



St. Catharines



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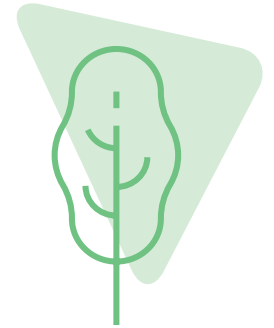
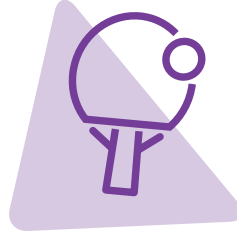
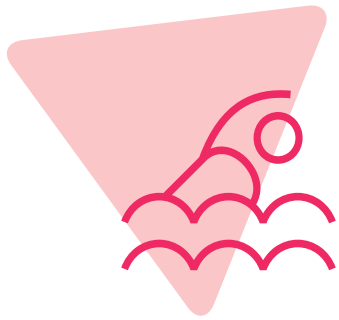
Program Highlights

stcatharines.ca/ActiveSTC



Fall 2024

acti**ve**stc 



stay active

Learn how to join our new portal for program registration, facility reservations and more!

Browse a variety of activities and programs.
Register today at stcatharines.ca/ActiveSTC

Creating an account

1. Go to stcatharines.ca/ActiveSTC
2. Click "Create an Account"
3. Follow instructions to create your account

Activity registration

1. Go to the "Activities" tab
2. Find available programs and click "Enroll Now"
3. Select participant, follow prompts and click "Add to Cart"
4. Select "My Cart", initial the waivers and click "Check Out" to proceed with payment

Payment methods

We accept VISA, MasterCard and AMEX

Contact us

activeSTC@stcatharines.ca | 905.688.5600

** Programs are subject to change without notice.*

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Preschool

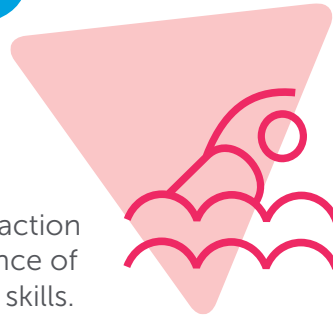
(up to 6 years)

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.

Music and Dance

Parent Participation

Smart Start: Music Classes for Babies (0 to 1 year)

In partnership with Hands in Harmony Piano Studio, we are excited to offer the Smart Start Music Program.

In this program, children are naturally curious about music from a very early age, and the positive atmosphere of this class helps foster lifelong connections with music, builds strong parent-child emotional bonds, and provides a weekly forum for social interaction.

The goal of this course is to expose you and your child to the basic concepts of music through sensory awareness and self-creation, with particular attention paid to beat, rhythm, and listening skills.

Zumbini

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 experiences 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.

Register at stcatharines.ca/ActiveSTC

Preschool

(up to 6 years)

Fee assistance is available through the Fee Assistance in Recreation Program

Special Interest Parent Participation

Fun with Friends (1 to 2 years)

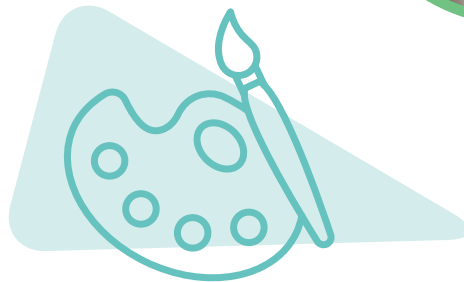
Enjoy stories, songs, crafts, and exploration. Emphasis on social skills like sharing, cooperation, manners and friends.

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.



Sports Parent Participation

Sportball - Parent and Child Multi-Sport

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)

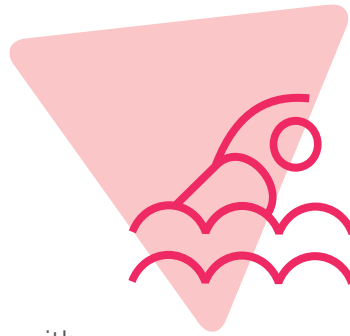
Learn how to draw and paint with proportion, composition, balance, scale and colour scheme using different techniques, mediums and styles. All materials supplied.

Deck The Holidays with Creative Bug (7 to 12 years)

Let's get ready for the holidays! The Creative Bug team is excited to share some of our favourite Christmas Ornaments with your artists! We will Sculpt, Paint and Create Memories with your artists so you can enjoy them year after year! All materials provided. Creative Bug is proud to bring art to your community along with creative leadership and employment opportunities for youth as they learn how to design and facilitate programs while building confidence and having fun. Registration fees support the class materials, wages, and mentorship of future leaders.

Exploring The Arts: Sculpting with Creative Bug (8 to 14 years)

As part of our Fall POP ART Celebration, we are excited to get sculpting! We will create pop art inspired sculptures with air dry clay, paper mache, paper, and more as we share some of our favourite pop artists and inspiration! Week 8 will offer our first-ever Creative Bug Art Show from 6 to 7:30 p.m. with art available for guests to enjoy! *Your artist's work will be available for pick-up immediately after the show.



Children

(4 to 14 years)

Fee assistance is available through the Fee Assistance in Recreation Program

Arts and creative development

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.

Print Making For Kids (7 to 11 years)

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 to 11. Come prepared for mess and fun.

Sewing Club with Creative Bug (7 to 14 years)

Each artist will design and create a custom elf-inspired stocking that they will delight in hanging each year! All of our sewing programs begin with a sewing machine orientation and practice sheets so artists of all abilities can join in and returning artists can see how much they have progressed from session to session! Sewing machine and materials provided.



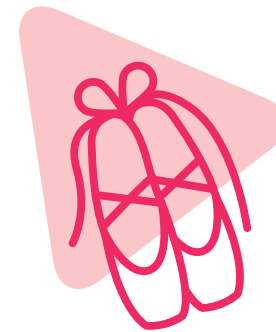
SMASH Art Club with Creative Bug (5 to 10 years)

We will be celebrating our love of POP ART with 7 weeks of arts of all sizes inspired by our favourite pop artists! Week 8 will offer our first ever Creative Bug Art Show from 6 to 7:30 p.m. with art available for guests to enjoy! *Your artist's work will be available for pick up immediately after the show.

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.



Children

(4 to 14 years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Special Interest

After School Mandarin Lessons for Kids

Creatively designed for children 6 to 12 years from different cultural backgrounds with interactive and hands-on learning through games, songs, storytelling and real life scenarios. Develop confidence and motivate interest in learning a major international language. Introduce Chinese culture, traditions, and festivals. Plant a seed in young hearts today and let their dreams grow and travel afar one day. Get prepared for an exciting journey to China, or learn some basic words and phrases to speak to your Chinese friends and neighbours.

Carousel Players Drama School

(7 to 9 years and 10 to 12 years)

In partnership with Carousel Players, each week our professional artist educators will guide participants through games, activities, and experiences that teach them individual skills, but also give them the chance to make new friends. Join us as we enter imaginary worlds through improvisation, storytelling, and more!

Kids and Youth Yoga (4 to 7 years and 8 to 14 years)

Get ready to rock some awesome and empowering yoga moves with our yoga program designed just for kids and tweens! Every week, we'll dive into exciting themes to amp up mindfulness and arm them with superpowers for a happier life. Expect fun games, activities and yoga poses to help them tune into their body and mind, spreading good vibes at home, school, and beyond!

Kids Who Can: Coding (Beginner / Intermediate)

Does your child have a big imagination?

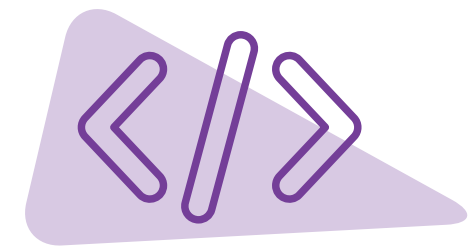
Does your child love to play video games?

Why not have them learn how to create their own game on the computer?

Students will learn how to code specific game elements to build and share their own games! They will be able to develop their own characters (good and bad guys!) and design specific rules for their game. All technology provided.

Kids Who Can: Code with Python

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.



Register at stcatharines.ca/ActiveSTC

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Children

(4 to 14 years)

Fee assistance is available through the Fee Assistance in Recreation Program

Special Interest

Outdoor Nature Mindfulness (5 to 12 years)

Come unwind and connect with nature! Take a break from the hectic school week and recharge with mindfulness sessions outdoors. These sessions will uplift your spirits and sharpen your focus for the week ahead.

Expect peaceful sit spots, mindful strolls through the woods, nature art, and light yoga in the forest. Let's celebrate the wonders of nature together!

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

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.

Girls Soccer Skill Development

Keep your soccer skills strong this winter, with off season training. Improve the fundamental skills and learn a few new tricks at this skills training program.



Indoor Soccer (Futsal) 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.

Indoor Soccer (Futsal) U8

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.



Softball Cricket for Kids (6-9 years)

Join us for the inaugural Softball Cricket Program for Kids in St. Catharines! This program focuses on teaching children the fundamentals of cricket. Kids will be introduced to the four key aspects of the game: Fielding, Bowling, Batting, and Wicket Keeping. Through structured training, they will develop essential cricketing motor skills and have the opportunity to compete in a fun and supportive environment.

Register at stcatharines.ca/ActiveSTC

Children

(4 to 14 years)

Fee assistance is available through the Fee Assistance in Recreation Program

Sports

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.

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.

Basketball with Yaguars Sports and Social Club

(Boys: 10-14 years, Co-Ed: 8-10years, Girls: 10-14 years)

Join Yaguars Sport and Social Club for some Basketball. Children will learn fundamental skills of basketball through drills for the first 35 minutes and then they will be divided into teams for fun, recreational play with the Yaguars coaches.



Yaguars Futsal

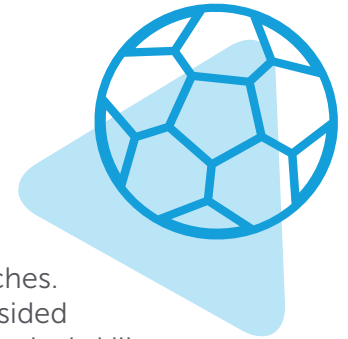
(6-8 years, 9-11 years, 12-14 years)

Join Yaguars Sport and Social Club for some Futsal. Children will be divided into two teams for fun, recreational play with the Yaguars coaches. Futsal is an exciting, fast-paced, small-sided football/soccer game emphasizing technical skills and abilities on a smaller scale, which is cited by many professional players as a key part of their development.

Due to space limitations, no parents/family members are allowed in the gym. Viewing by parents will be difficult.

Hardball Cricket for Kids (10-12 years)

Join us for an exciting opportunity designed for older kids who already have some basic cricket skills. This program focuses on honing their techniques and sharpening their abilities in all four key aspects of the game: Fielding, Bowling, Batting, and Wicket Keeping. The program will also guide participants in transitioning to Hard Leather Ball Cricket, preparing them for more advanced levels of play. Through competitive play, kids will develop game awareness and strategic thinking, making this program both challenging and fun. Don't miss out on this unique chance to elevate your child's cricket skills!



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)

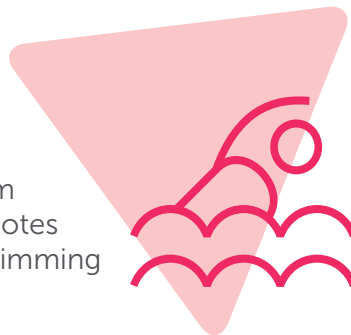
Each blended learning course is divided into two components: participants first complete a self-paced online component, then successfully complete an instructor-led classroom session to achieve a Standard First Aid / CPR C / AED certification.

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.

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)

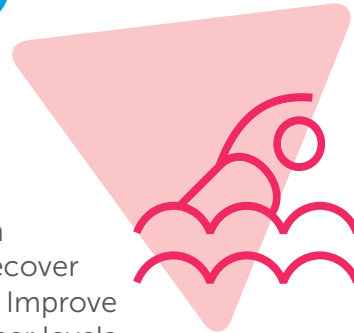
Gentle full body workout with pool noodles in warm water. Improve posture, stretch muscles, develop muscular strength and work the cardiovascular system.

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.



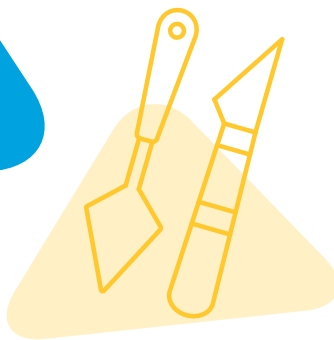
Register at stcatharines.ca/ActiveSTC

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Adult

(15 to 99+ years)

Arts and creative development



Soapstone Carving (18+ years)

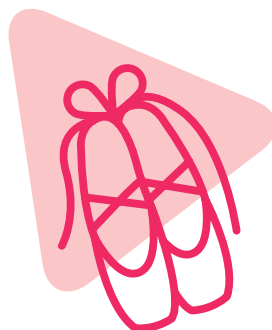
Come and create a beautiful piece of art from one of earth's natural elements in a stress free and fun environment. Our instructor, Anita Foran resides in St. Catharines and is a wood and soapstone carving enthusiast. While growing up in Port Dalhousie her father instilled, encouraged and nurtured an 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.



Fitness

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 a ballet shoe of some sort or a soft shoe to dance in.



Check out the recreation calendar at stcatharines.ca/ActiveSTC for drop-in recreation opportunities

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.

DanceFit

DanceFit is a follow-along group fitness class where you will be burning up the dance floor with easy-to-follow moves to all your favourite dance hits through the ages! This 45-minute class will fly by without you even realizing you worked out! Come out and see for yourself how much fun you'll have!

Adult

(15 to 99+ years)



Fee assistance is available through the Fee Assistance in Recreation Program

Fitness

Fitness Circuit Training

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.

Intro to Mat Pilates

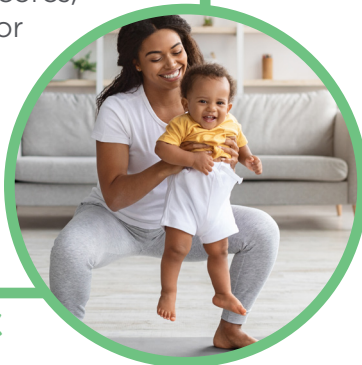
In partnership with Compassionate Body Pilates, learn the basic principles of Pilates and see how the mat exercises can be modified to each individual. Develop strength, flexibility, and body awareness which will help you move with ease in your daily life.

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.

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 the 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. A baby carrier is optional but encouraged.



Register at stcatharines.ca/ActiveSTC

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.

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 workout. Sticks provided, please bring a yoga mat.

Specialist Pilates: Back Care

Are you afraid to bend and move during routine activities? Do you find certain positions make your back ache? Have you ever avoided exercise because of pain?

In partnership with Compassionate Body Pilates, this 6-week specialist pilates class will teach you the basics of spinal health and provide you with some simple exercises to help strengthen and support your back.

Please note: This course contains a mixture of equipment and mat-based pilates. No prior pilates experience is required. This class is not intended to replace physiotherapy for an acute injury. If you have recently injured your back, please seek out the permission of a medical professional before signing up for this class.

Adult

(15 to 99+ years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Fitness

Specialist Pilates: Knee Health

In partnership with Compassionate Body Pilates, this 6-week specialist pilates class offers some insight into how and why your knees might hurt and teaches you some simple exercises that will strengthen and support them.

Please note: This course will contain a mixture of equipment and mat-based pilates exercises. No prior pilates experience is required. Kneeling is not required for this class; however, we will stand for short periods. This class is not intended to replace physiotherapy for an acute injury. If you have recently injured your knees, please seek out the permission of a medical professional before signing up for the class.

Special Interest

Sound Bath

Come enjoy the healing effects of a sound bath. Benefits can include extreme relaxation, improvement in sleep regression, decrease in high blood pressure, decrease in anxiety, letting go of trauma, and more.

The sound bath sessions usually last about an hour. Participants are encouraged to come with an open mind and a positive intention for the session.

Please bring a pillow, mat, blanket, and optional eye covering.

Evening Mandarin Lessons for Youth and Adults

Designed for youth and adults to enhance their ability to converse in Mandarin with friends and business partners. Join a dynamic and supportive community of motivated learners enhancing the overall class experience.

Focus on effective oral communication skills and a better understanding of the culture with informative and interactive lessons, making it much easier and more enjoyable than you ever imagined.

Develop confidence and motivate interest in learning a major international language. Introduce Chinese culture, traditions, and festivals.

Plant a seed in young hearts today and let their dreams grow and travel afar one day.

Get prepared for an exciting journey to China, or learn some basic words and phrases to speak to your Chinese friends and neighbours.

Sports

Fencing

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.

Adult

(15 to 99+ years)

Sports

Pickleball - Beginner Intro Clinic

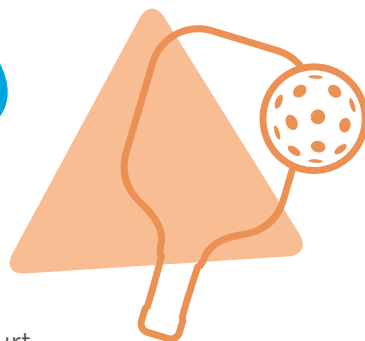
With a focus on basic technique, and paddle/court positioning participants will get comfortable hitting the ball, and move around the court. Participants will also learn the rules and scoring of the game. Join us to meet other players at the same level and learn the game. 1 hour of exercises, plus 1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

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



Fee assistance is available through the Fee Assistance in Recreation Program

Recreation Drop In

Mindful Cardio Core (Get Your Belly Fit)

This is a holistic and feminine approach to fitness. A perfect blend of low-impact cardio, strength, stretch, and breath to connect to your inner self.

Designed to embrace your inner Goddess. Love how you feel! Love your body! Mat and shoes required.

Yoga for Strength with Amanda

Join us for Yoga for Strength with Amanda Gregory.

This strength-based yoga class incorporates yoga flow, balance, breath work, and core training. Chairs are available as a prop and to assist during balance poses.

No prior experience needed; please bring your own yoga mat. This class is progression-based.

All Ages

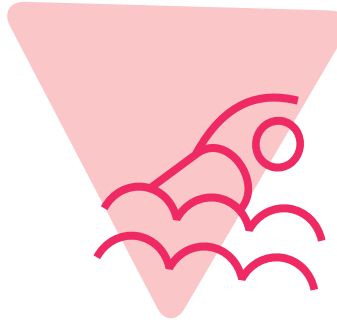
(0 to 99+ years)

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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.

