

SWIMMING PROGRAMS IMPORTANT INFORMATION

Program Location: Waypoint

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

Registration: Wednesday March 8, 2023 at 8:30 a.m

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. **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 Townhall. 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.



Open Swim*

Preregistration is required for open swimming. If you already registered for the Winter 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.

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



WAYPOINT RULES

1. Participants and guardians are asked to screen themselves for COVID-19 symptoms and not attend if feeling unwell.
2. Mask-wearing is required while in the common areas of the hospital by all participants and guardians.
3. All attendees are encouraged to wear a mask when physical distancing is not possible. Masks are not worn during swim programs.
4. Participants are encouraged to come prepared to swim (showered, etc).
5. Only one adult per participant is permitted on deck and/or in the pool.
6. Registration is required for the open swim. Please see the Open Swim section for the registration process.
7. The program may be canceled in the case of a widespread outbreak at Waypoint.

TOWN OF PENETANGUISHENE 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.

STEP 1. VISIT
TOP.RECDESK.COM

STEP 2. CREATE
ACCOUNT OR SIGN
IN

STEP 3. SELECT PROGRAMS

STEP 4. CLICK "REGISTER
NOW"

SWIMMING PROGRAMS

Registration Date:

Wednesday March 8, 2023 at 8:30 a.m

Start Date Saturday -April 1 - June 3 (No April 8 or May 20)

Start Date Sunday - April 2 - June 4 (No April 9 or May 21)

Start Date Tuesday - April 4 - May 23



Swimming Levels

Swimming levels are based on age, and skill. If you are unsure of where your child stands, please visit 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
---------------	----------------	--------

YOUTH PROGRAMS

HST applies for ages 15+

YOUTH HATHA YOGA SERIES (AGES 11-18)

One-hour Hatha class designed for mixed-level participants providing a balanced combination of sustained poses with attention to basic alignment; modifications will be provided. Postures and breathing techniques will be used to develop strength, flexibility, and relaxation in the body and mind. **Please bring a yoga mat, and a water bottle. (Yoga blocks are optional but recommended).**

April 3 - June 5 | Monday 6:45 PM – 7:45 PM | Canadian Martyrs Catholic School | \$66 +HST

DANCERIFIC: PARENTS AND TOTS MOVE YOUR FEET TO THE BEAT (AGES 1-5)

Bring your kid, swing them around, move your bodies, and fall to the ground (laughing, of course). In this parent and child movement class, children will explore body awareness through breathing and movement with themes from around the world, the animal kingdom, outer space, and superheroes. **Note: Costumes are encouraged. Bring water, comfortable clothes and shoes, and a positive attitude. All children MUST be accompanied by an adult.**

May 1 - June 12 | Monday 4:30 PM – 5:00 PM | Penetanguishene Memorial Community Centre (Arena) | \$42

ACTING ON IT (AGES 10-13) *with DEE*

This class is perfect for anyone looking to get out of their comfort zone and play! Improv is the foundation of performance and a great opportunity for young actors to expand on their skill set. Working alongside professional actor Deanna Palazzo, this class will play in the world of improv and confidence building. **Notes: All that is needed for this class is a notebook and pencil, water bottle and themselves!**

March 29 - May 31 | Wednesday 4:30 PM - 5:30 PM | Penetanguishene Memorial Community Centre (Arena) | \$82



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

YOUTH TENNIS (AGES 8 - 14)

Serve it up! Tennis sessions will begin with a 5 to 6-minute warm-up emphasizing footwork and mobility drills. Tennis fundamentals will be presented and adapted for players depending on their ability. These include grip, ready position, split step, contact zone, follow through, and recovery. Lessons will emphasize 'touches on the ball', practice drills, and games focusing on doubles tennis strategy and court position. Throughout the sessions forehand, backhand, volley, and serves will be addressed. Join us for tennis skill development, game strategy, and most importantly, let's have fun!

May 1 - June 26 | Mon 5:00 PM - 6:00 PM | McGuire Park | \$70



Note: Recreation programs do not run on Statutory Holidays.

BABYSITTING COURSE WITH CERT (AGES 10-14)

If your child is thinking about becoming a babysitter, then this course is a must! Learn the basic responsibilities of caring for young children, first aid skills, and safety knowledge. Please Bring: Peanut-free snacks & lunch, a doll, and a pencil/pen to class.

Pick one date: April 30 OR May 14 | 9 AM - 4 PM | Age 10+ | Penetanguishene Memorial Community Centre (Arena) | \$45

HOME ALONE COURSE WITH CERT (AGES 8+)

This program prepares youth for the step of being Home Alone. This course is designed to give youth information about the responsibility of being alone & share information about household hazards such as fire, home & internet safety, basic first aid, & the importance of knowing the dangers of strangers.

Pick one date: April 23 OR May 28 | 9 AM – 12 PM | Age 8+ | Penetanguishene Memorial Community Centre (Arena) | \$40 +HST

QUEST ART ATTACK #1 (AGES 8 – 12)

With the guidance of a professional Quest Art instructor, young artists will explore a range of techniques including drawing, painting, printmaking, sculpture, and collage.

April 15 – June 10 | Saturday 10:30 AM - 12:00 PM | Penetanguishene Memorial Community Centre (Arena) | \$75

QUEST ART ATTACK #2 (AGES 8 – 12)

With the guidance of a professional Quest Art instructor, young artists will explore a range of techniques including drawing, painting, printmaking, sculpture, and collage.

April 15 – June 10 | Saturday 1:00 PM - 2:30 PM | Penetanguishene Memorial Community Centre (Arena) | \$75

MINI QUEST ART ATTACK (AGES 3-7)

Have fun creating exciting art projects, and there may be stories as well. **All children MUST be accompanied by an adult.**

April 15 – June 10 | Saturday 9:00 AM - 10:00 AM | Penetanguishene Memorial Community Centre (Arena) | \$66

SOCCER PROGRAMS



Note: Recreation programs do not run on Statutory Holidays



Location: 51 Dunlop Street, Soccer Field

Cost: \$36

Our non-competitive, learn to play spring soccer program introduces and develops age-appropriate skills and gameplay strategies that lead to steady improvement, and lifelong enjoyment of the game. Emphasis is placed on having fun while learning the basic skills of soccer, including passing, dribbling and shooting. All teams are co-ed and run by volunteer parent/guardian coaches. Registration includes t-shirt, team picture and pizza wrap-up party.

Notes:

- Registration includes soccer ball, t-shirt, shorts, socks, team picture and pizza wrap-up party.
- Shin pads and cleats are not required but recommended for the older groups.
- In the event of inclement weather, participants will be notified by email.

Youth Soccer Division (Ages 8-12) Wed

May 24 – June 28 (6 weeks)

Times: 7:00 PM - 7:45 PM

Youth Soccer Division (Ages 7-9) Tues

May 23 – June 27 (6 weeks)

Times: 7:00 PM - 7:45 PM

Youth Soccer Timbits (Ages 3-4) Tues

May 23 – June 27 (6 weeks)

Times: 5:30 PM - 6:10 PM

Youth Soccer Timbits (Ages 3-4) Wed

May 24 – June 28 (6 weeks)

Times: 5:30 PM - 6:10 PM

Youth Soccer Timbits (Ages 5-6) Tues

May 23 – June 27 (6 weeks)

Times: 6:15 PM - 6:55 PM

Youth Soccer Timbits (Ages 5-7) Wed

May 24 – June 28 (6 weeks)

Times: 6:15 PM - 6:55 PM

Volunteers Needed

The spring soccer program relies heavily on parent/guardian volunteers who are willing to commit to be in attendance for the duration of the program and be guided to coach a youth team. Our programs are non competitive, and we provide basic training and equipment, so previous experience is not required, just the enjoyment of working with kids in a fun, safe environment!

All parents, grandparents, and guardians whether coaches or not, are encouraged to get involved on the field and contribute to their child's successful development.

The Town will offer each Volunteer Coach (1) complimentary registration per family for (1) program that the volunteer has agreed to coach. The program fee must be paid at the time of registration and the registration fee will be reimbursed at the completion of the program (subject to approval according to attendance).

ADULT PROGRAMS

HST applies

BOOTCAMP KETTLEBELL

Join Nicole Mace for Boot Camp Kettlebell. This class is for all levels from beginning to advanced. You will be challenged! Participants will focus on cardio, weight training, balance, mobility, and flexibility. The class is a full-body workout that will keep you focused and working hard for the entire 60 minutes.

Notes: You need to bring a kettlebell between 5-15lbs, a yoga mat, a sweat towel and water.

March 27 – June 12 (No Class April 10 or May 22) | Monday
5:30 PM – 6:30 PM | Canadian Martyrs Catholic School |
\$82 +HST

GENTLE STRETCH *with Sherri*

Please join Sherri, YT620 Hour Certified Trauma Sensitive Yoga Teacher for an hour of slow-moving yoga on the mat. We will be using pelvic floor-friendly positions as we gently strengthen and stretch our bodies. We will be working towards improving balance. We will be standing, as well as on hands and knees. Modifications will be available. **Notes: It is recommended that you bring a yoga mat, 2 yoga blocks, yoga strap, a belt, or a long scarf.**

March 28 - June 13 | Tues 10:00 AM - 11:00 AM |
Penetanguishene Memorial Community Centre (Arena) |
\$96 +HST

YOGA *with Chris*

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

March 21 - June 6 | Tues 6:00 PM - 7:00 PM |
Penetanguishene Memorial Community Centre (Arena) |
\$96 +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!

Tuesday April 11 - June 13 | 6:30 PM – 9:00 PM | James
Keating Elementary School | \$12 +HST

Wednesday April 12 - June 14 | 6:30 PM – 9:00 PM |
Canadian Martyrs Catholic School | \$12 + HST

CHAIR YOGA *with Sherri*

Please join Sherri for an hour of relaxation, strengthening, and stretching using a chair. Balance poses and simple asanas will enhance a full-body awakening with gentle movement.

Notes: Please bring a yoga mat, 2 yoga blocks, yoga strap, or a belt or long scarf.

March 29 - June 21 | Wed 9:30 AM - 10:30 AM |
Penetanguishene Memorial Community Centre (Arena) |
\$96 +HST



KETTLEBELL FIT *with Janis Foley*

This class is for you if you want to tone up, blast fat, and improve your fitness level! Featuring a combination of Kettlebell exercises & circuit training to target multiple body parts and deliver fast results (strength, endurance & muscle toning). Appropriate for all levels. **Bring your own Kettlebell (8-15 lbs. depending on your ability), yoga mat, and water bottle. This program will move outdoors for June.**

March 30 - June 15 | Thurs 5:30 – 6:30 PM | Canadian
Martyrs Catholic School | \$96 +HST

GENTLE YOGA *with Sherri*

Please Join Sherri, YT620 Hour Certified Trauma Sensitive Yoga Teacher for an hour of relaxation and slow flow yoga. Learning to let our breath lead our gentle movements as we have some fun along the way. 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.

March 30 - June 15 | Thurs 5:45 PM - 6:45 PM | École
élémentaire catholique Saint-Louis | \$96 +HST (12
weeks)

RESTORATIVE YOGA *with Sherri*

Please Join Sherri, YT620 Hour Certified Trauma Sensitive Yoga Teacher for an hour of relaxation. Restorative yoga uses props to support the body in positions of comfort. This helps provide feelings of safety and support to help recalibrate, recuperate and relax more deeply.

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.

March 30 - June 15 | Thurs 6:50 PM - 7:50 PM | École
élémentaire catholique Saint-Louis | \$96 +HST (12
weeks)

ADULT ZUMBA

Join Holly 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.

April 13 - June 15 | Thurs 6 PM - 7 PM |
Penetanguishene Memorial Community Centre (Arena) |
\$82 +HST

ADULT PROGRAMS CONTINUED

HST applies

ZUMBA TONING

Join Holly for Zumba Toning which blends body-sculpting techniques and specific Zumba® moves into one calorie-burning, strength-training experience using light weights. **You will need 1-2 lb, hand weights (no heavier than 2 lbs. and please no wrist weights), water, and a towel.**

April 13 - June 15 | Thurs 7:15 PM - 8 PM | Penetanguishene Memorial Community Centre (Arena) | \$82 +HST

MOBILITY, STABILITY & MINDFULNESS

Join Jillian Le Gros in a low-impact 45-minute workout that will help you stretch and build strength and flexibility, so your muscles and joints can reach your physical goals. Please bring a mat, mini band (optional), and water
Note: This workout is complementary to, or a great cool down for, the Bootcamp Basics class that is prior.

April 4 - June 3 | Tues 5:45 PM - 6:45 PM | École élémentaire catholique Saint-Louis | \$82 +HST

ADULT TENNIS

Serve it up! Tennis sessions will begin with a 5 to 6-minute warm-up emphasizing footwork and mobility drills. Tennis fundamentals will be presented and adapted for players depending on their ability. These include grip, ready position, split step, contact zone, follow through, and recovery. Lessons will emphasize 'touches on the ball', practice drills, and games focusing on doubles tennis strategy and court position. Throughout the sessions forehand, backhand, volley, and serves will be addressed. Join us for tennis skill development, game strategy, and most importantly, let's have fun!

May 1 - June 26 | Mon 6:00 PM - 7:00 PM | McGuire Park | \$70 +HST

BOOTCAMP BASICS

45min of alternating short, high-intensity, foundational movements with less intense recovery periods and a warm-up and cool down. Each week Jillian Le Gros will guide you to challenge yourself with more weight/resistance &/or more intensity. **Please bring a Mat, 2 Medium Weights, 2 Light Weights & 2 Heavy Weights (optional), Mini Band (optional), Water, Paper or Notebook & Pen/Pencil.**

April 4 - June 13 | Tues 7:00 PM - 7:40 PM | École élémentaire catholique Saint-Louis | \$82 +HST

INTRODUCTION TO PICKLEBALL CLINIC

Find out what everyone's talking about...give Pickleball a try! No experience required. Each date is one-hour, standalone session where you will learn pickleball skills (forehand, backhand, volley and serve), point strategies and scoring. **Notes: Please bring your own paddle if you have one.**

YOUTH May 3 | 5:00 PM | McGuire Park | \$15 +HST

ADULT May 3 | 6:00 PM | McGuire Park | \$15 +HST

LEARN TO RUN A 5K *with Janis Foley*

Have you always wanted to learn to run 5km? Join Janis Foley for a learn to run 10 week graduated running program and be comfortable running the 5k Butter Tart Trot on June 10th at Ste. Marie Park in Midland. This class is designed for beginners, but all levels are welcome. Most routes are out and back so no one will be left behind. You can run, walk, or anything in between. The program is 10 weeks with a graduated running plan built up to 5km. **Notes: Participants need to register for the Butter Tart Trot on their own. Running Sessions will still go in light rain. However, if there is thunder and lightning, sessions will be cancelled.**

April 5 - June 7 | Wed 6:15 PM (25 - 45 minute long class) | Penetanguishene Public Library Parking Lot | \$82 +HST

BOXING FUNDAMENTALS *with James Dalzell*

This class will be excellent for both beginners and experienced boxers. It will focus on fitness, mindset and learning some of the fundamental skills of boxing. Great for self-esteem, discipline, and overall fitness.

Notes: Attendees will just need comfortable clothes they can easily move in, indoor shoes and a water bottle.

March 28 - May 31 | Tues 7:10 PM - 8:10 PM | Penetanguishene Memorial Community Centre (Arena) | \$82 +HST



SENIOR PROGRAMS

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.

April 3 - June 5 | Mon 10:20 AM - 11:20 AM | 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. **Please bring your own poles, if possible.**

April 3 - June 5 | Mon 12:15 PM - 1:30 PM | Penetanguishene Memorial Community Centre (Arena) | \$66 +HST

SHUFFLEBOARD

Ongoing throughout the year | 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**

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



- If you registered for the winter 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.



PENENTANGUISHENE MUSEUM

EGGSTRAVAGANZA

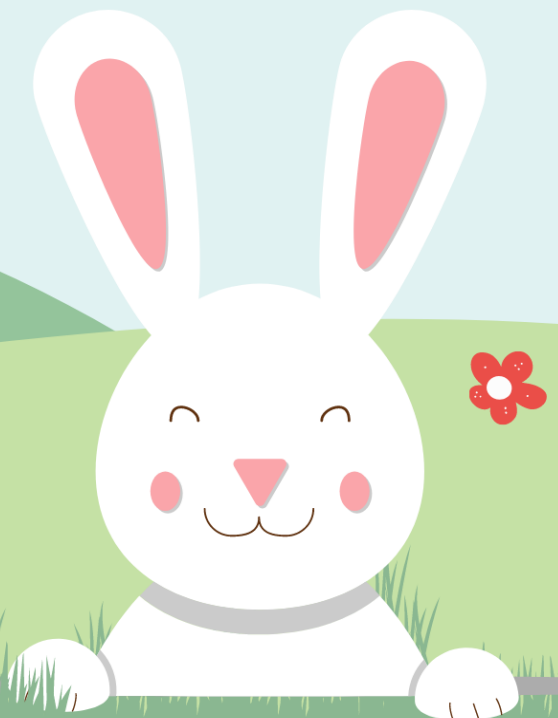
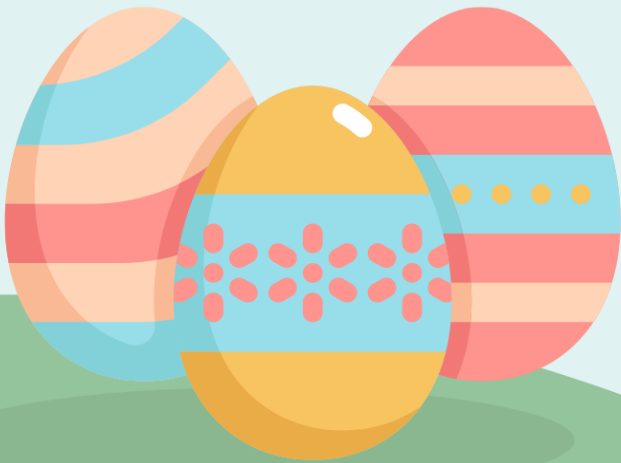
SATURDAY APRIL 8TH

TIME: 10AM TO 12PM

**EGG HUNT, VISIT WITH EASTER BUNNY,
CRAFTS, TREATS & FACE PAINTING**

\$5 PER CHILD

WWW.PENCENMUSEUM.COM



Penetanguishene Centennial Museum

Yes You Can Hand Drumming Workshop

Wednesday March 15th

2:00p.m.-3:30p.m.

\$10.00 per participant

Recommended for ages 7+

Pre-registration required at

www.pencenmuseum.com



Penetanguishene Centennial Museum

March Break Activities



Monday - Friday 9:30 - 12p.m.

\$5.00 per child reserve your spot at

www.pencenmuseum.com



enjoy **two** different crafts **PLUS** a
different scavenger hunt each day

Monday

Tuesday

Wednesday

Thursday

Friday

make your own
pillow
& snowman craft

create a bird's
nest
& plant seeds

pioneer candle
making
& make a
bookmark

assemble and
paint a
birdhouse
& bird craft

catch a
leprechaun
& a sticker craft

