

2025 Spring | varietyvillage.ca



Recreation & Leisure Program Directory



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Tell us what you think!

We're working hard to make our program guide more user-friendly and easier to navigate. Over the past couple years, we've had to make some changes due to the impact of COVID-19. But now we're focused on finding a format that works well for everyone.

In addition to revamping the guide, we're also excited to share some new and revised program offerings. Our curriculum team has been hard at work developing fresh content and approaches to better meet the evolving needs of our participants.

As we continue refining the guide, we may experiment with some temporary changes in the coming editions. We want your input to help us get it right.

Please take a few minutes to complete our survey and share your feedback and suggestions. Your input will be invaluable as we work towards a program guide that is clear, informative, and a pleasure to use.

**Scan the QR code below to access the survey.
We appreciate you taking the time to help us improve!**



Address

Variety - the Children's Charity (Ontario)
Variety Village
3701 Danforth Avenue, Scarborough,
Ontario M1N 2G2
Phone: (416) 699-7167
Fax: (416) 699-3926
Email: membership@varietyontario.ca
Website: www.varietylvillage.ca
Website: www.varietyontario.ca

How to get here

TTC Bus Access

Our Wheel-Trans accessible facility has free parking, its own TTC stop, and can be reached by several bus routes.

- 12A from Victoria Park Station or from Kennedy Station stops at 3701 Danforth Avenue
- 20 from Main Street Station stops at Birchmount and Danforth Avenue or Highview & Anneke
- 69B Warden South from Warden Station stops at Birchmount and Danforth Avenue

Hours of Operation

Monday to Friday: 7:00am - 10:00pm

Saturday & Sunday: 8:00am - 5:00pm

All areas close 15 minutes prior to the facility closing.

Leadership Team, Variety Village

- Judy Black, Manager, Membership Services, jblack@varietyontario.ca
- Katie Watkins, Director, Facility & Programs, kwatkins@varietyontario.ca
- Archie Allison, Director, Access & Awareness, aallison@varietyontario.ca
- Jamie Sherwin, Manager, Facility & Programs, jsherwin@varietyontario.ca
- Brian Hay, Program Coordinator, Camps, bhay@varietyontario.ca
- Katie Allaire, Program Coordinator, Community Based Programs, kallaire@varietyontario.ca

Leadership Team, Variety Ontario

- Charlie Johnstone, President & Chief Executive Officer, cjohnstone@varietyontario.ca
- Seema Magoon, Manager, Human Resources, smagoon@varietyontario.ca
- Archie Allison, Director, Access & Awareness, aallison@varietyontario.ca
- Erin Rivet, Manager, Communications & Brand, erivet@varietyontario.ca
- Tanishka Warekar, Events & Fundraising, twarekar@varietyontario.ca
- Smeeta Sohanlal, Volunteer & HR Coordinator, sohanlal@varietyontario.ca

Variety - the Children's Charity of Ontario

Variety - the Children's Charity of Ontario is a charitable organization, a unique community that transforms lives through inclusive physical activity and education for every phase of life.

Vision

A barrier-free, equitable world that empowers everybody.

Mission

Variety - the Children's Charity of Ontario exists to transform the lives of children with disabilities by breaking down barriers to participation. Variety Village supports this charitable mission through its unique community that provides inclusive physical activity and education through every phase of life.

A community-supported organization providing access to all Ontarians

Along with donations raised through various campaigns, fees for programs, services, admissions and memberships are invested right back into the organization to help maintain facilities, deliver programs, and provide fee assistance to those in need.

A dedicated community delivering gym, swim, leadership and needs-driven programming

Our Variety Toronto facility offers need-driven programs that respond to the social and emotional needs of the community. Increasing our ability to provide accessible programming to children with disabilities in communities across Ontario is our goal. Variety's programming breaks down barriers for children and their families and provides opportunities for all children to play.

A place to connect, belong, grow and thrive

Families joining Variety demonstrate their commitment to activity and the importance of exercise daily. Alongside programs available for grownups, we offer recreational and aquatics programs for children that create new connections, foster fundamental movement skills and teach sport skills. Our goal is to promote physical activity in an environment that is inclusive and accepting.

What We Offer

State-of-the-art Facilities

From our 76,000 square foot fieldhouse, 200m indoor track, 3 full sport courts, rock climbing wall, cardio room and weight room to our swimming pool, hot pool and full range of accessible equipment, we have something for #everyBODY™. Whether you're a serious athlete or working on getting fit and staying healthy, you can do it at Variety in our welcoming, family-oriented, inclusive environment.

Accessibility

Variety is dedicated to creating opportunities for people of all abilities. That's why our facility is equipped with accessibility features throughout. General facility features include:

- Fire alarm system uses sound, visual, and pulse to alert people of all abilities
- Alarm buttons are located throughout the facility in case of emergency.
- Bumpers in hallways prevent people that use wheelchairs from crushing their fingers against the wall accidentally.
- Halls are extra wide to accommodate passing wheelchairs.

Staff Expertise

Our staff have over 100 combined years of expertise in inclusive, accessible programming and services.

- Extensive training on integrative techniques and teaching styles
- Standard First Aid and CPR-C Certification
- Automated External Defibrillation Certification
- National Lifeguard Service
- Instructors are fully certified through Lifesaving Society
- All trainers have certification as Personal Trainers through various agencies
- NCCP – Coach certifications (VVAC)
- Rowan's Law
- Safe sport

Inclusion for All

In our Programs, we recognize and celebrate the unique qualities that recognize EveryBODY™ is an individual. Our mission is to create truly memorable experiences that cater to children of all abilities.

How do we achieve this?

An initial assessment to make an informed decision if our programs are the right fit for the participant. During the assessment process we may need to consult with other professionals, teachers, therapists, etc. to gain insight on each camper's background.

- Adaptive and customized Programs based on the participants' specific needs.
- Special training for our entire staff team.
- Ongoing communication with the family/caregiver

Calendar at a Glance!

2024	
September	Monday, September 2 – Labour Day Friday, September 20 – Golf Fore Kids
October	Monday, October 14 – Thanksgiving Saturday & Sunday, October 27/28 - Food Truck Festival
November	Friday, November 1 – Active Living Conference Monday, November 11 – Remembrance Day
December	Tuesday, December 3 – Giving Tuesday Winter Program Registration Sunday, December 8 - Annual Christmas Party Wednesday, December 25 – Christmas Day Thursday, December 26 – Boxing Day Holiday Break Camp
2025	
January	Monday, January 1 – New Year’s Day
February	Camp Registration Opens Monday, February 17 – Family Day Friday, February 28 - Lieutenant Governor Games
March	Spring Program Registration March Break Camp Friday, March 29 – Good Friday
April	Friday, April 18 – Good Friday Monday, April 21 – Easter Monday
May	That’s Amore Pizza for Kids, Dip n’ Give Month Saturday, May 10 – Toronto Police Games Monday, May 19 – Victoria Day
June	PRIDE Month Summer Program Registration
July	Summer Camps begin Disability Pride Month Tuesday, July 1 – Canada Day
August	Monday, August 4 – Civic Holiday Friday, August 29 – Summer Camps End Fall Program Registration

As a non-profit organization, serving people of all abilities is at the core of our mission. Our work supports subsidies for our memberships and programs to ensure access and opportunities for all. We believe this is a necessary component of fulfilling our purpose.

Annually, we host camps and community events that can impact general access to the facility. As a charity, we hold these activities to raise funds, support partnerships and collaboration, and provide enrichment opportunities for the community. This allows us to continue offering our specialized adaptive equipment, programming, and services.

We are transparent about these initiatives and provide alerts and information on a calendar year in advance. We hope our members understand that these initiatives are vital to our ability to serve our full constituency, which includes people with disabilities. We see ourselves as more than just a gym - we are a hub for inclusive recreation, wellness, and community building.

To learn more or get involved contact Tanishka Warekar at twarekar@varietyontario.ca

For a full list of calendar events, facility restrictions, [click here](#) to visit our website.

Calendar

Memberships

Variety is the only facility that offers membership options to people of all abilities and promotes inclusion through integrated programs and services. Choose your variety membership and experience the workout with a difference. We're more than a gym - we're a community!

Member Benefits

- Programs for all ages & abilities
- 76,000 Sq. ft. Fieldhouse
- 200m Indoor 5-lane MONDO Track
- 3 Multipurpose/Sport Courts
- 25m, 6-lane Competition Pool and Warm Therapy Pool
- Cardio Room / Weight Room
- Accessible Equipment
- Included Fitness / Drop-in Classes
- Personal Training
- Children's Programs
- All Season Camps
- Adult Day Programs
- Recreational Family Gym Time
- Sports Teams
- Volunteer Opportunities
- CPR/First Aid/AED Trained Staff
- FREE WIFI and more!

Annual Membership

Pay all at once, or on a monthly payment schedule when you commit to an annual membership.

Four-Month Membership

Sometimes you can only commit for a few months at a time, and that's OK! We've got you covered. Fees for our four-month membership are processed as a one-time payment due on membership start date.

Membership	Age	Annual Membership	Four-Month Membership
Adult	21-64	\$648	\$324
Infant/Toddler	0-23 months	\$208	\$104
Child	3-13	\$380	\$190
Youth	14-20	\$400	\$200
Senior	65+	\$390	\$195
Family	-	\$1296	\$648
Senior Family	-	-	\$390
Veteran (Individual)	-	Please contact our Membership Department	
Veteran (Family)	-	Please contact our Membership Department	
Prices do not include HST. Prices in effect as of October 1, 2024. All fees are subject to change.		Methods of Payment Credit Card: MasterCard, Visa, American Express Cheque, Cash or Debit	

Membership Subsidies

Variety Village is committed to ensuring access for all. That's why we offer membership subsidies for individuals and families who may need financial assistance.

Subsidy Guidelines

- Financially subsidised memberships are available through an application to Variety - the Children's Charity of Ontario (Foundation).
- 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.
- Family memberships include Parent(s) and children under the age of 21 years living in the same home (address).

To learn more, contact our Membership department at (416) 699-7167 ext. 246 or email membership@varietyontario.ca.

Memberships

1:1 Support Services

Variety provides accessible and inclusive recreation opportunities for participants of all abilities. We offer personalized 1:1 staffing to assist participants in integrating into a group setting. When you register your participant for a specific program, such as Children in Motion, they will receive dedicated 1:1 support within that program. Our qualified staff are committed to providing the best camp experience possible, catering to the individual needs of each participant.

How do I know if 1:1 support service is required?

Inclusion support may be beneficial if the participant if they:

- Receive additional support at school
- Is medically fragile, has a g-tube, tracheotomy tubes, or those requiring suctioning
- Requires assistance with personal care, for example transferring, toileting, feeding, and personal hygiene
- Has behaviour concerns that require support to participate in group activities

Guidelines

- Support availability is limited and based on the level of care required.
- We offer support for a maximum of 2 programs to accommodate as many participants as possible.
- If your participant requires a Personal Support Worker (PSW), they may be allowed to attend programs, subject to approval from the Program Coordinator and a screening to ensure adherence to Variety's External Support Worker Policy.
- Please be aware that we do not accommodate 2:1's under any circumstances.

Requesting Inclusion Support

To promote success, all participants that access 1:1 support service are required to complete and return the following forms prior to the start of programs. The forms can be requested from our Program Coordinator Katie Allaire at kallaire@varietyontario.ca.

- Participant Information Form
- Outside Support Worker Release Form (if required)
- Medication Administration Request (if required)

Program Type	Request Process
Registered Programs	To request 1:1 support for a registered program, participants must register in the inclusion support course for the session. Participants will be automatically waitlisted until confirmed by the Program Coordinator. Please contact kallaire@varietyontario.ca .
After School Program	To request 1:1 support for the after-school program, please contact bhay@varietyontario.ca .
KDD Camps	To request 1:1 support for KDD camps, participants must complete the registration process through the portal. Participants will be automatically waitlisted until confirmed by the Program Coordinator. Please contact bhay@varietyontario.ca .
Holiday Break and March Break Camps	To request 1:1 support for Holiday Break and March Break camps, participants must complete the registration process through the portal. Participants will be automatically waitlisted until confirmed by the Program Coordinator. Please contact bhay@varietyontario.ca for more information.

Love the Benefits of a Variety Program

As a program participant, you will benefit from the motivation of an instructor and the support and accountability of a group. A variety of programs include intentional, progressive skills and challenges so you will continue to improve throughout your program.

CHILDREN & YOUTH

Develop physical literacy

Variety programs include intentional activities that help build physical literacy to help children be active and confident in whatever activity or sport they choose. It's proven that people who are physically literate are more likely to be active for life.

Become socially responsible

Through our values of respect, honesty, responsibility and caring, we teach children to respect themselves, others and the environment in which they learn and play.

Develop life skills

Children learn social skills, how to be independent and to make good choices. We foster individual development through group learning, challenges and fun.

ADULTS & SENIORS

Connect with others

Our facilities are filled with people of all ages, abilities and backgrounds. Our programs create opportunities to build positive relationships with other people in the community. Participating with others provides a powerful combination of support, accountability, and motivation to stay active and help build healthy communities.

Be active for life

We offer accessible programs and facilities that help develop and sustain healthy and active lifestyles.

What Makes us Unique?

The Village: A sport, fitness & life skills facility for EveryBODY!™

The Village offers a unique and inclusive experience with a diverse range of adaptable activities catering to various needs. From adapted sports and fitness to specialized developmental programs, there is something for everybody. The organization fosters a welcoming and supportive atmosphere where everyone feels valued. Skilled staff provide personalized support and encouragement, helping participants achieve their personal best. The Village's personalized approach meets each individual where they are, offering activities tailored to their abilities and preferences. Programs are designed to adapt to a wide range of physical disabilities and sensory needs, utilizing specialized equipment and techniques to ensure full engagement. In addition to integrated programs, the Village also provides tailored options for individuals with disabilities, creating a truly inclusive environment where everyone can participate and thrive.

Multi-Sensory: The Experience

The multi-sensory experience provides individuals with unique sensory integration opportunities to facilitate communication and further independence in a safe and controlled environment.

Individuals with disabilities may experience sensory difficulties of varying types and levels of severity, including limited vision or hearing, limited motor and muscle strength, and difficulty processing sensory information, causing hyper- or hyposensitivity to external stimuli.

Variety's multi-sensory room is designed to support individuals with learning, development and engaging their senses at their own pace. Using various sensory-based tools, such as lighting, colors, sounds and vibration and tactile objects, the room actively encourages individual expression, developmental growth, self-awareness and is a unique opportunity for participants to explore.

What you need to know

Before using the Snoezelen Room:

To gain the benefits from the multi-sensory room, caregivers must participate in a Snoezelen Orientation and Training.

Orientation	Subsequent Visit	X5 Package
\$25.00	\$10.00	\$45.00

Length of Sessions:

Each session in the multi-sensory room is approximately one-hour. This includes 45 minutes in the room and additional time to close and clean up the space.

Hours of Operation:

The multi-sensory room is open from 9:00AM to 7:00PM Monday to Friday, and from 10:00AM – 1:00PM on Saturday and Sunday.

Location:

The Multi-Sensory room is in our facility at Variety Village, 3701 Danforth Avenue in Scarborough.

How to book:

Please contact Jamie Sherwin to book your orientation session at jsherwin@varietyontario.ca.



To learn more contact Jamie Sherwin at jsherwin@varietyontario.ca or visit our website.

Multi-Sensory

Program Registration

Variety Village offers a wide range of programs and activities for all ages and abilities. From sports to fitness classes, camps to specialized services - there's something for all ages and stages.

Register Online - the easiest way to register!

Visit portal.varietyvillage.ca to log in to your account and register for programs online.

Register over the Phone

In-person registration is for persons with a disability over the phone (416) 699-7167.

What you need to Know

- Registration is subject to availability on a first-come, first-served basis.
- Registration for programs is by phone on the first day of registration for persons with disabilities.
- General registration is online through our portal.
- Registrants must meet the specified minimum age of the program within three weeks of program start.
- Memberships are required to register for programs.
- You must have an active membership and an updated credit card on file.
- Online Portal: If you haven't been set-up with an account for access to our online portal you will need to reach out to Membership to set up before registration.

Registration Dates

Session	Persons with a Disability	General Membership
Spring	Wednesday, March 5 – 8:00am Online/Phone	Saturday, March 8 – 7:30am Online Only
Summer	Wednesday, June 11 – 8:00am Online/Phone	Monday, June 16 – 7:30am Online Only
Methods of Payment Credit Card: MasterCard, Visa, American Express Cheque, cash or debit		Please do not send cash in the mail. NSF (non-sufficient funds) cheques subject to a \$25 administration fee.

Program Theme Legend



For support, or to learn more contact Membership at (416) 699-7167 extension 246 or email membership@varietyontario.ca.

Registration

Registration Information

Prices in this Guide

All program fees are subject to change. Where discrepancies in fees appear, the registration system will be taken as the correct fee.

Withdrawals and Refunds

All registration cancellations/withdrawals must be completed prior to the start of the program's third class/day only. No refunds or credits are considered after this date. Withdrawals are prorated based on the date of withdrawal, not based on attendance in the program.

A \$25 administration fee is deducted per person, per program for all refunds, withdrawals and credits. Submit requests via email to membership@varietyontario.ca.

Age Requirements

Registrants must reach the specified minimum age of the program within three weeks of the program's start.

Program Changes

Variety Village reserves the right to cancel, postpone or combine classes, limit or increase registration, as well as change the time, location or instructor, if required.

Waiting Lists

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

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, or instructors and special events. Refunds are issued for course cancellations only.

Transfers

There is no transfer fee to move from one program to another or one class to another. However, transfers are not permitted for certification programs after the first two weeks/classes.

Non-Attendance Policy

If you decide to no longer attend classes, or a medical condition prevents you from attending, please email kallaire@varietyontario.ca to withdraw from the program.

Make up classes

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

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 is treated confidentially.

Pool Fouling

Occasionally due to situations beyond our control we may need to cancel a class at short notice because of a pool foul. We work hard to limit the amount of time the pool is closed; however, we are not able to provide make-up classes for the time missed. Please check regularly on our website and social media accounts for updates on facility restrictions and closures.

Session Dates

Sports & Recreation Session Dates

Session	Duration	Dates
Fall	11 weeks	September 23 – December 8, 2024
Winter	9 Weeks	January 6 – March 9, 2025
Spring	11 Weeks	March 24 – June 8, 2025
Summer	8 Weeks	June 30– August 24, 2025

Included Fitness Classes Session Dates

Session	Duration	Dates
Fall	15 weeks	September 3 – December 15, 2024
Break	2 weeks	December 16 – 29, 2024
Winter	10 Weeks	December 30 – March 9, 2025
Break	1 Week	March 10 – 16, 2025
Spring	14 Weeks	March 17 – June 22, 2025
Break	1 Week	June 23 – 29, 2025
Summer	8 Weeks	June 30 – August 24, 2025
Break	1 Week	August 25 – August 31, 2025

Personal Training

Elevate your fitness journey with Variety Village's exceptional personal training services. Our team of highly qualified trainers are here to guide you every step of the way. Each of our trainers holds post-secondary fitness education and are certified personal trainers, bringing a wealth of expertise to the table. They have helped countless members achieve their health and wellness goals and are ready to do the same for you.

Your personalized training package will include:

- A comprehensive individual assessment with a detailed movement screen
- Carefully crafted progressive training sessions designed to meet your unique goals
- Educational sessions to deepen your understanding of exercise and its benefits for your body
- Unwavering encouragement and support from your dedicated personal trainer
- Challenging, yet accommodating, workout sessions that fit seamlessly into your schedule

Whether your aim is to live more independently, qualify for a provincial team, or anything in between, our trainers will pave the way for you to exceed your objectives.

For more information

Debbie Murray

Personal Training

(416) 699-7167 extension 238

dmurray@varietyontario.ca

For more information on personal training, [click here](#) to visit our website.

Personal Training

Personal Training Programs

Fitness

Sport Season Readiness | Ages 10-13

Are you signing your child up for sports or team activities? If the answer is yes, we suggest our personal trainer led 4-week fitness program. The focus of the program is fitness as well as throwing and kicking skills. Classes include cardio, strength training, creative obstacle courses, skills and drills and games with a twist.

Learn to Lift - Youth | Ages 13-15

Led by our Variety Village Personal Trainers, this 4-week session is designed for members ages 13-16. Members will practice proper lifting techniques with free weights and weight machines and by the final week will design their own weight training routine! Sign up to learn the basic principles of weight training, class size is limited.

Healthy Eating for Healthy Living | Ages 16+

Healthy Eating for Healthy Living is a wellness program that teaches nutrition fundamentals, and how to apply them to support a healthy lifestyle. Clients will start with an individual initial assessment including things such as blood pressure measurement, and a dietary habits questionnaire. The nutrition coach will then work with the client to establish realistic goals. Two group sessions following the assessment will provide information on healthy eating and meal planning. The final individual session will provide an opportunity to ask questions and for the coach to offer personal nutritional guidance. Individual sessions are also available for purchase.

Program	Ages	Day	Time	Start Date	End Date	Price
Fitness						
Sport Season Readiness	10-13	Monday	6:00-7:00pm	September 9	September 30	\$85
Learn to Lift - Youth	13-16	Monday	6:00-7:00pm	September 9	September 30	\$85
Healthy Eating for Healthy Living	Contact dmurray@varietyontario.ca for more information.					

Included Fitness Classes and Drop-in Programs

Aquafit – Shallow Water

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

Body Burn

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

Cardio Intervals

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

Circuit Fitness is a dynamic and energizing workout designed to improve cardiovascular fitness, strength, and endurance through a series of timed stations. This class is suitable for individuals of all fitness levels, offering a structured and effective circuit training program in a supportive and inclusive environment.

Chair Fitness

A full-hour class offered now offered 3 times 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.

Circuits and Kickboxing

Kickboxing and Circuit Program offers a dynamic and high-energy workout that combines martial arts techniques with cardio and strength training elements. Designed for individuals of all fitness levels, our Kickboxing program provides challenging yet fun ways to improve endurance, strength, flexibility, and overall fitness.

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.

Framework

Framework Fitness program at Variety Village, designed to provide a well-rounded workout experience for individuals of all abilities. This dynamic program combines elements of strength training, cardiovascular exercise, and flexibility work to create a comprehensive fitness routine tailored to your personal goals.

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

Twice a week staff will set up courts and equipment for members to try out Pickleball for an hour. 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. Members are welcome to ask staff to set up Pickleball outside of the regularly scheduled times provided there is court space available.

Running Club

Running Club is dedicated to promoting fitness and wellness for everyone, regardless of ability. We offer a comprehensive fitness program that is inclusive, supportive, and tailored to meet the diverse needs of our members.

Included Fitness Classes and Programs Schedule

Day	Time	Class
Monday	9:30 - 10:30am	Running Club
Monday	1:00 - 2:00pm	AquaFit
Monday	6:00 - 7:00pm	H.I.I.T.
Tuesday	9:30 - 10:30am	Body Burn
Tuesday	11:00am - 12:00 Noon	AquaFit
Tuesday	1:00 - 2:00pm	ChairFit
Tuesday	6:00 - 7:00pm	Cardio Intervals
Wednesday	9:30 - 10:30am	LIFT
Wednesday	11:00am - 12:00 Noon	ChairFit
Wednesday	1:00 - 2:00pm	AquaFit
Wednesday	6:00 - 7:00pm	LIFT
Thursday	9:30 - 10:30am	Circuit Fitness
Thursday	11:00am - 12:00 Noon	ChairFit
Thursday	11:00 - 12:00 Noon	AquaFit
Thursday	6:00 - 7:00pm	Circuits & Kickboxing
Friday	9:30 - 10:30am	Core-Fit
Friday	6:00 - 7:00pm	AquaFit

Grown up & Tot Programs: Ages 0-4

Intro into Sport

Swim & Gym | Ages 0-3

Fill your Saturday mornings with the combination of our two most popular tot classes! The class will begin with grownups 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 is a total of 1.5 hours with 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

Has 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 grownups 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 grown up 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 with 70 minutes of instruction – 40 minutes in the Fieldhouse, a 20-minute break, and 30 minutes in the pool.

Program	Ages	Ratio	Day	Time	Sessions	Price
Swim & Gym	0-3	1:10	Saturday	10:00-11:30am	Fall, Winter, Spring	\$150
Teeter Tots	2-4	1:10	Saturday	9:00-10:30am	Fall, Winter, Spring	\$150

Preschool Programs: Ages 3-5

Developmental

1:1 Reading | Ages 3+

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 comparison.

Building Blocks Jr. | Ages 4-8 **NEW! Revised Curriculum**

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. Building Blocks will run in two different time blocks. Following the intake process, participants will be placed into the class time that is an appropriate peer fit for their current development. To register for this program, please contact our Program Coordinator, Katie Allaire kallaire@varietyontario.ca, to begin the intake process.

Intro to Sport

Teeter Tots | Ages 2-4

Has 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 grownups 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 grown up 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 with 70 minutes of instruction – 40 minutes in the Fieldhouse, a 20-minute break, and 30 minutes in the pool.

Children in Motion (CIM) Level 1 | Ages 3-5

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 (CIM) Level 2 | Ages 3-5

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 (CIM) Level 3 | Ages 5-6

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

Sport Specific

1:1 Sparks Swimming | Ages 4+

The Sparks program is the para development arm of the Flames Swim Team. Sparks is designed to accommodate the needs of athletes with physical disabilities in a 1:1 setting to support their basic skill development and ensure success for the athlete upon joining the Flames Swim Teams. If you are interested in joining the Sparks program, please contact James Berry, jberry@varietyontario.ca to set up an intake assessment and discuss next steps.

Pre-Competitive Taekwondo | Ages 4-6

This integrated recreational grassroots program provides an environment for all stages of development. Under the curriculum and guidelines of the Young Choung Taekwondo™ Academy, participants in this program will focus on initiating routines and structures in an environment that is fun and positive.

Track - Beginner | Ages 4-6

Practicing one day a week with our Variety Athletic Club Coaches, 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 1:1 Para Program | Ages 4+ **NEW!**

Designed for all athletes either interested in trying a new sport or looking to improve skills in the sport of Track and Field. We also encourage athletes that are interested in competing in the Special Olympics, this program provides a great opportunity to learn proper technique, improve fitness and mobility. As always, the emphasis is placed on athlete enjoyment, and improvement no matter their stage of development.

Preschool Programs: Ages 3-5

Program	Ages	Ratio	Day	Time	Sessions	Price
Developmental						
Building Blocks Jr.	4-8	1:3	Saturday	11:00-12:30pm	Fall, Winter, Spring	\$295
1:1 Reading	3+	1:1	Monday	4:00-4:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	4:30-5:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	6:00-6:30pm	Fall, Winter, Spring	\$178

1:1 Reading	3+	1:1	Wednesday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Saturday	11:30-12:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Saturday	12:00-12:30pm	Fall, Winter, Spring	\$178
Intro to Sport						
Teeter Tots	2-4	1:10	Saturday	9:00-10:30am	Fall, Winter, Spring	\$150
CIM Level 1	3-5	1:3	Saturday	10:30-11:30am	Fall, Winter, Spring	\$98
CIM Level 2	3-5	1:3	Saturday	10:30-11:30am	Fall, Winter, Spring	\$98
CIM Level 3	5-6	1:3	Saturday	10:30-11:30am	Fall, Winter, Spring	\$98
Sport Specific						
Taekwondo	4-6	1:5	Monday	5:30-6:15pm	Fall, Winter, Spring	\$105
Taekwondo	4-6	1:5	Wednesday	5:30-6:15pm	Fall, Winter, Spring	\$105
Taekwondo	4-6	1:5	Saturday	11:00-11:45am	Fall, Winter, Spring	\$105
Track – Beginner	4-6	1:8	Tuesday	5:00-6:00pm	Fall, Winter, Spring	\$95
1:1 Track	4+	1:1	Monday	5:00-5:45pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Monday	5:45-6:30pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Monday	6:30-7:15pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	9:00-9:45am	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	9:45-10:30am	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	10:30-11:15am	Fall, Winter, Spring	\$190

Child Programs: Ages 6-12

Developmental

Building Blocks | Ages 4-12 NEW! Revised Curriculum

In this 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. Building Blocks will run in two different time blocks. Following the intake process, participants will be placed into the class time that is an appropriate peer fit for their current development. To register for this program, please contact our Program Coordinator, Katie Allaire kallaire@varietyontario.ca, to begin the intake process.

Kids Connect | Ages 8-12 NEW! Revised Curriculum

This class reinforces skills and concepts of effective communication, and social skills learned in Building Blocks. Connections with peers are encouraged through activities and games. Participants will continue to develop their communication skills relating to the various themes (making friends, personal space, teamwork, sharing, etc.).

1:1 Reading | Ages 3+

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.

Intro to Sport

AquaSport Level 1 | Ages 8-12 NEW!

AquaSport Level 1 is designed to introduce participants to aquatic development skills including treading water, pool entries, and breath control to build confidence in a non-competitive environment. Participants use a variety of aquatic equipment that supports skill development.

AquaSport Level 2 | Ages 8-12 NEW!

Participants in AquaSport Level 2 continue to build confidence in the water while learning advanced aquatic skills in an environment that is encouraging and inclusive. By the end of this level, participants will be able to participate in various aquatic sports.

AquaSport Level 3 | Ages 10-12 NEW!

Participants in AquaSport Level 3 have gained an interest in pursuing an aquatic team sport and have the skill level to do so. Upon completing Level 3, participants are encouraged to join pre-competitive teams for their chosen sport. Program staff can assist participants with the transition and can continue to provide coaching support.

MultiSport Level 1 | Ages 6-12 NEW! Revised Curriculum

MultiSport 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.

MultiSport Level 2 | Ages 6-12 **NEW! Revised Curriculum**

Children in MultiSport 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.

MultiSport Level 3 | ages 6-12 **NEW! Revised Curriculum**

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

Sport Specific

Also see our Variety Athletic Club Teams programs on page # for competitive sport specific opportunities.

Pre-Competitive Flames | Ages 8-12

The Flames Pre-Competitive Program is a fun, challenging and rewarding pre-competitive program that introduces swimmers between the ages of 8-12 years to the sport of competitive swimming. Athletes in this program will learn the basics of the four Olympic competitive swimming strokes: freestyle, backstroke, breaststroke and butterfly and be introduced to swimming starts and turns.

Program Prerequisites:

Beginner – Confident floating on front and back as well as successful completion of front glide, side glide and back glide for five metres.

Intermediate – Confident swimming 25 meters of front crawl, back crawl, and backstroke kick.

Advanced – Confident swimming 75 meters of front crawl, back crawl, breaststroke and butterfly kick in deep end.

1:1 Sparks Swimming | Ages 4+

The Sparks program is the para development arm of the Flames Swim Team. Sparks is designed to accommodate the needs of athletes with physical disabilities in a 1:1 setting to support their basic skill development and ensure success for the athlete upon joining the Flames Swim Teams. If you are interested in joining the Sparks program, please contact James Berry, jberry@varietyontario.ca to set up an intake assessment and discuss next steps.

Junior Soccer Fundamentals | Ages 6-12 **New!**

This program has been designed to develop athlete's physical literacy and soccer skills, while providing an environment that promotes Fun, Friendship, and Fitness. Our coaches will adapt activities for all athletes and is suitable for players of all abilities and skill levels.

Pre-Competitive Taekwondo | Ages 7-11

This integrated recreational grassroots program provides an environment for all stages of development. Under the curriculum and guidelines of the Young Choung Taekwondo™ Academy, participants in this program will focus on Taekwondo specific skill introductions and development.

Pre-Competitive Taekwondo | Ages 12+ / Family

This integrated recreational grassroots program provides an environment for all stages of development. Under the curriculum and guidelines of the Young Choung Taekwondo™ Academy, participants in this program will focus on

Taekwondo specific skill introductions and development. Participants under 12 years of age may join this class with a guardian or sibling who is 12+.

Track – Beginner | Ages 4-6

Practicing one day a week with our Variety Athletic Club Coaches, these young 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 – Intermediate | Ages 6-10 New!

Practicing two days a week with our Variety Athletic Club Coaches, these young 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.

Track 1:1 Para Program | Ages 4+ New!

Designed for all athletes either interested in trying a new sport or looking to improve skills in the sport of Track and Field. We also encourage athletes that are interested in competing in the Special Olympics, this program provides a great opportunity to learn proper technique, improve fitness and mobility. As always, the emphasis is placed on athlete enjoyment, and improvement no matter their stage of development.

Pre-Competitive VOLT Hockey | Ages 7+

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.

Pre-Competitive Wheelchair Basketball | Ages 6+

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. Drop in and try-it opportunities are available. Please contact Archie Allison at aallison@varietyontario.ca for more information.

Fitness

Learn to Lift | Ages 10-13

Led by our Variety Village Personal Trainers, this 4-week session is designed to equip those ages 13-15 to boost your fitness game! Classes run 1 day a week for 1 hour to help you master the basic principles of weight training.

Child Program: Ages 6-12

Program	Ages	Ratio	Day	Time	Sessions	Price
Developmental						
Building Blocks Sr.	7-12	1:3	Saturday	9:00-10:30am	Fall, Winter, Spring	\$295
Building Blocks Jr.	4-8	1:3	Saturday	11:00-12:30pm	Fall, Winter, Spring	\$295
Kids Connect	8-12	1:5	Saturday	12:30-1:30pm	Fall, Winter, Spring	\$112
1:1 Reading	3+	1:1	Monday	4:00-4:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	4:30-5:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Saturday	11:30-12:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Saturday	12:00-12:30pm	Fall, Winter, Spring	\$178
Intro to Sport						
Aqua Sport Level 1	8-12	1:5	Saturday	11:00-12:00pm	Fall, Spring	\$108
Aqua Sport Level 2	8-12	1:5	Saturday	11:00-12:00pm	Fall, Spring	\$108
Aqua Sport Level 3	8-12	1:5	Saturday	11:00-12:00pm	Fall, Spring	\$108
Multi-Sport Level 1	6-12	1:5	Tuesday	6:00-7:00pm	Fall, Winter, Spring	\$88
Multi-Sport Level 1	6-12	1:5	Saturday	11:30-12:30pm	Fall, Winter, Spring	\$88
Multi-Sport Level 2	6-12	1:5	Tuesday	6:00-7:00pm	Fall, Winter, Spring	\$88
Multi-Sport Level 2	6-12	1:5	Saturday	11:30-12:30pm	Fall, Winter, Spring	\$88
Multi-Sport Level 3	8-12	1:5	Tuesday	6:00-7:00pm	Fall, Winter, Spring	\$88
Multi-Sport Level 3	8-12	1:5	Saturday	11:30-12:30pm	Fall, Winter, Spring	\$88
Sport Specific						
Pre-Competitive Flames Swimming – Beginner/Intermediate	8-12	1:10	Tuesday	7:00-8:00pm	Fall, Winter, Spring	\$170

Pre-Competitive Flames Swimming - Advanced	8-12	1:10	Tuesday	6:30-7:30pm	Full Year, Sept-June	\$1000
			Friday	6:30-7:30pm		
Jr. Soccer Fundamentals	6-12	1:5	Sunday	10:00-11:00am	Fall, Winter, Spring	\$110
Taekwondo	4-6	1:5	Monday	5:30-6:15pm	Fall, Winter, Spring	\$105
Taekwondo	4-6	1:5	Wednesday	5:30-6:15pm	Fall, Winter, Spring	\$105
Taekwondo	4-6	1:5	Saturday	11:00-11:45am	Fall, Winter, Spring	\$105
Taekwondo	7-11	1:5	Monday	6:15-7:00pm	Fall, Winter, Spring	\$105
Taekwondo	7-11	1:5	Wednesday	6:15-7:00pm	Fall, Winter, Spring	\$105
Taekwondo	7-11	1:5	Saturday	12:00-12:45pm	Fall, Winter, Spring	\$105
Taekwondo	12+	1:5	Monday	7:00-7:45pm	Fall, Winter, Spring	\$105
Taekwondo	12+	1:5	Wednesday	7:00-7:45pm	Fall, Winter, Spring	\$105
Taekwondo	12+	1:5	Saturday	1:00-1:45pm	Fall, Winter, Spring	\$105
Track – Beginner	4-6	1:8	Tuesday	5:00-6:00pm	Fall, Winter, Spring	\$95
Track – Intermediate	6-10	1:8	Wednesday	5:30-6:30pm	Full Year, Sept-July	\$650
			Friday	5:30-6:30pm		
1:1 Track	4+	1:1	Monday	5:00-5:45pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Monday	5:45-6:30pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Monday	6:30-7:15pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	9:00-9:45am	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	9:45-10:30am	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	10:30-11:15am	Fall, Winter, Spring	\$190
Pre-Competitive VOLT Hockey	7+	1:6	Saturday	1:00-2:00pm	Fall, Winter, Spring	\$125
Pre-Competitive Weightlifting	7+	1:10	Tuesday	5:00-6:00pm	Fall, Winter, Spring	\$95
Pre-Competitive Weightlifting	7+	1:10	Saturday	9:00-10:00am	Fall, Winter, Spring	\$95
Pre-Competitive Wheelchair Basketball	6+	1:10	Saturday	11:00-1:00pm	Fall, Winter, Spring	\$125
Fitness						
Sport Season Readiness	10-13	1:10	Monday	6:00-7:00pm	Sept 9-Sept 30	\$85

Youth Programs: Ages 13-21

Developmental

1:1 Reading | Ages 3+

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.

Social

Funky Friday | Ages 18+ **New!**

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. Lunch is included in this program.

Sport and Social Jr. | Ages 13-21 **NEW! Revised Curriculum**

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

Wicked Wednesday | Ages 14+

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 in this program.

Specialty

Drama | Ages 14+

Throughout this full-year program, participants will learn the fundamentals of drama and apply them while creating a production to be showcased in May. Instructors will introduce elements such as character, plot formation and improvisation. Participants will also learn behind-the-scenes techniques to prepare for the show.

Sport Specific

1:1 Sparks Swimming | Ages 4+

The Sparks program is the para development arm of the Flames Swim Team. Sparks is designed to accommodate the needs of athletes with physical disabilities in a 1:1 setting to support their basic skill development and ensure success for the athlete upon joining the Flames Swim Teams. If you are interested in joining the Sparks program, please contact James Berry, jberry@varietyontario.ca to set up an intake assessment and discuss next steps.

Senior Soccer Fundamentals | Ages 13+ **New!**

This program has been designed to develop athlete's physical literacy and soccer skills, while providing an environment that promotes Fun, Friendship, and Fitness. Our coaches will adapt activities for all athletes and is suitable for players of all abilities and skill levels.

Pre-Competitive Taekwondo | Ages 12+ / Family

This integrated recreational grassroots program provides an environment for all stages of development. Under the curriculum and guidelines of the Young Choung Taekwondo™ Academy, participants in this program will focus on Taekwondo specific skill introductions and development. Participants under 12 years of age may join this class with a guardian or sibling who is 12+.

Track 1:1 Para Program | Ages 4+ New!

Designed for all athletes either interested in trying a new sport or looking to improve skills in the sport of Track and Field. We also encourage athletes that are interested in competing in the Special Olympics, this program provides a great opportunity to learn proper technique, improve fitness and mobility. As always, the emphasis is placed on athlete enjoyment, and improvement no matter their stage of development.

Pre-Competitive VOLT Hockey | Ages 7+

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.

Pre-Competitive Weightlifting | Ages 14+

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.

Pre-Competitive Wheelchair Basketball | Ages 6+

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. Drop in and try it opportunities are available.

Fitness

Sport Season Readiness | Ages 10-13

Are you signing your child up for summer sports or summer activities? Join us for our pre-season program!

Classes run 1 day a week for 1 hour and... cardio, strength training, creative obstacle courses, sports skills and drills, finishing with scrimmages with a twist.

Youth Programs: Ages 13-21

Program	Ages	Ratio	Day	Time	Sessions	Price
Developmental						
1:1 Reading	3+	1:1	Monday	4:00-4:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	4:30-5:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Saturday	11:30-12:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Saturday	12:00-12:30pm	Fall, Winter, Spring	\$178
Social						
Funky Friday	18+	1:3	Friday	10:00-3:00pm	Fall, Winter, Spring	\$488
Sport & Social Junior	13-21	1:3	Saturday	1:30-4:00pm	Fall, Winter, Spring	\$205
Wicked Wednesday	14+	1:3	Wednesday	3:00-8:00pm	Fall, Winter, Spring	\$488
Specialty						
Drama	14+	1:5	Thursday	6:00-8:00pm	Full Year, Sept-May	\$710
Sport Specific						
Senior Soccer Fundamentals	13+	1:5	Sunday	11:00-12:00pm	Fall, Winter, Spring	\$110
Taekwondo - 12+/Family	12+	1:5	Monday	7:00-7:45pm	Fall, Winter, Spring	\$105
Taekwondo - 12+/Family	12+	1:5	Wednesday	7:00-7:45pm	Fall, Winter, Spring	\$105
Taekwondo - 12+/Family	12+	1:5	Saturday	1:00-1:45pm	Fall, Winter, Spring	\$105
1:1 Track	4+	1:1	Monday	5:00-5:45pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Monday	5:45-6:30pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Monday	6:30-7:15pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	9:00-9:45am	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	9:45-10:30am	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	10:30-11:15am	Fall, Winter, Spring	\$190

Pre-Competitive VOLT Hockey	7+	1:6	Saturday	1:00-2:00pm	Fall, Winter, Spring	\$125
Pre-Competitive Weightlifting	7+	1:10	Tuesday	5:00-6:00pm	Fall, Winter, Spring	\$95
Pre-Competitive Weightlifting	7+	1:10	Saturday	9:00-10:00am	Fall, Winter, Spring	\$95
Pre-Competitive Wheelchair Basketball	6+	1:10	Saturday	11:00-1:00pm	Fall, Winter, Spring	\$125
Fitness						
Healthy Eating for Healthy Living	16+	Please contact dmurray@varietyontario.ca for more information.				
Learn to Lift	13-16	1:10	Monday	6:00-7:00pm	Sept 9th-Sept 30th	\$85
Sport Season Readiness	10-13	1:10	Monday	6:00-7:00pm	Sept 9th-Sept 30th	\$85

Adult Programs: Ages 18+

Developmental

1:1 Reading | Ages 3+

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.

Social

Funky Friday | Ages 18+ **New!**

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. Lunch is included in this program.

Sport & Social Junior | Ages 13-21 **New!**

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

Sport & Social Senior | Ages 21+

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

Wicked Wednesday | Ages 14+

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 in this program.

Specialty

Drama | Ages 14+

Throughout this full-year program, participants will learn the fundamentals of drama and apply them while creating a production to be showcased in May. Instructors will introduce elements such as character, plot formation and improvisation. Participants will also learn behind-the-scenes techniques to prepare for the show.

Sport Specific

Senior Soccer Fundamentals | Ages 13+ **New!**

This program has been designed to develop athlete's physical literacy and soccer skills, while providing an environment that promotes Fun, Friendship, and Fitness. Our coaches will adapt activities for all athletes and is suitable for players of all abilities and skill levels.

Pre-Competitive Taekwondo | Ages 12+ / Family

This integrated recreational grassroots program provides an environment for all stages of development. Under the curriculum and guidelines of the Young Choung Taekwondo™ Academy, participants in this program will focus on Taekwondo specific skill introductions and development. Participants under 12 years of age may join this class with a guardian or sibling who is 12+.

Track 1:1 Para Program | Ages 4+ New!

Designed for all athletes either interested in trying a new sport or looking to improve skills in the sport of Track and Field. We also encourage athletes that are interested in competing in the Special Olympics, this program provides a great opportunity to learn proper technique, improve fitness and mobility. As always, the emphasis is placed on athlete enjoyment, and improvement no matter their stage of development.

Pre-Competitive VOLT Hockey | Ages 7+

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.

Pre-Competitive Weightlifting | Ages 14+

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.

Pre-Competitive Wheelchair Basketball | Ages 6+

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. Drop in and try-it opportunities are available. Please contact Archie Allison at aallison@varietyontario.ca for more information.

Fitness

AquaStrength (Registration is required)

Dive into fitness with our Aqua Strength program, designed for all fitness levels. This water-based workout combines resistance training and cardiovascular exercises to enhance muscle strength, endurance, and overall fitness. Utilizing water's natural resistance, participants engage in exercises that target major muscle groups, improve flexibility, and boost cardiovascular health—all while minimizing joint impact. Each session offers personalized guidance and modifications to suit individual needs. Join us at Variety Village to experience the benefits of aquatic exercise in a supportive and inclusive environment. Whether you're a beginner or an experienced athlete, our Aqua Strength program promises a refreshing and effective workout.

TerraStrength (Registration is required)

Dive into fitness with our Aqua Strength program, designed for all fitness levels. This water-based workout combines resistance training and cardiovascular exercises to enhance muscle strength, endurance, and overall fitness. Utilizing water's natural resistance, participants engage in exercises that target major muscle groups, improve flexibility, and boost cardiovascular health—all while minimizing joint impact. Each session offers personalized guidance and modifications to suit individual needs. Join us at Variety Village to experience the benefits of aquatic exercise in a supportive and inclusive

environment. Whether you're a beginner or an experienced athlete, our Aqua Strength program promises a refreshing and effective workout.

TIME Program (Registration is Required)

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. Two classes are offered, Mondays and Wednesdays, and registration is required for each class and mandatory before the second week of the class.

Adult Programs: Ages 18+

Program	Ages	Ratio	Day	Time	Sessions	Price
Developmental						
1:1 Reading	3+	1:1	Monday	4:00-4:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	4:30-5:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Monday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Tuesday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Wednesday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	5:00-5:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	5:30-6:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	6:00-6:30pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Thursday	6:30-7:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Saturday	11:30-12:00pm	Fall, Winter, Spring	\$178
1:1 Reading	3+	1:1	Saturday	12:00-12:30pm	Fall, Winter, Spring	\$178
Social						
Funky Friday	18+	1:3	Friday	10:00-3:00pm	Fall, Winter, Spring	\$488
Sport & Social Junior	13-21	1:3	Saturday	1:30-4:00pm	Fall, Winter, Spring	\$205
Sport & Social Senior	21+	1:3	Saturday	1:30-4:00pm	Fall, Winter, Spring	\$205
Wicked Wednesday	14+	1:3	Wednesday	3:00-8:00pm	Fall, Winter, Spring	\$488
Specialty						
Drama	14+	1:5	Thursday	6:00-8:00pm	Full Year, Sept-May	\$710
Sport Specific						
Senior Soccer Fundamentals	13+	1:5	Sunday	11:00-12:00pm	Fall, Winter, Spring	\$110
Taekwondo - 12+/Family	12+	1:5	Monday	7:00-7:45pm	Fall, Winter, Spring	\$105
Taekwondo - 12+/Family	12+	1:5	Wednesday	7:00-7:45pm	Fall, Winter, Spring	\$105
Taekwondo - 12+/Family	12+	1:5	Saturday	1:00-1:45pm	Fall, Winter, Spring	\$105
1:1 Track	4+	1:1	Monday	5:00-5:45pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Monday	5:45-6:30pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Monday	6:30-7:15pm	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	9:00-9:45am	Fall, Winter, Spring	\$190
1:1 Track	4+	1:1	Saturday	9:45-10:30am	Fall, Winter, Spring	\$190

1:1 Track	4+	1:1	Saturday	10:30-11:15am	Fall, Winter, Spring	\$190
Pre-Competitive VOLT Hockey	7+	1:6	Saturday	1:00-2:00pm	Fall, Winter, Spring	\$125
Pre-Competitive Weightlifting	7+	1:10	Tuesday	5:00-6:00pm	Fall, Winter, Spring	\$95
Pre-Competitive Weightlifting	7+	1:10	Saturday	9:00-10:00am	Fall, Winter, Spring	\$95
Pre-Competitive Wheelchair Basketball	6+	1:10	Saturday	11:00-1:00pm	Fall, Winter, Spring	\$125
Fitness						
Adult Learn to Lift	18+	1:5	Wednesday	7:30-9:00am	Sept 11 - Nov 13	\$375
TerraStrength	18+	1:20	Tuesday	1:00-2:00pm	Fall, Winter, Spring	\$10/class
AquaStrength	18+	1:20	Friday	11:00-12:00pm	Fall, Winter, Spring	\$10/class
Healthy Eating for Healthy Living	16+	Contact dmurray@varietyontario.ca for more information.				
TIME Program	18+	1:10	Wednesday	12:30-1:30pm	Fall, Winter, Spring	FREE

After School Program & Camps

From March Break Camp to Holiday Camps, Variety offers a wide range of integrated full-day camps for kids and youth aged 4 to 20+. Whether your child is passionate about sports, swimming, or developing new skills, our OCA Certified camps provide a safe and inclusive environment for EveryBODY™.

Our camp hours are designed to accommodate busy schedules, with drop-off and pickup times that allow for flexibility. We also offer extended hours and after-care services for families who need additional support. Our experienced staff members are committed to creating a safe and supportive environment where campers can thrive and have fun.

Variety Village Camps are OCA Certified, ensuring that we meet the highest standards of safety, quality programming, and professional staff. We offer a variety of integrated full-day camps that cater to participants of all abilities.

No Membership Required!

You don't need to be a member of Variety Village to register your child for our camps. We offer rates for both members and non-members.

Exclusive Benefits for

Annual Member Holders

Annual members are eligible for discounted camp fees and priority registration, ensuring your spot before registration opens to the public.

4-Month Membership Perks

Four-month membership holders receive early registration for camp, one-week ahead of non-members.

March Break Camps: March Break week closure for Elementary, Middle, and High Schools.

Summer Camps: Camps running through July and August during the Summer.

Kid Development Day Camps: Days that fall on PA/PD days within the Toronto District School Board.

Holiday Camps: Camps offered during school holidays.

After School Program

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 grownups.) All participants must be able to engage with the group in a 1:5 ratio. Participants can be dropped off at all sport and recreation programs such as Taekwondo, Multisport, 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.

Days	Time	Age	Price
Monday to Friday	3:00 - 6:00pm	4 - 21	\$32.50/day

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. Grownups need only provide transportation, lunch, and snacks (peanut-free), swim gear and running shoes to camp each day.

Camp	Date	Age	Member	Non-Member
KDD Camp	October 11, 2024	4+	\$80	\$90
KDD Camp	November 15, 2024	4+	\$80	\$90
KDD Camp	November 29, 2024	4+	\$80	\$90
KDD Camp	February 14, 2025	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 the weather permits. Participants must bring two peanut-free snacks, lunch, swim gear and running shoes to camp each day.

Camp	Date	Age	Member	Non-Member
Holiday Camp	December 23, 27, 30 January 2, 3	4+	All days - \$400 Individual - \$80	All days - \$450 Individual - \$90
March Break	March 10-15, 2025	4+	\$400	\$450

Swimming

Variety Village is excited to announce the launch of our new swim program **Variety Swim – A Swim Program for EveryBODY™** aquatic programming that is coming into effect September 2024.

We have reimagined the Lifesaving Society's Swim for Life Program to better meet the needs of our community by expanding the progression of skills to support continued success of participants. Variety staff in partnership with The Lifesaving Society, created new Variety Swim programs which are set to replace the Swim for Life programs that were previously offered. Age group lessons are now covered in ten levels to put more emphasis on fundamental swimming techniques. We believe that a slower progression through levels will allow a higher chance of success and boost confidence in the water! Additionally, we have created more aquatic programs to introduce participants to a wide variety of programs that build upon skills learned in previous programs.

The Variety Swim Program will be offered in the following formats:

Group Swim Lessons:

In a group format, participants will learn swimming strokes and water safety skills working through the Variety Swim Curriculum.

1:1 Adapted Swim Lessons:

1:1 Adapted Swim lessons are for participants with a disability who would benefit from 1:1 instruction. Lessons are 30 minutes in length and are tailored to the individual's needs and swimming goals.

1:1 AquaConditioning:

A low impact program designed to re-educate weak muscles and to build strength and range of motion. Participants focus on strengthening and maintaining muscles and joints required for normal daily activities including muscle endurance, balance, flexibility and range of motion to help minimize chronic pain.

Private Swim Lessons:

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

To determine your next level, please refer to the conversion charts on the following pages. We're here to help! Should you require assistance selecting a level, please contact us at swim@varietyontario.ca. Please note that class times are available on the portal 1 week before registration.

Program	Duration	Price
Parent & Tot	30 minutes	\$88
Preschool 1-5	30 minutes	\$88
Level 1-5	30 minutes	\$88
Level 6-10	45 minutes	\$98
Rookie, Ranger, Star Patrol	1 hour	\$108
1:1 Lessons	30 minutes	\$205
Private Lessons	30 minutes	\$320

Swim Program Conversion Chart

If your participant...	Previously in Lifesaving Society	Register in Variety Swim
Is a 4-12-month-old and is ready to learn to enjoy the water with a grown up...	Parent & Tot 1	Parent & Tot 1
Is a 1-2-year-old and is ready to learn to enjoy the water with a grown up...	Parent & Tot 2	Parent & Tot 2
Is a 2-3-year-old and is ready to learn to enjoy the water with a grown up...	Parent & Tot 3	Parent & Tot 3
Is 3-5 years old and is just starting out on their own...	Preschool 1	Preschool 1
Can get in and out independently, jump into chest deep water assisted, float and glide in a PFD on front and back, blow bubbles and get face wet...	Preschool 2	Preschool 2
Can get in and out independently, jump into chest deep water, submerge and exhale underwater, and float on front and back assisted for 3-5 seconds...	Preschool 3	Preschool 3
Can jump into deep water wearing a PFD; recover objects from the bottom; hold their breath underwater float and glide on front and back...	Preschool 4	Preschool 4
Can do solo jumps into deep water and get out by themselves; swim front crawl 3-5m and do flutter kicks on front, back and side...	Preschool 5	Preschool 5
Completed Preschool 1-3 and are now between 6-13 years old and can get in and out of the pool independently; attempt to float on front and back without a PFD; attempt to glide on front and back without a PFD; attempt to swim independently for 2-3m...	Swimmer 1	Level 1
Completed Preschool 4-5 and are now 6-13 years old and can swim independently for 5m; glide on front, back, and side for 3m; grasps the basics of flutter kick; fully submerge underwater; jump into deep water with a PFD...	Swimmer 2	Level 2
Can swim independently for 10m; flutter kick on front, back, and side for 10m; roll from front to back, & back to front; perform basic front crawl & back crawl arms; jump into deep water without a PFD...	Swimmer 2	Level 3
Can swim independently for 15m; whip kick on front and back with a buoyant aid; front and back crawl 10m; has been introduced to treading water...	Swimmer 3	Level 4

Can swim independently for 25m; front and back crawl 15m; whip kick on their back for 10m; tread water for 15 seconds...	Swimmer 3	Level 5
Can swim independently for 50m; front and back crawl 20m; whip kick on front and back for 10m; tread water for 30 seconds...	Swimmer 4	Level 6
Can swim independently for 75m; front and back crawl 25m; tread water for 45 seconds; dive into deep water; has been introduced to elementary backstroke...	Swimmer 4	Level 7
Can swim independently for 150m; front and back crawl 50m; elementary backstroke 15m; whip kick on front 25m; tread water for 1 minute, perform proper eggbeater kick...	Swimmer 5	Level 8
Can swim independently for 300m, front and back crawl 75m; breaststroke and elementary backstroke 25m; tread water for 2 minutes...	Swimmer 5	Level 9
Can swim independently for 400m; front and back crawl 100m; elementary backstroke 50m; perform a headfirst surface dive; recover 5lb brick from mid depth water...	Swimmer 6	Level 10
Can do stride entries and compact jumps; eggbeater kick and scissor kick; sprint breaststroke over 25m; and a workout of 300m...	Rookie Patrol	Rookie Patrol
Successfully completed Rookie Patrol (preferred)	Ranger Patrol	Ranger Patrol
Successfully completed Ranger Patrol (preferred)	Star Patrol	Star Patrol
Successfully completed Star Patrol (preferred)	Bronze Star	Bronze Star

Not sure which level to register for?

Get a free swim assessment. Contact swim@varietyontario.ca to schedule a time.

Swim Program Information

What to Expect from Lessons

Swimming requires a lot of practice and positive feedback to succeed. We believe that it takes 10 years of lessons to really learn to swim well. The Lifesaving Swim for Life program allows students to progress comfortably at their own rate. We encourage you to talk about lessons with your child. Make sure that you have realistic expectations and that your child feels no pressure to pass, but rather focus on completing the skills at their own pace. All grownups of aquatic participants in lessons are required to remain in the designated seating areas (bleachers). We thank you for your cooperation.

Final Report Cards

At the end of the session each participant will receive their report card digitally via email. On the report card will be feedback from the instructor, outlining their swimming progress and the next level to register in. If there is a particular skill or stroke that your child needs to work on, or any other information about your child that will assist your instructor during lessons, please let your instructor or Deck Supervisor know at the beginning of the first lesson. Questions about progress can be sent to swim@varietyontario.ca.

Variety Village will not issue report cards for participants who are absent for four or more lessons.

Screening for Aquatic Levels

All lesson participants are screened on the first day of lessons for the correct level. If your child has learned to swim without instruction or has been out of lessons for a year or more, please set up a swim assessment by contacting swim@varietyontario.ca.

Instructor Requests

We accept requests for instructors two weeks prior to the start of the session, however, we are unable to guarantee that the request will be granted. If an instructor has been requested and has a replacement instructor for one lesson, we cannot guarantee who that replacement will be. Please email all instructor requests to kallaire@varietyontario.ca.

Class full? Join a waitlist.

If you are trying to register for a class and see that it is currently full, please join the waitlist for the level closest to the day/ time you prefer. Waitlists are addressed one to two weeks prior to the start of the session and monitored during the first week for last-minute cancellations. Staff will contact waitlisted participants if a spot becomes available or if it is possible to create an additional class.

Registration after the Third Class

To ensure program consistency, registration will not be permitted following the third lesson. Please contact Katie Allaire at kallaire@varietyontario.ca for assistance.

Repeating a level?

Show your last report card to the instructor to allow more practice time on skills requiring development. To progress to the next level, all items must be completed.

Pool Fouling's

Dry land water safety lessons are part of all learn-to-swim programs. Where a pool may close in an untimely manner due to a pool foul or a mechanical problem, instructors will use the time to focus on dry land water safety lessons that are a part of the Variety Swim program curriculum.

Variety Swim Programs - Level Descriptions

Parent & Tot Learn to Swim

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.

Preschool 1

If a participant needs extra encouragement, grownups are welcome to sit on the side of the pool to help the participant feel more 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.

Preschool 2

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

Preschool 3

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.

Preschool 4

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

Preschool 5

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 giggle out of whip kick.

Swimmer 1

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glide and kick through the water on their front and back. Water safety skills such as the importance of Supervision. With a distance swim of 5m.

Swimmer 2

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. An endurance distance swim of 10m. Working on both front and back crawl arms. Important water safety skills are completed as well.

Swimmer 3

In this level, swimmers will increase the distances of the skills. Try out the beginning stages of treading- with and without PFD. Learn about self-safety and safe diving. Level 3 swimmers will continue to practice basic flutter and whip kicks on

front and back, swimming 10m each of front crawl and back crawl. Distance swim of 15m. Focuses on water safety with various entries, and safety protocols like swimming with a buddy.

Swimmer 4

These junior swimmers will complete a distance swim of 25m, one length of the deep end! They'll work on 15 m front crawl, back crawl and 10 m whip kick on their back. Cannonball into deep water along with introducing stride dive. Water safety is reviewed.

Swimmer 5

At this level swimmers are working on increasing distance in swim skills, with a 50m distance swim. They will be introduced to a throwing assist without a line. Swimmers will complete strokes with 20m each of front crawl and back crawl and demonstrate whip kick for 15m. Working on underwater swimming skills for 5m and treading water for 30 sec. Focuses on skills like handstands and standing dives, as well as understanding boating safety and peer influence. Emphasizes safety protocols.

Swimmer 6

These intermediate swimmers will swim lengths of front, back crawl, whip kick, and breaststroke arms while breathing. Elementary backstroke is introduced with a 10m distance. A distance swim of 75m, standing dive, both eggbeater and treading water. Water safety skills such as throwing assist with a line, distressed swimmer recognition and learning about a partial choking obstruction.

Swimmer 7

Level 7 swimmers will focus on stroke correction and building endurance. Demonstrates whip kick for 25m, breaststroke arm drill for 15m, and elementary backstroke for 15m. They will swim 50m of front crawl and back crawl, with 5m of head-up variations each. Participates in activities including a 150m swim, sprints in both front and back crawl, and interval training. Skills like stride entries, treading water, and eggbeater kicks. Practices water safety with object recovery and choking rescue techniques and learns to use rescue equipment. Learn about open water dangers and reinforce safety habits such as understanding ice conditions.

Swimmer 8

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. Working on a distance swim of 300m. 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 introduce stride dive. Water safety skills such as Chocking rescue; complete, partial, conscious person, Hypothermia and Self rescue; Fall through ice.

Swimmer 9

Advanced swimmers in level 9 will be introduced to and taught scissor kicking. Long-distance swimming with 100m each of front crawl, back crawl, and 50m of elementary backstroke. They demonstrate head-up variations for front crawl and breaststroke. Engages in rigorous fitness activities including a 400m distance swim, 50m sprints in both front crawl and back crawl, and focused breaststroke drills. Working on skills such as head-first surface dives, foot-first sculling, and retrieving a 5 lb. brick in chest-deep water. Learn essential safety practices like sun protection and ice rescue techniques. Emphasizes water safety habits.

Swimmer 10

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

workout. Level 10 Swimmers will also complete a variety of lifesaving skills, these will include 5 lb. brick recovery in deep water, reverse and ready (how to approach a drowning victim), as well as head & foot first surface dives with a 2m underwater swim. Moreover, water safety topics such as swimming with a buddy, proper use of life jackets, and frozen bodies of water (lakes, ponds, etc.) will be covered throughout level 10.

Rookie Patrol

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

Ranger Patrol

Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Star Patrol

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

Leadership & First Aid

Standard First Aid & CPR-C

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

Prerequisite Information: None

Included Reference Material:

Canadian First Aid Manual

Standard First Aid & CPR-C - Recertification Course

Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than 3 years from the Standard First Aid date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating recertifications and original courses. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

Prerequisite Information: None

Included Reference Material: None

Candidates should bring their Canadian First Aid Manual

Emergency First Aid & CPR-B

Emergency First Aid is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include victim assessment, CPR, choking and what to do for external bleeding, heart attack, stroke wounds and burns. Includes CPR-B certification. Recognized by Ontario's Workplace Safety & Insurance Board.

Prerequisite Information: None

Included Reference Material:

Canadian First Aid Manual

Bronze Medallion

The Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Prerequisite Information: Minimum 13 years of age or Bronze Star certification (need not be current)

Included Reference Material:

Canadian Lifesaving Manual

Bronze Star

Bronze Star develops swimming proficiency, lifesaving skills and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Prerequisite Information: None

(Swim Patrol experience recommended)

Lifesaving Fitness

Lifesaving Fitness teaches the importance of physical fitness in lifesaving. The award is designed for participants of all ages who learn how to measure, monitor, and maintain personal physical fitness for lifesaving emergencies.

Variety Village Athletic Club

A Legacy of Sport

For over 50 years, Variety Village has been a beacon of inspiration and opportunity for athletes with physical, intellectual, and sensory disabilities in Canada. As a full-service sports, recreation, and social destination, this renowned facility has played a pivotal role introducing athletes to a variety of recreational or competitive sport generating interest, excitement and competition for local, provincial, national and / or international para sport, Special Olympics, Deaf sport, dwarf games and the Olympics.

Variety Village's world-class training equipment, specialized coaching staff, and comprehensive athlete development programs have been instrumental in elevating Canadian adaptive sport to new heights. Many of the country's most decorated Paralympians, Special Olympians, and Deaflympians honed their skills within the Village's inclusive and empowering environment.

The programs follow a training model focusing on age and stage development under the Canadian Sport for Lifelong Term Athlete Development model (LTAD).

- Introduce and teach the etiquette of sport
- Introduce and teach proper form, technique and movement of sport
- Build confidence within each athlete and their skill set

It is recommended that "young" athletes interested in registering for the Introduction to Sport program have participated in our MultiSport, AquaSport and/or the pre-competitive programs. Athletes considering the VVAC teams can connect with a Variety coach to discuss interests, goals and pathways to get involved.

Athletic Teams

CHILDREN, YOUTH AND ADULT

Athletics (Track & Field)

Challenger Baseball

Flames Swimming

Golf

Sunshine Swimming

Taekwondo

VOLT Hockey

Weightlifting

Wheelchair Basketball

Whether you're an aspiring athlete or a seasoned competitor, Variety Village offers unparalleled opportunities to unlock your full potential. Immerse yourself in a world-class training environment, learn from experienced coaches, and join a vibrant community of individuals who share your passion for adaptive and para-sport.

For more information on sports or athletic teams please contact

Archie Allison

Manager, Teams

(416) 699-7167 extension 236

aallison@varietyontario.ca

For more information on athletic teams, [click here](#) to visit our website.

Athletic Teams

Athletic Teams

There's a sport for EveryBODY™

Challenger Baseball

Variety Village is proud to bring Challenger Baseball to our offered programs! Challenger Baseball is an adaptive Baseball program presented by the Jays Care Foundation for individuals with cognitive or physical disabilities. The program teaches athletes the core life skills inherent to baseball, including teamwork, communication, determination, resiliency, inclusion, support and courage. Challenger Baseball ensures athletes of all abilities can play in a fun and safe environment where they learn to become more independent, build confidence, and create lasting friendships with their peers.

Archie Allison
Manager, Teams
aallison@varietyontario.ca

Flames Swim Team

The Flames Swim Team is an integrated (athletes with physical disabilities and their able-bodied peers) competitive speed 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. The program focuses on developing the necessary fundamental skills which are required to be a competitive athlete.

James Berry
Head Coach
jberry@varietyontario.ca

Golf Team

Join us to enjoy golf indoors (fieldhouse) at Variety Village throughout the fall/winter season. Athletes of all ages and abilities will enjoy this unique experience to gain skill and technique from our coach Steve Bialowas. There will be additional opportunities to try golf at a driving range and the upcoming Variety golf tournament. This is a great opportunity to practice and compete as part of a team.

Steve Bialowas
Head Coach
sbialowas@varietyontario.ca

Sunshine Swim Team

The Sunshine Swim Team is the only team at Variety Ontario dedicated exclusively to individuals with intellectual disabilities. Our coaches work to ensure that athletes train toward competitive swimming in an environment that is supportive and inclusive. 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 are asked to meet with the coach. Athletes must be able to complete 25-meter swim free and backstroke, vertical kick for 30 seconds and demonstrate independence.

Marilyn Jang
Head Coach
mjang@varietyontario.ca

Taekwondo Academy

Since 1992, Variety Ontario 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 the 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 qualified coaching staff develop under the National Coaching Certification Program (NCCP). Our program focuses on competition introduction and long-term development.

Rommel Cabanatan
Head Coach
rcabanatan@varietyontario.ca

Track and Athletics

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.

Jamal Miller
Head Coach
jmiller@varietyontario.ca

Weightlifting

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 techniques - the snatch and the clean and jerk. Training involves quality repetition and building body strength. The training season runs 12 months of the year with the competition season starting in the summer months.

Abdallah Alsebaai
Head Coach
aalsebaai@varietyontario.ca

Wheelchair Basketball

Since 1983, 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 - the latest being the Men's and Women's Canadian Wheelchair Basketball Teams representing Canada at the 2012 & 2016 Paralympic Games and the 2015 Parapan Am Games in Toronto. Variety is proud to support athletes who have trained at Variety Village to compete for Team Canada at the Paralympic games since 1992.

Steve Bialowas
Head Coach
sbialowas@varietyontario.ca

VOLT Hockey

Volt Hockey is an accessible form of hockey, played in a specially designed Hockey Sport Chair played by people with a variety of disabilities including Muscular Dystrophy, Cerebral Palsy, Spina Bifida, Osteoporosis, and Dwarfism. Volt Hockey is played by over 50 teams in Denmark, Norway and Sweden and now at Variety. Participants interested in joining the team should have two years of experience using the sports chairs and/or given permission by the Head Coach of the Volt Hockey Team. The training Season runs from September to June with additional opportunities for competitions and training camps.

Archie Allison
Manager, Teams
aallision@varietyontario.ca

Club Locations

Ontario	Alberta	Manitoba
Barrie	Edmonton	Manitoba
Brampton	Calgary	Brandon
Hamilton	Fort McMurray	Winnipeg
London	Grand Prairie	
Mississauga		
Niagara Falls		
Oshawa		
Peterborough		
Scarborough		
Thunder Bay		



For a more information on VOLT Hockey to visit our website.

VOLT Hockey

Access Ability in Action

Promoting play, participation and competitive sport for schools, community groups and organizations.

At Variety Village, we believe in the transformative power of sport and active living for everyone. Since 1987, we've championed participation and accessibility.

We invite your school, class, camp, or community organization to join us for tailored interactive activities, whether on-site or off-site.

Explore our program offerings to choose your preferred date, time, and format.

At Variety Village

Weekdays 10:00am - 12:00pm
or 10:00am - 2:00pm

At your location

Weekdays 10:00am - 2:00pm

Virtual Classroom

Weekdays 10:00am - 3:00pm

Program Themes:

Inclusive Play

- Name Games
- Cooperative Games
- Inclusive Learning Activities
- Social & Physical Activities

Inclusive Participation

- Warm up
- Ice Breakers
- Cooperative Learning
- Fitness Recreational Games

Competitive Sport – Summer

- Wheelchair Basketball
- Sitting Volleyball
- Boccia
- Golf
- Challenger Baseball
- Athletics

Competitive Sport – Winter

- Indoor Curling
- Floor Hockey
- Roller Sledge Hockey
- Guided Slalom Obstacle Course

Summer in the City (July/August)

- Adapted Games
- Inclusive Ice Breakers
- Recreational and competitive activities
- Team Building

Accessibility for EveryBODY™

- Interactive Learning
- Identifying Accessibility: Barriers and Provisions
- Designing Accessible Spaces and Places
- Creating a Welcoming Environment

Training sessions, learning experiences, and workshops for staff and volunteers are available to educators, teacher candidates, coaches, municipal program and leadership teams, camp leaders, and representatives from community organizations.

Discover the possibilities of inclusive play, participation, and competition. Partner with us today!

To book please contact:

Jessica Thieu
(416) 699-7167 x 249
jthieu@varietyontario.ca

For more information:

Archie Allison
(416) 699-7167 x 236
aallison@varietyontario.ca

Variety Village
3701 Danforth Avenue
Scarborough, M1N 2G2

