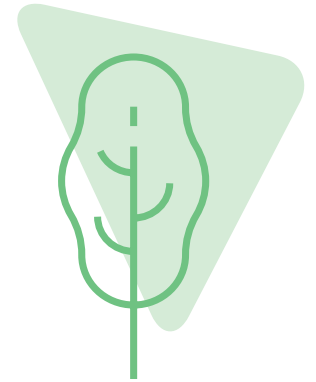
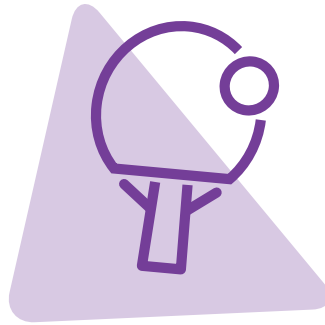


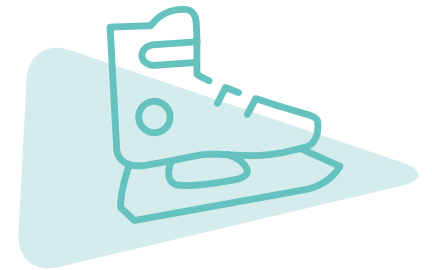
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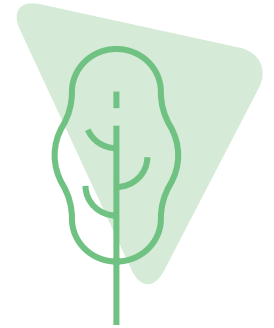
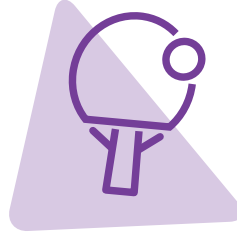
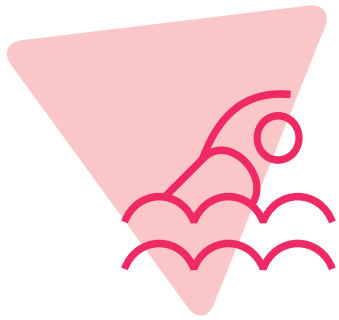
acti**ve**stc

Program Highlights

stcatharines.ca/ActiveSTC



acti**ve**stc 



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** Programs are subject to change without notice.*

activestc 

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Preschool

(up to 6 years)

Fee assistance is available through the Fee Assistance in Recreation Program

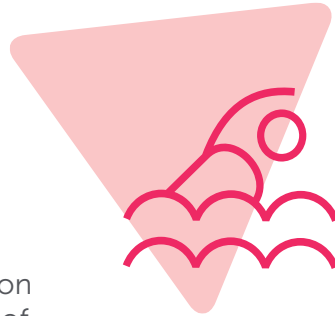
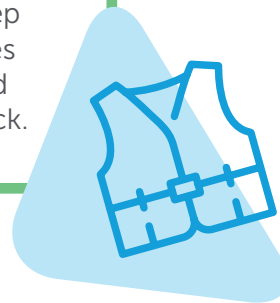
Aquatics

Parent and Tot (4 months to 3 years)

Three introductory levels, where in-water interaction between parent and child stresses the importance of play in developing water-positive attitudes and skills. Parents register in the level appropriate for their child's age.

Preschool (3 to 6 years)

Five different levels begin by teaching how to get in and out of the water, opening eyes underwater, jumping in with a lifejacket, kicking, forward rolls, and front and back crawl swims. Learn to float and glide on both front and back, get face wet, blow bubbles and submerge and exhale underwater. Later levels teach sideways entry and recovering objects from waist-deep water. Advanced levels provide lessons in opening eyes underwater, forward roll entry wearing a lifejacket, and treading. Work on interval training and learn a whip kick.



Music and Dance

Tiny Tot Dance (3 to 5 years)

Participants will learn basic ballet and jazz steps, working towards a dance performance at the end of the session. Emphasis on improving coordination through movement.

Zumbini (0 to 4 years)

Zumbini® program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun! Zumbini is a parent-child program designed for kids and toddlers and their parents or caregivers. The program focuses on bonding experience between kids and parents, kids and kids and parents and parents with the help of a mix of music and movement. Music has huge importance in every kid or toddler's life.

Preschool

(up to 6 years)

Special Interest

Fun with Friends (1 to 2 years)

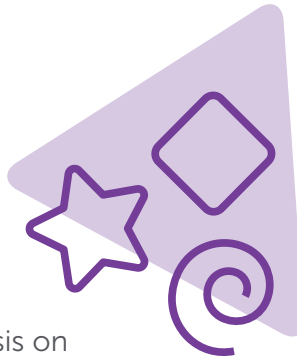
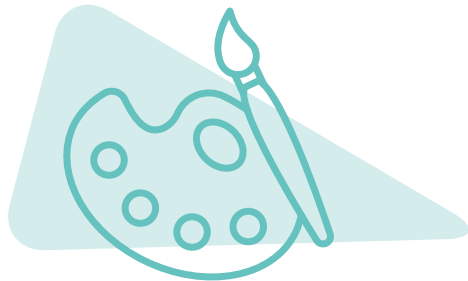
Enjoy stories, songs, crafts, and exploration. Emphasis on social skills like sharing, cooperation, manners and friends.

Kinder Kids (3 to 5 years)

Free play, songs, crafts and exploration with emphasis on school readiness, social interaction, imagination, creativity and self-discovery.

Preschool Picasso (3 to 5 years)

Child and caregiver create fun masterpieces together inspired by famous artists. Includes circle time, music and free play.



Fee assistance is available through the Fee Assistance in Recreation Program

Sports

Sportball - Parent and Child

Multi-Sport (1.4 to 3 years)

Children and parents are introduced to eight different sports through creative storylines, songs, rhymes and much more. The program focuses on exploration and children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.



Children

(4 to 14 years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Aquatics

Swimmer (5 to 12 years)

Start by becoming comfortable jumping into water with and without a lifejacket. Learn to open eyes, exhale, and hold breath underwater. Work on floats, glides and kicking through the water on front and back. Later levels learn stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. Develop strength and power in head-up breaststroke sprints over 25 metres. Swim lengths of front crawl, back crawl, and breaststroke, and build endurance with a 300-metre workout.

Rookie, Ranger, Star Patrol (8 to 14 years)

Swimmers will progress through all levels of the Swim Patrol program. Participants work on stroke development, lifesaving sport skills, first aid, fitness, timed object support and rescue. Later levels teach important lifesaving skills including defence methods, victim removal and rolling over and supporting a victim face up in shallow water.

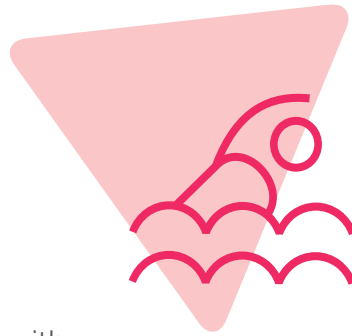
Arts and creative development

Anime Drawing with Katia Perez (6 to 12 years)

Learn the basics to draw the facial features of anime characters in this fun interactive course. Participants will work from various anime books alongside instruction from the teacher. All materials supplied.

Arts and Crafts with Katia Perez (6 to 12 years)

Engage your child to develop skills in art through a variety of materials and mediums. This course will encourage creativity and imagination. All materials supplied.



Draw and Paint with Katia Perez (6 to 12 years)

Learn how to draw and paint with proportion, composition, balance, scale and colour scheme using different techniques, mediums and styles. All materials are supplied.

Primary Picasso (5 to 8 years)

Primary Picasso is an exciting art class for kids that focuses on the works of Pablo Picasso and other renowned artists. With the guidance of our expert instructor Miss Kathy, children will be recreating famous artworks using different materials and techniques. Through this class, children can explore their creativity and learn about the world of art in a fun and engaging way.

SMASH Art Club with Creative Bug

Shake off the winter blues with us as we celebrate sweater weather with cozy acrylics, warm pastels and all of our other favourite mediums as we create all new arts together!

Sewing Club with Creative Bug Bucket Hat Project

Lets get ready for summer with one of our favourite projects - the bucket hat. This project will give artists the opportunity to design, size, cut and sew their own bucket hat that can be enjoyed all summer long! Perfect for camp days, beach days and all the days in between! Sewing machine provided.

Register at stcatharines.ca/ActiveSTC

Children

(4 to 14 years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Arts and creative development

Exploring the Arts: Acrylics with Creative Bug

Does your artist love to paint? We do too! Spend 6 weeks with us as we explore the world of acrylic paints and the many ways we can use them - on canvas, fabric, paper and more! Artists will have the opportunity to follow along, learn new techniques, brush up on their skills and enjoy an open painting session with our team to bring their creations to light!

Primary Picasso

Join Miss Kathy to create a cool canvas and acrylic 'selfie' and try some printmaking techniques. This is a 4 week class for kids 7-11. Come prepared for mess and fun.

Dance

Think You Can Dance? (6 to 8 years)

This course will challenge your dance each week as they explore several different styles and genres of dance. Try out some hip-hop, contemporary, ballet and more.

Special Interest

Carousel Players After School Drama

Adventure (7 to 9 years)

In partnership with Carousel Players, children will learn drama skills while diving into a brand new theme each week, as a professional Artist Educator brings creative character exploration and imaginative worlds together. What will we explore? Space? Underwater? The Jungle? The possibilities are endless!

Carousel Players After School Drama:

Improv (10 to 13 years)

In partnership with Carousel Players, children will learn improvisational skills like how to say "yes, and" while also building collaborative skills through drama. This class is great for those that want to express their comedic sides and for those who are hoping to build their confidence!

Kids and Youth Yoga

(4 to 7 years and 8 to 14 years)

Get ready for some fun and empowering yoga with our play-based program for kids and teens! Each week we'll explore a new concept to boost mindfulness and build a toolkit for well-being. We'll use fun activities and yoga movements to make a connection between the mind and body and feel great at home, school, and in the community.

Children

(4 to 14 years)

Fee assistance is available through the Fee Assistance in Recreation Program

Special Interest

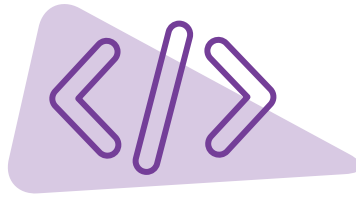
Kids Who Can:

Code with Python (6 to 14 years)

Welcome to the exciting world of Python, where text-based coding becomes an adventure for young minds aged 8 to 12. Through this journey our mini-programmers will learn one of the world's most friendly and accessible coding languages used by developers, data scientists and tech enthusiasts worldwide. Join us as we transform coding into a playful and educational experience, fostering creativity and problem-solving skills in a fun and supportive environment. While no experience in Python is required, we recommend this class for students who already have some familiarity with coding (in Scratch or similar platforms). All technology provided.

Saturday Forest School (6 to 10 years)

Certified teachers and ECE's lead this outdoor adventure program which focuses on physical activity and child-centric learning. Dress appropriately for outdoor excursions. An indoor option available during inclement weather.



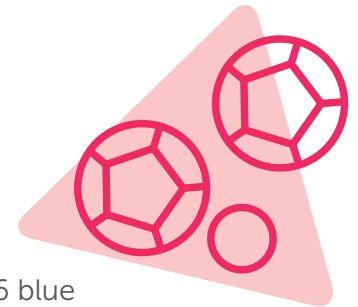
Sports

Boccia - Competitive

In partnership with the Brock Niagara Penguins Parasport program, Boccia is a sitting target sport that consists of 13 balls (6 red, 6 blue and 1 white ball- called the Jack). The court is 12m long x 6m wide on a gym floor. The object of the game is to get as many of your coloured balls around the Jack. Boccia is an individual, paired or team sport. The competitive Boccia program is structured as a drill-based program with more tactical and strategizing skills. Athletes learn the rules of competitive Boccia and have the opportunity to work on their individual and team-based development. Examples include ricocheting, displacement and lobbying. This is a sitting (but not stationary) sport. Individuals will need to be able to understand basic instructions during practice as well propel and release the ball with their hand (ramps available for use).

Fencing (7 to 10 years and 11 to 14 years)

Fencing is a classic art. Learn to master the basic techniques with all the benefits of cardio exercise. This program will improve lower body strength and speed, as well as hand-eye coordination. This sport develops concentration, agility and precision. Instructors are certified.



Children

(4 to 14 years)

Sports

Indoor Soccer (Futsal) U8 and U12

Futsal is the only form of indoor soccer sanctioned by FIFA. Emphasis is on basic soccer skills, developing reflexes, coordination, ball control, fitness training and physical literacy.



Karate (6 to 8 years and 9 to 12 years)

Learn the basic principles of karate. Emphasis will be on improved coordination, courtesy, self-confidence and control.



Sportball - Jr. Multi-Sport Indoor

Children are introduced to the FUNdamental skills associated with eight different sports. Structured around a play-based curriculum, these classes are a fantastic kick start for an active life. Our Multi-Sport classes feature unique lesson plans, creative story lines and skill-based activities suitable to the developmental age of each child.

Fee assistance is available through the Fee Assistance in Recreation Program

Sportball - Multi-Sport

Children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Our Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.



Youth

(12 to 17 years)

Fee assistance is available through the Fee Assistance in Recreation Program

Aquatics

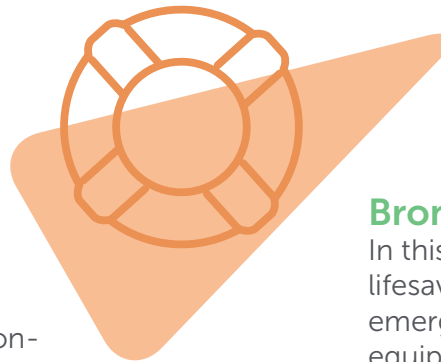
Bronze Star (12+ years)

Swimmers will develop problem solving and decision-making skills individually and in partners. Learn how to keep a cool head and take charge in an emergency. Emphasis on swimming skills and lifesaving fitness. Development of water smart confidence and the lifesaving skills needed to be their own personal lifeguard. The Bronze Star award is excellent preparation for success in the Lifesaving Society's Bronze Medallion program.

Bronze Medallion (13+ years)

In this class participants will understand the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, as well as defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500-metre timed swim.

Prerequisites are: 13 years of age or Bronze Star



Bronze Cross (12+ years)

In this class participants will learn the difference between lifesaving and life guarding. Learn the principles of emergency care, teamwork and use of specialized equipment and the introduction to safe supervision in aquatic facilities.

Prerequisites are: Bronze Medallion, Standard First Aid / CPR C

National Lifeguard (15+ years)

In this program for youth and adults, participants will develop an understanding of lifeguarding principles and content specific to the working pool environment. National Lifeguard is the only nationally recognized lifeguard certification program and is valid in all provinces as a legal certification for lifeguarding throughout Canada.

Prerequisites: 15 years of age, Bronze Cross and Standard First Aid / CPR C

Recertification classes are also available.



Youth

(12 to 17 years)

Fee assistance is available through the Fee Assistance in Recreation Program

Aquatics

Red Cross Blended Standard First Aid and CPR C / AED (12+ years)

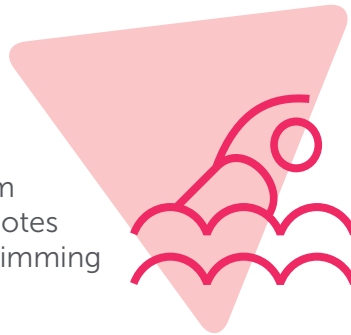
Each blended learning course is divided into two components: participants first complete a self-paced online component, then successfully complete an instructor-led classroom session to achieve a Standard First Aid / CPR C / AED certification.

Recertification classes are also available.



Teen (12 to 17 years)

Participants can start with the basics by learning to swim on both front and back, do jump entries from the side and recover an object from the bottom in chest-deep water. Level two focuses on performing dive entries, stride entries and compact jumps. Learn treading and refine your front crawl, back crawl, and breaststroke, while increasing your endurance to complete a 300 m workout and 25-50 m sprint. Fitness level promotes and encourages fitness through the sport of swimming with basic workouts.



Swim Instructor (15+ years)

This course prepares the instructor to teach and evaluate basic swim strokes and related skills. Participants will acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach candidate in all levels of the Swim for Life and Canadian Swim Patrol programs.

Lifesaving Instructor (15+ years)

This course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards.

Arts and creative development

Woodcarving Beginner (13+ years)

Come learn the basics of woodcarving. The session is led by an experienced woodcarver from the Niagara Woodcarvers Association.



Sports

Sportball - Multi-Sport - Drop-off - Outdoor

Children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Our Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

Adult

(15 to 99+ years)

Fee assistance is available through the Fee Assistance in Recreation Program

Aquatics

Adult (18+ years)

Beginners work towards a 10–15 metre swim on front and back. Perform side jump entries and recover an object from the bottom in chest-deep water. Improve fitness and flutter kick with interval training. Higher levels focus on perform dive entries, stride entries, compact jumps and treading. Refine your front crawl, back crawl, and breaststroke, while increasing endurance. Fitness course encourages fitness through the sport of swimming through stroke improvement and basic workouts.

Aquafit (15+ years)

A fun exercise program that combines the benefits of shallow and deep water. Emphasis is on cardiovascular fitness, conditioning and toning.

Use Your Noodle (15+ years)

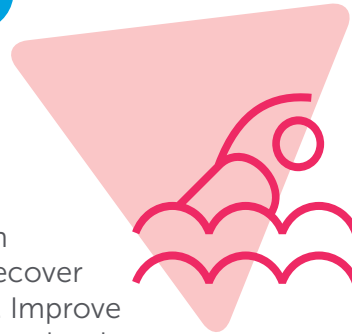
Gentle full body workout with pool noodles in warm water. Improve posture, stretch muscles, develop muscular strength and work the cardiovascular system.

Deep Water Aquafit (15+ years)

Held in deep water with flotation belts to eliminate impact on joints. Great for core strength balance.

Forever Fit (15+ years)

Activities include range of motion, core strength, cardio, balance, flexibility, and strength training designed to improve health.



Hip, Knee and Back (15+ years)

Great for adults with hip and knee pain. Focus is on range of motion for the joints, muscle conditioning, balance, and postural training.

Lengths (10+ years)

Pool lanes are divided for swimming continuous lengths.

Soak and Stretch (18+ years)

Work through prescribed exercises or simply enjoy the benefits of the warm water of the leisure pool.

Strong and Steady (15+ years)

Improve strength, balance, and flexibility to support recovery from a fall. Warm water is an ideal, safe environment to improve agility, strength, and coordination.

Therapeutic Aquatics (15+ years)

Improve posture, stretch muscles, develop muscular strength, and work the cardiovascular system through a variety of function and mobility exercises.

Water Walking (18+ years)

Enjoy self-guided time in the lane pool. Use a flotation belt for support to eliminate any impacts on your joints. Enjoy the social aspects of this friendly and relaxing aquatic environment.



Adult

(15 to 99+ years)

Arts and creative development

Soapstone Carving (18+ years)

Come and create a beautiful piece of art from one of earth's natural elements in a stress free and fun environment. Our instructor, Anita Foran resides in St. Catharines and is a wood and soapstone carving enthusiast. While growing up in Port Dalhousie her father instilled, encouraged and nurtured an early love for nature that provides the inspiration for her carvings. Anita has been carving for 20 years and enjoys encouraging others in sharing her passion.



Woodcarving Beginner (18+)

Come learn the basics of woodcarving. The session is led by an experienced woodcarver from the Niagara Woodcarvers Association.

Fitness

Balance and Core Fitness Class (18+ years)

Join our low-intensity Balance and Core class, where you'll strengthen your foundation with mindful exercises for stability and flexibility. Improve posture, reduce injury risk, and leave feeling centered and revitalized. Suitable for all fitness levels.

Register at stcatharines.ca/ActiveSTC

Check out the recreation calendar at
stcatharines.ca/ActiveSTC

for many drop-in recreation
opportunities

Adult Ballet

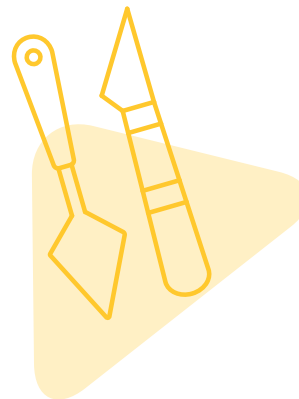
Join our instructor Jena for a beginner level class suitable for people who have danced in the past or are new to the form. This class focuses on the basics of ballet technique with a classic ballet class format. We perform a set of exercises at the barre and then in the center to classical ballet music. Please bring ballet shoes or some sort of soft shoe to dance in.

Barre Fit

Barre Fit is a fitness class inspired by ballet technique and taught by our instructor Jena. This class focuses on total body strength and mobility using bodyweight, bands, and light weights. We will also concentrate on deep core muscles and posture. Barre is a low to medium impact class suitable for all ages and is guaranteed to make you sweat! Please bring a yoga mat.

Boogie Nights - Low Impact Dance

Boogie Nights! Low Impact is a fabulous way to get fit, have fun, and just BOOGIE! This dance fitness class is specially devised for older active adults looking for a lower-intensity class who still want to enjoy their workouts. There is a new theme each week; this applies to the music and style of dance. Expect an hour of cardio and strength training while we build choreography throughout the class to a final dance at the end. This class is suitable for all levels.



Adult

(15 to 99+ years)



Fee assistance is available through the Fee Assistance in Recreation Program

Fitness

Fitness Circuit Training (18+ years)

Get moving with multiple exercises designed to improve your overall fitness and cardio levels in a circuit style program. A certified fitness instructor will challenge you to achieve personal goals.

POUND Fitness

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements in partnership with Rhythm Fitness Niagara.

Using Ripstix®, lightly weighted drumsticks, POUND transforms drumming into an incredibly effective, fun, and sweat-dripping working out. Sticks provided, please bring a yoga mat.

Pilates: Intro to Fitness Reformer

In partnership with Compassionate Body Pilates, learn the basics of the reformer, how it works and feel the benefits of strengthening while you stretch. Using spring resistance, ropes and a moving carriage, the reformer is a fun way to start your Pilates practice.

Kick Fit - Kickboxing Fitness (18+ years)

Non-combat kickboxing moves that will tone and sculpt your body as well as increase your cardio, balance and flexibility. This fun for everyone class will firm your body for a happier, healthier lifestyle. Gloves and pads are provided.

Intro to TRX (18+ years)

This class is designed for beginners who are 50 years plus. The TRX System, also known as Total Resistance Exercises, refers to a specialized form of suspension training, a fitness method that challenges you with your own bodyweight to get you stronger. Work to improve your health, meet like minded people and have fun! Please bring your own yoga mat.

TRX (50+ years)

The TRX System, also known as Total Resistance Exercises, refers to a specialized form of suspension training, a fitness method that challenges you with your own bodyweight to get you stronger. This class is designed for beginners who are 50 years plus. Work to improve your health, meet like-minded people and have fun! Please bring your own yoga mat.



Mom and Baby Fitness

Join our instructor Jena for Mom and Baby Fitness. In this class, we will help new moms strengthen their cores, pelvic floors, and posture; all things we need for the postpartum period. We will use exercise equipment as well as baby to keep them smiling and entertained. It is a great way to connect with your baby as well as other moms! Please bring a yoga mat. Baby carrier is optional but encouraged.

Adult

(15 to 99+ years)

Sports

Fencing (18+ years)

Fencing is a classic art. Learn to master the basic techniques with all the benefits of cardio exercise. This program will improve lower body strength and speed, as well as hand-eye coordination. This sport develops concentration, agility and precision. Instructors are certified.

Pickleball - Beginner Intro Clinic (18+ years)

With a focus on basic technique, and paddle/court positioning participants will get comfortable hitting the ball, and move around the court. Participants will also learn the rules and scoring of the game. Join us to meet other players at the same level and learn the game. 1 hour of exercises, plus 1 hour of game implementation.



Fee assistance is available through the Fee Assistance in Recreation Program

Pickleball - Semi private lessons

Looking to level up a specific aspect of your pickleball game? Need some help with a tricky shot? Then sign up for these limited semi-private lessons. Get three weeks of semi-private lessons to get some specific attention and instruction to improve your pickleball game. New to the game, and want to learn the basics? Check out our Pickleball - Beginner Intro Clinic programs.



All Ages

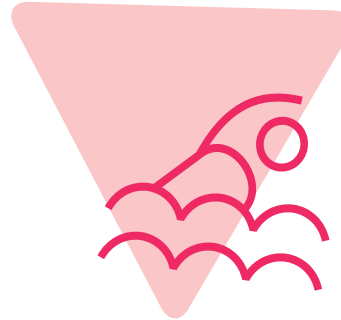
(0 to 99+ years)

Fee assistance is available through the Fee Assistance in Recreation Program

Aquatics

Leisure Swim (all ages)

Leisure Swims are an ideal activity for people of all ages to play in an aquatic setting.



Special Interest

Virtual Museum Lecture Series (all ages)

Audiences delve deeper into the history of St. Catharines and the Welland Canals in this bi-weekly series featuring museum historians and special guest experts from the community. Tune in to live online lectures from the comfort of your home. Participants must sign up in advance to receive the secure link to each lecture via email. For details on each Lecture, please visit the Museum events webpage.

