

**2023-2024**

# Recreation & Leisure Program Directory

[varietyvillage.ca](http://varietyvillage.ca)





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## Program Registration, Session Dates

### Registration Dates

Session	Persons with a Disability	General Membership
Fall	Wednesday, September 6 – 8:00am Online/Phone	Saturday, September 9 – 7:30am Online Only
Winter	Wednesday, December 6 – 8:00am Online/Phone	Saturday, December 9 – 7:30am Online Only
Spring	Wednesday, March 6 – 8:00am Online/Phone	Saturday, March 9 – 7:30am Online Only
Summer	Wednesday, June 12 – 8:00am Online/Phone	Saturday, June 15 – 7:30am Online Only

### Community-Based Program Sessions

Session	Duration	Dates
Fall	11 weeks	September 25 – December 10, 2023
Winter	9 Weeks	January 8 – March 10, 2024
Spring	11 Weeks	March 25 – June 9, 2024
Summer	8 Weeks	July 1 – August 25, 2024

### Included Fitness Classes

Session	Duration	Dates
Fall	15 weeks	September 5 – December 15, 2023
Break	Break	December 18 – 29, 2023
Winter	10 Weeks	January 2 – March 10, 2024
Break	1 Week	March 11 – 15, 2024
Spring	14 Weeks	March 18 – June 23, 2024
Break	1 Week	June 24 – 28, 2024
Summer	8 Weeks	July 2 – August 25, 2024
Break	1 Week	August 26 – 30, 2024

## Included Fitness Classes and Programs

### **Aquafit**

An hour-long aquatics-based exercise class is offered every weekday. With options for shallow-end and deep-end exercise, you can find the right depth to support you in this low-impact workout. The class includes full-body, cardio, plyometrics, balance, and coordination exercises.

### **Body Burn**

A full-body workout is designed to enhance your cardiovascular endurance, coordination, and overall strength through a variety of dynamic movements.

### **Cardio Interval**

A cardio/power circuit class to mix up any workout routine. Cardio Intervals is geared towards challenging the cardiovascular system and building muscle tone. Using a variety of equipment this program focuses on cardiovascular training, muscle strength/conditioning, and abdominal work.

### **Circuit Fitness**

Take your workout intensity up a notch and hit the circuit with stations including strength, core, and cardio. Get stronger, and toned, and improve your endurance and overall fitness level!

### **Chair Fitness**

A full-hour class offered twice a week, this class is designed around exercises performed while seated, especially great for people who require a chair to help increase stability. This class will focus on the upper body to increase strength and cardiovascular endurance.

### **Core-Fit**

An overall core conditioning class targeting your abdominal wall, glutes, hips, and back to build a rock-solid core, ease lower back pain, and prevent injury.

### **H.I.I.T.**

High-Intensity Interval Training is a variation of cardiovascular exercises that focuses on short intensive bursts with rest intervals in between. You can be sure to get your heart pumping in this class and start the week off right! All levels are welcome, modifications will be offered.

### **LIFT**

A full-body strength training class designed for beginner and novice lifters is offered twice a week. Learn technique, build lean muscle, gain strength, and build the framework you need to surpass your limits!

## Pickleball

A new addition this Fall will be drop-in Pickleball. Twice a week staff will set up courts and equipment for members to try out Pickleball for an hour. A combination of tennis, table tennis, and badminton Pickleball is fast becoming one of the most popular sports in Ontario thanks to its accessible and easy-to-pick-up gameplay. A great way to get active, stay active, and fit in some aerobic exercise all while having fun. Please note that this program is unstaffed outside of equipment set up and tear down.

## TIME Program | Session Start date is September 25, 2023

The workout is organized into exercise stations for strengthening muscles for everyday activities, such as sit-to-stand, stepping up onto curbs, and walking endurance. The program assists participants in improving their balance and strengthening their legs and core. Registration is required and mandatory before the second week of the class. Please note that this program follows the community-based program schedule and does not run during the summer session.

## Included Fitness Classes and Programs Schedule

\* The TIME program follows the Community-Based Schedule and requires registration.

Day	Time	Class
Monday	9:30 - 10:30am	Running Club
Monday	11:00 - 12:00pm	TIME Program*
Monday	1:00 - 2:00pm	Aquafit
Monday	6:00 - 7:00pm	H.I.I.T.
Tuesday	9:30 - 10:30am	Body Burn
Tuesday	11:00 - Noon	Aquafit
Tuesday	1:00 - 2:00pm	Chair Fitness
Tuesday	6:00 - 7:00pm	Cardio Interval
Wednesday	9:30 - 10:30am	LIFT
Wednesday	11:00 - 12:00noon	Pickleball (uninstructed drop-in)
Wednesday	1:00 - 2:00pm	Aquafit
Wednesday	6:00 - 7:00pm	LIFT
Thursday	9:30 - 10:30am	Circuit Fitness
Thursday	11:00 - Noon	Chair Fitness
Thursday	1:00 - 2:00pm	Aquafit
Thursday	6:00 - 7 :00pm	Circuits & Kickboxing
Friday	9:30 - 10:30am	Core-Fit
Friday	1:00 - 2:00pm	Pickleball (uninstructed drop-in)
Friday	6:00 - 7:00pm	Aquafit

# Parent & Tot Classes and Programs

For more information on the programs below, please email Helena Chestnut at [hchestnut@varietyontario.ca](mailto:hchestnut@varietyontario.ca).

## **Parent & Tot Swim & Gym | Ages 4 - 24 Months (with a guardian) | \$135**

Fill your Saturday mornings with the combination of our two most popular tot classes! The class will begin with parents and tots jumping in the water to work with our Lifesaving Society instructors on skills specific to their development level. Then, in our kid's gym, tots will be able to explore the fundamentals of movement through tummy time, discovery ball play, parachute games, dance, and obstacle courses. This class includes 70 minutes of instruction – 30 minutes in the pool, a 20-minute break, and 40 minutes in the kid's gym.

## **Teeter Tots | Ages 2 - 4 Years (with a guardian) | \$135**

Have a tot that's mastered the fundamentals offered in our regular tots' programs? Join us in the Fieldhouse where we will begin to introduce the next level of movement. Our focus will be on running, kicking, throwing, balance, and climbing. During the gym session parents will get to leave their tot, so we can also work on being independent in a program and focus on playing with peers. Afterward, both parent and tot will jump into the water and work with our Lifesaving Society Swim instructors on skills specific to their development level. This class is a total of 1.5 hours – 40 minutes in the FH, a 20-minute break, and 30 minutes in the pool.

## **Parent & Tot Learn to Swim | Ages 4-36 Months (with a guardian) | \$87**

Parent & Tot Learn to Swim Parents and Tots will learn how to play safely together in the water. We will introduce swimming-specific skills such as floating, gliding, and blowing bubbles through play and songs. Parents will have the opportunity to get more comfortable supporting their tot in the water.

# Specialty Programs

**The following programs are tailored for individuals with disabilities.**

For more information on the programs below, please email Helena Chestnut at [hchestnut@varietyontario.ca](mailto:hchestnut@varietyontario.ca).

## **Building Blocks | Ages 4-12 Years | \$290**

Registration for this program is contingent on an intake process, participants who register will be automatically waitlisted. In the program participants will learn effective means of communication through play with peers and developing the skills to assist them with their interactions in the classroom and the playground. Each week we focus on the skills relating to certain themes (making friends, personal space, teamwork, sharing, etc.) We involve interactive games, new activities, and opportunities to interact with peers on various levels, depending on the participant's ability.

## **Sport & Social | Ages 14+ Years | \$165**

Sport & Social is a program for teens and adults with disabilities. This successful program includes gym, swimming, and crafts presented in a social atmosphere.

## **Wicked Wednesday | Ages 11+ Years | \$482**

This program gives participants the opportunity to swim, play cooperative games in the Fieldhouse, and participate in other activities in a social and welcoming atmosphere. Dinner is included while learning about culinary skills.

# Individual Programs

For more information on the programs below, please email Helena Chestnut at [hchestnut@varietyontario.ca](mailto:hchestnut@varietyontario.ca).

## **One-on-One Reading | All Ages | \$175**

Participants' reading abilities and comprehension skills are improved through reflection and themed activities. One-on-one reading provides a comfortable reading environment to develop strength in making inferences, predictions, and comparisons.



# The After-School Program

## After School Program | Ages 4-21 Years

This program gives grade school students opportunities to use after school time to be active and engaged. Participants will have the opportunity to swim once a week, socialize in a safe environment, play adapted sports and games, and try new arts and crafts activities. Our enthusiastic and qualified staff ensure a fun, safe, and inclusive environment. Staff will greet participants in the lobby (transportation to be arranged by parents.) All participants must be able to engage with the group in a 1:5 ratio. Participants can be dropped off at all community-based programs such as Taekwondo, Multisport, Play Factor, and Swimming lessons. Registering for the After- School Program does not guarantee registration for other programs. 1:1 support is not available for this program. Please note that registration is for the whole session. For more information, please contact Brian Hay at [bhay@varietyontario.ca](mailto:bhay@varietyontario.ca) or call (416) 699-7167 extension 254.

Days	Time	Age	Price: Member	Price: Non-member
Monday to Friday	3:00 - 6:00pm	Ages: 4 - 21	\$25/day, \$100/week	\$30/day, \$125/week

# Learn to Play Programs

For more information on the programs below, please email Helena Chestnut at [hchestnut@varietyontario.ca](mailto:hchestnut@varietyontario.ca).

## **Children in Motion Level 1 | Ages 3-5 Years | \$85**

The Children in Motion program is designed to focus on the fundamentals of games and activities in a non-competitive environment. This program also works to prepare children to participate independently in programs.

## **Children in Motion Level 2 | Ages 3-5 Years | \$85**

This program focuses on individual motor skill development and fitness. Challenging skills and new concepts are introduced. This class reinforces 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 through fun and interactive games.

## **Children in Motion Level 3 | Ages 5-6 Years | \$85**

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

## **Play Factor | Ages 6-12 Years | \$85**

This active class consists of structured play and interactive games promoting team building, self-confidence, fitness and fun.

# Fundamental Programs

For more information on the programs below, please email Helena Chestnut at [hchestnut@varietyontario.ca](mailto:hchestnut@varietyontario.ca).

Variety's Multi-Sport program is an introduction to a range of sports and social skills that foster confidence. Highlighting various Fieldhouse sports track & field, soccer, hockey, ringette, baseball, and basketball. Children are introduced to the fundamentals of each sport, with a focus on agility, balance, and coordination.

## **Multi-Sport 1 | Ages 6-9 Years | \$85**

Multi-Sport Level 1 is designed to introduce children to simple skills development including running, jumping, and throwing to build confidence in a non-competitive environment. Children use a variety of equipment that supports skill development.

## **Multi-Sport 2 | Ages 6-9 Years | \$85**

Children in Multi-Sport Level 2 continue to build confidence while learning advanced skill sets in an environment that is encouraging and inclusive. By the end of this level, children should be showing interest in specific sports.

## **Multi-Sport 3 | Ages 8-10 Years | \$85**

Children in Multi-Sport Level 3 have attained an interest in sport and have skill sets that reflect that interest. Children in Level 3 are invited to join Grassroots sports teams of their choice and are given the extra coaching support to transition to their chosen sport.

# Swimming Lessons - Preschool Program

For more information on swim programs or to schedule a swim assessment please contact Helena Chestnut at [hchestnut@varietyontario.ca](mailto:hchestnut@varietyontario.ca).

The Lifesaving Society Swim for Life program is based on a foundation of continuous evaluation of the required skills at each level. Variety Village is not required to issue report cards for participants who are absent for four or more lessons.

## **Pre-school Level 1 | Ages 3-5 Years | \$87**

We encourage the parents to participate until their child is comfortable. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest-deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

## **Pre-school Level 2 | Ages 3-5 Years | \$87**

These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back.

## **Pre-school Level 3 | Ages 3-5 Years | \$87**

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

## **Pre-school Level 4 | Ages 3-5 Years | \$87**

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.

## **Pre-school Level 5 | Ages 3-5 Years | \$87**

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a whip kick.

# Swimming Lessons - Kids, Teens and Adults

For more information on swim programs or to schedule a swim assessment please contact Helena Chestnut at [hchestnut@varietyontario.ca](mailto:hchestnut@varietyontario.ca).

## **Swimmer 1 | Ages 6-13 Years | \$87**

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

## **Swimmer 2 | Ages 6-13 Years | \$87**

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

## **Swimmer 3 | Ages 6-13 Years | \$87**

These junior swimmers will dive and do in-waterfront somersaults and handstands. They'll work on 15 m of front crawl, back crawl, and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

## **Swimmer 4 | Ages 6-13 Years | \$87**

These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

## **Swimmer 5 | Ages 6-13 Years | \$87**

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

## **Swimmer 6 | Ages 6-13 Years | \$87**

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps, and lifesaving kicks like eggbeater and scissor kicks. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.



**Fitness 7/8/9 | Ages 6-13 Years | \$107**

For swimmers who want to improve their overall physical fitness in the water. Fitness 7/8/9 provides a structured approach based on accepted training principles and practices including interval training. Participants will be asked to help set their own goals.

# Aquatics Individual Instruction

## **One-on-One Conditioning Aquatics: Deep End or Shallow End | Ages 3+ | \$190**

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

## **Private Swim Lessons - Deep and Shallow | Ages 3+ | \$305**

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

## Leadership Courses

For more information on leadership courses, please contact Helena Chestnut at [hchestnut@varietyontario.ca](mailto:hchestnut@varietyontario.ca).

### **Standard First Aid Full Course | Ages 13+ | Member \$125 | Non-member \$145**

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. This course is WSIB compliant.

Materials: Canadian First Aid Manual

### **Standard First Aid – Recertification | Ages 13+ | Member \$75 | Non-member \$100**

Please note that this is a Lifesaving Society Certification. Your last full course Standard First Aid with CPR-C Certification must be from the Lifesaving Society and dated not more than 3 years from the recertification course date in order to register.

## Aquatics Leadership Courses

For more information on leadership courses, please contact Helena Chestnut at [hchestnut@varietyontario.ca](mailto:hchestnut@varietyontario.ca).

### **Bronze Medallion with Emergency First Aid | Ages 13+ | Member \$200 | Non-member \$225**

Bronze Medallion is designed for lifesavers who want the challenge of more advanced training, including an introduction to the safe supervision of aquatics facilities. It includes a timed swim (400m in 12 minutes).

Prerequisite: Bronze Star or Age 13+

### **Bronze Cross with Standard First Aid with CPR-C | Ages 13+ | Member \$310 | Non-member \$340**

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to the safe supervision of aquatics facilities. It includes a timed swim (400 meters in 11 minutes). Successful candidates are eligible to work as assistant lifeguards and are ready to take their National Lifeguard course once they are 15.

Prerequisite: Bronze Medallion AND Emergency First Aid with CPR-B (need not be current).

### **National Lifeguard Certification (NLS) | Ages 15+ | Member \$325 | Non-member \$350**

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, a 50-metre sprint challenge, a 50-metre rescue drill, and a 400-metre endurance challenge.

Prerequisite: Must be 15 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 (need not be current).

Materials: Canadian Lifesaving Manual AND Alert – Lifeguarding in Action Manual (Alert manual included in the cost of course).

### **National Lifeguard Recertification Course | Ages 15+ | Member \$80 | Non-member \$100**

This program is designed to test the candidate's lifeguarding skills to maintain current certification at the National Lifeguard level. Candidates are required to bring their own whistle and proof of original certification. The certification is valid for 2 years.

# Pre-Competitive Grassroots Programs

Program Level Legend				
PD - Persons with a Disability	G - Grassroots	B - Beginner	I - Intermediate	PD - Person with Disability

## First Tee Golf | (Ages 7-13) – NEW!

Variety Village has partnered with First Tee Ontario to bring this youth golf program to our regular programming. The first tee program emphasises the fundamentals of golf, in addition to skills participants carry forward in life, such as understanding and managing emotions, resolving conflict, goal setting, planning for the future, and appreciating diversity. Meeting one day a week, athletes of all abilities will practice improving their setup position, as well as putting, chipping, pitching, and swinging through a variety of games and challenges.

Day	Time
Tuesday	5:00 - 6:00pm

## Flames & Sunshine Pre-Competitive Swimming

Athletes train twice a week for one hour. Classes teach basic competitive swim skills technique and stamina in a safe environment. Special consideration is given to swimmers with a disability.

Prerequisites: Participants must be able to swim 100 m of freestyle (front crawl) continuously. Anyone who participated in the grassroots program last year is automatically eligible to participate in the program this year.

## Taekwondo - Beginners

With emphasis on introducing routines and structures in an environment that is fun and positive.

- 12+ / Family - Kids may join this class with a parent and/or with a sibling age 12+.
- Beginners - Recommended for White Belts-Yellow stripes 2 seasons or less.
- Persons with a Disability - Integrated with age groups. A parent/guardian must be present and may assist the participant in class.

## Taekwondo - Development

This integrated recreational program provides environments for all stages of development. Emphasis on Taekwondo curriculum, fundamentals, and long-term participation.

- 12+ / Family - Kids may join this class with a parent and/or with a sibling age 12+.
- Intermediate - Recommended for Yellow Belts & Up / 2 seasons or more.



- Persons with a Disability - Integrated with age groups.

### **Taekwondo - Recreational/Integrated**

This integrated recreational program provides an environment for all stages of development. Emphasis on Taekwondo curriculum, fundamentals, and long-term participation.

- 12+ / Family - Kids may join this class with a parent and/or with a sibling age 12+.
- Beginners, Persons with a Disability - Integrated w/ age groups. A parent/guardian must be present and may assist the participant in class.
- Beginners - Recommended for White & Yellow Stripe - Introductory
- Intermediate - Recommended for Yellow Belts & Up / 2 seasons or more

### **Track - Level 1 | Ages 7-9 years | \$90**

Practicing one day a week, these youth athletes will learn and develop many of the fundamental skills in track and field, and how to apply them. We use a variety of running, jumping, and throwing games to practice high-quality movement, and to have fun in the process.

### **Track - Level 2 | Ages 9-12 years**

Practicing two days a week, these youth athletes begin to learn the skills necessary to participate in the different events in track and field. A more comprehensive training plan is used to ensure that every athlete is conditioned to sprint, jump, and throw safely. Athletes in this group have the option to participate in track and field meets with others in their age group around the GTA. While this program does offer an introduction to competition, it is not required. As always, the emphasis is placed on athlete enjoyment, and improvement no matter their stage of development.

### **Volt Hockey | Ages 7+ | \$125**

At the beginner level, this new sport introduces youngsters with varied mobility to the game of hockey! Played by more than 50 teams internationally: Denmark, Norway, Sweden, and here at Variety! The one-hour class teaches players the fundamentals of sport, the skills of the game, and how to play using the motorized Volt Hockey chair. Intermediate levels will focus on the rules of the game and train towards competitions. You must have a membership with Variety to enroll in the program. To try VOLT or for more information about joining the Variety Athletic Club VOLT team, please email Archie Allison at [aallison@varietyontario.ca](mailto:aallison@varietyontario.ca).

### **Weightlifting | Ages 14+ | \$90**

This is the ideal program for youth 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 who are looking to increase overall athletic performance and self-confidence.

**Wheelchair Basketball | Ages 4+ | \$125**

This program provides beginners and experienced players the opportunity to play wheelchair basketball with skill development, fundamentals, and games. Games take place in a recreational setting. Wheelchairs are provided.

Day		Time
Saturday		11:00 am - 1:00pm

# Variety Village Athletic Club

Welcome to Variety Village, your ultimate destination for recreational sports! We offer a diverse range of sports teams for athletes of all abilities:

- Athletics (Track & Field)
- Challenger Baseball
- Flames Swim
- Para Golf
- Sunshine Swim – Special Olympics
- Taekwondo
- VOLT Hockey
- Weightlifting
- Wheelchair Basketball

Our Variety Athletic Club teams provide active, engaging, and competitive opportunities for athletes. Since 1982, we've been the go-to training ground for inclusive athletics. Our teams have excelled in various competitions, including the Paralympic Games, Special Olympics, Deaf Games, and the Olympics.

Our experienced coaches facilitate learning, skill development, and practice schedules. Team members will need to purchase a Variety Village fitness club membership, giving them access to our top-notch facilities, including the cardio room, weight room, aquatics wing, and fieldhouse. Join the team and help bring sports and inclusivity together to create unforgettable experiences!

For more information on our Athletic Club teams as an athlete, coach, or volunteer, contact:

Archie Allison

(416) 699-7167 extension 236

[aallison@varietyontario.ca](mailto:aallison@varietyontario.ca)

## Sports Teams

### Athletics (Track & Field)

For more information please contact Jamal Miller at [jmiller@varietyontario.ca](mailto:jmiller@varietyontario.ca).

Aligned with Athletic Canada's LTAD stages, VVAC Athletics offers training that supports the athlete's event specialty. Depending on the stage of development, athletes begin to be streamed into the event group area (throws, jumps, sprints, endurance, or wheelchair events) where they can experience success. Speed, strength, aerobic capacity, and power are optimized based on the event requirement. The annual

training plans are built around the indoor and outdoor athletic season. Club athletes are committed to regular training and competition at the provincial, national and international levels.

Head Coach: Jamal Miller, Certified Club Coach - Sprints and Hurdles

Day	Time
Tuesday	6:00 - 8:00pm
Thursday	6:00 - 8:00pm
Sunday	10:00 - 1:00pm

**Challenger Baseball – Junior/Senior – NEW!**

For more information, please contact Archie Allison at [aallison@varietyontario.ca](mailto:aallison@varietyontario.ca).

Variety Village is proud to bring Challenger Baseball to our offered programs! Challenger Baseball is an adaptive Baseball program presented by the Jay’s Care Foundation for individuals with cognitive, or physical disabilities. The program strives to teach core life skills such as courage, independence, teamwork, and love of sport. Athletes will meet once a week for practice and play, and for hosted games/tournaments with other Challenger Baseball teams from around the GTA and Ontario.

	Ages	Day	Time
Junior	7-13	Saturday	2:30-3:30pm
Senior	14 +	Saturday	3:30 -4:30pm

**Flames Swim**

For more information, please contact Anna Atell at [aatell@varietyontario.ca](mailto:aatell@varietyontario.ca).

The Variety Village Flames are a competitive, age group swim team for para-athletes and their peers. The program is presented in a multi-level competitive swim structure to ensure participants can learn at their own pace. Program goals include fundamental skill development, fitness, goal setting, training, and racing strategies, all in a fun, positive, growth mindset-focused environment. The Flames Swim Team is a safe place where participants can explore their abilities and find within themselves the confidence to pursue their goals and the capacity to develop skills that will help them see the many possibilities for their future, both in sports and in life. Athletes are given ownership for their personal and competitive development, taught to lead by example in training and in attitude, as part of their journey, and celebrate resiliency.

- Junior and senior development teams practice 3 times per week.
- Advanced team practices a minimum of 5 times per week.

## **Golf | Ages 14+ – NEW!**

For more information, please contact Archie Allison at [aallison@varietyontario.ca](mailto:aallison@varietyontario.ca).

Meeting once a week, the new Variety Village Golf Team is geared toward golfers interested in improving their skills year-round. Working with talented coaches, athletes will learn the intricacies of the game, as well as how to adapt their styles and abilities to achieve improved performance. Participants will have the opportunity to practice at golf courses and participate in tournaments when in season.

Session	Dates	Day	Time	Fee
11 Weeks	September 27 – December 6, 2023	Wednesday	5:00 - 6:00pm	\$235

## **Sunshine Swim – Special Olympics**

For more information on the Sunshine Swim team and schedules please contact Marilyn Jang at [mjang@varietyontario.ca](mailto:mjang@varietyontario.ca).

The Sunshine Swim Team is dedicated to training and competition for individuals with intellectual disabilities. Our coaches work to ensure that athletes train for competitive swimming in an environment that is supportive and inclusive. As a partner of Special Olympics Ontario, the team has well-developed relationships with other competitive teams across the province. We encourage new athletes interested in joining the team to meet with the coach and observe a practice. Athletes will be asked to complete a continuous 50-metre swim freestyle and backstroke, vertical kick for 30 seconds.

- The Sunshine swim team practices up to 3 times per week.

## **Taekwondo**

For more information please contact Rommel Cabanatan at [rcabanatan@varietyontario.ca](mailto:rcabanatan@varietyontario.ca).

Variety is proud to be the home of several sports teams, all part of the Variety Athletic Club (VAC). The VAC gives athletes of all abilities the opportunity to be active and competitive. Since 1992, Variety Ontario has provided martial arts classes under the guidelines of the Young Choung Taekwondo™ Academy. This program focuses on competition introduction and long-term development.

Intermediate pre-requisite for VAC Taekwondo Membership (Annual Season)

Includes access to all Pre-Competitive Grassroots Taekwondo programming.

I - Intermediate, recommended for yellow stripes and up / 2 seasons or more.

A - Advanced, recommended for Blue, Red, and Black Belts

PD - Persons with a Disability



Head Coach: Master Rommel Cabanatan, ChPC. Chartered Professional Coach NCCP, Diploma in High-Performance Coaching, Provincial and National Team Coach, International Referee, Master Coach Developer & Coach, Mentor Former Member of the (ON) Provincial, (CAF/CISMM) Military and (CAN) Canadian National Teams.

Day	Level	Time	Ages	Curriculum
Tuesday	PD, I, A	5:30 - 7:00pm	Ages: 11 & under Colour Belts	Standard Curriculum
Thursday	PD, I, A	5:30 - 7:00pm	Ages: 11 & under Colour Belts	Technical Training
Saturday	PD, I, A	9:00 - 10:50am	Ages: 11 & under Colour Belts	Integrated
Tuesday	PD, I, A	7:00 - 8:30pm	Ages: 12+ All Black Belts	Standard Curriculum
Thursday	PD, I, A	7:00 - 8:30pm	Ages: 12+ All Black Belts	Technical Training
Saturday	PD, I, A	9:30 - 10:50am	Ages: 12+ All Black Belts	Integrated

## Volt Hockey

For more information, please contact Archie Allison at [aallison@varietyontario.ca](mailto:aallison@varietyontario.ca).

VOLT Hockey is an accessible form of hockey that is played in a specifically designed hockey sport chair by people with a variety of disabilities, particularly those with limited upper mobility. Variety is proud to offer VOLT Hockey at partnering locations across Ontario. To find a location near you, and to learn more about how to participate, please visit our VOLT Hockey page.

Day	Time
Saturday	2:00 - 4:00pm

## Weightlifting

For more information please contact Abdallah Alsebaai at [aalsebaai@varietyontario.ca](mailto:aalsebaai@varietyontario.ca).

Olympic Weightlifting trains the athlete for functional strength and utilizing the body's major muscle groups. Athletes are introduced and trained toward two Olympic lifting techniques - the snatch and the clean and jerk. Training involves quality repetitions and building body strength. The training season runs 12 months of the year with the competition season starting in the summer months.

Head Coach: Abdallah Alsebaai, Level 3 Certified Coach, International Ranked Weightlifter Competition Director of the 2011 Canadian Senior Weightlifting Championships, 2012 Canadian Junior Weightlifting Championships, and the 2014 Pan American Master's Weightlifting Championships

Day	Time
Monday	6:00 - 8:00pm
Tuesday	6:30 - 8:30pm
Wednesday	6:00 - 8:00pm
Friday	6:00 - 8:00pm
Saturday	12:00 - 2:00pm

### Wheelchair Basketball

For more information please contact Archie Allison at [aallison@varietyontario.ca](mailto:aallison@varietyontario.ca).

For more than 40 years, Variety 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 milestones representing Variety Village, the Province, and Canada.

Day	Time
Monday	7:00 - 9:00pm
Wednesday	7:00 - 9:00pm
Saturday	9:00 - 11:00am

# Camps

Experience the ultimate camp adventure at Variety! We take great pride in offering an array of camps designed for children of all abilities. Choose from our renowned Summer Camps, March Break Camp, Holiday Camps, and Kid Development Day Camps, specifically scheduled to align with PA/PD days within the Toronto School Board. At Variety, we value the needs of parents and prioritize flexibility and convenience, which is why we also provide Extended Hours/After Care services for our camps.

Our integrated full-day camps cater to participants aged 4 to 20+ and are designed to provide a fun and inclusive environment for all. We are proud to be OCA Certified, ensuring the highest standards of quality and safety.

At Variety, we understand that every camper is unique, which is why we provide one-on-one support to cater to individual needs. Our qualified staff are dedicated to ensuring that each camper has the best experience possible, offering personalized assistance and guidance throughout their camp journey.

## **Extended Hours/After Care**

No need to rush to drop off or pick up the kids! Drop-off for Camps runs from 8:00am-9:00am and pick-up from 4:00pm-5:00pm. Kids will enjoy choosing from a variety of activities and continuing to build relationships from the camp day. This time consists of supervised free play, the ratio during this time is 1:5.

## **One-to-One Support**

One-to-one staffing is available for registrants ages 4+ years at a fee of \$130/day. Hours of one-to-one support are between 9:00am-4:00pm. Support is limited and based on the level of care required. There is an intake process required before registration can be completed. If you are hiring an external 1:1 please see our camper tool box on [www.varietylvillage.ca/camps](http://www.varietylvillage.ca/camps) for our External Worker Policy.

# Camps

For more information on camps, please contact Brian Hay at [bhay@varietyontario.ca](mailto:bhay@varietyontario.ca).

## **Kid Development Day Camp**

Variety Village offers day camps on the days schools are closed for professional development. Kids have opportunities to develop sports, swimming, and gross motor skills. Parents need only provide transportation, lunch, and snacks (peanut-free), swim gear and running shoes to camp each day.

<b>Camp</b>	<b>Date</b>	<b>Age</b>	<b>Member</b>	<b>Non-Member</b>
KDD Camp	October 6, 2023	Ages: 4+	\$80	\$90
KDD Camp	November 17, 2023	Ages: 4+	\$80	\$90
KDD Camp	January 19, 2024	Ages: 4+	\$80	\$90
KDD Camp	February 16, 2024	Ages: 4+	\$80	\$90
KDD Camp	April 19 <sup>th</sup> , 2024	Ages: 4+	\$80	\$90
KDD Camp	June 7 <sup>th</sup> , 2024	Ages: 4+	\$80	\$90

### **Holiday Camps**

Campers experience the Variety's many unique games, sports, and adapted activities as well as swimming every day. Outdoor activities take place when weather permits. Participants must bring two peanut-free snacks, lunch, swim gear and running shoes to camp each day.

<b>Camp</b>	<b>Date</b>	<b>Age</b>	<b>Member</b>	<b>Non-Member</b>
Holiday Camp	December 27 - 29 January 2 - 5	Ages: 4+	All days - \$560 Individual - \$77	All days - \$783 Individual - \$87
March Break	March 11 - 15 2024	Ages: 4+	\$385	\$435
Easter Fun Day	Monday, April 1 2024	Ages: 4+	\$80	\$90