

Adult & Active Agers

Indoor Nordic Walking

Walking using poles is a low-stress, total body workout that is fantastic for weight loss, lowering blood pressure, reducing cholesterol, and relieving back, shoulder and neck pain. This is a great way to improve mobility post-hip or knee surgery.

Class length: one hour

Location: Alder Recreation Centre

Day	Time	Date	Sess.	Price	Code
Tu	9 am	Apr 9	8	\$65.12	3361

Social Ballroom Dance

This program is designed for beginners. Participants will learn to dance to a variety of tempos and tunes in a very relaxed environment. Please wear hard-soled (easy slide) shoes, preferably with rubber heels for quick stops (no sneakers/running shoes). Partner is required.

Class length: one hour

Location: Tony Rose Memorial Sports Centre

Day	Time	Date	Sess.	Price	Code
Tu	6:45 pm	Apr 16	9	\$73.26	3360

Family Yoga

Bring the whole family together to get out and be active. Yoga incorporates breathing training, meditation and physical postures designed to improve flexibility, strength and overall wellbeing. Please bring a blanket and yoga mat to each class. All levels are welcome.

Class length: one hour

Location: Alder Recreation Centre

Day	Time	Date	Sess.	Price	Code
Su	10:30 am	Apr 28	9	\$73.26	3920

Strollercise

Strollercise is all about getting active with your little one and using that stroller to get in a great workout. This a combination of high/ low cardio, strength training and yoga for a well-rounded fitness class. All children must stay in strollers for the duration of this class.

Class length: 45 minutes

Location: Alder Recreation Centre

Day	Time	Date	Sess.	Price	Code
W	11:30 am	Apr 17	9	\$54.99	3916

Please note that the non-resident fee will be a 20% surcharge over the resident fee.

Baby & Me Aquafit

A group water fitness program for you and your baby. Babies will sit in small boats while you participate in a full-body cardio and muscle conditioning workout. Babies must be able to sit up unassisted.

Ages: babies must be 4 months and over

Class length: one hour

Location: Alder Recreation Centre

Day	Time	Date	Sess.	Price	Code
Tu	10 am	Apr 16	10	\$81.40	8649

Standard First Aid

This two-day course focusing on First Aid and Cardiopulmonary Resuscitation (CPR) skills is designed for those people that require certification for work, or who are looking for knowledge on emergency response. A few of the topics covered are: airway emergencies, breathing and circulation emergencies, and bone, muscle and joint injuries. Course includes certification in AED procedures.

Ages: 14+ years

Class length: 8 hours

Location: Tony Rose Memorial Sports Centre

Day	Time	Date	Sess.	Price	Code
Th/F	8:30 am	Apr 11-12	2	\$112.60	834
Sa/Su	8:30 am	May 25-26	2	\$112.60	510
Sa/Su	8:30 am	Jun 8-9	2	\$112.60	511
Sa/Su	8:30 am	Aug 17-18	2	\$112.60	512

Standard First Aid – Recertification

This course is a review of the Standard First Aid course with practical scenarios included. Candidates should review the course content and practise their skills before attending the course. This certification is designed for candidates that have completed the full Standard First Aid course and are looking to update their certification (original valid for three years). Please note you may only do one recertification before needing to complete a full course.

Ages: 14+ years

Class length: 8 hours

Location: Tony Rose Memorial Sports Centre

Day	Time	Date	Sess.	Price	Code
Sa	8:30 am	May 4	1	\$70.49	508
Sa	8:30 am	Jun 22	1	\$70.49	3534
Sa	8:30 am	Jul 27	1	\$70.49	513



Orangeville & District Senior Citizens Centre

The Orangeville & District Seniors Centre provides recreational and educational opportunities for adults 55 years and older.

Offering many drop-in and registered programs, the Centre invites you to come and try out their programs prior to becoming a member.

Programs include card games, crafts, bingo, shuffleboard, needle crafts, Tai Chi, special events and many more!

Drop in, have a tour and meet some new friends, or renew old acquaintances.

26 Bythia Street

519-941-6012

www.orangevilleseniorscentre.com





POUND
ROCKOUT. WORKOUT.

POUND® is a full-body workout designed for all fitness levels that combines cardio, conditioning and strength training with Yoga inspired moves. Using Ripstix®, lightly-weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective workout.

Wednesdays | Alder Recreation Centre | 6:45 - 7:15 p.m.

Thursdays | Tony Rose Memorial Sports Centre | 10:45 - 11:15 a.m.

Watch for new class days and times coming soon.



Sneakers & Speakers



This popular program for Active Agers offers a 45-minute exercise program combined with a 45-minute guest speaker. The exercise portion starts with some walking and progresses to using small hand weights and stretching with a focus on increasing mobility. The guest speaker sessions will provide relevant information on various topics of interest to older adults (upon availability). Coffee and a small snack provided. (Formerly called Walk & Talk)

Wednesdays | Tony Rose Memorial Sports Centre | 10:15 a.m. to 12 noon