

Adult & Active Agers

Baby & Me Aquafit

A group water fitness program for you & 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	10:00 AM	Sept 10	10	\$97.70	6808
Tu	10:00 AM	Nov 26	8	\$78.16	6809
Tu	10:00 AM	Feb 11	10	\$97/70	6810

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	9:00 AM	Sept 10	10	\$83.20	6089
Tu	9:00 AM	Nov 26	9	\$74.88	6345
Tu	9:00 AM	Feb 18	8	\$68.00	6346

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	Sept 17	9	\$74.88	6352
Tu	6:45 PM	Nov 26	9	\$74.88	6353
Tu	6:45 PM	Feb 18	8	\$68.00	6354

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

Family Yoga

Bring the whole family together to get out and 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. This fee includes one adult and two children. All levels are welcome.

Class length: one hour

Location: Alder Recreation Centre

Day	Time	Date	Sess.	Price	Code
Su	10:30 AM	Sept 15	9	\$74.88	6332
Su	10:30 AM	Dec 1	8	\$66.56	6333
Su	10:30 AM	Feb 23	9	\$76.50	6334

Spin

This class is a great fun way to build on your cardiovascular endurance. Join us on our indoor spin bikes to pedal towards a better you. Special shoes not required. Space is limited 17 bikes available. This specific class is a combination of registered spots and those that hold a Pass. There is no drop in fee option for this class.

Class length: one hour

Location: Alder Recreation Centre

Day	Time	Date	Sess.	Price	Code
Th	6:30 AM	Sept 12	10	\$83.20	6975

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. Please note that we recommend for this program infants are at least six weeks old, and that moms have been cleared for physical activity. This fee includes one adult and one stroller.

Class length: 45 minutes

Location: Alder Recreation Centre

Day	Time	Date	Sess.	Price	Code
W	11:30 AM	Sept 11	10	\$64.70	6284
W	11:30 AM	Nov 27	9	\$58.23	6285
W	11:30 AM	Feb 19	8	\$51.76	6289

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Small Group Training **NEW!**

Looking to learn the fundamentals of working out and get specific coaching. This course will allow you to work alongside one of our experienced fitness instructors to get a great work out. You will learn foundation movement patterns and build on these to incorporate weights. This will help to improve your stability, posture, reduce injuries and be aware of muscle imbalances.

Class length: 45 minutes

Location: Alder Recreation Centre

Day	Time	Date	Sess.	Price	Code
Sa	6:00 AM	Sept 14	10	\$101.20	6335
Sa	7:00 AM	Sept 14	10	\$101.20	6336
Sa	8:00 AM	Sept 14	10	\$101.20	6337
Sa	6:00 AM	Nov 30	9	\$91.08	6338
Sa	7:00 AM	Nov 30	9	\$91.08	6339
Sa	8:00 AM	Nov 30	9	\$91.08	6340
Sa	6:00 AM	Feb 22	8	\$82.64	6342
Sa	7:00 AM	Feb 22	8	\$82.64	6343
Sa	8:00 AM	Feb 22	8	\$82.64	6344



Red Cross Standard First Aid CPR-C

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
Sa/Su	8:30 AM	Sept 21-22	2	\$112.60	6884
Sa/Su	8:30 AM	Oct 19-20	2	\$112.60	6885
Sa/Su	8:30 AM	Nov 18-19	2	\$112.60	6886
Sa/Su	8:30 AM	Dec 14-15	2	\$112.60	6888
Sa/Su	8:30 AM	Feb 22-23	2	\$112.60	6890
Sa/Su	8:30 AM	Mar 21-22	2	\$112.60	6932

Red Cross Standard First Aid CPR-C Recertification

This course is a review of the standard first aid course with practical scenarios included. Candidates should review the course content and practice 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 3 years). Please note you may only do one recert before needing to complete a full course. You must hold a valid Red Cross certification in order to attend this recert. If your certification has expired you need to take 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	Oct 5	1	\$70.49	6893
Sa	8:30 AM	Dec 7	1	\$70.49	6894
Sa	8:30 AM	Feb 8	1	\$70.49	6895



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

