

Program Categories

Appendix 7

AQUATICS
Aquatics A - \$10.80
Aqua Cycle
Aqua Cycle Circuit Station
Aqua Cycle Warm Water - Gentle
Aqua Triple Action
Aqua Zumba
Aquafitness
Aquafitness Boot Camp
Aquafitness Fusion
Deep End Aquafitness
Deep H2O Cardio, Guts & Butts
Diaper Fit
Gentle Aquafitness
Pre and Post Natal Aquafitness
Tri Splash And Dash Level 1
Tri Splash And Dash Level 2
Warm Water Gentle Aquafitness - Female
Warm Water Gentle Aquafitness
Warm Water Guts And Butts
Warm Water Strength Training
Water Running
Yoga Tai-lates Water Combo
Aquatics G - \$11.50
Citi Swim
Citi Swim Full Summer
Lifesaving Skills and Drills
Lifesaving Sport
Spring Board Diving Level 1-3
Aquatics B - \$16.90
Family Swim Lessons (Beginner)
Swim For Life 1 - 3
Swim For Life Parent And Tot 1 - 3
Swim for Life Low Ratio 9-11
Aquatics B1 - \$8.45
Swim For Life 9/10/11 Rookie Ranger Star
Fitness Swimmer
Aquatics B2 - \$22.53
Swim For Life 6 Low Ratio
Swim For Life 7 Low Ratio
Swim For Life 8 Low Ratio
Aquatics B3 - \$11.27
Adapted Swim Lessons for Children
Family Swim Lessons (Intermediate)
Swim For Life 4 - 8
Swim For Life Adult 1 - 5
Swim For Life Youth 1-5
Aquatics C - \$19.20
Swim For Life Preschool A - E
Aquatics D - \$42.00
Fear Free Adult H3O Lessons
H3O Fitness Swimmer Child/Youth
H3O Swim For Life - All Levels
Aquatics E - \$58.00
H2O Swim For Life - All Levels
Aquatics F - \$74.00
Fear Free Adult Private Lessons
Private Lessons Swimming

FITNESS
Fitness Category A - \$8.40
ABS Abdominals, Back & Stretching
ABsession
Athletic Stretch
Barre Above
Bar Body Workout
Basic Fitness Sampler For Women Only
Belly Fit®
Body Flex
Boot Camp
Boot Camp Outdoors
BOSU Fitness Class
Buddy System Boot Camp
Buttocks Legs And Core
Cardio And Resistance
Cardio Plus
Cardio Pump
Cycle And Lift
Cycle And Lift For Older Adults
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
Insanity® Workout Program
Kettlebell Class
Kickbox Cardio
Kickbox Jam
Latin Rhythm Fitness
Low And Tone
Low Impact Gentle
Low Impact With Yoga
Meditation For Healing The Chakras
Meditation For Health, Healing And Well Being
Mind Body And Core Strength
Mobility and Stability
Nordic Walking
On The Ball
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 Interval

Strong by Zumba®
Tabata Training
Tai Chi Qigong
Total Body Toning
Total Body Workout
TRX Circuit Class
Turbo Kick®
Walk Fit
Walk Fit Circuit
Warrior Workout
Yoga
Yoga Abs
Yoga Flow
Yoga For Golfers
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 Mixed
Yoga Power
Yoga Prenatal
Yoga Sampler
Yoga Youth
Yogalates
Zumba®
Zumba® Gold
Zumba® Kids
Zumba® Step
Zumba® Toning
Zumba® for Women
Fitness F - \$9.73
Fitness Boxing
Fitness Boxing for Women
Fitness Boxing Intermediate
Fitness B - \$11.28
Pilates With Large Equipment
Squash Lessons Adult
Squash Lessons Junior Coed
Fitness C - \$15.86
Fitness - Continuing Education & Development
Small Group Training- Personal Training
Weight Training For Youth
Fitness E - \$57.06
Community Outreach
Fitness I - \$115.88
Dryland Sport Conditioning for Teams Adult/Youth
School Group Instruction
THERAPEUTIC
Therapeutic A - \$8.40
Better Backs
Chair-ercise
Drumming Fit Therapeutic
Keep Moving
Osteoporosis Class
Pilates Restorative Therapeutic
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
Therapeutic B - \$11.28
After Breast Cancer Diagnosis H2O
Ai Chi
Aqua Cycle - Therapeutic
Aqua Cycle & Ai Chi Combo - Therapeutic
Aqua Cycle & Muscle Conditioning - Therapeutic
Deep Water Hip and Knee
Hip And Knee
Instructed Therapeutic Time
Instructed Therapeutic Time for Children
Moving Waters For MS And Strokes
Oh My Aching Body - Advanced
Oh My Aching Body
Shoulder, Back and Core H2O
Stronger And Steadier H2O
Therapeutic Body Movement H2O
Warm Water Fibromyalgia Exercise
Warm Water Stroke Post Rehab
Yoga Therapeutic H2O
Therapeutic NSTAL A - \$0
Table Games
Communication Corner
Walk & Talk
Shoulder & Hand
Therapeutic NSTAL B - \$4.59 per class
Bocce
Meditation and Gentle Stretch
Chair Yoga
Core on the Floor
Active Games and Creative Arts
Chair-ercise
Dance Fit
Drumming Fit Therapeutic
Balance and Functional Movement
Cognitive Games & Activities
Mind Body Core
Phase 4 Weight Room
Zumba
COMMUNITY PROGRAMS - CAMPS
CAMPS A - \$3.60
Camp: Fun (all types including Daily program)
Camp: Extended Hours (AM and PM)
Camp: Funseekers Club
Camp: Safari Crew Trip Adventure

CAMPS B - \$5.29
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
CAMPS C - \$5.87
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
CAMPS D - \$6.34
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

CAMPS E - \$7.40
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
CAMPS F - \$8.57
Sport Camp: Hockey Goalie Dryland Training
Sport Camp: Hockey Skills And Dryland Training
Sport Camp: Hockey Skills for Beginners
COMMUNITY PROGRAMS - GENERAL PROGRAMS
GENERAL PROGRAMS A - \$7.30
All About Preschool
Babysitting Skills Level 1 (12 to 15)
Children's Holiday Workshop
Cooking Cake Decorating Level 1
Creative Kids (6M to 5Y)
Family Pumpkin Carving
Home Alone
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
Studying Skills For Youth
Super Hero Challenge
Two For Fun
GENERAL PROGRAMS B - \$9.82
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 Creative Cupcakes
Cooking Family Cookery
Cooking Mini Chefs In Training
Cooking Mini Chefs In Training Cookie Edition
Cooking: Cookie Decorating for Kids (10-14)
Cooking: Tastes from Around The World
Country Western Line Dancing Level 1
Dance for Special Occasions
I CAN PLAY

GENERAL PROGRAMS C - \$11.79
Chess Advanced
Chess Beginner
Cooking: MississaugaChop! (10 to 14)
Cooking: The Perfect Supper Party
Incredible Spelling Bees
Incredible Spelling Bees Level 2
Junior Mathematicians (6 to 7)
Junior Readers (6 to 7)
Science Seekers (6 to 9)
GENERAL PROGRAMS D - \$12.93
Breakfast With Santa
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
GENERAL PROGRAMS E - \$14.11
Computer Introduction Seniors
Computer Introduction Seniors Level 2
Introduction To Computers
Introduction To Computers Level 2
Introduction To Microsoft Excel
GENERAL PROGRAMS F - \$15.97
COMMUNITY PROGRAMS - SPORTS
SPORTS A - \$4.98
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
SPORTS B - \$6.85
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
SPORTS C - \$8.53
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
SPORTS D - \$10.13
Archery
Archery Advanced
Archery Advanced Adults
Archery for Adults
Recurve Archery Shoot Around
Triathlon Training for Kids
SPORTS E - \$11.43
SPORTS F - \$14.11
SPORTS G - \$17.76
Martial Arts Examination
Semi Private Soccer Development
Martial Art: Tae Kwon Do Exam and Belt Fee
SPORTS H - \$19.40
SPORTS I - \$28.90
COMMUNITY PROGRAMS - SKATING & HOCKEY
SKATING & HOCKEY A - \$7.98
SKATING & HOCKEY B - \$9.94
SKATING & HOCKEY C - \$12.15
Hockey Skating Skills
Hockey Skills For Beginners
Mini Hockey Skills

SKATING & HOCKEY D - \$14.85
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
SKATING & HOCKEY E - \$20.80
Hockey Conditioning Clinic
Hockey Goalie Training
Hockey Shooting Training
Hockey Shooting Training For Men
Hockey Shooting Training For Women
SKATING & HOCKEY F - \$24.30
Ice Skating 3-5 yrs with Adult
SKATING & HOCKEY G - \$36.40
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
SKATING & HOCKEY H - \$95.65
Ice Skating Private Lessons 6+ yrs
SENIORS' CENTRE
General Fitness - \$3.96
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
Zumba Gold MSC
Yoga - \$3.41
Yoga in a Chair
Yoga MSC
Instructional Dance - \$4.12
Happy Tappers
Happy Tappers - Intermediate /Advanced
Line Dancing
Square Dancing
Computers, Tech Time, iPads - \$12.08
Computers - Ipad
Computer- Tech Time