the pool, be able to blow bubbles and be comfortable floating with assistance. Swimmers will work on independent floats and glides.

12885 Saturday 9:45-10:30am Ages: 8-14 $82.50

SWIM AND SPORT- ADVANCED (Special Needs)
The Swim and Sport program focuses on water safety, swim skill development and aquatic sports including waterpolo, canoe, kayak, synchro, diving and snorkeling. Swimmers must be able to float and glide independently. Swimmers will work on front and back swim skills.

12886 Saturday 10:30-11:15am Ages: 12+ $82.50
**PRE-COMPETITIVE FLAMES SWIMMING**

This new program will incorporate a dry land cardio conditioning component for 40 minutes, followed by sport specific drills in the water for 40 minutes. Swimmers will do active cardio and basic movement principles in addition to water based activities. Children will learn basic competitive swim skills and will work on improving their technique and stamina. Special consideration will be given for swimmers with a physical disability.

**Prerequisites:**
- Beginner: Red Cross Level 3 or ability to float on front and back
- Intermediate: Red Cross Level 4 or ability to swim 25 metres front crawl
- Advanced: Red Cross Level 7 or ability to swim 75 metres front crawl in deep end

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Level</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12887</td>
<td>Tuesday</td>
<td>Beginner</td>
<td>6:00-7:30pm</td>
<td>6-8</td>
<td>$165</td>
</tr>
<tr>
<td>12889</td>
<td>Tuesday</td>
<td>Intermediate</td>
<td>6:00-7:30pm</td>
<td>8-10</td>
<td>$165</td>
</tr>
<tr>
<td>12894</td>
<td>Thursday</td>
<td>Intermediate</td>
<td>6:00-7:30pm</td>
<td>8-10</td>
<td>$165</td>
</tr>
<tr>
<td>12895</td>
<td>Thursday</td>
<td>Advanced</td>
<td>6:00-7:30pm</td>
<td>10+</td>
<td>$165</td>
</tr>
<tr>
<td>12890</td>
<td>Friday</td>
<td>Intermediate</td>
<td>6:00-7:30pm</td>
<td>8-10</td>
<td>$165</td>
</tr>
</tbody>
</table>

**SUNSHINE PRE-COMPETITIVE SWIMMING - BEGINNER (Special Needs)**

In this introductory level, swimmers will be introduced to swimming skills and basic movements of competitive strokes. The primary focus is on discovery, kicking and breath control. Swimmers will also work on improving their stamina. Swimmers must be independent and comfortable in chest deep water.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12896</td>
<td>Wednesday</td>
<td>5:00-5:30pm</td>
<td>6+</td>
<td>$55</td>
</tr>
</tbody>
</table>

**SUNSHINE PRE-COMPETITIVE SWIMMING - INTERMEDIATE (Special Needs)**

In this level, swimmers continue to build on skills obtained in the beginner level. The primary focus is on stroke technique and development. Swimmers must be able to complete at least one width of back crawl as well as front crawl with side breathing.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12897</td>
<td>Wednesday</td>
<td>5:30-6:15pm</td>
<td>6+</td>
<td>$82.50</td>
</tr>
</tbody>
</table>

**SUNSHINE PRE-COMPETITIVE SWIMMING - ADVANCED (Special Needs)**

Swimmers in this level focus on transitioning from pre-competition to competition. Swimmers will learn the rules of competition and continue to develop their strokes to become more efficient swimmer. Swimmers must be able to complete one length of the deep end using front and back crawl, as well as have a basic knowledge of breast stroke and dolphin kick.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12927</td>
<td>Wednesday</td>
<td>6:15-7:00pm</td>
<td>6+</td>
<td>$82.50</td>
</tr>
</tbody>
</table>
PRE-COMPETITIVE SYNCHRO
This unique program, only available at Variety Village, combines 40 minutes of land based activities including cardio (running, skipping, jumping, etc.), stretching and kids yoga with 40 minutes of water based activities. Children will improve their swimming skills, learn basic synchro skills (including a little routine), be introduced to team work, and improve their flexibility and stamina.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12930</td>
<td>Tuesday</td>
<td>6:00-7:30pm</td>
<td>3-6</td>
<td>$165</td>
</tr>
<tr>
<td>12989</td>
<td>Tuesday</td>
<td>6:00-7:30pm</td>
<td>7-11</td>
<td>$165</td>
</tr>
<tr>
<td>12990</td>
<td>Thursday</td>
<td>6:00-7:30pm</td>
<td>3-6</td>
<td>$165</td>
</tr>
<tr>
<td>12993</td>
<td>Thursday</td>
<td>6:00-7:30pm</td>
<td>7-11</td>
<td>$165</td>
</tr>
<tr>
<td>12931</td>
<td>Friday</td>
<td>6:00-7:30pm</td>
<td>3-6</td>
<td>$165</td>
</tr>
<tr>
<td>12932</td>
<td>Friday</td>
<td>6:00-7:30pm</td>
<td>7-11</td>
<td>$165</td>
</tr>
</tbody>
</table>
ONE-ON-ONE CONDITIONING (Special Needs)

One-on-one conditioning classes are a great way to learn and improve your swimming, fitness, flexibility or mobility skills. The lessons are held for 30 minutes at the appropriate depth and are tailored to the swimmer’s individual needs.

12952   Monday  1:30-2:00pm   Ages: 4+  $120
12953   Monday  2:00-2:30pm   Ages: 4+  $120
12954   Monday  2:30-3:00pm   Ages: 4+  $120
12978   Monday  3:00-3:30pm   Ages: 4+  $120
12979   Monday  3:30-4:00pm   Ages: 4+  $120
12955   Monday  5:00-5:30pm   Ages: 4+  $120
12956   Monday  5:30-6:00pm   Ages: 4+  $120
12944   Monday  6:00-6:30pm   Ages: 4+  $120
12945   Monday  6:30-7:00pm   Ages: 4+  $120
12946   Monday  7:00-7:30pm   Ages: 4+  $120
12947   Monday  7:30-8:00pm   Ages: 4+  $120
12959   Monday  8:00-8:30pm   Ages: 4+  $120
12980   Tuesday  7:00-7:30pm  Ages: 4+  $120
12981   Tuesday  7:30-8:00pm  Ages: 4+  $120
12982   Wednesday 12:30-1:00pm Ages: 4+  $120
12983   Wednesday 1:00-1:30pm Ages: 4+  $120
12940   Wednesday 1:30-2:00pm Ages: 4+  $120
12941   Wednesday 2:00-2:30pm Ages: 4+  $120
12942   Wednesday 2:30-3:00pm Ages: 4+  $120
12943   Wednesday 3:00-3:30pm Ages: 4+  $120
12935   Wednesday 3:30-4:00pm Ages: 4+  $120
12936   Wednesday 5:00-5:30pm Ages: 4+  $120
12968   Wednesday 5:30-6:00pm Ages: 4+  $120
12969   Wednesday 6:00-6:30pm Ages: 4+  $120
12939   Wednesday 6:30-7:00pm Ages: 4+  $120
12970   Wednesday 7:00-7:30pm Ages: 4+  $120
12960   Wednesday 7:30-8:00pm Ages: 4+  $120
12961   Thursday 11:30am-12:00pm Ages: 4+  $120
12962   Thursday 12:00-12:30pm Ages: 4+  $120
12937   Thursday 12:30-1:00pm Ages: 4+  $120
12938   Thursday 1:00-1:30pm Ages: 4+  $120
12964   Thursday 1:30-2:00pm Ages: 4+  $120
13336   Thursday 7:00-7:30pm Ages: 4+  $120
PRIVATE SWIM LESSONS

Private swimming lessons are a great way to learn and improve your swimming, fitness, flexibility or mobility skills. The lessons are held for 30 minutes at the appropriate depth and are tailored to the swimmer’s individual needs.
For an up to date listing of all our leadership programs (including Red Cross Assistant Water Safety Instructors, Lifesaving Instructors, Standard First Aid, NLS, etc) please visit our website www.varietyvillage.ca

**BRONZE STAR**
Bronze Star award is the pre-Bronze Medallion training standard and it provides excellent preparation for success in obtaining the Bronze Medallion award. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and as a group. Candidates learn cardiopulmonary resuscitation (CPR), and develop Water Smart confidence and the lifesaving skills needed to be their own personal lifeguard.

- **13140** Thursday 7:30-8:15pm  Ages: 12+  $110 (mem)  $130 (non-mem)

**BRONZE MEDALLION**
Bronze Medallion teaches lifesaving principles. Rescuers learn tows and carries, and defense and release methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim (500m in 15min).

Materials: Canadian Lifesaving Manual Cost: $30.00 (Barcode: 13134)

- **13138** Monday 6:00-9:00pm  Ages: 13+  $160 (mem)  $180 (non-mem)

**BRONZE CROSS**
Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision of aquatic facilities. It includes a timed swim (600m in 18min).

*Must be certified with bronze medallion and emergency first aid*

*Materials: Canadian Lifesaving Manual Cost: $30.00 (Barcode: 13134)*

- **13135** Monday 6:00-9:00pm  Ages: 13+  $155 (mem)  $175 (non-mem)

**NATIONAL LIFEGUARD CERTIFICATION**
National Lifeguard certification is 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. National Lifeguard training 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 a 400 m endurance challenge.

*Must be 16 years of age, certified with Bronze Cross and Standard First Aid with CPR-C from the Lifesaving Society, Canadian Red Cross, St. John’s Ambulance, or Canadian Ski Patrol*

- **13300** Friday, Nov. 15/22  5:00-9:00pm  Ages: 16  + $160  $235 (mem)  $250 (non-mem)
  **Saturday, Nov. 16/23**  9:00am-5:00pm  Ages: 16  + $160  $235 (mem)  $250 (non-mem)
  **Sunday, Nov. 17/24**  9:00am-5:00pm  Ages: 16  + $160  $235 (mem)  $250 (non-mem)
For an up to date listing of all our leadership programs (including Red Cross Assistant Water Safety Instructors, Lifesaving Instructors, Standard First Aid, NLS, etc) please visit our website www.varietyvillage.ca

**STANDARD FIRST AID WITH CPR-C (FULL COURSE)**
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: medical/legal aspects of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Includes CPR-C certification.

13325 Saturday & Sunday October 19 & 20 9am-5pm $95 (mem) $105 (non-mem)

**STANDARD FIRST AID WITH CPR-C (RECERT)**
This course is for those that are already certified with the Lifesaving Society Standard First Aid that is not older than 3 years from original certification. Candidates can only take this course once after taking a full course.

13326 Sunday, October 20 9:00-5:00pm $60 (mem) $70 (non-mem)
CARDIO & WEIGHTS
In this class, learn proper exercise techniques. Increase muscle tone and exercise your heart at the same time.

Monday 6:00-7:00pm Ages: 14+ FREE

BODY BURN
This class will be a full hour of carefully planned fitness moves that will take your full body exercise to the next level. Sculpt and tone your arms, shoulders, chest, back and legs.

Tuesday 6:00-7:00pm Ages: 14+ FREE

CARDIO INTERVAL
Mix up your workout with a cardio / power circuit class. Cardio Interval is geared towards challenging the cardiovascular system and building muscle tone. It is taught using a variety of equipment that focuses on cardiovascular training, muscle strength/conditioning and abdominal work, while creating a streamlined shape.

Monday 6:00-7:00pm Ages: 14+ FREE

CHAIR FITNESS (Special Needs)
This class is an intense 60 min class that is designed for person in chairs or those who require a chair in order to increase stability. The class is upper body focused and uses exercises that increase strength and cardiovascular endurance.

Tuesday 11:00am-12:00pm Ages: 14+ FREE
Thursday 11:00am-12:00pm Ages: 14+ FREE

S.H.A.P.E
This program gives adults the opportunity to improve and maintain their fitness level in a sociable and supportive atmosphere. This is a low impact chair based class.

Wednesday 2:30-3:30pm Ages: 14+ FREE
TIME PROGRAM (Special Needs)
Please note: TIME runs from January 6th – March 8th 2014 (11 Weeks)
TIME is a 1-hour group program. The workout is arranged in exercise stations for strengthening in everyday activities like sit to stand, stepping up onto curbs and walking endurance. The program assists participants to improve balance and strengthen legs and core.
* You must register for this class.

13023  Monday  10:00-11:00am  Ages: 14+  FREE

CORE FIT
This class will be a full hour of carefully planned fitness moves that will take your cardio and core exercise to the next level. The first half hour will focus on moves that will raise your heartbeat and the next half hour will focus on trunk exercises.

Wednesday  9:30-10:30am  Ages: 14+  FREE

CIRCUIT FITNESS
This circuit training class will challenge your entire body. The possibilities are endless with the focus being strength training. Cycle through exercises and push yourself every week with different exercises.

Thursday  9:30-10:30am  Ages: 14+  FREE

ZUMBA® FITNESS
The ZUMBA® Fitness program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system.

Monday  7:00-8:00pm  Ages: 14+  FREE
Saturday  9:00-10:00am  Ages: 14+  FREE

ZUMBA® TONING / ZUMBA® IN THECIRCUIT
ZUMBA® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused ZUMBA® moves to create a calorie-torching, strength-training dance fitness-party. ZUMBA® in the Circuit takes the ZUMBA® Fitness class and mixes it with strength training exercises all at timed intervals. Together you have a great class with sweat, strength and flavour.

Wednesday  7:00-8:00pm  Ages: 14  FREE

AB BLAST
Blast your Abdominals with this muscle toning, muscle firming and muscle strengthening class. Get that stomach and back beach ready! Perfect for those who need to spice up their abdominal routine or push it to the limit.

Friday  6:15-7:15am  Ages: 14+  FREE

TAI CHI
The practice of Tai Chi is a well-known method of staying healthy, balanced, and strong. It’s an ideal exercise for members of all ages.

Thursday  6:00-7:00pm  Ages: 14+  FREE
CARDIO-KIDS (Previously Gym-Tastic)
Let’s get active! Parents enjoy our Cardio programs… so too can the kids. This active class consists of structured play and interactive games promoting team building, self-confidence, fitness and FUN.
* Registration is required

13031  Monday  6:00-7:00pm  Ages: 4-8  FREE
13032  Monday  6:00-7:00pm  Ages: 4-8 (SN)  FREE

FAMILY INLINE SKATING
This is a great opportunity to get on your inline skates and cruise around the fieldhouse with the family. Helmets are mandatory for children under 12. You must provide your own equipment.

DROP IN  Sunday  12:30-2:30pm  Ages: All ages  FREE

KIDS’ ZONE
Kids’ Zone is a drop in supervised play area for kids where they will be safe and have fun! Participants must be independent or come with an attendant. Parents must be in a fitness class/working out to drop their children off at Kids’ Zone.

DROP IN  Wednesday  9:30-10:30am  Ages: 3-7  FREE
DROP IN  Thursday  9:30-10:30am  Ages: 3-7  FREE
Please note: please refrain from wearing scent in the wellness classes. This would include perfume, cologne, body sprays, hair sprays and hair products and essential oils.

**MOMMY AND ME YOGA**
Bring your baby, 6 weeks through crawling, and enjoy the opportunity for a re-energizing yoga practice focusing on toning abs and the pelvic floor; re-strengthening and re-aligning the shoulders, lower back, and hips; and to recovering internally and externally from pregnancy and childbirth. For the babies, healthy behaviour is modeled by moms taking care of themselves. Home practice tips and infant massage techniques are often included. Bring baby’s favourite blanket for use during practice.
* This is an 11 week program

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Day</th>
<th>Time</th>
<th>Description</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13038</td>
<td>Monday</td>
<td>10:00-11:00am</td>
<td>Mom and baby</td>
<td></td>
<td>$110</td>
</tr>
</tbody>
</table>

**KIDS’ YOGA**
This class is for those in a Pilates Beginner/Intermediate level, searching for a little more than the regular mat classes.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13039</td>
<td>Wednesday</td>
<td>6:00-6:45pm</td>
<td>4-11</td>
<td>$55</td>
</tr>
</tbody>
</table>

**PILATES**
Pilates is a great way to improve your posture, align your body, and increase strength using the principles of core control, breathing and muscular integration. Pilates incorporates elements of Yoga and greco-roman exercise.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13015</td>
<td>Thursday</td>
<td>2:30-3:30pm</td>
<td>55+</td>
<td>$150</td>
</tr>
<tr>
<td>13014</td>
<td>Friday</td>
<td>9:30-10:30am</td>
<td>14+</td>
<td>$100</td>
</tr>
</tbody>
</table>

**YOGA - LATES**
This class is for those in a Pilates Beginner/Intermediate level, searching for a little more than the regular mat classes.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13040</td>
<td>Tuesday</td>
<td>6:30-7:30pm</td>
<td>14+</td>
<td>$150</td>
</tr>
</tbody>
</table>

**YOGA**
Learn yoga positions, breathing patterns and stretching techniques. Make the body and mind connect in this class by increasing flexibility and releasing tensions.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13041</td>
<td>Monday</td>
<td>7:00-8:00pm</td>
<td>14+</td>
<td>$140</td>
</tr>
<tr>
<td>13042</td>
<td>Saturday</td>
<td>10:00-11:00am</td>
<td>14+</td>
<td>$130</td>
</tr>
</tbody>
</table>
Please note: please refrain from wearing scent in the wellness classes. This would include perfume, cologne, body sprays, hair sprays and hair products and essential oils.

**HATHA YOGA**
Hatha Yoga is an ancient practice that integrates physical postures, breathing techniques and meditation to promote health and well-being. The main benefits of Hatha Yoga include greater self-awareness, increased mental clarity, stress release and improved physical fitness.

13043 Wednesday 7:30-8:30pm Ages: 14 + $150

**FAMILY YOGA**
This is an interactive yoga class for yourself and your child/children. Enjoy asanas, meditations and breath work, yoga games and a replenishing savasana wrapped up in a thematic approach to yoga.
* Minimum of 4 families required in order to run the program

13044 Saturday 12:00-1:00pm Family of 4 $150
BUILDING BLOCKS
Participants will learn effective means of communicating play with peers and develop skills that will assist them in their interactions in the classroom, playground or recreation settings. Each week the focus will be working on skills relating to certain themes (making friends, personal space, team work, sharing etc.) and create opportunities for activity during recreation times. We will involve interactive games, new activities and opportunities to interact with peers on various levels depending on the Child’s ability.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13045</td>
<td>Saturday</td>
<td>9:00-10:30am</td>
<td>4+</td>
<td>$250</td>
</tr>
<tr>
<td>13046</td>
<td>Saturday</td>
<td>11:00am-12:30pm</td>
<td>4+</td>
<td>$250</td>
</tr>
<tr>
<td>13047</td>
<td>Tuesday</td>
<td>5:30-7:00pm</td>
<td>4+</td>
<td>$250</td>
</tr>
<tr>
<td>13048</td>
<td>Tuesday</td>
<td>7:00-8:30pm</td>
<td>4+</td>
<td>$250</td>
</tr>
</tbody>
</table>

ONE-ON-ONE READING PROGRAMS
Help increase your child’s reading ability and comprehension skills through reflection and themed activities. 1:1 reading classes provide your son or daughter with a comfortable reading environment to develop strengths in making inferences, predictions, and comparisons.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13049</td>
<td>Monday</td>
<td>5:00-5:30pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>13050</td>
<td>Monday</td>
<td>5:30-6:00pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>13051</td>
<td>Monday</td>
<td>6:00-6:30pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>13052</td>
<td>Monday</td>
<td>6:30-7:00pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>13053</td>
<td>Wednesday</td>
<td>5:00-5:30pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>13054</td>
<td>Wednesday</td>
<td>5:30-6:00pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>13055</td>
<td>Wednesday</td>
<td>6:00-6:30pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
<tr>
<td>13056</td>
<td>Wednesday</td>
<td>6:30-7:00pm</td>
<td>All ages</td>
<td>$115</td>
</tr>
</tbody>
</table>

WICKED WEDNESDAY
This respite program gives participants the opportunity to swim, play cooperative activities in the Fieldhouse and other activities in a social atmosphere. Participants will be given dinner.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13077</td>
<td>Wednesday</td>
<td>3:00-8:00pm</td>
<td>12-18</td>
<td>$440</td>
</tr>
</tbody>
</table>

ZUMBATONIC
Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they’re at it? Children will participate in a ZUMBA® Fitness style class and play dance based games throughout the hour.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13078</td>
<td>Tuesday</td>
<td>6:00-7:00pm</td>
<td>5-9</td>
<td>$55</td>
</tr>
</tbody>
</table>
SPORT AND SOCIAL
Sport and Social is a program for young adults with disabilities. This successful program includes gym, crafts, cooking & group outings presented in a social atmosphere.

<table>
<thead>
<tr>
<th>Program ID</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13080</td>
<td>Saturday</td>
<td>1:30-4:00pm</td>
<td>14+</td>
<td>$140</td>
</tr>
<tr>
<td>13079</td>
<td>Monday</td>
<td>7:00-8:30pm</td>
<td>14+</td>
<td>$82.50</td>
</tr>
</tbody>
</table>

SPIN CLASS NEW!
This indoor cycling class offers a non-impact, highly effective way to build cardiovascular strength and endurance as well as abdominal toning with an intense ab focus during the last 15 minutes of class. Designed for all levels (beginners are welcome!) this class offers a challenging opportunity for participants to get their heart pumping while enjoying an hour of music and motivation!

<table>
<thead>
<tr>
<th>Program ID</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13340</td>
<td>Monday</td>
<td>9:15-10:15am</td>
<td>14+</td>
<td>$140</td>
</tr>
<tr>
<td>13341</td>
<td>Wednesday</td>
<td>6:00-7:00pm</td>
<td>14+</td>
<td>$140</td>
</tr>
</tbody>
</table>
**ONE-ON-ONE FITNESS CONDITIONING / MULTI-SENSORY ROOM** (Special Needs)

Individual instruction in the Fieldhouse for 30 minutes to increase your coordination, endurance, flexibility and fitness.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13089</td>
<td>Tuesday</td>
<td>4:30-5:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>13090</td>
<td>Tuesday</td>
<td>5:00-5:30pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>13091</td>
<td>Tuesday</td>
<td>5:30-6:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>13092</td>
<td>Wednesday</td>
<td>4:30-5:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>13093</td>
<td>Wednesday</td>
<td>5:00-5:30pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>13094</td>
<td>Wednesday</td>
<td>5:30-6:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>13095</td>
<td>Thursday</td>
<td>4:30-5:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>13096</td>
<td>Thursday</td>
<td>5:00-5:30pm</td>
<td>4+</td>
<td>$115</td>
</tr>
<tr>
<td>13097</td>
<td>Thursday</td>
<td>5:30-6:00pm</td>
<td>4+</td>
<td>$115</td>
</tr>
</tbody>
</table>

**CHILDREN IN MOTION 1 - Brought to you by Jays Care Foundation**

The Children in Motion program is designed to focus on fundamentals of games and activity improvement in a non-competitive environment. This program also works to prepare participants to participate successfully and independently in programs.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13098</td>
<td>Saturday</td>
<td>10:00-10:45am</td>
<td>3-12</td>
<td>$55</td>
</tr>
<tr>
<td>13099</td>
<td>Saturday</td>
<td>11:00-11:45am</td>
<td>3-12</td>
<td>$55</td>
</tr>
</tbody>
</table>

**CHILDREN IN MOTION 2 - Brought to you by Jays Care Foundation**

Challenging skills and new concepts are introduced. The emphasis is on individual motor skill development and fitness. This class will reinforce skills learned in Level 1 such as, listening and following instructions. They will also focus on fine and gross motor skills. Advanced skills are developed using fun games.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13100</td>
<td>Saturday</td>
<td>10:00-10:45am</td>
<td>3-12</td>
<td>$55</td>
</tr>
</tbody>
</table>

**CHILDREN IN MOTION 3 - Brought to you by Jays Care Foundation**

Advanced skill development games are played. Emphasis is on teamwork and fitness.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13101</td>
<td>Saturday</td>
<td>10:00-10:45am</td>
<td>3-12</td>
<td>$55</td>
</tr>
</tbody>
</table>
The Variety Village Multi-sport program is an introductory to a range of sports and social skills that foster confidence and skill sets. Highlighting five Fieldhouse Sports Teams; Athletics, Weightlifting, Wheelchair Basketball, Taekwondo and Boccia children will be introduced to the fundamentals focusing on agility, balance and coordination of each sport. Each session will start with a baseline assessment followed by nine weeks of key skill development and ending with a signed take home final skills evaluation with a recommendation for future sessions / program placement.

**MULTI-SPORT 1**
Multi-sport Level 1 is designed to introduce children to simple skill development including: running, jumping, throwing to build confidence in a non-competitive environment. Children will have the opportunity to use pieces of equipment that will support skill development in a setting that is safe.

13102 Tuesday 6:00-7:00pm Ages: 3-7 $55

**MULTI-SPORT 2**
Children in the Multi-sport Level 2 will continue to build confidence within their skill while introducing advanced skill sets in an environment that is encouraging. By the end of this level, children should be showing skills set/interest towards specific sports.

13104 Tuesday 6:00-7:00pm Ages: 4-7 $55

**MULTI-SPORT 3**
Children in the Multi-sport Level 3 are interested in sport and have skill set that reflects their interest. Children in level three will be invited to attend grassroots sports teams of their choice and given the extra coaching support to transition into sport.

13106 Tuesday 7:00-8:00pm Ages: 6-9 $55

**KID FIT**
Are your children ready to hit the gym but are too young?.....Not anymore!! This fitness program will teach your children how to workout properly and have fun around the gym. Come build a foundation for your child’s future in fitness.

13108 Wednesday 7:00-8:00pm Ages: 8-13 $55
BOCCIA (Special Needs)
This ancient game, whose modern adaptation most closely resembles bowling, requires skill, strategy and just a little luck.

13109   Saturday   11:00am-12:00pm   Ages: 11+   $55

TAEKWONDO - CHILDREN’S FUNDAMENTAL CLASS - BEGINNERS
This beginner program for children of all abilities provides the opportunity to develop fitness, balance, coordination, strength and self-discipline through the Martial Art and sport of Taekwondo.

13110   Monday   4:30-5:00pm   Ages: 3-5   $55
13111   Wednesday   4:30-5:00pm   Ages: 3-5   $55

TAEKWONDO - FAMILY FUNDAMENTAL CLASS - BEGINNER
This beginner program offers parents and children of all abilities the opportunity to develop fitness, balance, coordination, strength and self-discipline through the Martial Art and sport of Taekwondo.

13112   Monday   5:00-6:00pm   Ages: 5+   $55
13113   Wednesday   5:00-6:00pm   Ages: 5+   $55
13114   Saturday   11:00am-12:00pm   Ages: 5+   $55

TAEKWONDO - 1st Year - INTRODUCTION - BEGINNER (Special Needs)
This Beginner program introduces participants to basic martial arts skills. Emphasizing positive experience through Taekwondo and to remain engaged.
*a Parent/Guardian must be present and may assist participant in class.

13115   Monday   6:00-7:00pm   Ages: 4+   $55

TAEKWONDO - 2nd Year - FUNDAMENTALS (Special Needs)
This Intermediate program continues to develop acquired martial art skills. Emphasizing following directions, good etiquette, through a safe and organized physical activity.
*a Parent/Guardian must be present and may assist participant in class.

13116   Wednesday   6:00-7:00pm   Ages: 4+   $55

TAEKWONDO - 3nd Year - TRAIN TO TRAIN/TRAIN TO COMPETE (Special Needs)
This Intermediate program continues to develop acquired martial art skills. Emphasizing following directions, good etiquette, through a safe and organized physical activity.
*a Parent/Guardian must be present and may assist participant in class.

13120   Wednesday   6:00-7:00pm   Ages: 4+   $55
TAEKWONDO - YOUTH/ADULT - BEGINNING AND ADVANCED LEVEL
This Integrated program includes all training stages from Intermediate to Advanced. The training environment supports and identifies the recreational and performance streams.
*All Participants can advance through our Taekwondo Belt System, and take part in competitive events.

13121  Monday    7:00-8:00pm    Ages: 10+    $55
13122  Wednesday  7:00-8:00pm    Ages: 10+    $55
13123  Saturday    1:00-2:00pm    Ages: 10+    $55

WHEELCHAIR BASKETBALL
Our wheelchair basketball program gives beginners and experienced players the opportunity to compete in organized, timed and officiated games. Games take place in a recreational setting. Wheelchairs are provided.

13124  Saturday    10:00am-12:00pm    Ages: 6-12    $110

WEIGHTLIFTING
This is the ideal program for someone looking for strength training and an introduction to Olympic Weightlifting. It’s also an excellent program for young athletes already training in a specific sport and looking for a program to increase overall athletic performance and self-confidence.

13125  Tuesday    5:30-6:30pm    Ages: 9-12    $55
13126  Saturday    10:00-11:00am    Ages: 9-12    $55

POWERLIFTING
Learn how to use this 3 lift sport to increase strength and power. The 3 lifts include: squat, bench press and dead lift. This class will also include other secondary exercises for overall strength and power.

13127  Tuesday    6:00-7:00pm    Ages: 12+    $55
13128  Tuesday    7:00-8:00pm    Ages: 12+    $55

WHEELCHAIR RACING
The program is designed to introduce children with disabilities to wheelchair racing. This program focus on different skill sets including ready to race position, proper stroke and recovery in an environment that is encouraging and pre-competitive.

13129  Sunday    9:00-10:00am    Ages: 4-8    $55
**TRACK (Special Needs)**
This program is based on the fundamental running skills for children with special needs. The eleven weeks program will work on the concepts of “As”, “Bs”, and “Cs” of running in an environment that is encouraging and non-competitive.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>13130</td>
<td>Thursday</td>
<td>6:00-7:00pm</td>
<td>4-8</td>
<td>$55</td>
</tr>
</tbody>
</table>

**FUNDAMENTAL THROWING PROGRAM (Special Needs)**
This program is based on the fundamental throwing skills for children with special needs. The eleven weeks program will work on cardiovascular fitness, muscle tone, and coordination skills in an environment that is encouraging and non-competitive.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>13131</td>
<td>Thursday</td>
<td>7:00-8:00pm</td>
<td>4-8</td>
<td>$55</td>
</tr>
</tbody>
</table>

**TRACK**
This demanding program is for participants looking for an introduction to track events. The program consists of one hour of training for distance runners and sprinters including a proper warm-up and a workout to their event.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>13132</td>
<td>Monday</td>
<td>6:30-7:30pm</td>
<td>7-12</td>
<td>$55</td>
</tr>
<tr>
<td>13133</td>
<td>Wednesday</td>
<td>6:30-7:30pm</td>
<td>7-12</td>
<td>$55</td>
</tr>
</tbody>
</table>
**AQUAFIT**
Find out why our water-based fitness class has become so popular. Improve your cardiovascular fitness and muscle tone through low impact movements. Exercise at your own rate and choose to use the deep end or shallow end.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7:30-8:30pm</td>
<td>14+</td>
<td>FREE</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:30-7:30am</td>
<td>14+</td>
<td>FREE</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:30-8:30pm</td>
<td>14+</td>
<td>FREE</td>
</tr>
<tr>
<td>Saturday</td>
<td>12:00-1:00pm</td>
<td>14+</td>
<td>FREE</td>
</tr>
</tbody>
</table>

**KIDS’ ZONE**
Kids’ Zone is a drop-in supervised play area for kids where they will be safe and have fun! Participants must be independent or come with an attendant. Parents must be in a fitness class / working out to drop their children off at a Kids’ Zone. Kids’ Zone is on a sessional schedule.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:00-7:00pm</td>
<td>5-12</td>
<td>FREE</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:00-11:00am</td>
<td>5-12</td>
<td>FREE</td>
</tr>
</tbody>
</table>

**SPLASH-TASTIC**
In this water sport based programs participants will have a splash-tastic time trying a variety of water sports. Participants must be independent or come with an attendant.
* Registration is required

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
<th>Ages</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>13141</td>
<td>Wednesday</td>
<td>7:00-8:00pm</td>
<td>5-12</td>
</tr>
</tbody>
</table>
PARENT & TOT (Starfish, Duck, Sea Turtle)
Parents of swimmers aged 4-36 months are required to participate in the water with their child. Swimmers in the Parent & Tot program will work on becoming comfortable on their front and back in the water, breath control and assisted submersion through games and songs.

13142  Saturday  10:00-10:30am  Ages: 4-36mo  $55

PRESCHOOL LEARN TO SWIM
Swimmers from Parent & Tot to Whale levels will work on their level specific skills in this daytime class, especially for those swimmers who are at home in the morning!

13143  Thursday  11:00-11:30am  Ages: 4mo-5yrs  $55

SEA TURTLE
This level develops skills in swimming, glides and floating and builds awareness of deep water and safe entries.

13144  Tuesday  6:30-7:00pm  Ages: 3-5  $55
13145  Thursday  6:00-6:30pm  Ages: 3-5  $55
13146  Saturday  4:00-4:30pm  Ages: 3-5  $55

SEA OTTER
Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.

13147  Tuesday  4:30-5:00pm  Ages: 3-5  $55
13148  Wednesday  5:00-5:30pm  Ages: 3-5  $55
13149  Saturday  12:30-1:00pm  Ages: 3-5  $55

SALAMANDER
Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.

13150  Tuesday  6:00-6:30pm  Ages: 3-5  $55
13151  Thursday  6:30-7:00pm  Ages: 3-5  $55
13152  Saturday  1:00-1:30pm  Ages: 3-5  $55
13153  Saturday  3:30-4:00pm  Ages: 3-5  $55
SUNFISH
Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgment in, on, and around the water and entries and floats in deep water.

13154   Tuesday   5:30-6:00pm   Ages: 3-5   $55
13155   Wednesday  4:30-5:00pm   Ages: 3-5   $55
13156   Thursday   5:00-5:30pm   Ages: 3-5   $55
13157   Saturday   2:00-2:30pm   Ages: 3-5   $55

CROCODILE
Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.

13158   Wednesday  6:00-6:30pm   Ages: 3-5   $55
13159   Thursday   5:30-6:00pm   Ages: 3-5   $55
13160   Saturday   1:30-2:00pm   Ages: 3-5   $55

CROCODILE / WHALE
Swimmers in Crocodile/Whale will work on their level specific skills. In Crocodile, students will start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water. In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

13161   Tuesday   5:00-5:30pm   Ages: 3-5   $55

WHALE
In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

13163   Saturday   1:00-1:30pm   Ages: 3-5   $55
## LEVEL 1
This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area, and introduces floats and glides with kicks. Children build their endurance by improving distance.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13164</td>
<td>Monday</td>
<td>5:30-6:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13165</td>
<td>Wednesday</td>
<td>5:00-5:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13166</td>
<td>Wednesday</td>
<td>7:00-7:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13167</td>
<td>Saturday</td>
<td>1:30-2:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13168</td>
<td>Saturday</td>
<td>3:00-3:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>

## LEVEL 1/2
Swimmers in levels 1 or 2 will work on their level specific skills. Level 1 - This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area, and introduces floats and glides with kicks. Children build their endurance by improving distance. Level 2 - This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13169</td>
<td>Monday</td>
<td>4:30-5:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13170</td>
<td>Saturday</td>
<td>2:30-3:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>

## LEVEL 2
This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13172</td>
<td>Monday</td>
<td>5:00-5:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13173</td>
<td>Wednesday</td>
<td>6:00-6:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13174</td>
<td>Saturday</td>
<td>2:00-2:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13175</td>
<td>Saturday</td>
<td>3:30-4:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>

## LEVEL 3
This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced, and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13176</td>
<td>Monday</td>
<td>4:30-5:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13177</td>
<td>Monday</td>
<td>7:00-7:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>
### LEVEL 4
In level 4, front crawl, back glide, and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support, and developing a greater sense of self safety by understanding their own limits. Endurance is built through a 25-metre swim.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13182</td>
<td>Monday</td>
<td>5:30-6:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13183</td>
<td>Monday</td>
<td>6:00-6:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13184</td>
<td>Wednesday</td>
<td>5:00-5:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13185</td>
<td>Wednesday</td>
<td>7:30-8:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13186</td>
<td>Saturday</td>
<td>1:30-2:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13187</td>
<td>Saturday</td>
<td>2:30-3:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>

### LEVEL 5
Level 5 introduces back crawl along with sculling skills and whip kick on the back. Children try striding dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13190</td>
<td>Monday</td>
<td>7:30-8:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13191</td>
<td>Wednesday</td>
<td>4:30-5:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13192</td>
<td>Wednesday</td>
<td>6:30-7:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13193</td>
<td>Saturday</td>
<td>1:00-1:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13194</td>
<td>Saturday</td>
<td>3:00-3:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>

### LEVEL 5/6
Swimmers in levels 5 or 6 will work on their level specific skills. Level 5 introduces back crawl and sculling skills and whip kick on the back. Children try striding dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim. Students in level 6 continue to refine their front and back crawl. Elementary backstroke is also introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13195</td>
<td>Monday</td>
<td>6:30-7:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13196</td>
<td>Wednesday</td>
<td>5:30-6:00pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
<tr>
<td>13197</td>
<td>Saturday</td>
<td>2:00-2:30pm</td>
<td>6-14</td>
<td>$55</td>
</tr>
</tbody>
</table>
LEVEL 6
Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

13198   Monday   5:00-5:30pm   Ages: 6-14   $55
13199   Wednesday   7:30-8:00pm   Ages: 6-14   $55
13200   Saturday   12:30-1:00pm   Ages: 6-14   $55
13201   Saturday   2:30-3:00pm   Ages: 6-14   $55

LEVEL 7/8
Swimmers in Levels 7 or 8 will work on their level specific skills. Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim. Level 8 provides an introduction to the breaststroke, foot first surface dives and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300-metre swim.

13202   Monday   8:00-8:45pm   Ages: 6-14   $82.50
13203   Wednesday   6:00-6:45pm   Ages: 6-14   $82.50
13204   Saturday   3:00-3:45pm   Ages: 6-14   $82.50

LEVEL 9/10
Swimmers in Levels 9 and 10 will work on their level specific skills. Level 9 - Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences, and self rescue from ice. Endurance is built through a 400-metre swim. Level 10 - This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary backstroke 50m, breaststroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head first and feet first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.

13205   Monday   7:00-7:45pm   Ages: 6-14   $82.50
13206   Wednesday   6:45-7:30pm   Ages: 6-14   $82.50
13207   Saturday   3:45-4:30pm   Ages: 6-14   $82.50
TEEN / ADULT LEARN TO SWIM
For beginner swimmers who would like to learn the basic swimming skills such as floats, rhythmic breathing, front crawl, back crawl etc. Working towards being comfortable swimming in the deep end and treading water.

<table>
<thead>
<tr>
<th>Program</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13208</td>
<td>Wednesday</td>
<td>7:00-7:45pm</td>
<td>Ages: 14+</td>
<td>$82.50</td>
</tr>
<tr>
<td>13209</td>
<td>Thursday</td>
<td>9:00-9:45am</td>
<td>Ages: 14+</td>
<td>$82.50</td>
</tr>
</tbody>
</table>
ADAPTED AQUAFIT
This class places more emphasis on stretching and range of motion, ideal for members with Arthritis or limited mobility.

13210 Thursday 10:00-11:00am Ages: 16+ $55

SWIM AND SPORT- BEGINNER (Special Needs)
The Swim and Sport program focuses on water safety, swim skill development and aquatic sports including waterpolo, canoe, kayak, synchro, diving and snorkeling. Introduction to becoming comfortable in the pool, assisted floats and introduction to kicking and breath control.

13211 Saturday 9:00-9:45am Ages: 6-12 $82.50

SWIM AND SPORT - INTERMEDIATE (Special Needs)
The Swim and Sport program focuses on water safety, swim skill development and aquatic sports including waterpolo, canoe, kayak, synchro, diving and snorkeling. Swimmers must be comfortable in the pool, be able to blow bubbles and be comfortable floating with assistance. Swimmers will work on independent floats and glides.

13212 Saturday 9:45-10:30am Ages: 8-14 $82.50

SWIM AND SPORT- ADVANCED (Special Needs)
The Swim and Sport program focuses on water safety, swim skill development and aquatic sports including waterpolo, canoe, kayak, synchro, diving and snorkeling. Swimmers must be able to float and glide independently. Swimmers will work on front and back swim skills.

13213 Saturday 10:30-11:15am Ages: 12+ $82.50
PRE-COMPETITIVE FLAMES SWIMMING
Swimmers should be able to do a front and back float, or be at Level 3 in the Red Cross program. This new program will incorporate a dry land cardio conditioning component for 40 minutes, followed by sport specific drills in the water for 40 minutes. Swimmers will do a combination of dry land conditioning, including active cardio and basic movement principles in addition to water based activities. Children will learn basic competitive swim skills and will work on improving their technique and stamina. Special consideration will be given for swimmers with a physical disability.

Prerequisites:
- Beginner: Red Cross Level 3 or ability to float on front and back
- Intermediate: Red Cross Level 4 or ability to swim 25 metres front crawl
- Advanced: Red Cross Level 7 or ability to swim 75 metres front crawl in deep end

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Level</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13214</td>
<td>Tuesday</td>
<td>Beginner</td>
<td>6:00-7:30pm</td>
<td>6-8</td>
<td>$165</td>
</tr>
<tr>
<td>13215</td>
<td>Tuesday</td>
<td>Intermediate</td>
<td>6:00-7:30pm</td>
<td>8-11</td>
<td>$165</td>
</tr>
<tr>
<td>13217</td>
<td>Thursday</td>
<td>Intermediate</td>
<td>6:00-7:30pm</td>
<td>8-11</td>
<td>$165</td>
</tr>
<tr>
<td>13218</td>
<td>Thursday</td>
<td>Advanced</td>
<td>6:00-7:30pm</td>
<td>11+</td>
<td>$165</td>
</tr>
<tr>
<td>13216</td>
<td>Friday</td>
<td>Intermediate</td>
<td>6:00-7:30pm</td>
<td>8-10</td>
<td>$165</td>
</tr>
</tbody>
</table>

SUNSHINE PRE-COMPETITIVE SWIMMING - BEGINNER
In this introductory level, swimmers will be introduced to swimming skills and basic movements of competitive strokes. The primary focus is on discovery, kicking and breath control. Swimmers will also work on improving their stamina. Swimmers must be independent and comfortable in chest deep water.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13219</td>
<td>Wednesday</td>
<td>5:00-5:30pm</td>
<td>6+</td>
<td>$55</td>
</tr>
</tbody>
</table>

SUNSHINE PRE-COMPETITIVE SWIMMING - INTERMEDIATE (Special Needs)
In this level, swimmers continue to build on skills obtained in the beginner level. The primary focus is on stroke technique and development. In this level, swimmers must be able to complete at least one width of back crawl as well as front crawl with side breathing.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13220</td>
<td>Wednesday</td>
<td>5:30-6:15pm</td>
<td>6+</td>
<td>$82.50</td>
</tr>
</tbody>
</table>

SUNSHINE PRE-COMPETITIVE SWIMMING - ADVANCED (Special Needs)
Swimmers in this level focus on transitioning from pre-competition to competition. Swimmers will learn the rules of competition and continue to develop their strokes to become more efficient swimmer. Swimmers must be able to complete one length of the deep end using front and back crawl, as well as have a basic knowledge of breast stroke and dolphin kick.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12927</td>
<td>Wednesday</td>
<td>6:15-7:00pm</td>
<td>6+</td>
<td>$82.50</td>
</tr>
</tbody>
</table>
PRE-COMPETITIVE SYNCHRO
This unique program, only available at Variety Village, combines 40 minutes of land based activities including cardio (running, skipping, jumping, etc.), stretching and kids yoga with 40 minutes of water based activities. Children will improve their swimming skills, learn basic synchro skills (including a little routine), be introduced to team work, and improve their flexibility and stamina.

13344 Tuesday 6:00-7:30pm Ages: 3-6 $165
13348 Tuesday 6:00-7:30pm Ages: 7-11 $165
13349 Thursday 6:00-7:30pm Ages: 3-6 $165
13347 Thursday 6:00-7:30pm Ages: 7-11 $165
13345 Friday 6:00-7:30pm Ages: 3-6 $165
13346 Friday 6:00-7:30pm Ages: 7-11 $165
**ONE-ON-ONE CONDITIONING** (Special Needs)
One-on-one conditioning classes are a great way to learn and improve your swimming, fitness, flexibility or mobility skills. The lessons are held for 30 minutes at the appropriate depth and are tailored to the swimmer’s individual needs.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13229</td>
<td>Monday</td>
<td>1:30-2:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13230</td>
<td>Monday</td>
<td>2:00-2:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13231</td>
<td>Monday</td>
<td>2:30-3:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13232</td>
<td>Monday</td>
<td>3:00-3:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13233</td>
<td>Monday</td>
<td>3:30-4:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13234</td>
<td>Monday</td>
<td>5:00-5:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13235</td>
<td>Monday</td>
<td>5:30-6:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13236</td>
<td>Monday</td>
<td>6:00-6:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13237</td>
<td>Monday</td>
<td>6:30-7:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13238</td>
<td>Monday</td>
<td>7:00-7:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13239</td>
<td>Monday</td>
<td>7:30-8:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13240</td>
<td>Monday</td>
<td>8:00-8:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13241</td>
<td>Tuesday</td>
<td>7:00-7:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13242</td>
<td>Tuesday</td>
<td>7:30-8:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13243</td>
<td>Wednesday</td>
<td>12:30-1:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13244</td>
<td>Wednesday</td>
<td>1:00-1:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13222</td>
<td>Wednesday</td>
<td>1:30-2:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13223</td>
<td>Wednesday</td>
<td>2:00-2:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13224</td>
<td>Wednesday</td>
<td>2:30-3:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13225</td>
<td>Wednesday</td>
<td>3:00-3:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13226</td>
<td>Wednesday</td>
<td>3:30-4:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13227</td>
<td>Wednesday</td>
<td>5:00-5:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13228</td>
<td>Wednesday</td>
<td>5:30-6:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13245</td>
<td>Wednesday</td>
<td>6:00-6:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13246</td>
<td>Wednesday</td>
<td>6:30-7:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13247</td>
<td>Wednesday</td>
<td>7:00-7:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13248</td>
<td>Wednesday</td>
<td>7:30-8:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13249</td>
<td>Thursday</td>
<td>11:00-11:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13250</td>
<td>Thursday</td>
<td>11:30am-12:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13251</td>
<td>Thursday</td>
<td>12:00-12:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13252</td>
<td>Thursday</td>
<td>12:30-1:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13253</td>
<td>Thursday</td>
<td>1:00-1:30pm</td>
<td>4+</td>
<td>$120</td>
</tr>
<tr>
<td>13254</td>
<td>Thursday</td>
<td>1:30-2:00pm</td>
<td>4+</td>
<td>$120</td>
</tr>
</tbody>
</table>
### Private Swim Lessons

Private swimming lessons are a great way to learn and improve your swimming, fitness, flexibility or mobility skills. The lessons are held for 30 minutes at the appropriate depth and are tailored to the swimmer’s individual needs.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13275</td>
<td>Monday</td>
<td>1:30-2:00pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13276</td>
<td>Monday</td>
<td>2:00-2:30pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13277</td>
<td>Monday</td>
<td>2:30-3:00pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13278</td>
<td>Monday</td>
<td>3:00-3:30pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13279</td>
<td>Monday</td>
<td>3:30-4:00pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>12280</td>
<td>Friday</td>
<td>5:00-5:30pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>12281</td>
<td>Friday</td>
<td>5:30-6:00pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13282</td>
<td>Friday</td>
<td>6:00-6:30pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13283</td>
<td>Friday</td>
<td>6:30-7:00pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13284</td>
<td>Friday</td>
<td>7:00-7:30pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13285</td>
<td>Friday</td>
<td>7:30-8:00pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13286</td>
<td>Saturday</td>
<td>10:30-11:00am</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13287</td>
<td>Saturday</td>
<td>11:00-11:30am</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13288</td>
<td>Saturday</td>
<td>11:30am-12:00pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13289</td>
<td>Saturday</td>
<td>12:00-12:30pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13290</td>
<td>Saturday</td>
<td>12:30-1:00pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13291</td>
<td>Saturday</td>
<td>1:00-1:30pm</td>
<td>4+</td>
<td>$210</td>
</tr>
<tr>
<td>13274</td>
<td>Saturday</td>
<td>1:30-2:00pm</td>
<td>4+</td>
<td>$210</td>
</tr>
</tbody>
</table>
For an up to date listing of all our leadership programs (including Red Cross Assistant Water Safety Instructors, Lifesaving Instructors, Standard First Aid, NLS, etc) please visit our website www.varietyvillage.ca

**BRONZE STAR**
Bronze Star award is the pre-Bronze Medallion training standard and it provides excellent preparation for success in obtaining the Bronze Medallion award. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and as a group. Candidates learn cardiopulmonary resuscitation (CPR), and develop Water Smart confidence and the lifesaving skills needed to be their own personal lifeguard.

13301 Thursday 7:30-8:15pm Ages: 12+ $110 (mem) $130 (non-mem)

**BRONZE MEDALLION**
Bronze Medallion teaches lifesaving principles. Rescuers learn tows and carries, and defense and release methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim (500m in 15min).

Materials: Canadian Lifesaving Manual Cost: $30.00 (Barcode: 13134)

13298 Monday 5:30-9:00pm Ages: 13+ $160 (mem) 
or Bronze Star $180 (non-mem)

13298 Mon-Fri 10:00am-5:00pm Ages: 13+ $160 (mem) 
(CRASH) or Bronze Star $180 (non-mem)

**BRONZE CROSS**
Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision of aquatic facilities. It includes a timed swim (600m in 18min).

* Must be certified with bronze medallion and emergency first aid

Materials: Canadian Lifesaving Manual Cost: $30.00 (Barcode (13134) 13135)

13294 Monday 5:30-9:00pm Ages: 13+ $155 (mem) 

13295 Monday 10:00am-5:00pm Ages: 13+ $155 (mem) 
(CRASH) $175 (non-mem)
INTRODUCTION TO SPORT - GRASSROOTS PROGRAMS

Variety Village offers 8 ‘Introduction to Sport’ programs for young athletes. These sports include: Wheelchair Basketball, Weightlifting, Track, Swimming, Synchronized Swimming, Taekwondo, Powerlifting and Boccia.

CRITERIA FOR CONSIDERATION
It is recommended that young athletes interested in registering for the Introduction to Sports program have participated in our Multi-sport Programs and are able to demonstrate the following:
• Listening skills
• Independence
• Interest in learning the specific sport

COACHES
The coaches facilitating the programs follow a training model focusing on age and stage development under the Canadian Sport for Life Long Term Athlete Development model (LTAD). The introduction to Sport program will introduce young athletes to the

ABC OF SPORT:
AGILITY, BALANCE AND CO-ORDINATION
A program in an environment that is athlete centered, fun and safe.

The goals of the programs include:
• Introduce and teach the etiquette of the sport
• Introduce and teach proper form, technique and movement of sport
• Build confidence within each athlete and their skill set

How to prepare for your first day of class
• Arrive 5 minutes before the class starts
• Bring a water bottle
• Dress for the sport

For more information on the Grassroots Programs and the Variety Village Athletic Clubs please contact:
Chris Murdoch
416-699-7167 ext 255
cmurdoch@varietyvillage.on.ca
Powerlifting is a three discipline sport. The lifts include Squat - full range, Bench Press - full range & Dead lift - full range

Powerlifting is a great sport for those interested in overall strength. Athletes from other sporting backgrounds requiring pure overall strength can benefit from these three disciplines. Those interested in powerlifting as a sport can train to compete at a number of levels including regional (local), provincial and national and for those who meet qualifying standards, the world championship level.

Head Coach: Frank Quinn
Frank has been involved in the sport of Powerlifting for more than 30 years and has coached athletes at all levels including the Olympics.

For more information contact:
Chris Murdoch 416-699-7167 ext 255
cmurdoch@varietyvillage.on.ca

VVAC TEAM TRACK & CROSS COUNTRY

Athletes range in age from 9-14 years old
The group is trained for sprints, middle distance or distance events.

The program offers a variety of training opportunities including:
• speed/endurance training
• cross training for other sports
• enhances school training season

The Team also attends a number of competitions throughout the year for the indoor and outdoor Metro Track Association Series.
For more than 2 decades, Variety Village has provided martial arts classes for students of all ages and abilities. Under the curriculum and guidelines of the Young Choung Taekwondo™ Academy, this specialized program is ideal for recreational and competitive streams, with main focus on Taekwondo’s sport principles.

With its own separate entrance located at the south end of the building, the space is equipped with Olympic Taekwondo approved floor mats, padded pillars for kicking and a mirrored area.

Our coaches develop under the National Coaching Certification Program (NCCP) standards. Classes follow the LTAD (long term athlete development) model, with the focus on purposeful practice.

For more information contact:
Chris Murdoch 416-699-7167 ext 255
cmurdoch@varietyvillage.on.ca

| **LEARN TO TRAIN/TRAIN TO TRAIN** INTERMEDIATE ( Children: 9 and under ) |
| --- | --- |
| **TUESDAY** | 4:30 - 5:30pm | Technical Training-“Sport Poomsae” |
| **THURSDAY** | 4:30 - 5:30pm | Competitive Sparring-“Kyorugi” |
| **SATURDAY** | 9:30 - 11:00am | Athletic Development |

| **TRAIN TO TRAIN/TRAIN TO COMPETE** INTERMEDIATE ( Family: All Ages ) |
| --- | --- |
| **TUESDAY** | 5:30 - 7:00pm | Technical Training-“Sport Poomsae” |
| **THURSDAY** | 5:30 - 7:00pm | Competitive Sparring-“Kyorugi” |
| **SATURDAY** | 9:30 - 11:00am | Athletic Development |

| **TRAIN TO COMPETE/ACTIVE FOR LIFE** ADVANCE ( Youth/Adult: 11 + ) |
| --- | --- |
| **TUESDAY** | 7:00 - 8:30pm | Technical Training-“Sport Poomsae” |
| **THURSDAY** | 7:00 - 8:30pm | Competitive Sparring-“Kyorugi” |
| **SATURDAY** | 8:00 - 9:30am | Athletic Development |

This Advanced Program offers development in Taekwondo competitions in performance and combative events.
Flames Swim Team is an integrated competitive swim team that provides training and competition opportunities for swimmers at all levels, ages, stages and abilities.

The team has a long history of developing swimmers who reach provincial, national and international levels. Our swimmers focus on developing fundamental skills in preparation for competition.

The Sunshine Swim Team is the only Team at Variety Village dedicated exclusively to individuals with developmental disabilities. As coaches, we work to ensure that athletes train towards competitive swimming in an environment that is supportive.

The 10 month training season is full of opportunities including training camps and competitions. Part of Special Olympics Ontario, the team has well-developed relationships with other competitive teams across the province.

New athletes interested in joining the team will be asked to meet with the coach plus meet a standard both in the pool and on deck.

LEARN TO TRAIN
Tues / Thurs  4:30 - 6:30pm

TRAIN TO TRAIN
Mon / Wed / Fri  4:15 - 6:30pm

ACTIVE FOR LIFE
Mon / Wed / Fri  4:15 - 6:30pm
Tues / Thurs  4:30 - 6:30pm

TRAIN TO COMPETE
Mon / Wed/Fri  4:15 - 6:30pm
Tues / Thurs  4:30 - 6:30pm

For more information contact:
Chris Murdoch 416-699-7167 ext 255
cmurdoch@varietyvillage.on.ca

The Sunshine Swim Team is the only Team at Variety Village dedicated exclusively to individuals with developmental disabilities. As coaches, we work to ensure that athletes train towards competitive swimming in an environment that is supportive.

The 10 month training season is full of opportunities including training camps and competitions. Part of Special Olympics Ontario, the team has well-developed relationships with other competitive teams across the province.

New athletes interested in joining the team will be asked to meet with the coach plus meet a standard both in the pool and on deck.

LEARN TO TRAIN
Tues / Thurs  4:30 - 6:30pm

TRAIN TO TRAIN
Mon / Wed / Fri  4:15 - 6:30pm

ACTIVE FOR LIFE
Mon / Wed / Fri  4:15 - 6:30pm
Tues / Thurs  4:30 - 6:30pm

TRAIN TO COMPETE
Mon / Wed/Fri  4:15 - 6:30pm
Tues / Thurs  4:30 - 6:30pm

For more information contact:
Chris Murdoch 416-699-7167 ext 255
cmurdoch@varietyvillage.on.ca

Head Coach: Lindsay Walker
Lindsay has been leading the team for the past 2 season. She has experience both as a competitive swimmer and certified coach with the Special Olympics.

MONDAY
6:30 - 7:30pm

WEDNESDAY
6:30 - 7:30pm

THURSDAY
6:30 - 7:30pm

For more information contact:
Lindsay Walker 416-699-7167 ext 268
lwalker@varietyvillage.on.ca
Olympic Weightlifting trains the athlete for functional strength and utilizing the body’s major muscle groups. Athletes are introduced and train toward two Olympic lifting: the snatch and the clean and jerk. Training involves quality repetitions and building body strength. The training season runs twelve months of the year with the competition season starting in the summer months.

Head Coach: Abdallah Alsabai
An Olympian Athlete and World Champion, Abdallah has been coaching since 1989, bringing a wealth of knowledge and experience to the sport of Weightlifting.

For more information contact:
Abdallah Alsebaai
416-699-7167 ext 255
abs@varietyvillage.on.ca

For the past 26 years, Variety Village has run an integrated Wheelchair Basketball Team. With the focus on teaching athletes the skills necessary to play wheelchair basketball, the club also provides competition opportunities by attending local and regional games.

Over the years, team members and coaches have attained great accomplishments with the latest, team members of the Men’s and Women’s Canadian Wheelchair Basketball Team representing Canada at the 2012 Summer Olympics in London England.

Head Coach: Stephen Bialowas
26 years of expertise in Wheelchair Basketball with Variety Village. Presently Head Coach of the Canadian Junior Men’s Wheelchair Basketball Team and Centre for Performance Co-ordinator.
VVSC is a competitive synchronized swimming club that offers pre-competitive, Provincial and National level options for athletes of varying abilities.

The program includes LTAD training in the areas of; speed, strength, endurance, flexibility and skill specific synchro drills. Athletes compete at competitions within the Province as well as National and International events. VVSC has some of the best coaching in the country and all coaches are certified from Levels 2 - 4.

VVSC offers programs for athletes with and without synchro experience. We look for young athletes who are strong swimmers and who may love dance, music, or gymnastics.

This team sport offers great conditioning, time management and incredible experiences for young women involved.

The competitive structure is as follows;

8 and under Provincial: 4-6 hrs/wk
10 and under Provincial: 6-8 hrs/wk
12 and under Provincial: 8-12 hrs/wk
12 and under National: 12-15 hrs/wk
13-15 National: 18-22 hrs/wk
Junior National: 18-22 hrs/wk
Athletes with a Disability Provincial: 2-8 hrs/wk
Athletes with a Disability National: 12-22 hrs/wk

Synchronized swimming is a wonderful sport that builds team work, provides fantastic female role models, and includes training that truly develops the “whole athlete”.

VVSC has an incredible environment that focuses on excellence in an inclusive and positive environment. Our coaches pride themselves on raising young women, who will be confident, intelligent, athletic and successful.

TUESDAY
6:00 - 8:30am
5:30 - 9:30pm

WEDNESDAY
5:30 - 9:30pm

THURSDAY
6:00 - 8:30am
5:30 - 9:30pm

FRIDAY
5:30 - 9:30pm

SATURDAY
7:00am - 12:00pm

SUNDAY
7:00am - 2:00pm

For more information contact:
Jennifer Shaver
vvsynchro@rogers.com
www.vvscsynchro.com
FEE STRUCTURE

M - MEMBERS
NM - NON-MEMBERS
SN - SPECIAL NEEDS

CAMP REGISTRATION

Registration forms may be submitted with payment in person, by mail or by fax to:

Contact information:
Ben Scholes
Camp Coordinator
Tel: 416-699-7167 ext 254
Fax: 416-699-3926
bscholes@varietvillage.on.ca

EASTER FUNDAY

Campers will do a variety of activities which promote social and gross motor skills as well as swimming.

EASTER FUNDAY  Monday  April 21, 2013  Ages: 5+  M $55  NM $65

KID DEVELOPMENT CAMP (KDD)

This school year as teachers take the time to do some professional development kids can do the same. Variety Village offers day camps for kids during the days they are not in school. Kids have an additional day to develop sport, social, swimming, and gross motor skills. Parents need only provide transportation, lunch, and snacks
* If you sign up for all the KDD days the fee is: M $300 NM: $350

KDD  Friday  October 11, 2013  Ages: 5+  M $55  NM $65
KDD  Friday  November 15, 2013  Ages: 5+  M $55  NM $65
KDD  Friday  December 20, 2013  Ages: 5+  M $55  NM $65
KDD  Friday  January 24, 2014  Ages: 5+  M $55  NM $65
KDD  Friday  January 30, 2014  Ages: 5+  M $55  NM $65
KDD  Friday  March 7, 2014  Ages: 5+  M $55  NM $65
KDD  Friday  June 6, 2014  Ages: 5+  M $55  NM $65

MARCH BREAK CAMP

Variety Village is pleased to present March Break Camp for the upcoming school break. Campers can experience the Village’s many unique games, sports and adapted activities as well as swimming every day. Outdoor activities when weather permits. Participants must bring two snacks, lunch, swim gear and running shoes to camp each day.

MARCH BREAK CAMP  Mon-Fri  March 10-14, 2014  Ages: 5+  M $210  NM $260
**WINTER HOLIDAY CAMP**
Variety Village is pleased to offer Winter Holiday Camps for kids over the winter break. Campers will experience the Village’s many unique games, sports and activities. Weather permitting outdoor activities will be included. Please remember to bring indoor shoes and peanut free snacks and lunches.
*if you sign up for all the Holiday Camps the fee is: M $210  NM: $260

<table>
<thead>
<tr>
<th>WINTER HOLIDAY</th>
<th></th>
<th>Ages: 5+</th>
<th>M</th>
<th>NM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Dec 23, 2013</td>
<td></td>
<td></td>
<td>55</td>
<td>65</td>
</tr>
<tr>
<td>Friday - Dec 27, 2013</td>
<td></td>
<td></td>
<td>55</td>
<td>65</td>
</tr>
<tr>
<td>Monday - Dec 30, 2013</td>
<td></td>
<td></td>
<td>55</td>
<td>65</td>
</tr>
<tr>
<td>Thursday - Jan 2, 2014</td>
<td></td>
<td></td>
<td>55</td>
<td>65</td>
</tr>
<tr>
<td>Friday - Jan 3, 2014</td>
<td></td>
<td></td>
<td>55</td>
<td>65</td>
</tr>
</tbody>
</table>

**EXTENDED HOURS / AFTERCARE**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Ages: 4+</th>
</tr>
</thead>
<tbody>
<tr>
<td>MORNING</td>
<td>Monday-Friday</td>
<td>M $10/Day</td>
</tr>
<tr>
<td>EVENING</td>
<td>Monday-Friday</td>
<td>M $10/Day</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Ages: 4+</th>
</tr>
</thead>
<tbody>
<tr>
<td>MORNING</td>
<td>Monday-Friday</td>
<td>M $10/Day</td>
</tr>
<tr>
<td>EVENING</td>
<td>Monday-Friday</td>
<td>M $10/Day</td>
</tr>
</tbody>
</table>
Do you have a family member affected by a disability?

Talk to me about opening a Mackenzie Registered Disability Savings Plan (RDSP)

- Contributions invested will grow on a tax-deferred basis
- Generous grants and bonds provided by the Government of Canada

Edward Jones  Making Sense Of Investing

Finding solutions for your financial needs

Gregory Fernandes  Financial Advisor
1206 Kingston Road  (At Fallingbrook Road)
Toronto, ON M1N 1N8
416-691-8730

www.edwardjones.com  Member – Canadian Investor Protection Fund

Edward Jones  Making Sense Of Investing
City Hall Office
100 Queen Street West, Suite A11
Toronto, ON M5H 2N2
Phone: (416) 392-4052

Constituency Office
Scarborough Civic Centre
150 Borough Drive, 2nd Floor
Scarborough, ON M1P 4N7
Phone: (416) 396-7703
Fax: (416) 696-3658
Email: councillor_crawford@toronto.ca

PROUD TO SUPPORT
VARIETY VILLAGE

City Hall Office
100 Queen Street West, Suite A11
Toronto, ON M5H 2N2
Phone: (416) 392-4052

Constituency Office
Scarborough Civic Centre
150 Borough Drive, 2nd Floor
Scarborough, ON M1P 4N7
Phone: (416) 396-7703
Fax: (416) 696-3658
Email: councillor_crawford@toronto.ca

DIAMOND
ESTATES
THE WINE STORE

DISCOVER NIAGARA IN YOUR BACKYARD

Premium Port & Icewines
Holiday & Party Packs
Tasting Bar
Giftware & Custom Gift Baskets
Personalized Service & Suggestions
Gift Certificates

Diamond’s friendly service and great wines will keep you coming back time and time again. Taste the wines before you take them home. Share recipes and pairing tips. Best of all, enjoy local wines in a local setting.

2435 Kingston Road (Cliffside Plaza west of Midland) • 416.603.0202
www.diamondestates.ca

VARIETY VILLAGE PROGRAM GUIDE FALL & WINTER 2013-2014 WWW.VARIETYVILLAGE.CA
Merlin’s Party Bouncers provides rentals of: inflatable games, bouncy castles, jumping castles, inflatable slides, interactive games, inflatable mazes, inflatable obstacle courses, carnival games, popcorn, candy floss, sno-cone machines and other unique children’s party entertainment items to customers in the Greater Toronto Area.

905 420 4008  info@merlinsparty.com

www.merlinsparty.com