

# SWIMMING PROGRAMS

**Registration Date:**

**Tuesday, August 29, 2023 at 8:30 AM**

**Start Date Saturday - Sept. 23 - Nov. 18 \*No lessons Oct 7**

**Start Date Sunday - Sept 24 - Nov. 19 \*No lessons Oct 8**

**Start Date Tuesday - Sept 26 - Nov. 14**



## Swimming Levels

Swimming levels are based on age and skill. If you are unsure of where your child stands, please visit [www.penetanguishene.ca](http://www.penetanguishene.ca) to view the online PDF Lifesaving Society Chart. The instructor will make recommendations for level changes after the first lesson if it is clear your child's skill level does not match the level they are enrolled in.

PARENT & TOT 1	Time	Date
Option 1	4:00 - 4:30 PM	Saturday
Option 2	5:00 - 5:30 PM	Tuesday
PARENT & TOT 2	Time	Date
Option 1	4:30 - 5:00 PM	Saturday
Option 2	10:00 - 10:30 AM	Sunday
Option 3	5:30 - 6:00 PM	Tuesday
PARENT & TOT 3	Time	Date
Option 1	5:30 - 6:00 PM	Saturday
Option 2	10:30 - 11:00 AM	Sunday
Option 3	6:00 - 6:30 PM	Tuesday
PRESCHOOL 1	Time	Date
Option 1	4:30 - 5:00 PM	Saturday
Option 2	10:00 - 10:30 AM	Sunday
Option 3	10:30 - 11:00 AM	Sunday
Option 4	1:30 - 2:00 PM	Sunday
Option 5	5:00 - 5:30 PM	Tuesday
Option 6	6:30 - 7:00 PM	Tuesday
PRESCHOOL 2	Time	Date
Option 1	5:00 - 5:30 PM	Saturday
Option 2	10:30 - 11:00 AM	Sunday
Option 3	12:30 - 1:00 PM	Sunday
Option 4	5:30 - 6:00 PM	Tuesday
PRESCHOOL 3	Time	Date
Option 1	5:30 - 6:00 PM	Saturday
Option 2	11:30 - 12:00 PM	Sunday
Option 3	1:00 - 1:30 PM	Sunday
Option 4	2:00 - 2:30 PM	Sunday
Option 5	6:00 - 6:30 PM	Tuesday
PRESCHOOL 4	Time	Date
Option 1	6:00 - 6:30 PM	Saturday
Option 2	12:30 - 1:00 PM	Sunday

SWIMMER 1	Time	Date
Option 1	9:30 - 10:00 AM	Sunday
Option 2	11:30 - 12:00 PM	Sunday
Option 3	1:00 - 1:30 PM	Sunday
Option 4	1:30 - 2:00 PM	Sunday
Option 5	5:30 - 6:00 PM	Tuesday
SWIMMER 2	Time	Date
Option 1	6:00 - 6:30 PM	Saturday
Option 2	10:30 - 11:00 AM	Sunday
Option 3	11:00 - 11:30 AM	Sunday
Option 4	1:00 - 1:30 PM	Sunday
SWIMMER 3	Time	Date
Option 1	4:00 - 4:45 PM	Saturday
Option 2	10:00 - 10:45 AM	Sunday
Option 3	1:45 - 2:30 PM	Sunday
Option 4 Swimmer 3/4	6:45 - 7:30 PM	Tuesday
SWIMMER 4	Time	Date
Option 1	4:00 - 4:45 PM	Saturday
Option 2	10:45 - 11:30 AM	Sunday
Option 3	1:45 - 2:30 PM	Sunday
SWIMMER 5	Time	Date
Option 1	5:00 - 5:45 PM	Saturday
Option 2	12:15 - 1:00 PM	Sunday
SWIMMER 6	Time	Date
Option 1	5:00 - 5:45 PM	Saturday
Option 2	12:15 - 1:00 PM	Sunday
Private Lessons	Time	Date
Option 1	6:00 - 6:30 PM	Saturday
Option 2	10:00 - 10:30 AM	Sunday
Option 3	11:00 - 11:30 AM	Sunday
Option 4	11:30 - 12:00 PM	Sunday
Option 5	12:00 - 12:30 PM	Sunday
Option 6	2:00 - 2:30 PM	Sunday
Option 7	5:30 - 6:00 PM	Tuesday
Option 8	6:00 - 6:30 PM	Tuesday
Option 9	6:30 - 7:00 PM	Tuesday
Option 10	7:00 - 7:30 PM	Tuesday
Rookie/Ranger/Star Patrol	9:00 - 10:00 AM	Sunday
Endurance Swim (9-14 yrs)	4:30 - 5:15 PM	Sunday
Bronze Star/medallion/cross	3:30 - 5:30 PM	Sunday
Open Swim*	2:30 - 3:30 PM	Sunday
Adult lessons	3:30 - 4:30 PM	Sunday

# SWIMMING PROGRAMS

## IMPORTANT INFORMATION

**Registration: Tuesday, August 29 2023 at 8:30 AM**

Registration can be done online, or in person at Town Hall. Full program descriptions and age/skill requirements are outlined online at [top.recdesk.ca](http://top.recdesk.ca). **First come first served, online or in person.**

### Parking Passes

Parents and Guardians are reminded that parking passes are required to park at Waypoint. **Parking passes are available, free of charge at Town Hall. Waypoint does not provide passes.** Prior to the program start date, please ensure that you have one pass per vehicle. The Town of Penetanguishene will not be responsible for any parking tickets received.



Our instructors follow the guidelines of the Lifesaving Society. Note that levels are not meant to be passed by participants in one session, some may take 2 – 3 times of repeating the same level in order to be qualified to be moved up to the next level

### Open Swim\*

Preregistration is required for open swim. If you already registered for the winter or spring session, you do not need to register again. Payment is cash only, accepted on the pool deck. You must register by 12:00 PM on the Friday before your first visit for open swim.

### Program Location: Waypoint

Waypoint Centre for Mental Health Care, 500 Church St, Penetanguishene, ON L9M 1G3

### Refunds

Approved refund requests will be refunded based on the program fees paid, minus a \$10.00 administrative fee per person, per program. All refunds will be prorated on the percentage of the course remaining at the time of the request, which must be submitted by email or in person. **Refund requests will not be approved if less than 50% of the session dates remain.**

### Swimming Fees - HST applies for ages 15+

Parent & Tot to Swimmer 2...	\$48
Swimmer 3 to Swimmer 6...	\$55
Rookie/Ranger/Star Patrol...	\$60
Bronze Cross/Medallion Recert...	\$35
Adult Lessons...	\$60
Private Lessons...	\$130
Endurance Swim Course ...	\$55
Bronze Star/Bronze Cross...	\$90
Bronze Medallion...	\$137
*Open Swim (Child)...	\$2
*Open Swim (Adult)...	\$3
*Open Swim Family Pass...	\$9

*Fees are subject to change*

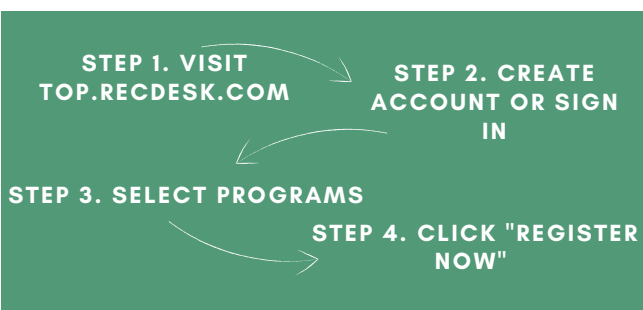
## TOWN OF PENETANGUISENE

# ONLINE REGISTRATION

## 4 STEP PROCESS



Note: Staff are able to assist over the phone and email or in person at Town Hall, Monday to Friday 8:30 AM - 4:30 PM.



## FALL AND WINTER SKATING SCHEDULE

Skating	Fee	Start Date	Time
Parent & Tot Skate	By donation	Tuesdays, starting Oct. 3	9:00 AM - 9:50 AM
Parent & Tot Skate	By donation	Thursdays, starting Oct. 5	1:00 PM - 1:50 PM
Public Skate	By donation	Fridays, starting Sept. 22	6:00 PM - 7:00 PM
Public Skate	By donation	Sundays, starting Sept. 24	12:30 PM - 1:30 PM
Senior Skate	By donation	Mondays & Thursdays, starting week of Oct. 2	2:00 PM - 2:50 PM
Shinny	\$3	Monday - Fridays, starting week of Sept. 24	12:00 PM - 12:50 PM
Senior Puck & Shoot	\$3	Mondays & Wednesdays, starting week of Oct. 2	9:00 AM - 9:50 AM

# YOUTH PROGRAMS

HST applies for ages 15+

## YOUTH HATHA YOGA SERIES (AGES 11 - 18)

One-hour Hatha class designed for mixed-level participants. **Notes:** Please bring a yoga mat, and a water bottle. Yoga blocks are optional but recommended.

Wednesday, September 20 - November 22 | 6:00 PM - 7:00 PM | Canadian Martyrs Catholic School | \$80

## KIDS CHEER POM (AGES 6 - 12)

Participants will learn pom-style dance moves and team cheers. **Notes:** Bring movement-friendly clothing, indoor running shoes, water bottle.

Friday, September 22 - December 1 | 5:55 PM - 6:40 PM | Penetanguishene Memorial Community Centre | \$100

## KICK BOXING (AGES 6 - 12)

This challenge-based class will get participants ready to be Ninjas! **Notes:** Bring movement-friendly clothing, indoor running shoes, water bottle.

Friday, September 22 - December 1 | 6:50 PM - 7:35 PM | Penetanguishene Memorial Community Centre | \$100

## PRE-SCHOOL & ME: MESS MAKERS! (AGES 2 - 4)

Join us at Mess Makers to take part in weekly crafts.

**Notes:** Please have your child wear clothes that can get messy.

Monday, September 18 - December 4 | 10:50 AM - 11:35 AM | Penetanguishene Memorial Community Centre | \$100

## PRE-SCHOOL & ME: CHEER POM (AGES 2 - 4)

Parent and Child will learn pom-style dance moves and team Cheers. **Notes:** Bring movement-friendly clothing, water bottle and indoor running shoes.

Monday, September 18 - December 4 | 9:55 AM - 10:40 AM | Penetanguishene Memorial Community Centre | \$100

## PRE-SCHOOL & ME: CELTIC TOTS (AGES 2 - 4)

Instructor & parents will guide children while learning basic dance skills as well as rhythm and technique set to Celtic music. **Notes:** Bring movement-friendly clothing and a water bottle.

### TWO DATE SELECTIONS:

Monday, September 18 - December 4 | 9:00 AM - 9:45 AM | Penetanguishene Memorial Community Centre | \$100  
Friday, September 22 - December 1 | 5:00 PM - 5:45 PM | Penetanguishene Memorial Community Centre | \$100

## YOUTH TENNIS (AGES 8-14)

Tennis lessons presented and adapted for players depending on their ability.

Monday, September 11 - October 16 \* (October 9 class moved to October 11) | 5:00 PM - 6:00 PM | Penetanguishene Memorial Park | \$60 + HST

## CAPO-KIDS (AGES 8-14)

Martial art that combines music, dancing, fighting, gravity defying acrobatics and feats of strength and flexibility.

Monday, September 18 - November 27 | 6:45 - 7:45 PM | École élémentaire catholique Saint-Louis | \$80



**Note:** Recreation programs do not run on Statutory Holidays.

## ACTING ON IT WITH DEE (AGES 13-18)

Join Deanna Palazzo to build a foundation with acting & improv, play with some writing & work with some scripts.

Wednesday, Sept 20 - November 22 | 4:30 PM - 5:30 PM | Penetanguishene Memorial Community Centre | \$80

## MUSEUM TOTS PROGRAM (AGES 2 - 4)

Parents and Tots are invited to come on adventure with us as we experience our senses through play, crafts, and activities at the Museum!

Wednesdays, September 13th to November 8th | 10:30 AM - 11:30 AM | Penetanguishene Museum 13 Burke St. | \$5 per child, each week.

## BABYSITTING COURSE WITH CERT (AGES 10-14)

Learn the basic responsibilities of caring for young children, first aid skills and safety knowledge.

**Notes:** Please bring a Peanut-free snacks & lunch, a doll, and a pencil/pen to class.

**Pick one date: October 1 OR December 3 | 9 AM - 4 PM | Age 10+ | Penetanguishene Memorial Community Centre | \$45**

## HOME ALONE COURSE WITH CERT (AGES 8+)

This program prepares youth for the step of being Home Alone. **Notes:** Please bring a Peanut-free snack.

**Pick one date: September 24 OR November 26 | 9 AM - 12 PM | Age 8+ | Penetanguishene Memorial Community Centre | \$40 +HST**

## MINI ARTIST HEADQUARTERS (AGES 3 - 7)

Have fun creating exciting artwork! **Children MUST be accompanied by an adult. Notes: Please come prepared to get messy.**

Saturday, September 23 - November 18 | 9:00 AM - 10:00 PM | Penetanguishene Memorial Community Centre | \$66

## ARTIST HEADQUARTERS (AGES 8 - 12)

Join a fun work atmosphere for young artists, focusing on painting & sculpting. **Notes:** Please come prepared to get messy.

Saturday, September 23 - November 18 | 10:30 AM - 12:00 PM | Penetanguishene Memorial Community Centre | \$75



DYK that the Town of Penetanguishene offers program subsidies for all ages for those who qualify? To learn more, contact [recreation@penetanguishene.ca](mailto:recreation@penetanguishene.ca).

# ADULT/SENIOR PROGRAMS

HST applies

## KETTLEBELL FIT *with Janis Foley*

Kettlebell exercises & circuit training, appropriate for all levels. **Notes:** Bring your own Kettlebell (8-15 lbs.) yoga mat, and water bottle.

Thursday, September 21 - November 30 | 5:30 – 6:30 PM | Canadian Martyrs Catholic School | \$88 +HST

## 2023 INDOOR PICKLEBALL (NON-COMPETITIVE)

Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles made of wood or high-tech aerospace materials. Newcomers and beginners welcome!

Notes: Please visit [www.penetanguishene.ca](http://www.penetanguishene.ca), or RecDesk for details. Program details will be confirmed after RecGuide release date.

## ~~YOGA *with Chris*~~

~~Accessible yoga for all body types. No experience is needed. Come breathe, stretch, and relax. **Notes:** Wear comfortable clothing, bring a mat, and water.~~

~~Tuesdays, September 12 - December 5 | 6:00 PM - 7:00 PM | Penetanguishene Memorial Community Centre | \$104 +HST~~

## TENNIS (15+)

Tennis lessons presented and adapted for players depending on their ability.

Mondays, September 11 - October 16 \* (October 9 class moved to October 11) | 6:00 PM - 7:00 PM | Memorial Park | \$60 +HST

## ZUMBA

Join Holly and Samantha for Zumba, a fun aerobic workout that mixes dance moves with different genres of music. It's a great way to get your daily exercise while meeting new people. Come ready to sweat and JOIN THE PARTY! **Please bring water and a towel.**

Thursday, September 21 - November 23 | 6:45 PM - 7:45 PM | Canadian Martyrs Catholic School | \$80 +HST

## GENTLE STRETCH *with Sherri*

Slow-moving yoga on the mat. We will be standing, as well as on hands and knees. Modifications will be available.

**Notes:** Recommended- a yoga mat, 2 yoga blocks, yoga strap, a belt, or a long scarf.

Tuesdays, September 12 - December 5 | 10:00 AM - 11:00 AM | Penetanguishene Memorial Community Centre | \$96 +HST

## CHAIR YOGA *with Sherri*

Relaxation, strengthening, and stretching using a chair. **Notes:** Please bring a yoga mat, 2 yoga blocks, yoga strap, or a belt or long scarf.

Thursdays, September 14 - December 7 | 10:00 AM - 11:00 AM | Penetanguishene Memorial Community Centre (Arena) | \$96 +HST



## MUSEUM WALKING TOURS

Take a walk downtown Penetanguishene and learn about the history of the homes and businesses OR in the park with an experienced guide and learn about the Indigenous and Franco-Ontarian history in our area.

Biweekly - Tuesday and Thursdays, 10:30 PM -12:00 PM | \$7.00 per person, Children 12 and under are free. Pre-registration is required at [top.recdesk.ca](http://top.recdesk.ca).

## COMMUTER CHALLENGE

Ride, Roll, or Walk to work or school between September 11th and 15th and enter our commuter challenge! More details on [top.recdesk.ca](http://top.recdesk.ca).

## CIRCUIT FORCE

Circuit style workout, alternating short and high intensity with less intense recovery periods.

**Note:** Please bring a mat and water.

Tuesdays, September 19 - December 5 | 6:00 PM - 7:00 PM | Canadian Martyrs Catholic School | \$96 +HST

## CAPOEIRA ALL LEVELS

Martial art combining energy of music, dancing, fighting, as well as introducing some acrobatics.

Mondays, September 18 - November 27 | 5:30 PM - 6:30 PM | École élémentaire catholique Saint-Louis | \$80 +HST

## RESTORATIVE YOGA *with Sherri*

Restorative yoga class using props to support the body. **Notes:** Please bring a yoga mat, a yoga bolster or 2 - 4 pillows, 2 yoga blocks, a yoga strap, a belt, or a long scarf.

Thursdays, September 14 - December 7 \* No classes week of Nov. 14/23 | 6:50 PM - 7:50 PM | École élémentaire catholique Saint-Louis | \$96 +HST

## GENTLE YOGA *with Sherri*

Relaxation and slow flow yoga. Modifications will be offered for this mat-based class.

**Notes:** It is recommended that you bring a yoga mat, 2 yoga blocks, yoga strap, a belt, or a long scarf.

Thursdays, September 14 - December 7 \* No classes week of Nov. 14/23 | 5:45 PM - 6:45 PM | École élémentaire catholique Saint-Louis | \$96 +HST



# SENIOR PROGRAMS

(55+)

HST applies

## BY THE BAY RUG HOOKERS

In this class, not only will we do primitive rug hooking but knitting, crocheting, and other various crafts. We as a group would willingly teach those who would like to join and learn! **Note:** This class does not have an instructor.

Ongoing throughout the year | Wed 10:00 AM - 12:00 PM | Penetanguishene Memorial Community Centre (Arena) | \$20 annual fee +HST

## SENIOR CIRCUIT TRAINING *with Lucy*

This curves-type class is a combination of strength, stretch, and breathing exercises. It is offered at different stations in the room. Every class will help you to improve your strength, flexibility, and balance at a gentle pace which can be increased at your own pace. The class ends with meditation. This is a great class for those with restricted mobility. Some exercises will be offered in a chair.

Tuesdays, September 19 - November 9 | 11:10 AM - 12:10 PM | Penetanguishene Memorial Community Centre (Arena) | \$66+HST

## NORDIC POLE WALKING *with Lucy*

Nordic walking is a total body version of walking that can be enjoyed as a health-promoting physical activity. The activity is performed with specially designed walking poles like ski poles. **Note:** Please bring your own poles, if possible.

Tuesdays, September 19 - November 7 | 12:15 PM - 1:30 PM | Penetanguishene Memorial Community Centre (Arena) | \$66 +HST

## SHUFFLEBOARD

October 2 - December 20 | 12:45 PM - 3:00 PM on Mondays and Wednesdays | Penetanguishene Memorial Community Centre (Arena) | \$20/year

## VON SMART EXERCISES

A gentle exercise program designed for ages 55+ to help improve and maintain balance, strength, flexibility and mobility. Residents must call to register: 705-355-2200. Please arrive about 15 minutes early to complete the registration forms.

Ongoing throughout the year, Tuesdays 2:00 PM - 2:45 PM and Fridays 1:00 PM- 1:45 PM| Penetanguishene Memorial Community Centre (Arena) | Free Program



- If you registered for the winter or spring session of Shuffleboard or Rug Hooking, you do not need to register again in 2023.
- Seniors are encouraged to register for adult programs too! Many adult programs listed are suitable for all ages.



# What's Happening at the

## Penetanguishene Centennial Museum



### Metis 101 Cultural Awareness

Sept. 20th, 2023  
7:00pm

A presentation by Greg Garratt, President of the Georgian Bay Metis Council on the Metis Culture.

### Meet the Spirits

Oct. 13th, 2023  
7:00pm and 8:00pm

Tour the St. James on the Lines Cemetery to encounter the many spirits of Penetanguishene and discover the significant history of the church! Pre-registration required.

### Halloween Spooktacular

Oct. 28th, 2023  
10:00am-12:00pm

Halloween fun at the Museum including scavenger hunt, trick or treating, crafts, face painting & more! Pre-registration required. \$5.00 per child.

For more information visit  
[www.pencenmuseum.com](http://www.pencenmuseum.com) or  
call 705-549-2150



# Seniors

Thursday,  
September 7th

# BBQ



11:00 a.m. to 2:00 p.m.



Penetanguishene  
Centennial Museum,  
13 Burke St.



7.00 per person



Entertainment by Dylan Lock

Town of Penetanguishene Contact:  
Angèle Proulx  
Recreation and Community Services Department  
[aproulx@penetanguishene.ca](mailto:aproulx@penetanguishene.ca)  
705-549-7453 ext.231  
[www.penetanguishene.ca](http://www.penetanguishene.ca)