

## Program Categories

Appendix 7

<b>AQUATICS</b>
<b>Aquatics A - \$10.80</b>
Aqua Cycle - Main Pool Warm Water
Aqua Cycle, Cardio and Resistance
Aquafitness - Shallow, Deep, Female
Aquafitness Boot Camp
Aquafitness Fusion
Diaper Fit
Gentle Aquafitness - Shallow, Warm Water or Female
Tri Splash And Dash Level 1
Tri Splash And Dash Level 2
Guts And Butts - Shallow, Deep or Warm Water
Aqua Strength Training
Water Running
Aqua Yoga and Toning
<b>Aquatics G - \$11.50</b>
Citi Swim
Citi Swim Full Summer
Spring Board Diving Level 1-3
<b>Aquatics B - \$16.90</b>
Swim Strokes Low Ratio
Family Swim Lessons (Beginner)
Swim Kids 1-4
Swim Parent And Tot - Starfish, Duck, and Seaturtle
Swim Kids Low Ratio 9 - 10
<b>Aquatics B1 - \$8.45</b>
Swim Kids 9-10
Swim Sports
Swim Strokes
<b>Aquatics B2 - \$22.53</b>
Swim Kids Low Ratio 5-8
Swim Basics Adult Low Ratio 1-2
<b>Aquatics B3 - \$11.27</b>
Swim Kids Adapted 1 - 10
Family Swim Lessons (Intermediate)
Swim Kids 5-8
Swim Basics Adult 1 - 2
Swim Basics Youth 1-2
<b>Aquatics C - \$19.20</b>
Swim Preschool - Sea Otter, Salamander, Sunfish, Crocodile, Whale
<b>Aquatics D - \$42.00</b>
H30 Swim Strokes
H30 Swim Kids 1-10
H30 Swim Basics Adult 1-2
H30 Swim Basics Youth 1-2
<b>Aquatics E - \$58.00</b>
H2O Swim Kids
<b>Aquatics F - \$74.00</b>
Swim Private Lessons
<b>FITNESS</b>
<b>Fitness Category A - \$8.65</b>
ABS Abdominals, Back & Stretching
Barre Above
Basic Fitness Sampler For Women Only
Belly Fit®
Boot Camp
Boot Camp Outdoors
BOSU Fitness Class
Buttocks Legs And Core

Cardio And Tone
Cardio Plus
Cardio Pump
Cycle And Lift
Cycle And Lift For Older Adults
Cycle with Pilates
Cycle Workout
Cycle Workout For Beginners
Cycle Workout For Youth
Dance Fit Class
Drum Fit
Drum Fit Gold
Fit Wall Workout
Fitness Circuit
Fitness Class For Older Adults
Foam Rolling
Ginga™ Fitness
Hi/Low And Tone
High Intensity Interval Training (HIIT)
Kettlebell Class
Kickbox Cardio
Kickbox Jam
Latin Rhythm Fitness
Low And Tone
Low Impact Gentle
Low Impact with Pilates
Low Impact With Yoga
Meditation For Health, Healing And Well Being
Mind Body And Core Strength
Mobility and Stability
Nordic Walking
Parent And Baby Fitness
Parent And Baby Fitness Buttocks, Legs And Core
Parent And Baby Stroller Fit
Parent And Baby Yoga
Pilates
Pilates Intermediate
Pilates With Small Equipment
Piloxing®
Pole Fitness
Pole Fitness Advanced
Pole Fitness Intermediate
Socacize ®
Step & Tone
Step Class
Step Circuit
Stretch Class
Strong by Zumba ®
Tai Chi Qigong Level 1
Tai Chi Qigong Level 2
Total Body Toning
Total Body Workout
TRX Circuit Class
Turbo Kick®
Walk Fit
Walk Fit Circuit
Yoga
Yoga Abs
Yoga Flow
Yoga For Older Adults
Yoga For Parents And Youth

Yoga For Women
Yoga Gentle
Yoga In The Park
Yoga Intermediate
Yoga Kids
Yoga Kundalini
Yoga Power
Yoga Prenatal
Yoga Sampler
Yoga Tone
Yoga Youth
Yogalates
Zumba®
Zumba® Gold
Zumba® Kids
Zumba® Step
Zumba® Toning
Zumba® for Women
<b>Fitness F - \$10.02</b>
<b>Fitness B - \$11.62</b>
Pilates With Large Equipment
Squash Lessons Junior Coed
Weight Training For Youth
<b>Fitness C - \$16.34</b>
Fitness - Continuing Education & Development
Small Group Training- Kettlebell Workout
Small Group Training- Metabolic Workout
Small Group Training- Personal Training
Small Group Training- Personal Training for Women
Squash Lessons Adult
<b>Fitness E - \$58.77</b>
Community Outreach
<b>Fitness I - \$119.36</b>
Dryland Sport Conditioning for Teams Adult/Youth
School Group Instruction
<b>THERAPEUTIC</b>
<b>Therapeutic A - \$8.65</b>
Chair-ercise
Drumming Fit Therapeutic
Keep Moving
Osteoporosis Class
Snoezelen Pool Program
Stretch and Tone Therapeutic
Strong And Steady
Stronger And Steadier Level 1
Stronger And Steadier Level 2
Therapeutic Body Movement
Therapeutic Mind Body and Core
Yoga Therapeutic
Zumba® Therapeutic
<b>Therapeutic B - \$11.62</b>
Ai Chi
Aqua Cycle - Therapeutic
Aqua Cycle & Muscle Conditioning - Therapeutic
Hip and Knee - Deep Water
Hip And Knee
Instructed Therapeutic Time
Instructed Therapeutic Time for Children
Oh My Aching Body - Advanced
Oh My Aching Body
Shoulder, Back and Core H20

Stronger And Steadier H2O
Therapeutic Body Movement H2O
Warm Water Fibromyalgia Exercise
Yoga Therapeutic H2O
<b>Therapeutic NSTAL A - \$0</b>
Communication Corner
<b>Therapeutic NSTAL B - \$4.59 per class</b>
Balance
Bocce
Chair Yoga
Christmas Party
Circuit Training
Core on the Floor
Active Games
Chair-ercise
Dance Fit
Drumming Fit Therapeutic
Fit, Strength & Balance
Functional Movement
Balance and Functional Movement
Cognitive Games & Activities
Mind Body Core
Table Games
Table and Cognitive Games
Talk & Games
Therapeutic Yoga
Walk & Talk
Phase 4 Weight Room
<b>COMMUNITY PROGRAMS - CAMPS</b>
<b>CAMPS A - \$3.65</b>
Camp: Fun (all types including Daily program)
Camp: Fun Camp
Camp: March Break Fun Camp
Camp: Extended Hours (AM and PM)
Camp: Funseekers Club
Camp: Safari Crew Trip Adventure
<b>CAMPS B - \$5.45</b>
Camp: Boys Only
Camp: Connect
Camp: Extended Hours (AM Only)
Camp: Extended Hours (PM Only)
Camp: Girls Only
Camp: Youth Adventure
Camp: Outdoor Leadership Adventure
Creative Camp: Bradley Mash Up
Learning Camp: Explore And Play
Learning Camp: Leader Nation
Learning Camp: Nature Exploration
Learning Camp: Outdoor Explorers
Learning Camp: Super Scholars
Camp: Play All Day
Sport Camp: Ball Hockey
Sport Camp: Baseball
Sport Camp: Basketball
Sport Camp: Beach Volleyball Camp
Sport Camp: March Break Multisports Jr
Sport Camp: Multisport
Sport Camp: Soccer
Sport Camp: Tennis
Sport Camp: Trip Adventure
Swim Camp: H2O

Swim Camp: H2O +
Swim Camp: Serious Swimming Serious Fun
Swim Camp: Ultimate Water Sports
<b>CAMPS C - \$6.05</b>
Camp: Girls Only Half Day
Camp: Junior Adventure
Camp: Leader In Training Level 1&2
Camp: Little Divas
Camp: Mini Adventure
Camp: Dynamic Discoveries
Learning Camp: Kinder Korner
Learning Camp: Science Seekers
Sport Camp: Archery
Sport Camp: Martial Art: Karate
<b>CAMPS D - \$6.53</b>
Learning Camp: Mighty Minds
Sport Camp: Badminton Half Day
Sport Camp: Basketball Half Day
Sport Camp: Biking
Sport Camp: Dunk And Dive
Sport Camp: Hockey Skills and Drills
Sport Camp: Hockey Training for House league
Sport Camp: Multisport Half Day
Sport Camp: Soccer Half Day
Sport Camp: Soccer Mini
Sport Camp: Swim Skate and Sport
Sport Camp: T Ball
Sport Camp: Table Tennis
Sport Camp: Track And Field Half Day
Sport Camp: Triathlon
Sport Camp: Volleyball
Swim Camp: H2O Junior Half Day
Swim Camp: H2O Mini Half Day
<b>CAMPS E - \$7.62</b>
Creative Camp: Aqua Arts Active
Learning Camp: Chips And Dip
Learning Camp: Cooking
Learning Camp: Reptile Ranger
Learning Camp: Reptile Ranger Jr.
Sport Camp: Archery Half Day
Swim Camp: Extreme Water Sports
Swim Camp: Intro To Competitive Swimming Half Day
<b>CAMPS F - \$8.83</b>
Sport Camp: Hockey Goalie Dryland Training
Sport Camp: Hockey Skills And Dryland Training
Sport Camp: Hockey Skills for Beginners
<b>COMMUNITY PROGRAMS - GENERAL PROGRAMS</b>
<b>GENERAL PROGRAMS A - \$7.52</b>
All About Preschool
Babysitting Skills Level 1 (12 to 15)
Creative Kids (6M to 5Y)
Family Pumpkin Carving
Home Alone
Incredible Spelling Bees
Incredible Spelling Bees Level 2
Junior Mathematicians (6 to 7)
Junior Readers (6 to 7)
Kinder Korner
Kinder Korner 2
Kinder Korner All Year (Sept To June)
Latin American Dance Level 1

Latin American Dance Level 2
Latin American Dance Level 3
Latin Dance for the Family
Little Artists
Little Divas
Little Learners
Little Scientists
Little Scientists with Parent
Mini Math Level 1
Mini Math Level 2
Mini Readers
Movers And Shakers
Musical Medley for Munchkins
Pencils Paints And Plasticine
Pre Kinder Korner
Science Seekers (6 to 9 )
Studying Skills For Youth
Super Hero Challenge
Two For Fun
<b>GENERAL PROGRAMS B - \$10.11</b>
Ballroom Dancing Level 1
Belly Dancing Level 1
Board of Education Gym Program
Cooking 101 (14-18)
Cooking Baker's Dozen (10-14)
Cooking Baker's Dozen (6-9)
Cooking Basics
Cooking Cake Decorating Level 1
Cooking Creative Cupcakes
Cooking Family Cookery
Cooking Mini Chefs In Training
Cooking Mini Chefs In Training Cookie Edition
Cooking: MississaugaChop! (10 to 14)
Cooking: Cookie Decorating for Kids (10-14)
Cooking: Tastes from Around The World
Cooking: The Perfect Supper Party
Country Western Line Dancing Level 1
Dance for Special Occasions
I CAN PLAY
<b>GENERAL PROGRAMS C - \$12.14</b>
Chess Advanced
Chess Beginner
<b>GENERAL PROGRAMS D - \$13.32</b>
Breakfast With Santa
Children's Holiday Workshop
Easter Bunny Hop
Workshop Be Mine Valentine (3 to 5)
Workshop Little Princess Prep (3 to 5)
Workshop Mrs. Santa's Workshop
Workshop Skyrocket To Space
Workshop Tricks And Treats
<b>GENERAL PROGRAMS E - \$14.53</b>
Computer Introduction Seniors
Computer Introduction Seniors Level 2
Introduction To Computers
Introduction To Computers Level 2
Introduction To Microsoft Excel
<b>GENERAL PROGRAMS F - \$16.45</b>

<b>COMMUNITY PROGRAMS - SPORTS</b>	
<b>SPORTS A - \$5.13</b>	
Adult Basketball	
Badminton Hit Around	
Badminton Hit Around Adult	
Badminton Hit Around Family	
Badminton Round Robin	
Basketball Shoot Around	
Basketball Shoot Around for Older Adults	
Floor Hockey Pick Up	
Volleyball Coed Hit Around	
Volleyball Coed Hit Around Advanced	
<b>SPORTS B - \$7.06</b>	
ABC123 Fit 4 Me	
Badminton	
Badminton Lessons For The Family	
Basketball	
Cheerleading Basics	
Cricket For Beginners	
Dodgeball Dynamic	
Fit Kids	
Floor Hockey	
Football Skills & Drills Development	
Indoor Track And Field	
Kindergym Level 1-4	
Little Tykes Basketball	
Little Tykes Floor Hockey	
Little Tykes Soccer	
Little Tykes Soccer with Parent	
Little Tykes Sports Series	
Little Tykes Sports Series With Parent	
Little Tykes Track and Field	
Mini Basketball	
Mini Cheer	
Mini Floor Hockey	
Mini Soccer Indoor	
Mini Soccer Outdoors	
Mini Sports Series	
Mini Sports Series With Parent	
Mini Track And Field Indoor	
Multi Sport Development	
Pickleball Lessons for Beginners	
Smorgasports	
Soccer	
Soccer Indoor	
Soccer Outdoors	
Soccer Skills And Drills Development	
Soccer Women's Indoor Lessons	
Sports Series	
Table Tennis	
Volleyball	
Volleyball Teen Girls	
<b>SPORTS C - \$8.79</b>	
Children in Motion	
Martial Art: Jiu Jitsu (14+ years)	
Martial Art: Jiu Jitsu Youth	
Martial Art: Karate Classes	
Martial Art: Karate Classes Advanced Brown Belts And Up	
Martial Art: Karate Classes Advanced Yellow Belts And Up	
Martial Art: Karate Shotokan	
Martial Art: Karate Shotokan Beginners	

Martial Art: Karate Shotokan Yellow Belt And Up
Martial Art: Mini Ninjas
Martial Art: Tae Kwon Do
Martial Art: Tae Kwon Do Beginner
Martial Art: Tae Kwon Do Green Stripe And Up
Martial Art: Tae Kwon Do White to Yellow Belt
Soccer Indoor League For Youth
Youth Basketball Development Program
<b>SPORTS D - \$10.43</b>
Archery
Archery Advanced
Archery Advanced Adults
Archery for Adults
Recurve Archery Shoot Around
Triathlon Training for Kids
<b>SPORTS E - \$11.77</b>
<b>SPORTS F - \$14.54</b>
<b>SPORTS G - \$18.30</b>
Martial Arts Examination
Semi Private Soccer Development
Martial Art: Tae Kwon Do Exam and Belt Fee
<b>SPORTS H - \$20.58</b>
<b>COMMUNITY PROGRAMS - SKATING &amp; HOCKEY</b>
<b>SKATING &amp; HOCKEY A - \$8.22</b>
<b>SKATING &amp; HOCKEY B - \$10.24</b>
<b>SKATING &amp; HOCKEY C - \$12.52</b>
Hockey Skating Skills
Hockey Skills For Beginners
Mini Hockey Skills
<b>SKATING &amp; HOCKEY D - \$15.30</b>
Ice Skating Power 18+
Ice Skating 18+
Ice Skating Figure Skating Skills
Hockey Coed Beginner
Hockey Conditioning Clinic
Hockey Men's Beginner
Hockey Men's Intermediate
Hockey Women's Beginner
Ice Skating Intermediate Skating
Ice Skating Junior Levels 1-8 10:1
Ice Skating Power 6-9 yrs
Ice Skating Power 10-13 yrs
Ice Skating Power 14-17 yrs
Ice Skating 13-17 yrs
<b>SKATING &amp; HOCKEY E - \$21.42</b>
Hockey Conditioning Clinic
Hockey Goalie Training
Hockey Shooting Training
Hockey Shooting Training For Men
Hockey Shooting Training For Women
<b>SKATING &amp; HOCKEY F - \$25.04</b>
Ice Skating 3-5 yrs with Adult
<b>SKATING &amp; HOCKEY G - \$37.50</b>
Ice Skating Adapted 13+ yrs
Ice Skating Adapted 6-12 yrs
Ice Skating Junior Levels 1-8 4:1
Ice Skating 4:1 Ages 4-5 yrs
<b>SKATING &amp; HOCKEY H - \$98.50</b>
Ice Skating Private Lessons 6+ yrs



<b>SENIORS' CENTRE</b>
<b>General Fitness - \$4.08</b>
Drum Fitness MSC
Fit, Balance and Strength for Older Adults
Full Functional Workout for Older Adults
Keep Fit for Bones
OsteoFIT for Older Adults
Pilates Gold MSC
Sit Fit MSC
Stretch & Strengthen
Tai Chi Qigong for Older Adults
Weight Training/Fit Class for Older Adults
Yoga in a Chair
Yoga MSC
Zumba Gold MSC
<b>Instructional Dance - \$4.24</b>
Happy Tappers
Happy Tappers - Intermediate /Advanced
Line Dancing
Square Dancing
<b>Computers, Tech Time, iPads - \$12.44</b>
Computers - Ipad
Computer- Tech Time