



Program Directory

2026-2027 Fall, Winter, Spring | varietyvillage.ca

Table of Contents

Page 3 – Message from Our CEO
Page 4 – Explore Programs Your Way
Page 5 – Registration Information
Page 7 – Registration & Session Dates
Page 8 – Calendar at a Glance
Page 11 – Membership
Page 12 – 1:1 Support Services
Page 13 – After School Program
Page 14 – Aquatic Programs
Page 19 – Fitness & Wellness Classes
Page 23 – Leadership & Education Programs
Page 25 – Life Skills & Respite Programs
Page 28 – Parent & Tot Programs
Page 29 – Recreation & Sport Programs
Page 36 – Athletic Club
Page 38 – School Break Camps
Page 41 – Access Ability in Action Program
Page 42 – Celebrate Your Birthday at Variety

DONATE

Give the Gift of Possibility

Every day, children, youth, adults, and families come to Variety Village for inclusive recreation, adaptive sport, and community programs that build confidence, foster independence, create friendships, and help people of all abilities thrive.

At our 168,000-square-foot universally designed facility, we offer hundreds of affordable programs each week, supported by experienced staff, certified instructors, trained coaches, and adaptive equipment to ensure everyBODY™ can participate.

Participant fees cover just over half of our \$7.8 million annual operating costs. The rest is made possible through the generosity of donors who help keep our programs affordable, our facility accessible, and opportunities within reach for thousands of participants each year.

Your gift today helps ensure these life-changing opportunities continue.

To make a donation, please [click here](#) or call (416) 699-7167 extension 292.

Who We Are

Variety – the Children’s Charity of Ontario is a leader in inclusive sport, recreation, and education, dedicated to removing barriers and delivering transformative experiences for people of all ages and abilities. At the core of our mission is a strong focus on grassroots programming for children with disabilities, ensuring early, accessible opportunities that build confidence, health, and community.

Variety Village is a renowned inclusive fitness and sport centre in Scarborough that serves as a hub for adaptive programs and coaching – from first-time participants to future world-class athletes. Through provincial outreach, we extend our impact far beyond our walls, reaching schools and communities across Ontario and beyond.

We acknowledge that Variety: the Children's Charity of Ontario and Variety Village is situated on the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg (Awe – Nish – Nah – Beck), the Chippewa (Chip – A – Wah), the Haudenosaunee (Hoe – De – Nah – Show – Nee) and the Wendat (When – Dat) peoples and is now home to many diverse First Nations, Inuit (Δ (ee) ㄆ (nu) Δ (eet)) and Métis (May – Tee) peoples. We also acknowledge that Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit, and the Williams Treaties signed with multiple Mississaugas and Chippewa bands.

A Message from Our CEO

As the seasons change, so do the opportunities to learn, grow, connect, and thrive with us. Whether you're returning to a favourite program or joining our community for the first time, we're delighted to welcome you. Thank you for choosing to be part of a place where everyone belongs and every achievement, big or small, is celebrated.

Looking back on another remarkable summer, I'm reminded of the extraordinary impact this community has on the lives of so many children, youth, adults, and families. Throughout the summer, our halls, gyms, pools, and outdoor spaces were filled with laughter, determination, friendship, and discovery. Campers built confidence, participants developed new skills, lifelong friendships were formed, and countless memories were created. None of this would be possible without the passion and dedication of our staff, volunteers, coaches, donors, partners, and families. Thank you for making this another unforgettable summer.

That same energy and optimism carry us into an exciting new season.

This program guide reflects our ongoing commitment to creating more opportunities for people of all ages and abilities to participate, explore, and succeed. This season, we're excited to introduce the City Discovery Program, Junior Lifeguard Club, Teen Weekend Club, Tuesday Teammates, and the Movers & Groovers Dance Program. We're also expanding our Special Olympics programming with a new basketball team and enhanced swimming opportunities for youth athletes, along with new camp experiences during our PA Day, holiday break, and March Break programs. Together, these additions give families even more ways to stay active, connected, and engaged throughout the year.

While our programs continue to grow, our purpose remains unchanged. Every program, every activity, and every connection is designed to remove barriers and create possibilities, for all. Whether someone is taking their very first swim lesson, discovering a new passion, achieving a personal fitness milestone, competing on a team, exploring the community, or simply enjoying the opportunity to belong, these moments demonstrate the transformative power of inclusion. They remind us that when everyone has the opportunity to participate, individuals flourish, families grow stronger, and communities become richer.

As we continue to build on that foundation, we're also preparing for an exciting new chapter in our organization's history. Over the past year, we've been thoughtfully shaping an evolution that reflects who we are today, the community we proudly serve, and the ambitious future we're creating together. While you'll begin to see some exciting changes in the months ahead, one thing will never change — our commitment to ensuring that people of all ages and abilities have every opportunity to play, participate, achieve, and belong.

Our future has never been brighter. Together, we're creating more pathways to participation, expanding opportunities for inclusion, and ensuring that even more children, youth, adults, and families can experience the confidence, independence, friendships, and joy that come from being part of this remarkable community.

On behalf of our Board of Directors and our entire team, thank you for your continued trust, support, and partnership. We look forward to welcoming you this season and to building an even brighter future together.

Warm regards,

Charlie Johnstone

Chief Executive Officer

Variety – the Children's Charity of Ontario & Variety Village



Explore Programs Your Way

At Variety Village, there is no single path to participation. Whether you're trying something new, building lifelong skills, training for competition, or looking for opportunities to connect with your community, our programs are designed to grow with you.

To make it easy to find the right program, we've organized our offerings into eight categories. Many participants take part in programs from multiple categories at the same time, creating a unique journey that reflects their interests, goals, and abilities.

- After School Program
- Aquatics
- Fitness & Wellness
- Leadership & Education
- Life Skills, Respite & Social
- Parent & Tot
- Recreation & Sports
- School Break Camps

Every Journey is Different

Many participants enjoy programs from several categories throughout the year. A child might attend the After School Program, take swim lessons, play recreational basketball, and spend their summers at camp. Another participant may develop life skills while also participating in fitness classes and recreation programs.

As you explore this guide, you'll also meet members of the Variety Village community who have created their own unique journeys through our programs. Their stories show just a few of the many ways you can learn, grow, belong, and thrive at Variety Village.

Stella (10) & Leo (7)

Meet siblings Stella and Leo, who have been part of the Variety Village community since 2022.

Since joining, Leo has enjoyed Swimming Lessons, Taekwondo, Children in Motion, Summer Camps, and Holiday Break Camps, while Stella has participated in 1:1 Reading, Social Explorers, Children in Motion, Brunch Bunch, Swimming Lessons, Summer Camps, and Holiday Break Camps. They've also celebrated special milestones by hosting birthday parties at Variety Village, making even more memories with family and friends. Through a variety of programs and experiences, they've built confidence, developed new skills, and created lasting friendships.

For Stella and Leo, Variety Village is a place where they can learn, grow, celebrate, and have fun together while exploring new interests in an inclusive and welcoming community.



To explore your program journey, contact our Programs department at (416) 699-7167 extension 254 or email programs@varietyontario.ca.

Explore Programs

Registration Information

i An active membership is required to register and must be maintained throughout the program.

Refund Policy

All transfer and refund requests must be made in writing and can be submitted to our Programs Department at programs@varietyontario.ca.

Refunds can be made onto the form of payment used to register or credited to the participant's account for future use. The account credit will not expire and can be used by any participant within the same household.

Cancellation Options	Refund Policy
Prior to the start of program	Full refund, less the \$20 administration fee
After first class, before second class	Prorated refund, less the \$20 administration fee
After start of second class	No refund

Refunds Due to Medical Needs

For all program and leadership course cancellations due to medical reasons, a full refund will be issued with a medical note. Refunds will be prorated if the course has started. Refunds/transfers will be processed according to the date your written request is received by the Programs Department.

Non-Medical Refunds

Non-medical refunds for all programs (except Aquatic Leadership) will only be accepted prior to the second regularly scheduled class.

Transfers

There will be no fee for transferring to another program. Transfers for general programs can take place up to the second regularly scheduled class, after that, transfer requests will not be accepted.

Waiting Lists

If your preferred program is full, we recommend registering for the waitlist. If a space becomes available, registrants will be contacted 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 at no additional charge.

Aquatic Leadership Refund Policy

Due to Aquatic Leadership courses requiring 100% attendance, late admissions cannot be granted. Non-medical related refund requests for all Aquatic Leadership courses will only be accepted a minimum of seven days prior to the start of the first scheduled class. For refunds due to medical issues, please see "Refunds due to Medical Needs" content.

Age Requirements

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



Program Prices

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

Program Changes & Cancellations

Variety Village reserves the right to cancel or alter any programs, times, costs, or locations outlined in this guide, due to lack of registration, change of policy, availability of space, or instructors and special events. Refunds are issued for course cancellations only.

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.

Pool Foulings

Occasionally, due to circumstances beyond our control, swim classes may be modified or cancelled at short notice because of a pool foul. When possible, instructors will continue lessons in an unaffected pool or provide first aid and water safety activities, which are an important part of our swim curriculum. Make-up classes are not available for time missed due to pool fouls. Please check our website and social media for facility updates and closures.



Sadie (10), Hannah (9) & Emily (8)

Meet Sadie, Hannah, and Emily, three sisters who love staying active and trying new things at Variety Village.

Together, they participate in the After School Program, PA Day Camps, Summer Camps, MultiSport, and Introduction to Olympic Weightlifting for Females, where they're building strength, confidence, and new skills in a fun and supportive environment. Whether they're trying a new sport or spending time with friends, the sisters embrace every opportunity to learn and grow together.

For Sadie, Hannah, and Emily, Variety Village is a place where they can challenge themselves, support one another, and create lasting memories through sport and recreation.



Registration & Session Dates

Register Online - the easiest way to register!

Visit the [Community Portal](#) to log in to your account and register for programs online.

Register over the Phone

Phone registration is for persons with a disability by calling (416) 699-7167.

Programs, School Break Camps & Leadership Courses

Session	Session Dates	Registration Dates	
		Persons with a Disability	General Membership
Fall	September 19, 2026 – December 4, 2026	September 2, 2026 – 11:00 a.m. Online/Phone	September 4, 2026 – 11:00 a.m. Online Only
Winter	January 4, 2027 – March 7, 2027	December 9, 2026 – 11:00 a.m. Online/Phone	December 11, 2026 – 11:00 a.m. Online Only
Spring	March 27, 2027 – June 12, 2027	March 10, 2027 – 11:00 a.m. Online/Phone	March 12, 2027 – 11:00 a.m. Online Only
Summer	July 5, 2027 – August 29, 2027	June 16, 2027 – 11:00 a.m. Online/Phone	July 18, 2027 – 11:00 a.m. Online Only

To learn more, contact our Programs department at (416) 699-7167 extension 254 or email programs@varietyontario.ca.

Registration

Fitness & Wellness Classes

Session	Session Dates	Registration Date
Fall 1	August 31, 2026 – October 21, 2026	August 26, 2026 – 9:00 a.m. Online/Phone
Fall 2	October 26, 2026 – December 16, 2026	October 21, 2026 – 9:00 a.m. Online/Phone
Winter 1	January 4, 2027 – February 24, 2027	December 16, 2026 – 9:00 a.m. Online/Phone
Winter 2	March 1, 2027 – April 28, 2027	February 24, 2027 – 9:00 a.m. Online/Phone
Spring	May 3, 2027 – June 23, 2027	April 28, 2027 – 9:00 a.m. Online/Phone

To learn more, contact our Fitness department at (416) 699-7167 extension 238 or email dmurray@varietyontario.ca.

Registration

Calendar at a Glance!

2026	
September	September 2/4 – Fall Program Registration September 7 – Labour Day September 18 – Golf Fore Kids September 19 – Fall Session Begins September 21-25 – Aging Well Week
October	October 4-8 – Aging Well Week October 17 – Country Night
November	Sun Christmas Fun'd Campaign November 14 – Sunshine Swim Meet November 20 – PA Day Camp November 22 – Taekwondo Toronto Open
December	December 1 – Giving Tuesday December 4 – Fall Session Ends December 9/11 – Winter Program Registration December 6 – Village Wonderland December 21-31 – Holiday Break Camp
2027	
January	January 1 – Holiday Break Camp January 4 – Winter Session Begins January 9 – VOLT Hockey Tournament January 15 – PA Day Camp January 18-22 – Aging Well Week
February	Camp Registration Opens February 2 – PA Day Camp February 12 – PA Day Camp February 15 – Summer Camp Open House February 26 – Lieutenant Governor Games
March	March 7 – Winter Session Ends March 10/12 – Spring Program Registration March 15-19 – March Break Camp March 27 – Spring Session Begins March 29 – PA Day Camp
April	April 10 – Summer Camp Open House
May	Pizza Nova That's Amore Pizza for Kids May 8 – Toronto Police Games May 29-30 – North American VOLT Championships
June	Spring Giving Campaign June 4 – PA Day Camp June 12 – Spring Session Ends June 16 – Summer Camp Open House June 17 – Athletic Club Banquet June 16/18 – Summer Program Registration
July	July 5 – Summer Session Begins July 5 – Summer Camp Begins
August	August 29 – Summer Session Ends

As a charitable 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 mission.

Every year, we host camps and community events that can impact general access to the facility. As a charity, we host 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 for the 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.



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

[Calendar](#)



DEER CREEK

GOLF FORE KIDS CHARITY CLASSIC

presented by



*Graeme R.
Kirkland, CIM*

FRIDAY, SEPTEMBER 18



Deer Creek Golf Club

Single \$400

Foursome \$1400

- ▶ Prepared Breakfast & Dinner
- ▶ Premium Drink
- ▶ On-Course Snacks
- ▶ Swag Bag & More!

SECURE YOUR SPOT!

varietyontario.ca/golfforekids



FACILITY
SERVICES



PLAN GROUP
AN EQUANS COMPANY

For more information
or to register to play,
scan the QR code.





COUNTRY NIGHT

PRESENTED BY **DeClute**
REAL ESTATE

FEATURING
THE JIM CUDDY FAMILY BAND
WITH DEVIN CUDDY & SAM POLLEY

SATURDAY, OCTOBER 17
AT VARIETY VILLAGE

3701 Danforth Ave, Scarborough, ON, M1N 2G2

Big Ticket Concert | Line Dancing with Cheatin' Hearts | BBQ provided by Fearless Meat

General Admission \$100*

Includes:

- Ticket to The Jim Cuddy Family Band Concert
- Line dancing with Cheatin' Hearts
- Pre-concert festivities in the courtyard
- BBQ provided by Fearless Meat

VIP Access \$250*

Includes everything included with General Admission, plus VIP perks:

- Deluxe BBQ Dinner
- VIP reserved area
- Access to a private bar

***Charitable tax receipts to be issued according to CRA regulations.**



Boots? Check. Hat? Check. Tickets?
Scan the QR code and get yours today!

 varietyontario.ca/countrynight



Questions? Contact Us!
Tanner Sanford
tsanford@varietyontario.ca
(416) 699-7167 extension 260



Membership

Choose your Variety membership and experience the workout with a difference. We're more than a gym - we're a community!

Member Benefits

- 76,000 Sq. ft. Fieldhouse
- 200m Indoor 5-lane MONDO Track
- 3 Multipurpose/Sport Courts
- 25m, 6-lane Competition Pool, 20m Shallow 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
- Sports Teams
- Volunteer Opportunities
- First Aid Trained Staff
- 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	\$835.00	\$400.00
Infant/Toddler	0-23 months	\$265.00	\$129.00
Child	3-13	\$458.00	\$217.00
Youth	14-20	\$540.00	\$257.00
Senior	65+	\$528.00	\$250.00
Family	-	\$1660.00	\$775.00
Senior Family	-	\$1025.00	\$476.00
Veteran (Individual)	-	Please contact our Membership Department	
Veteran (Family)	-	Please contact our Membership Department	
Prices do not include HST + admin fee. Prices in effect as of October 1, 2026. All fees are subject to change.		Methods of Payment Credit Card: MasterCard, Visa, American Express Cheque, Cash or Debit	

Judd (40)

Meet Judd, an active member of the Variety Village community who gives back while making the most of everything Variety Village has to offer.

Judd serves on our Member Advisory Committee, is a regular in the Weight Room, and enjoys Variety Village as part of a family membership. His daughter also participates in Swimming Lessons and Summer Camps, making Variety Village a place their whole family can stay active and connected.

For Judd, Variety Village is more than a fitness facility—it's a community where his family can learn, grow, and belong together.



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

Membership

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 program 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 for the participant if they:

- Receive additional support at school
- Are medically fragile, has a g-tube, tracheotomy tubes, or those requiring suctioning
- Require assistance with personal care, for example transferring, toileting, feeding, and personal hygiene
- Have 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 1:1 Support Services

- Email programs@varietyontario.ca to book an Intake Assessment
- Complete the Participant Information Forms
- Attend Intake Assessment
- Register for programs with the support of a Program Coordinator

Petros (6)

Meet Petros, who has been part of the Variety Village community since 2025.

With the support of Variety Village's 1:1 Support Services, Petros has enjoyed Summer Camp and recently joined the Pre-Competitive VOLT Hockey program. He's building confidence, developing new skills, and discovering a love for sport in a supportive and inclusive environment.

For Petros, every new experience is an opportunity to learn, grow, and have fun alongside new friends.



To learn more, contact our Programs department at (416) 699-7167 extension 254 or email programs@varietyontario.ca.

1:1 Support Services

After School Program

Variety Village's After School Program offers a fun, safe, and inclusive space for children and youth of all abilities to unwind, get active, and explore their creativity after the school day. From sports and swimming to arts and STEM activities, every afternoon is packed with opportunities to try something new and build confidence.

- Swimming & AquaSport
- High Ropes & Rock Wall
- Arts & STEM-Based Projects
- Multi-Sport Activities
- Introduction to Our Sports Teams
- Exposure to Accessible & Adaptive Sports

Program Details

Monday to Friday, 3:00 p.m. – 6:00 p.m.

\$37 per day or \$170 per week (save with full week registration)

Flexible registration options that allow families to choose individual days or enroll for the full week. Registration is for the full session, selecting their preferred weekly schedule at the time of registration.

Drop Off Transportation Options

- Parent/Guardian
- School Bus / Wheel-Trans / Taxi
- Walking Pick Up by Variety Village Staff (Birchcliff Heights PS)
- Busing Pick Up by Variety Village Staff (Birch Cliff PS) - additional cost of \$5 per day

Pick Up Transportation Options

- Authorized Grown Up
- Wheel-Trans / Taxi
- Staff hand-off to another Variety Village program

Program Add-Ons

- **Snack Program:** \$5/day
Nut-free, healthy snacks
- **1:1 Reading:** \$10/day
Personalized 20-minute literacy support using the UFLI curriculum



To learn more, contact our Programs department at (416) 699-7167 extension 254 or email programs@varietyontario.ca.

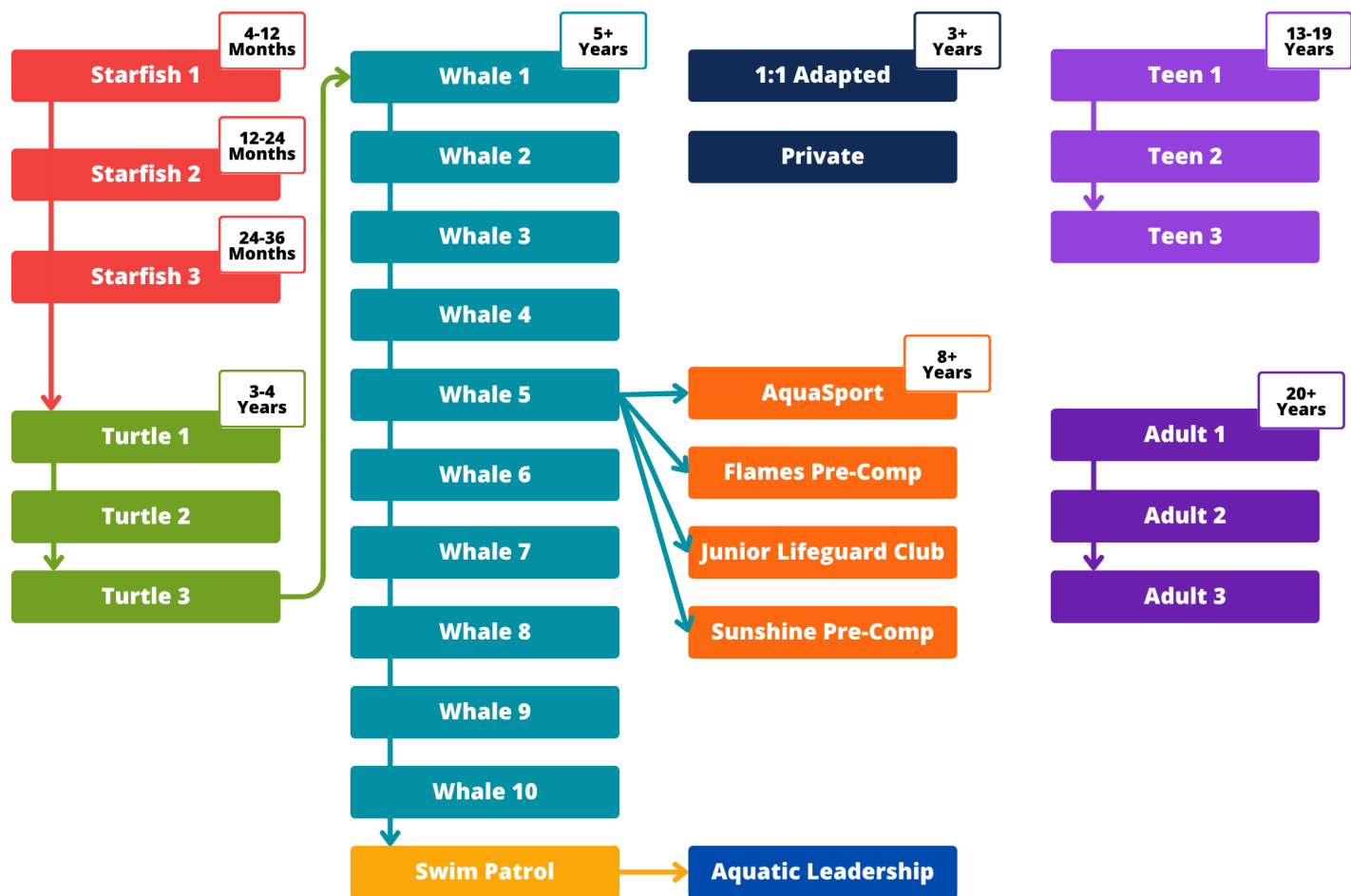
After School Program

Aquatic Programs

Our aquatics programs help participants build confidence, develop essential water skills, and enjoy the many benefits of being active in the water. From beginner swim lessons and aquatic fitness to recreational swimming and competitive pathways, our programs support participants of all ages and abilities while promoting safety, independence, and lifelong participation.

A Swimming Pathway for EveryBODY™

Our swimming pathway is a customized adaptation of the Lifesaving Society's Swim for Life® curriculum, designed to support swimmers of all ages and abilities. Led by a team of passionate, certified swim instructors who participate in ongoing seasonal training, our lessons provide high-quality instruction in a safe, supportive, and inclusive environment. Whether your goal is to become a confident and safe swimmer, build the skills needed to join an aquatic sport, or prepare for future employment in aquatics through leadership and certification programs, our pathway offers opportunities to grow at every stage. Wherever your swimming journey begins, we'll help you take the next step with confidence.



Starfish Swim Lessons

Enjoy quality time in the water while introducing your child to swimming in a fun, safe, and supportive environment. Through guided parent-child activities, children build water confidence, develop foundational swimming skills, and become comfortable in the water through play. Water Smart® education is incorporated throughout the program, helping parents and caregivers learn essential water safety practices to keep their children safe in and around the water.

Day	Time	Age	Ratio	Seasons	Member Price
Saturday	9:30 a.m. - 10:00 a.m.	0-3	1:10	Fall, Winter, Spring	\$60.00
Sunday	10:00 a.m. - 10:30 a.m.	0-3	1:10	Fall, Winter, Spring	\$60.00

Turtle Swim Lessons

Give your child a head start on learning to swim! Our 3-level Turtle Program helps children ages 3–4 build confidence in the water while developing fundamental swimming and water safety skills through fun, age-appropriate activities. Lessons focus on creating a positive relationship with the water, encouraging independence, and establishing a strong foundation for future swimming success. Water Smart® education is incorporated throughout all Preschool levels to reinforce essential water safety practices.

Day	Time	Age	Ratio	Seasons	Member Price
Tuesday	Available on Community	3-4	1:4	Fall, Winter, Spring	\$110.00
Wednesday	Available on Community	3-4	1:4	Fall, Winter, Spring	\$110.00
Thursday	Available on Community	3-4	1:4	Fall, Winter, Spring	\$110.00
Saturday	Available on Community	3-4	1:4	Fall, Winter, Spring	\$110.00
Sunday	Available on Community	3-4	1:4	Fall, Winter, Spring	\$110.00

Whale Swim Lessons | Levels 1-4

Our 10-level Swimmer program is designed for children ages 5-12. From first-time swimmers to those looking to refine their skills. Through plenty of in-water practice, swimmers develop confidence, improve stroke technique, and build strong swimming and water safety skills as they progress through each level. Water Smart® education is incorporated throughout all Swimmer levels to reinforce essential water safety knowledge.

Day	Time	Age	Ratio	Seasons	Member Price
Tuesday	Available on Community	5-12	1:6	Fall, Winter, Spring	\$100.00
Wednesday	Available on Community	5-12	1:6	Fall, Winter, Spring	\$100.00
Thursday	Available on Community	5-12	1:6	Fall, Winter, Spring	\$100.00
Saturday	Available on Community	5-12	1:6	Fall, Winter, Spring	\$100.00
Sunday	Available on Community	5-12	1:6	Fall, Winter, Spring	\$100.00



Whale Swim Lessons | Levels 5-10

Our 10-level Swimmer program is designed for children ages 5-12. From first-time swimmers to those looking to refine their skills. Through plenty of in-water practice, swimmers develop confidence, improve stroke technique, and build strong swimming and water safety skills as they progress through each level. Water Smart® education is incorporated throughout all Swimmer levels to reinforce essential water safety knowledge.

Day	Time	Age	Ratio	Seasons	Member Price
Tuesday	Available on Community	5-12	1:8	Fall, Winter, Spring	\$130.00
Wednesday	Available on Community	5-12	1:8	Fall, Winter, Spring	\$130.00
Thursday	Available on Community	5-12	1:8	Fall, Winter, Spring	\$130.00
Saturday	Available on Community	5-12	1:8	Fall, Winter, Spring	\$130.00
Sunday	Available on Community	5-12	1:8	Fall, Winter, Spring	\$130.00

Teen Swim Lessons **NEW!**

Our Teen Swim program offers three progressive levels for swimmers ages 13-19 looking to gain confidence, strengthen their swimming skills, and become more comfortable in the water. Lessons focus on stroke development, water safety, endurance, and personal fitness in a fun, supportive environment. Water Smart® education is incorporated throughout all Teen levels.

Day	Time	Age	Ratio	Seasons	Member Price
Wednesday	6:30 p.m. - 7:00 p.m.	13-19	1:4	Fall, Winter, Spring	\$120.00

Adult Swim Lessons **NEW!**

Our Adult Swim program features three progressive levels designed to help swimmers build confidence, improve technique, and develop endurance at their own pace. Whether you're learning the basics or refining your strokes, each level focuses on water safety, skill development, fitness, and independent swimming. Water Smart® education is incorporated throughout all adult levels.

Day	Time	Age	Ratio	Seasons	Member Price
Thursday	6:30 p.m. - 7:00 p.m.	20+	1:4	Fall, Winter, Spring	\$120.00

Emily (18) & Sara (16)

Meet Emily and Sara, two sisters whose journey at Variety Village has come full circle.

After learning to swim at Variety Village, Sara went on to become a competitive athlete with the Variety Flames Swim Team, while Emily was a former Flames athlete before transitioning into coaching our Pre-Competitive Swim program. Today, both sisters are valued Camp Staff members. Emily also works as a Swim Instructor, while Sara supports our aquatics team as an Aquatic Program Assistant.

From learning to swim to competing, coaching, teaching, and mentoring, Emily and Sara embody the many pathways at Variety Village, inspiring the next generation of participants both in and out of the pool.



1:1 Adapted Swim Lessons

Our 1:1 Adapted Swim Lessons are designed for participants with a disability who benefit from 1:1 instruction. Lessons are tailored to each swimmer's abilities and goals, with a focus on water safety, confidence and skill development in a safe, supportive and inclusive environment.

Days	Time	Age	Ratio	Seasons	Member Price
Tuesday	Available on Community	3+	1:1	Fall, Winter, Spring	\$275.00
Wednesday	Available on Community	3+	1:1	Fall, Winter, Spring	\$275.00
Thursday	Available on Community	3+	1:1	Fall, Winter, Spring	\$275.00
Saturday	Available on Community	3+	1:1	Fall, Winter, Spring	\$275.00
Sunday	Available on Community	3+	1:1	Fall, Winter, Spring	\$275.00

Private Swim Lessons

Receive individualized instruction designed to help you reach your swimming goals. Whether you're learning the basics, refining strokes, or preparing for the next swim level, lessons are tailored to meet your needs and help you succeed.

Days	Time	Age	Ratio	Seasons	Member Price
Tuesday	Available on Community	3+	1:1	Fall, Winter, Spring	\$350.00
Wednesday	Available on Community	3+	1:1	Fall, Winter, Spring	\$350.00
Thursday	Available on Community	3+	1:1	Fall, Winter, Spring	\$350.00
Saturday	Available on Community	3+	1:1	Fall, Winter, Spring	\$350.00
Sunday	Available on Community	3+	1:1	Fall, Winter, Spring	\$350.00

AquaSport

AquaSport introduces participants to the exciting world of aquatic sports through fun, skill-building activities and games. Participants develop confidence in the water while learning foundational skills like treading water, pool entries, and breath control before exploring sports such as water polo, underwater hockey, artistic swimming, diving, boating, triathlon swimming, and more. With three progressive levels, AquaSport helps participants build the skills needed to pursue aquatic sports in a fun, supportive, and non-competitive environment.

Days	Time	Age	Ratio	Seasons	Member Price
Wednesday	6:15 p.m. – 7:15 p.m.	8+	1:8	Fall, Winter, Spring	\$130.00



Canadian Swim Patrol

Canadian Swim Patrol is an advanced swim program for participants ready to go beyond traditional lessons. Through the Rookie, Ranger, and Star levels, swimmers strengthen their strokes while building lifesaving, first aid, rescue, and fitness skills that prepare them for the Lifesaving Society's Bronze Medal awards.

Days	Time	Age	Ratio	Seasons	Member Price
Saturday	10:00 a.m. – 11:00 a.m.	8+	1:10	Fall, Winter, Spring	\$130.00

Flames Pre-Competitive

The Flames Pre-Competitive Program is a fun, challenging and rewarding 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.

Day	Time	Age	Ratio	Seasons	Member Price
Tuesday	6:30 p.m. – 7:30 p.m.	8-12	1:8	Fall, Winter, Spring	\$170.00
Friday	6:30 p.m. – 7:30 p.m.	8-12	1:8	Fall, Winter, Spring	\$170.00

Junior Lifeguard Club **NEW!**

Junior Lifeguard Club is a fun, action-packed aquatic program for youth ages 8–15 who are ready for more than traditional swim lessons. Participants build swimming, lifesaving, leadership, teamwork, and fitness skills through engaging, water-based activities and personal challenges in a supportive environment. Participants must meet the Lifesaving Society's Swim to Survive® standard before joining.

Days	Time	Age	Ratio	Seasons	Member Price
Tuesday	5:30 p.m. – 6:30 p.m.	8-15	1:8	Fall, Winter, Spring	\$130.00

Sunshine Swim Pre-Competitive **NEW!**

Sunshine Swim is designed for individuals with intellectual disabilities. It provides athletes with a supportive and inclusive environment to develop their swimming skills and reach their personal goals. Designed for swimmers looking to build confidence and develop fundamental stroke technique before joining the competitive team.

Day	Time	Age	Ratio	Seasons	Member Price
Monday	6:00 p.m. – 6:30 p.m.	7+	1:4	Fall, Winter, Spring	\$120.00
Wednesday	6:00 p.m. – 6:30 p.m.	7+	1:4	Fall, Winter, Spring	\$120.00

To learn more, contact our Programs department at (416) 699-7167 extension 254 or email programs@varietyontario.ca.

Aquatic Programs



Fitness & Wellness

Our fitness and wellness programs encourage participants to stay active, improve their overall health, and feel their best. Offering a variety of inclusive classes and activities, participants can build strength, increase mobility, improve balance, and enhance their physical and mental well-being in a welcoming environment that supports every fitness journey.

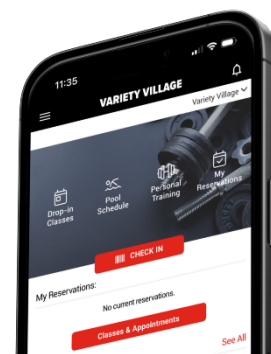
Included Fitness Classes

Move more, feel stronger, and stay active—all included with your membership.

Your Variety Village membership gives you unlimited access to 50+ drop-in fitness classes every week, offering flexible options to fit your schedule, interests, and fitness goals. Whether you're looking for a high-energy workout, low-impact movement, strength training, aquafit, yoga, or specialized wellness programming, there's a class for everyBODY.

Led by certified instructors in an inclusive and welcoming environment, our classes are designed to support participants of all abilities and experience levels. Choose from popular favourites including Aquafit, Body Burn, ChairFit, HIIT & Athletic Conditioning, Pilates, LIFT, Stretch & Strength, Yoga, and many more including several exciting new classes this season.

For the included fitness class schedule, [click here](#) to visit our website or download the Mobile App: [Apple Store](#), [Google Play](#).



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 hold 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.

To learn more, [click here](#) to visit our website or contact our Personal Training & Fitness department at dmurray@varietyontario.ca.

Personal Training & Fitness

Registered Fitness Classes

Our registered fitness classes offer progressive instruction, smaller class sizes, and dedicated weekly spots to help you build confidence and achieve your goals. Register in advance through the Community Portal to reserve your place in any of the classes below.

Aqua Strength & Stability

A water-based functional fitness class designed to build strength, balance, and confidence in a joint-friendly environment. Using strength bands, ankle weights, and foam dumbbells, you'll perform functional, weight-bearing exercises to improve power, mobility, and stability for daily life. Perfect for all fitness levels, this class helps you move with ease while staying active and refreshed. Participants must register by the end of Week 2 of the session. Registration is not available after Week 2 to ensure a consistent and progressive class experience.

Days	Times	Age	Ratio	Seasons	Member Price
Friday	11:00 a.m. – 12:15 p.m.	21+	1:15	Fall, Winter, Spring	\$96.00

Functional Strength & Stability

As a Partner to Aqua strength, this class offers resistance training on a different level. You are guided through the class at a slower pace with the emphasis on technique. This class uses a variety of equipment to work the major muscle groups as well as the smaller supporting muscles. You won't believe the difference in how you feel! Participants must register by the end of Week 2 of the session. Registration is not available after Week 2 to ensure a consistent and progressive class experience.

Days	Times	Age	Ratio	Seasons	Member Price
Tuesday	11:00 a.m. – 12:15 p.m.	21+	1:15	Fall, Winter, Spring	\$96.00

TIME Lite

Developed by the University Health Network (UHN) to safely improve mobility and gait. Ideal for individuals recovering from surgery, cardiac events, or living with conditions like Parkinson's, Multiple Sclerosis, or Cerebral Palsy, TIME™ Lite offers supervised classes with a low trainer-to-client participant (1:3). Led by certified trainers and supported by UHN physiotherapists, this program meets twice a week. TIME™ Lite is ideal for those with lower mobility levels. It includes participants who may not be able to walk a full 10m distance and/or who may require frequent seated rest breaks due to deconditioning or weakness.

Days	Times	Age	Ratio	Seasons	Member Price
Monday Wednesday	10:00 a.m. – 11:00 a.m. 10:00 a.m. – 11:00 a.m.	21+	1:3	Fall, Winter, Spring	\$80.00



TIME Classic

Developed by the University Health Network (UHN) to safely improve mobility and gait. Ideal for individuals recovering from surgery, cardiac events, or living with conditions like Parkinson’s, Multiple Sclerosis, or Cerebral Palsy, TIME™ Classic offers supervised classes with a low trainer-to-participant ratio (1:4). Led by certified trainers and supported by UHN physiotherapists, this program meets twice a week. This program is appropriate for participants who can walk 10 meters without the help of another person, may use a walking aid such as a cane or walker, or those who can safely exercise in standing holding onto sturdy hand support as needed.

Days	Times	Age	Ratio	Seasons	Member Price
Monday	11:00 a.m. – 12:00 p.m.	21+	1:4	Fall, Winter, Spring	\$80.00
Wednesday	11:00 a.m. – 12:00 p.m.				

TIME Plus

Developed by the University Health Network (UHN) to safely improve mobility and gait. Ideal for individuals recovering from surgery, cardiac events, or living with conditions like Parkinson’s, Multiple Sclerosis, or Cerebral Palsy, TIME™ Plus offers supervised classes with a low trainer-to-participant ratio (1:4). Led by certified trainers and supported by UHN physiotherapists, this program meets twice a week. TIME™ Plus is ideal for higher mobility levels, such as participants who have demonstrated they can tolerate a higher intensity and challenge level in TIME™ Classic and would still not be appropriate for fitness classes that do not provide hand supports.

Days	Times	Age	Ratio	Seasons	Member Price
Monday	11:00 a.m. – 12:00 p.m.	21+	1:4	Fall, Winter, Spring	\$80.00
Wednesday	11:00 a.m. – 12:00 p.m.				

Lian (69)

Meet Lian, a valued member of the Variety Village community who stays active through a variety of fitness programs.

Lian regularly participates in Dance Jam, Mat Pilates, and Circuit Fitness classes, embracing every opportunity to stay healthy, active, and connected. Beyond the fitness studio, Lian also gives back by volunteering with the TIME program, helping create a welcoming and supportive community for others.

For Lian, Variety Village is a place to stay active, build connections, and make a positive impact.



Basketball League **NEW!**

Bring your team together for eight weeks of exciting basketball action! Teams will play one 45-minute game each Tuesday evening between 7:15 p.m. and 9:30 p.m. Open to participants ages 18+, this program offers a fun, recreational environment to stay active, enjoy friendly competition, and connect with other players. Whether you're returning to the game or stepping onto the court for the first time, everyone is welcome.

Day	Time	Age	Ratio	Seasons	Member Price
Tuesday	7:15 p.m. – 9:30 p.m.	18+	N/A	Fall, Winter, Spring	\$800.00/team

Pickleball

Join the Variety Village Pickleball Community! Whether you're new to the game or an experienced player, there's a place for you. Enjoy recreational singles and doubles play, develop your skills through beginner and intermediate clinics offered throughout the year, or drop in on Sunday afternoons to practice and play with friends and family. Pickleball is a fun, social sport that's easy to learn and enjoyable for all skill levels.

Day	Time	Age	Ratio	Seasons	Member Price
Monday	1:30 p.m. – 3:00 p.m.	21+	1:12	Fall, Winter, Spring	\$64.00

To learn more, contact our Personal Training & Fitness department at (416) 699-7167 extension 238 or email dmurray@varietyontario.ca.

Registered Fitness



Leadership & Education Programs

Our leadership and education programs inspire participants to grow as leaders, mentors, and role models. Whether developing leadership skills, earning certifications, preparing for employment, or gaining volunteer experience, participants build the knowledge, confidence, and practical experience needed to make a positive impact in their communities. **Please see the [Community Portal](#) for detailed days and times.**

Leaders in Training

The Leaders in Training (LIT) Program is a 9-week program designed for youth ages 12+ who are interested in developing leadership skills and becoming positive role models within the camp community. Through hands-on activities, teamwork, and guided leadership experiences, participants will build confidence while learning the fundamentals of leadership and program planning.

LITs will gain practical experience by assisting with camp activities, supporting members throughout the facility, and working alongside staff in a fun and supportive environment. Participants may register for multiple sessions to continue developing their skills and confidence. Upon completion of each session, participants will earn 10 volunteer hours at Variety Village and take home a personalized leadership booklet showcasing their growth, completed activities, and program ideas.

Home Alone

The Home Alone Program, developed by the Canada Safety Council, prepares children ages 10 and up with the knowledge and skills to stay safe and responsible when home alone for short periods. Participants learn how to prevent common emergencies, respond confidently to real-life situations, make safe decisions, and stay safe and productive while on their own.

Babysitting

The Babysitting Training Course provides youth aged 11–15 years with essential first aid, childcare, and caregiving skills needed to become confident and responsible babysitters. Participants learn how to care for children of various ages, prevent injuries, recognize and respond to common emergencies, and manage basic first aid situations. The course also covers professionalism, communication, and strategies for promoting themselves as babysitters to prospective families. Upon successful completion, participants will have the knowledge and confidence to provide safe, effective care for children in a variety of settings. 100% attendance is mandatory, as well as a 75% passing grade on the final exam to earn the certification.

Maya (14)

Meet Maya (14), who has been part of the Variety Village community for the past eight years.

Maya's journey has taken her from Summer Camps to the Leaders in Training (LIT) program, and now to volunteering—giving back to the community that helped her grow. Along the way, she's built confidence, developed leadership skills, and become a positive role model for younger participants.

For Maya, Variety Village is more than a place to spend the summer—it's a community where she's grown from camper to leader.



Bronze Star

Bronze Star is the first step in the Lifesaving Society's leadership program. Participants develop swimming proficiency, lifesaving skills, and personal fitness while refining stroke technique, learning self-rescue skills, and applying fitness principles through aquatic training. This course is an excellent introduction to lifesaving sport and prepares candidates for success in Bronze Medallion.

Prerequisite: None (Swim Patrol experience is recommended).

Bronze Medallion

Bronze Medallion is the first certification required to become a lifeguard. This course challenges participants both mentally and physically while developing the judgment, knowledge, rescue skills, and fitness needed to respond to aquatic emergencies. Candidates learn water rescue techniques, emergency response, and problem-solving skills that prepare them for advanced leadership training. Bronze Medallion is the prerequisite for Bronze Cross.

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

Bronze Cross

Bronze Cross bridges the gap between lifesaving and lifeguarding, preparing candidates for the responsibilities of an assistant lifeguard. Participants build on their rescue skills while learning active surveillance, teamwork, communication, and emergency response techniques used in aquatic facilities. Bronze Cross is the prerequisite for the National Lifeguard program and advanced Lifesaving Society leadership certifications.

Prerequisite: Bronze Medallion and Basic (Emergency) or Intermediate (Standard) First Aid from the Lifesaving Society or another approved agency (certifications need not be current).

To learn more, contact our Programs department at (416) 699-7167 extension 254 or email programs@varietyontario.ca.

Leadership & Education



Life Skills, Respite & Social Programs

Our life skills, respite and social programs empower participants to build independence, strengthen social connections, and develop practical skills for everyday life. Through engaging, participant-centred experiences, individuals can enhance communication, confidence, self-advocacy, and community participation while forming meaningful friendships and reaching personal goals.

Board Game Club **NEW!**

Board Game Club is a fun and social program where participants discover a new game each week while building strategy, communication, and problem-solving skills. From simple strategy and cooperative games to social deduction and logic-based challenges, each session focuses on learning and playing one featured game in depth. Participants will develop critical thinking, teamwork, and sportsmanship while making new friends in an inclusive and engaging environment.

Day	Time	Age	Ratio	Seasons	Member Price
Wednesday	5:30 p.m. – 6:30 p.m.	8-15	1:5	Fall, Winter, Spring	\$115.00

Brunch Bunch

Brunch Bunch is a fun and interactive social skills program designed for participants to build confidence, connection, and independence. Each week, participants work together to plan and cook a delicious brunch, developing teamwork and life skills in the kitchen. Through group activities, they'll practice emotional regulation, conversation, and active participation in a relaxed and supportive setting. After brunch, the group explores a variety of programs at Variety Village including rock climbing, swimming, sports, science and crafts to build new skills and social connections through shared experiences.

Day	Time	Age	Ratio	Seasons	Member Price
Saturday	9:00 a.m. – 12:00 p.m.	8-12	1:3	Fall, Winter, Spring	\$415.00

Drama

Variety's Drama Program is a year-long creative journey where participants build confidence, collaboration, and performance skills through the art of drama. In the fall, participants explore acting and improv through games and activities that strengthen stage presence and teamwork. The winter season shifts focus to casting and rehearsals for a winter talent show, followed by preparation for a full spring drama production. This program offers a fun, supportive environment where every participant has the opportunity to shine on stage and grow as a performer.

Day	Time	Age	Ratio	Seasons	Member Price
Thursday	6:00 p.m. – 8:00 p.m.	14+	1:5	Full Year (Sept – June)	\$775.00



Funky Friday

Funky Friday is a full-day, high-energy program packed with creativity, movement, and fun! The day kicks off with drop-off and mingle activities to help participants ease into the morning, followed by hands-on art programming and active play in the fieldhouse. After making and sharing lunch together, the afternoon includes exciting science activities, a refreshing swim session, and time to relax and connect through social activities. With a bit of everything, art, sport, science, swimming, and friendship, Funky Friday is the perfect way to end the week on a high note!

Day	Time	Age	Ratio	Seasons	Member Price
Friday	10:00 a.m. – 3:00 p.m.	18+	1:5	Fall, Winter, Spring	\$675.00

Social Explorers

Our Social Explorers program helps children develop emotional regulation and positive play behaviors through guided classroom activities and structured group play. Participants learn to recognize emotions, practice turn-taking, and build cooperation skills in a supportive environment. Each session begins in the classroom and gradually transitions to exciting spaces like the fieldhouse, kids gym, courtyard, and rock wall. This program builds confidence and consistency in navigating new environments while fostering social growth through play.

Day	Time	Age	Ratio	Seasons	Member Price
Saturday	9:00 a.m. – 10:30 a.m.	4-8	1:3	Fall, Winter, Spring	\$315.00
Saturday	11:00 a.m. – 12:30 p.m.	4-8	1:3	Fall, Winter, Spring	\$315.00

Sport & Social

Sport & Social is a dynamic and flexible program that gives participants the choice to join either the swim group or the sport group at the start of each day. The day begins with fun mingle activities to help everyone connect and get energized. Participants then head to their chosen activity, either the pool for swimming or the fieldhouse for sport-based games and skill-building. After the active portion, the whole group comes together for a fun and engaging social activity, promoting connection, communication, and community.

Day	Time	Age	Ratio	Seasons	Member Price
Saturday	1:30 p.m. – 4:00 p.m.	20+	1:5	Fall, Winter, Spring	\$270.00

Cyrus (21)

Meet Cyrus, whose journey at Variety Village reflects a lifelong connection to our programs.

Over the years, Cyrus has participated in the After School Program, PA Day Camps, Holiday Break Camps, March Break Camp, Summer Camps, Sport & Social, Drama, and the Leaders in Training (LIT) program. Today, he continues his journey as a participant in the Adult Day Program. Cyrus is also a proud vendor at our Village Wonderland Vendor Market, where he showcases his creativity and entrepreneurial spirit.

For Cyrus, Variety Village has been a place to learn, grow, build friendships, and discover new opportunities at every stage of life.



Teen Weekend Club **NEW!**

Teen Weekend Club is a fun and engaging 3-hour program where teens can connect with friends, try new activities, and build confidence in a supportive environment. Each week, participants will work together to make a delicious snack, take part in hands-on science experiments and challenges, enjoy a variety of sports and active games, and finish the day with a swim. Designed to encourage independence, teamwork, and social connections, Teen Weekend Club offers the perfect mix of recreation, creativity, and fun in an inclusive setting.

Day	Time	Age	Ratio	Seasons	Member Price
Saturday	1:00 p.m. – 4:00 p.m.	13-19	1:5	Fall, Winter, Spring	\$375.00

Tuesday Teammates **NEW!**

Tuesday Teammates is a full-day program designed for participants who love teamwork, active play, and making new friends! The day begins with drop-off and social activities to help everyone settle in before jumping into exciting team sports and cooperative games in the fieldhouse. After preparing and enjoying lunch together, participants spend the afternoon exploring hands-on science activities, cooling off with a swim, and building friendships through engaging social and group activities. With a focus on collaboration, confidence, and fun, Tuesday Teammates is the perfect place to stay active, develop teamwork skills, and create lasting memories.

Day	Time	Age	Ratio	Seasons	Member Price
Tuesday	10:00 p.m. – 3:00 p.m.	18+	1:5	Fall, Winter, Spring	\$675.00

Wicked Wednesday

Wicked Wednesday is an engaging evening program that combines creativity, movement, and social connection in a relaxed and supportive setting. The evening begins with unstructured mingle time and a group check-in, followed by either an art or science activity. Participants then enjoy a swim session before preparing and sharing a meal together. The night finishes with active games in the fieldhouse and a fun social activity, offering a well-rounded experience that encourages confidence, friendship, and participation.

Day	Time	Age	Ratio	Seasons	Member Price
Wednesday	3:00 p.m. – 8:00 p.m.	15+	1:5	Fall, Winter, Spring	\$675.00

To learn more, contact our Programs department at (416) 699-7167 extension 254 or email programs@varietyontario.ca.

Life Skills & Respite



Parent & Tot Programs

Our Parent & Tot programs encourage families to learn, play, and grow together. From parent and baby fitness classes to swim lessons and fundamental movement programs, each class supports early childhood development through active, engaging experiences led by experienced instructors. Participants build confidence, develop foundational skills, and create lasting memories in a fun and supportive environment.

Splash & Move

Splash & Move begins with a 40-minute land-based class where parents and tots explore fundamental movement skills through active games and play. After a 20-minute change break, participants head to the pool for a swim lesson focused on building water confidence and introducing foundational swimming skills. This program is a fun and engaging way for families to learn, move, and grow together.

Day	Time	Age	Ratio	Seasons	Member Price
Saturday	9:00 a.m. – 10:30 a.m.	0-3	1:10	Fall, Winter, Spring	\$115.00

Starfish Swim Lessons

Enjoy quality time in the water while introducing your child to swimming in a fun, safe, and supportive environment. Through guided parent-child activities, children build water confidence, develop foundational swimming skills, and become comfortable in the water through play. Water Smart® education is incorporated throughout the program, helping parents and caregivers learn essential water safety practices to keep their children safe in and around the water.

Day	Time	Age	Ratio	Seasons	Member Price
Saturday	9:30 a.m. - 10:00 a.m.	0-3	1:10	Fall, Winter, Spring	\$60.00
Sunday	10:00 a.m. - 10:30 a.m.	0-3	1:10	Fall, Winter, Spring	\$60.00

Included with Your Membership

Looking for more ways to stay active with your little one? Your Variety Village membership includes Parent & Baby Fitness Classes designed to keep both you and your child moving, learning, and having fun together.

- **Parent & Baby Fit** – Enjoy a fun, music-filled shallow water workout while your baby joins in through songs, games, and movement. (Babies 6+ months.)
- **Postnatal Fitness** – Rebuild strength, improve posture, and restore your core and pelvic floor in a welcoming, baby-friendly environment.
- **Postnatal AquaFit** – A low-impact water workout that combines fitness, songs, and free swim time for parents and babies. (Recommended for babies 6+ months.)

To view the current Included Fitness Class schedule, [click here](#).



To learn more, contact our Programs department at (416) 699-7167 extension 254 or email programs@varietyontario.ca.

Parent & Tot

Recreation & Sports Programs

Our sports programs are designed to help participants build confidence, develop fundamental movement skills, and discover a lifelong love of physical activity. Whether you're trying a sport for the first time, enjoying recreational play, or training to compete, our inclusive programs provide opportunities to learn, grow, and achieve personal goals in a supportive environment led by experienced coaches and instructors.

Air Adventurers

Air Adventurers is a thrilling climbing program where participants build confidence, strength, and skills while exploring our rock wall and high ropes course. Each session focuses on climbing safety, knot tying, harness use, and communication techniques, helping participants become comfortable and capable climbers. As they progress, climbers develop endurance, coordination, and problem-solving skills in a fun, supportive environment. Air Adventurers invites participants to rise to the challenge and discover how far they can go, one climb at a time.

Day	Time	Age	Ratio	Seasons	Member Price
Tuesday	6:00 p.m. – 7:00 p.m.	6+	1:7	Fall, Winter, Spring	\$115.00
Sunday	11:30 a.m. – 12:30 p.m.	6+	1:7	Fall, Winter, Spring	\$115.00

AquaSport

AquaSport introduces participants to the exciting world of aquatic sports through fun, skill-building activities and games. Participants develop confidence in the water while learning foundational skills like treading water, pool entries, and breath control before exploring sports such as water polo, underwater hockey, artistic swimming, diving, boating, triathlon swimming, and more. With three progressive levels, AquaSport helps participants build the skills needed to pursue aquatic sports in a fun, supportive, and non-competitive environment.

Day	Time	Age	Ratio	Seasons	Member Price
Wednesday	6:15 p.m. – 7:15 p.m.	8+	1:8	Fall, Winter, Spring	\$130.00

Zeniah (26) & Saquib (21)

Meet Zeniah and Saquib, two inspiring members of the Variety Village community who demonstrate the many ways to get involved in sport.

Zeniah coaches our Pre-Competitive Track program, provides 1:1 coaching for Special Olympics track athletes and leads our Track Summer Camps. She has also been a Program Instructor for our Children in Motion and MultiSport programs. In addition, she competes with Extreme Velocity, the next step beyond the Variety Village Competitive Track Team, where she continues to train under Variety Village track coach Jamal Miller and regularly trains at our facility.

Saquib has participated in Swimming Lessons, Summer Camps, the Leaders in Training program, and now competes as a Special Olympics track athlete. Through each experience, he has built confidence, developed his athletic skills and found a passion for track and field.

Together, Zeniah and Saquib show how Variety Village creates opportunities to learn, compete, coach, and inspire others in an inclusive and supportive community.



Baseball Pre-Competitive

Baseball Pre-Competitive is a Jays Care Community Partner program that introduces athletes to the fundamentals of baseball in a fun, supportive, and team-focused environment. Through skill development, drills, and game play, participants build confidence, improve their baseball abilities, and develop teamwork, communication, and sportsmanship. Whether learning the game for the first time or continuing to grow their skills, athletes are encouraged to challenge themselves, make new friends, and enjoy being part of a team.

Day	Time	Age	Ratio	Seasons	Member Price
Saturday	2:00 p.m. – 3:00 p.m.	6+	1:5	Fall, Winter, Spring	\$115.00

Buzzers Basketball Pre-Competitive **NEW!**

The Variety Village Buzzers Basketball Team provides athletes with an inclusive, supportive, and fun environment to develop basketball skills, and build confidence. Perfect for athletes who are new to basketball or looking to develop the fundamental skills needed to join the competitive team.

Day	Time	Age	Ratio	Seasons	Member Price
Friday	6:30 p.m. – 7:30 p.m.	15+	1:5	Fall, Winter, Spring	\$50.00

Boccia Pre-Competitive

Boccia is an inclusive and adaptive sport that provides athletes of all ages and abilities the opportunity to learn, train, and compete in a supportive team environment. There are two types of boccia athletes, those who can propel a ball on their own using their hands or feet and those who use assistive device operated by a sports assistant. Participants receive coaching and have opportunities to develop skills through practice, training, and competition.

Day	Time	Age	Ratio	Seasons	Member Price
Monday	4:00 p.m. – 6:00 p.m.	15+	1:5	Fall, Winter, Spring	\$100.00

Children in Motion

Children in Motion is a play-based movement program designed to support the physical, social, and emotional development of children ages 3–5. Through fun and inclusive activities, participants build foundational skills like balance, coordination, teamwork, and self-regulation. Children also learn how to participate in group sport programming by practicing listening, following routines, and engaging in cooperative play. This program helps every child gain confidence and independence while moving, playing, and growing together.

Day	Time	Age	Ratio	Seasons	Member Price
Saturday	10:00 a.m. – 11:00 a.m.	3-5	1:5	Fall, Winter, Spring	\$95.00



City Discovery **NEW!**

City Discovery is an adventure-based program that encourages participants to explore their community while building confidence, independence, and social connections. Each week, the group will travel on the TTC to visit local parks, attractions, and neighbourhood destinations, while also taking on exciting challenges at Variety Village, including the high ropes course, rock wall, and Nerf battle equipment.

Day	Time	Age	Ratio	Seasons	Member Price
Sunday	1:00 p.m. – 4:30 p.m.	6+	1:7	Fall, Winter, Spring	\$450.00

Flames (Swimming) Pre-Competitive

The Flames Pre-Competitive Program is a fun, challenging and rewarding 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.

Day	Time	Age	Ratio	Seasons	Member Price
Tuesday	6:30 p.m. – 7:30 p.m.	8-12	1:8	Fall, Winter, Spring	\$170.00
Friday	6:30 p.m. – 7:30 p.m.	8-12	1:8	Fall, Winter, Spring	\$170.00

MultiSport

MultiSport is an active and inclusive program where children are introduced to a new sport each week, helping build fundamental movement skills, teamwork, and sportsmanship. From basketball to track to seated volleyball, participants explore a wide range of activities in a fun and supportive environment. The program also offers exposure to Variety Village’s in-house pre-competitive sport teams, inspiring children to see what’s possible beyond recreational play. MultiSport encourages confidence, cooperation, and a lifelong love of physical activity.

Day	Time	Age	Ratio	Seasons	Member Price
Thursday	6:00 p.m. – 7:00 p.m.	6-12	1:5	Fall, Winter, Spring	\$95.00
Saturday	11:00 a.m. – 12:00 p.m.	6-12	1:5	Fall, Winter, Spring	\$95.00



Olympic Weightlifting Pre-Competitive

Olympic Weightlifting trains the athletes for functional strength and utilizes the body's major muscle groups. Athletes are introduced to, and train toward, two Olympic lifting techniques: the snatch, and the clean and jerk. Training involves quality repetitions and building body strength.

Day	Time	Age	Ratio	Seasons	Member Price
Program Schedule TBD		8-14	1:8	Fall, Winter, Spring	\$115.00

Olympic Weightlifting for Females Pre-Competitive

This beginner-friendly Olympic Weightlifting program for youth females focuses on building foundational strength and perfecting technique. It emphasizes proper movement patterns and gradual progression, offering a good opportunity to learn about safe lifting in a friendly and fun environment.

Day	Time	Age	Ratio	Seasons	Member Price
Program Schedule TBD		8-14	1:8	Fall, Winter, Spring	\$115.00

Olympic Weightlifting Pre-Competitive 1:1

This 45 minutes private session is customized to each participant's unique abilities and needs. It focuses on techniques and modifications, provided by certified coaching to ensure safe and effective development of strength, mobility, and confidence in Olympic lifts. For a time that works better with your schedule, feel free to reach out to programs@varietyontario.ca.

Day	Time	Age	Ratio	Seasons	Member Price
Program Schedule TBD		8+	1:1	Fall, Winter, Spring	\$300.00

Mya (12)

Meet Mya, a dedicated athlete on the Variety Village Youth Olympic Weightlifting Team.

Mya trains and competes in Olympic weightlifting, continually building her strength, refining her technique, and pushing herself to achieve new personal bests. Her hard work, determination, and team spirit make her a great example of what it means to grow through sport.

For Mya, Variety Village is a place to challenge herself, compete with confidence, and be part of a supportive team.



Soccer

Soccer is a beginner-friendly program that teaches the core skills of the game in a fun and inclusive setting. Participants will learn to dribble, pass, shoot, and work as a team through engaging drills and activities. Each session focuses on building coordination, confidence, and a love for the game. This program is perfect for children who are new to soccer or looking to strengthen their foundational skills.

Day	Time	Age	Ratio	Seasons	Member Price
Sunday	10:00 a.m. – 11:00 a.m.	6+	1:5	Fall, Winter, Spring	\$115.00

Sunshine (Swimming) Pre-Competitive **NEW!**

Sunshine Swim is designed for individuals with intellectual disabilities. It provides athletes with a supportive and inclusive environment to develop their swimming skills and reach their personal goals. Designed for swimmers looking to build confidence and develop fundamental stroke technique before joining the competitive team.

Day	Time	Age	Ratio	Seasons	Member Price
Monday	6:00 p.m. – 6:30 p.m.	7+	1:4	Fall, Winter, Spring	\$120.00
Wednesday	6:00 p.m. – 6:30 p.m.	7+	1:4	Fall, Winter, Spring	\$120.00

Muhammad (17)

Meet Muhammad, a dedicated athlete, coach, mentor, and program instructor who continues to make an impact across the Variety Village community.

Muhammad is a Canadian Taekwondo National Team member and trains with the Young Choung Taekwondo Academy High Performance Team, based out of Variety Village, taking the next step beyond the Variety Village Athletic Club Competitive Taekwondo program. In addition to competing at the highest level, he shares his passion for sport as a Taekwondo Instructor, has worked as a Program Instructor in the After School Program, Wicked Wednesday, and Sport & Social, and has supported campers as a 1:1 Support Staff member during Summer Camp.

Muhammad's journey reflects the many opportunities at Variety Village to grow as an athlete, develop as a leader and inspire the next generation.



Taekwondo Pre-Competitive

Taekwondo is a pre-competitive program that 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, as well as introductions to specific Taekwondo skills.

Day	Time	Age	Ratio	Seasons	Member Price
Monday	5:30 p.m. – 6:15 p.m.	4-6	1:5	Fall, Winter, Spring	\$105.00
Monday	6:15 p.m. – 7:00 p.m.	7-11	1:5	Fall, Winter, Spring	\$105.00
Monday	7:00 p.m. – 7:45 p.m.	12+/Family	1:5	Fall, Winter, Spring	\$105.00
Wednesday	5:30 p.m. – 6:15 p.m.	4-6	1:5	Fall, Winter, Spring	\$105.00
Wednesday	6:15 p.m. – 7:00 p.m.	7-11	1:5	Fall, Winter, Spring	\$105.00
Wednesday	7:00 p.m. – 7:45 p.m.	12+/Family	1:5	Fall, Winter, Spring	\$105.00
Saturday	11:00 a.m. – 11:45 a.m.	4-6	1:5	Fall, Winter, Spring	\$105.00
Saturday	12:00 p.m. – 12:45 p.m.	7-11	1:5	Fall, Winter, Spring	\$105.00
Saturday	1:00 p.m. – 1:45 p.m.	12+/Family	1:5	Fall, Winter, Spring	\$105.00

Track Pre-Competitive Introduction

Practicing one day a week with the Variety Athletic Club Coaches, 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.

Day	Time	Age	Ratio	Seasons	Member Price
Tuesday	5:00 p.m. – 6:00 p.m.	5-9	1:8	Fall, Winter, Spring	\$110.00

Track Pre-Competitive Development

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.

Day	Time	Age	Ratio	Seasons	Member Price
Monday	5:15 p.m. – 6:15 p.m.	6-12	1:8	Full Year (Sept – June)	\$220.00
Wednesday	5:15 p.m. – 6:15 p.m.				

Track Pre-Competitive 1:1

Designed for 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. For a time that works better with your schedule, feel free to reach out to programs@varietyontario.ca.

Day	Time	Age	Ratio	Seasons	Member Price
Monday	3:30 p.m. – 4:15 p.m.	4+	1:1	Fall, Winter, Spring	\$250.00
Monday	5:00 p.m. – 5:45 p.m.	4+	1:1	Fall, Winter, Spring	\$250.00
Monday	6:00 p.m. – 6:45 p.m.	4+	1:1	Fall, Winter, Spring	\$250.00
Saturday	9:00 a.m. – 9:45 a.m.	4+	1:1	Fall, Winter, Spring	\$250.00
Saturday	9:45 a.m. – 10:30 a.m.	4+	1:1	Fall, Winter, Spring	\$250.00
Saturday	10:30 a.m. – 11:15 a.m.	4+	1:1	Fall, Winter, Spring	\$250.00
Saturday	11:15 a.m. – 12:00 p.m.	4+	1:1	Fall, Winter, Spring	\$250.00
Saturday	12:30 p.m. – 1:15 p.m.	4+	1:1	Fall, Winter, Spring	\$250.00



VOLT Hockey Pre-Competitive

Volt Hockey Pre-Competitive is catered to beginners and younger participants. Participants learn how to operate the volt cart safely and learn basic skills through games and one on one coaching with staff. The opportunities for players include participating in fun 2v2 tournaments to learn the sport safe environment. Recommendations are that participants are able to listen and understand safety instructions, love participating in a team environment with other players, and are aged between 5-12.

Day	Time	Age	Ratio	Seasons	Member Price
Saturdays	1:00 p.m. – 2:00 p.m.	5-12	1:5	Fall, Winter, Spring	\$50.00

Wheelchair Basketball Pre-Competitive

Wheelchair Basketball Pre-Competitive is designed for athletes who are ready to build their skills and gain confidence in a team environment. Participants will develop fundamental basketball techniques, including passing, shooting, ball handling, and game strategy, through structured practices and scrimmages. With an emphasis on teamwork, sportsmanship, and athlete development, this program provides a supportive pathway for players looking to prepare for future recreational and competitive opportunities while enjoying the excitement of the game.

Day	Time	Age	Ratio	Seasons	Member Price
Saturdays	11:00 a.m. – 1:00 p.m.	8+	1:8	Fall, Winter, Spring	Included

To learn more, contact our Programs department at (416) 699-7167 extension 254 or email programs@varietyontario.ca.

Recreation & Sport



Athletic Club

For more than 40 years, the Variety Village Athletic Club (VVAC) has been creating opportunities for athletes of all ages and abilities to learn, grow, and compete. Since 1982, our integrated sports teams have supported athletes on their journey from learning fundamental skills to competing at the provincial, national, and international levels.

At VVAC, success is measured in many ways. Whether you're trying a sport for the first time, competing for fun, or pursuing high-performance goals, you'll find expert coaching, inclusive programming, and a community that celebrates every achievement. Along the way, athletes build confidence, develop lifelong friendships, strengthen physical literacy and discover what they're capable of.



Athlete Development Pathway

Our programs are designed to grow with each athlete, providing a clear pathway from early movement experiences to competitive sport.

Stage	Program Description
Children in Motion	A play-based introduction to movement where children develop balance, coordination, confidence, teamwork, and the foundational skills needed to participate in sport and recreation.
MultiSport	Participants explore a different sport each week while developing fundamental movement skills, sportsmanship, and teamwork. Athletes are introduced to a variety of sports and discover pathways into our pre-competitive teams.
Pre-Competitive	Athletes begin learning sport-specific skills, rules, and strategies while building confidence in a supportive team environment. The focus is on skill development, participation, and preparing for competition.
Competitive	Athletes train regularly, compete throughout the season, and continue developing technical, tactical, and physical skills with experienced coaches.
High Performance	For athletes pursuing provincial, national, and international competition through structured training and performance-focused coaching.



Our Teams

Whether you're looking to learn a new sport or compete at the highest level, VVAC offers opportunities across a wide range of sports.

Team	League	Pre-Competitive	Competitive	High Performance
Baseball	Jays Care Community Program	X		
Basketball NEW!	Special Olympics Basketball	X	X	
Boccia	Ontario Regional Boccia Series	X	X	
Flames	Swim Ontario	X	X	
Olympic Weightlifting	Ontario Weightlifting Association	X	X	X
Sunshine	Special Olympics Swimming	X	X	
Taekwondo	Taekwondo Ontario	X	X	X
Track	Athletics Ontario	X	X	X
VOLT Hockey	VOLT Hockey Canada	X	X	X
Wheelchair Basketball	Southern Ontario Wheelchair Basketball League	X	X	X

What's New This Season?

This year, we're expanding our athlete pathways with exciting new programs:

- **NEW! Pre-Competitive Sunshine Swim Team** – Launching this September for swimmers developing skills to prepare for competition in the Special Olympics.
- **NEW! Youth Competitive Sunshine Swim Team** – Starting this September for swimmers ages 10–19 ready to train for and compete in the Special Olympics.
- **NEW! Pre-Competitive Special Olympics Basketball** – Launching this fall to help athletes build skills and prepare for competition.
- **NEW! Competitive Special Olympics Basketball** – Beginning in January for athletes ready to compete.
- **Enhanced Pre-Competitive Baseball** – Now offered year-round with an indoor fall/winter training season and an outdoor spring/summer season.

Explore Our New Team Webpages!

Visit our newly updated [team webpages](#) to learn more about each sport, meet our coaching staff, and explore the athlete pathway—from pre-competitive opportunities to competitive and high-performance teams. Whether you're just getting started or striving to reach the next level, there's a pathway for every athlete at Variety Village.



Visit our [website](#) or contact our Programs Department at (416) 699-7167 extension 254 or programs@varietyontario.ca.

Athletic Club



School Break Camps

Camp doesn't stop when summer ends—and neither do we. Variety Village offers inclusive, full-day camps year-round to support families whenever school is out. From single PA Days to full summer weeks, our camps provide structured programming, movement, creativity, and connection for campers ages 4 to 20+.

Camp Seasons & Dates

PA Day Camp – Individual Day Registration

- Friday, November 20, 2026
- Friday, January 15, 2027 (Elementary Only)
- Tuesday, February 2, 2027 (Secondary Only)
- Friday, February 12, 2027
- Monday, March 29, 2027 (Easter Monday)
- Friday, June 4, 2027

Holiday Break Camp – Individual Day Registration

- Monday, December 21, 2026
- Tuesday, December 22, 2026
- Wednesday, December 23, 2026
- Thursday, December 24, 2026 *Modified Holiday Hours
- Monday, December 28, 2026
- Tuesday, December 29, 2026
- Wednesday, December 30, 2026
- Thursday, December 31, 2026 *Modified Holiday Hours

March Break Camp – Full Week Registration

- Monday, March 15, 2027
- Tuesday, March 16, 2027
- Wednesday, March 17, 2027
- Thursday, March 18, 2027
- Friday, March 19, 2027



Camp Hours

Camp	Hours
Drop-Off	8:00 a.m. to 9:00 a.m.
Camp Programming	9:00 a.m. to 4:00 p.m.
1:1 Support	9:00 a.m. to 4:00 p.m.
Pick-Up	4:00 p.m. to 5:00 p.m.
Modified Holiday Hours	8:00 a.m. to 3:30 p.m.

River (7)

Meet River, an adventurous member of the Variety Village community who loves making the most of every school break.

River participates in PA Day Camps, Holiday Break Camps, March Break Camp, and Summer Camps, where he has enjoyed Adventure Camp, Inventors & Engineers Camp and Swim Camp. Whether he's building, exploring, swimming, or trying something new, River embraces every opportunity with curiosity and enthusiasm.

For River, Variety Village is a place where every camp brings new adventures, new friendships, and exciting opportunities to learn and grow.



Arts & Science Camp

Give your child a creative and inspiring way to spend their week! Our Arts & Science camp is a fun-filled program where kids explore a variety of creative and scientific experiences in a supportive, hands-on environment. Campers will experiment with drawing, painting, sculpture, crafts, mixed media, and simple science investigations and experiments while building confidence, curiosity, and self-expression. Each day includes guided projects, hands-on discovery activities, and time to collaborate with peers. No prior experience is needed—just imagination and curiosity! Perfect for keeping young artists and budding scientists engaged, learning, and having fun.

Camp Season	Age	Ratio	Member Price	Non-Member Price
Holiday Break Camp (Single Day)	6+	1:7	\$95.00	\$105.00
March Break Camp (Full Week)	6+	1:7	\$390.00	\$455.00

Camp Connect: Teens & Adults

Camp Connect: Teens & Adults is geared towards campers with a disability at any skill level. These camps take a creative approach to ensure that campers are being active and social during their time here. Campers will have the opportunity to engage in a variety of activities, including adaptive sports, daily swimming, work on social skills, and building relationships that will last a lifetime. These camps qualify as respite programs.

Camp Season	Age	Ratio	Member Price	Non-Member Price
PA Day Camp (Single Day)	10+	1:5	\$88.00	\$98.00
Holiday Break Camp (Single Day)	10+	1:5	\$88.00	\$98.00
March Break Camp (Full Week)	10+	1:5	\$355.00	\$420.00



City Discovery Camp

Get ready to explore the city like never before! City Discovery Camp takes campers on exciting urban adventures where they uncover hidden gems, visit must-see attractions, and learn about the vibrant communities across the city. From museums to parks, art installations, and local landmarks, each day offers something new. With hands-on activities, team challenges, and plenty of time outdoors, campers develop independence, curiosity, and a deeper appreciation for the world around them. Campers also learn fundamental safety and transit skills, like how to navigate public transportation, follow group safety procedures, and move confidently through busy urban spaces, ensuring every offsite excursion is both fun and safe. When the outing is not within walking distance of our facility, the camp will be using public transportation (TTC).

Camp Season	Age	Ratio	Member Price	Non-Member Price
PA Day Camp (Single Day)	6+	1:7	\$95.00	\$105.00
Holiday Break Camp (Single Day)	6+	1:7	\$95.00	\$105.00
March Break Camp (Full Week)	6+	1:7	\$390.00	\$455.00

MultiSport Camp

MultiSport Camp introduces campers to our full day camp programs through fun, active, and age-appropriate experiences. Campers learn the basics of different sports while developing fundamental movement skills, teamwork, and confidence. Through structured games and creative drills, children are encouraged to try new activities in a positive and supportive environment. In addition to sports, campers also enjoy time in our swimming and craft programs, creating a well-rounded and exciting camp experience.

Camp Season	Age	Ratio	Member Price	Non-Member Price
PA Day Camp (Single Day)	4-12	1:7	\$88.00	\$98.00
Holiday Break Camp (Single Day)	4-12	1:7	\$88.00	\$98.00
March Break Camp (Full Week)	4-12	1:7	\$355.00	\$420.00

Swim Camp

Swim Camp is designed for campers ages 5 and up who want to build skills and confidence in the water through fun, structured instruction. Campers participate in two 45-minute swim lessons each day using the Variety Swim Curriculum, endorsed by the Lifesaving Society. Through guided lessons, skill-based activities, and swim-focused games, campers develop stroke technique, endurance, water safety, and confidence. When not in the pool, campers enjoy dry-land sports and age-appropriate camp activities, creating a balanced and engaging camp experience centered around swimming and fun.

Camp Season	Age	Ratio	Member Price	Non-Member Price
March Break Camp (Full Week)	4+	1:5	\$440.00	\$540.00

To learn more, contact our Programs department at (416) 699-7167 extension 254 or email programs@varietyontario.ca.

School Break Camps



Access Ability in Action

Promoting play, participation and sport for all

Book a fieldtrip for your classroom, school, community group, or camp! Learn about and play various adaptive sports, participate in inclusive recreational activities, and discover the many ways we can get more people involved in sport and recreation.

Each session is tailored to your group's unique interests and needs, which allows us to welcome groups of all ages and abilities. Come visit us at Variety Village or have us join you at your facility.

Explore our Various Program Themes

Accessibility for EveryBODY

This interactive theme focuses on learning how to identify barriers and provisions, how we can design more accessible spaces and places, and what we can do to create a welcoming environment.

Activities can include:

- Accessibility tour
- Communication Games
- Cooperative Games

Competitive Sport

This sport-focused theme gives participants the opportunity to learn the rules and play various adaptive sports, while building their communication and teamwork skills.

Activities can include:

- Summer Sports (e.g. wheelchair sports, boccia, baseball)
- Team Building Activities
- Winter Sports (e.g. para roller hockey, floor hockey, curling)

Inclusive Play & Participation

This engaging theme brings attention to how we can work and play together in sport and recreation settings.

Activities can include:

- Adaptive Sports
- Communication Games
- Sensory, Social and Physical Learning



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

To learn more, contact our Access & Awareness department at (416) 699-7167 extension 249 or email jthieu@varietyontario.ca.

Access Ability in Action

Celebrate Your Birthday at Variety Village

Make birthdays and milestones unforgettable with our fun, active, and stress-free party packages! From splashing in the pool to scaling the rock wall, we make it easy for families to celebrate. Whether your child loves sports, games, crafts, or adventure, we've got the perfect theme to match their personality.

Enjoy exclusive access to our facilities, energetic hosts who keep the fun flowing, and simple planning from start to finish so you can relax and enjoy the big day!

Explore Our Seven Fun-Filled Party Packages

Pool Party

Make a splash on your special day with our Pool Party! Enjoy exclusive access to our pool for fun games, free swim, and plenty of water play led by our energetic party hosts. Perfect for kids who love to swim, splash, and celebrate with friends.

Includes:

- Supervised swim programming with trained instructors (ratios dependent on age of party guests)
- Designated space for swimming programming in our pool
- Private party room for snacks and celebrations

Price (Member): \$500

Price (Non-Member): \$600

Rockwall Party

Reach new heights with our Rock Wall Party! Kids will climb, race, and challenge themselves on our indoor rock wall under the guidance of our trained instructors. It's the perfect mix of adventure, teamwork, and excitement—great for beginners and experienced climbers alike!

Includes:

- Exclusive access to the rock wall area
- Supervised climbing with trained instructors
- All safety gear provided (harnesses and helmets)
- Private party room for snacks and celebrations
- Please note: closed toed shoes are required to participate.

Price (Member): \$500

Price (Non-Member): \$600

High Ropes Party

Take your celebration to new heights with our High Ropes Party! Perfect for adventurous kids, this thrilling experience challenges participants to climb, balance, and soar through our elevated ropes course—all while safely harnessed and guided by our trained instructors. It's the ultimate confidence-building celebration full of excitement and teamwork!

Includes:

- Exclusive access to the High Ropes Course
- Supervised climbing with certified instructors
- All safety equipment provided (harnesses and helmets)
- Private party room for snacks and celebrations
- Please note: closed toed shoes are required to participate

Price (Member): \$600

Price (Non-Member): \$700

Sport Party

Get ready to play, laugh, and celebrate with our action-packed Sports Party! Kids can enjoy their favourite games and activities—like soccer, basketball, floor hockey, or relay races—led by our energetic party hosts. It's the perfect way to keep everyone active and having fun!

Includes:

- Exclusive access to the gymnasium
- Choice of sports and group games
- Supervised activities led by our party hosts
- Private party room for snacks and celebrations

Price (Member): \$400

Price (Non-Member): \$500

Nerf Battle Party

Get ready for an action-packed celebration! At our Nerf Battle Party, kids will build their own battlefield using fun obstacles and barriers—then gear up for an epic Nerf showdown. From strategy to teamwork, it's a thrilling adventure that keeps everyone moving, laughing, and cheering.

Includes:

- Nerf blasters, darts, and safety goggles
- Time to design and build your own arena
- Supervised Nerf battles led by our energetic party hosts
- Private party room for snacks and celebrations

Price (Member): \$400

Price (Non-Member): \$500

Ultimate Fieldhouse Party

Get ready for non-stop action and high-energy fun at our Ultimate Fieldhouse Party! Whether you're soaring through the air for a game-winning frisbee catch, dodging and diving in an epic dodgeball showdown, or teaming up to build the strongest fort before a capture-the-flag battle, this party has it all.

Includes:

- Exclusive access to the Fieldhouse
- A mix of fast-paced games and team challenges
- Supervised activities led by our energetic party hosts
- Private party room for snacks and celebrations

Price (Member): \$400

Price (Non-Member): \$500

Kinder Play Party

Get ready for a high-energy Kinder Play Birthday Party filled with excitement and laughter! Kids will jump, crawl, and race through a thrilling obstacle course, soar with joy under a colorful parachute, bounce and zoom around on scooters for endless fun. Kids will move to the kids gym, to experience our mini rockwall, ballpit and soft play zone. This action-packed celebration is designed to keep little ones active and entertained, making unforgettable birthday memories with friends!

Includes:

- Exclusive access to our Fieldhouse and Kids Gym spaces
- Obstacle courses, parachute play, scooters, and soft play fun
- Supervised activities led by our energetic party hosts
- Private party room for snacks and celebrations

Price (Member): \$400

Price (Non-Member): \$500



To learn more, contact our Facility Rentals department at (416) 699-7167 extension 245 or email adoucette@varietyontario.ca.

Party Rentals



CLIMBING THIS ROCKWALL
WITHOUT THE SUPERVISION
OF A CERTIFIED
VARIETY VILLAGE INSTRUCTOR
IS STRICTLY PROHIBITED

STAFF

STAFF



variety
the children's charity
of ontario