

<b>AQUATICS</b>
<b>Aquatics A</b>
Aqua Cycle - Main Pool Warm Water
Aqua Cycle, Cardio and Resistance
Aquafitness - Shallow, Deep, Female
Aquafitness Boot Camp
Aquafitness Fusion
Diaper Fit
Float 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</b>
Citi Swim
Citi Swim Full Summer
Spring Board Diving Level 1-3
Swim Sports
<b>Aquatics B</b>
Swim Strokes Low Ratio
Family Swim Lessons (Beginner)
Swim for Life 1-3
Swim for Life Parent and Tot 1-3
Swim for Life Low Ratio 9-11
<b>Aquatics B1</b>
Swim for Life 9-11
Swim Strokes
<b>Aquatics B2</b>
Swim Kids Low Ratio 5-8
Swim Basics Adult Low Ratio 1-2
<b>Aquatics B3</b>
Swim Kids Adapted 1 - 10
Family Swim Lessons (Intermediate)
Swim for Life 4-8
Swim for Life Adult 1-5
<b>Aquatics C</b>
Swim for Life Preschool A-D
<b>Aquatics D</b>
H3O Swim Strokes
H3O Swim Kids 1-11
H3O Swim For Life Adults 1-5
<b>Aquatics E</b>
H2O Swim for Life
<b>Aquatics F</b>
Swim For Life Private Lessons
<b>FITNESS</b>
<b>Fitness Category A</b>
20/20/20
ABS Abdominals, Back & Stretching
Barre
Basic Fitness Sampler For Women Only
Bollywood Fitness
Boot Camp
Boot Camp Outdoors

Boot Camp Outdoors for Women Only
BOSU Fitness Class
Buttocks Legs And Core
Buttocks Legs and Core Outdoors
Cardio And Tone
Cardio Plus
Cycle & Core
Cycle & Tone Youth
Cycle And Tone
Cycle And Tone For Older Adults
Cycle with Pilates
Cycle with Yoga
Cycle Workout
Cycle Workout For Beginners
Cycle Workout For Youth
Dance Fit Class
Drumming Fit
Drumming Fit-For Older Adults
Fit Wall Workout
Fitness Circuit
Fitness Circuit For Youth Outdoor
Fitness Circuit Outdoors
Foam Rolling
High Intensity Interval Training (HIIT)
Kettlebell Class
Kickbox Cardio
Latin Rhythm Fitness
Low And Tone
Low Impact Gentle
Low Impact with Pilates
Low Impact With Yoga
Meditation
Mind Body And Core Strength
Mobility and Stability
Nordic Walking For Older Adults
Nordic Walking Outdoors
Parent & Baby Cycle Workout
Parent & Baby Latin Fitness
Parent & Baby Pilates
Parent & Baby Yogalates
Parent And Baby Fitness
Parent And Baby Fitness Buttocks, Legs And Core
Parent And Baby Stroller Fit
Parent And Baby Yoga
Pilates
Pilates Gentle
Pilates With Small Equipment
Pre Post Natal Fitness
Pre Post Natal Sampler
Pumped Up
Skip Fit for Older Adults
Socacize ®
Step & Tone
Step Circuit
Step Class
Stretch & Tone Outdoors
Stretch Class
Strong by Zumba ®
Tai Chi Qigong Level 1

Tai Chi Qigong Level 2
Tai Chi Yang Level 1
Tai Chi Yang Level 1 Members
Tai Chi Yang Level 2
Tai Chi Yang Level 2 Members
Total Body Toning
Total Body Workout
Total Body Workout For Women Only
Total Body Workout Outdoors
TRX & Kettlebell Circuit Class
TRX Circuit Class
Walk Fit
Walk Fit Circuit
Walk Fit Circuit Outdoors
Walk Fit Family
Walk Fit Power
Walk Fit Youth
Yin Yoga
Yoga
Yoga Abs
Yoga For Older Adults
Yoga For Parents And Youth
Yoga For Women Only
Yoga Gentle
Yoga Kids
Yoga Kundalini
Yoga Outdoors
Yoga Power
Yoga Prenatal
Yoga Sampler
Yoga Tone
Yoga Youth
Zumba®
Zumba® & Strong by Zumba®
Zumba® & Zumba Toning
Zumba® Gold
Zumba® Outdoors
Zumba® Step
Zumba® Toning
Zumba® for Women Only
<b>Fitness F</b>
<b>Fitness B</b>
Intro to Pilates
Pole Fitness
Pole Fitness Advanced
Pole Fitness Intermediate
Pilates With Large Equipment
Squash Lessons Junior Coed
Weight Training For Youth
<b>Fitness C</b>
Fitness - Continuing Education & Development
Small Group Strength Training
Small Group Training- Kettlebell Workout
Small Group Training- Metabolic Workout
Small Group Training- Personal Training
Small Group Training- Personal Training for Women Only
Squash Lessons Adult

<b>Fitness E</b>
Community Outreach
<b>Fitness I</b>
Dryland Sport Conditioning for Teams Adult/Youth
School Group Instruction
<b>THERAPEUTIC</b>
<b>Therapeutic A</b>
Chair-ercise
Cycle Therapeutic
Drumming Fit Therapeutic
Keep Moving
Moving On Virtual Program
Osteoporosis Class
Stretch and Tone Therapeutic
Stronger And Steadier Level 1
Stronger And Steadier Level 2
Therapeutic Body Movement
Mind Body and Core Therapeutic
Yoga Therapeutic
Zumba® Therapeutic
<b>Therapeutic B</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 H20
Warm Water Fibromyalgia Exercise
Yoga Therapeutic H2O
<b>Therapeutic NSTAL A</b>
Communication Corner
<b>Therapeutic NSTAL B</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
Instructed Aquatic Exercise Time
Balance and Functional Movement
Cognitive Activities & Games
Mind Body Core
Table Games
Table and Cognitive Games
Tai Chi
Talk & Games
Therapeutic Yoga
Upper Body & Fine Motor

Walk & Talk
Phase 4 Weight Room
<b>COMMUNITY PROGRAMS - CAMPS</b>
<b>CAMPS A</b>
Camp: Fun (all types including Daily program)
Camp: March Break Fun Camp
Camp: Extended Hours (AM and PM)
Camp: Funseekers Club
Camp: Safari Crew Trip Adventure
<b>CAMPS B</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
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: Outdoor 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</b>
Camp: Girls Only Half Day
Camp: Junior Adventure
Camp: Leader In Training Level 1&2
Camp: Mini Adventure
Camp: Dynamic Discoveries
Learning Camp: Kinder Korner
Learning Camp: Science Seekers
<b>CAMPS D</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</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</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</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)
Little Artists
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</b>
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
I CAN PLAY
<b>GENERAL PROGRAMS C</b>
Chess Advanced
Chess Beginner
<b>GENERAL PROGRAMS D</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</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</b>
<b>COMMUNITY PROGRAMS - SPORTS</b>
<b>SPORTS A</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</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</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</b>
Archery
Archery Advanced
Archery Advanced Adults
Archery for Adults
Recurve Archery Shoot Around
Triathlon Training for Kids
<b>SPORTS E</b>
<b>SPORTS F</b>
<b>SPORTS G</b>
<b>COMMUNITY PROGRAMS - SKATING &amp; HOCKEY</b>
<b>SKATING &amp; HOCKEY A</b>
<b>SKATING &amp; HOCKEY B</b>
<b>SKATING &amp; HOCKEY C</b>
Hockey Skating Skills
Hockey Skills For Beginners
Mini Hockey Skills
<b>SKATING &amp; HOCKEY D</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</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</b>
Ice Skating 3-5 yrs with Adult
<b>SKATING &amp; HOCKEY G</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</b>
Ice Skating Private Lessons 6+ yrs
<b>SENIORS' CENTRE</b>
<b>General Fitness</b>
MSC Drum Fitness
MSC Fit, Balance and Strength Level 1
MSC Fit, Balance and Strength Level 2
MSC Full Functional Workout for Older Adults
MSC Keep Fit for Bones Level 1
MSC Keep Fit for Bones Level 2
MSC OsteoFIT for Older Adults
MSC Pilates Gold
MSC Sit Fit
MSC Skip Fit For Older Adults
MSC Stretch & Strengthen Level 1
MSC Stretch & Strengthen Level 2
MSC Tai Chi for Older Adults
MSC Weight Training/Fit Class for Older Adults
MSC Yoga in a Chair
MSC Yoga
MSC Zumba Gold
<b>Instructional Dance</b>
MSC Happy Tappers
MSC Happy Tappers - Intermediate /Advanced
MSC Line Dancing
MSC Square Dancing
<b>Computers, Tech Time, iPads</b>
MSC Computers - iPad