



Summer
2024



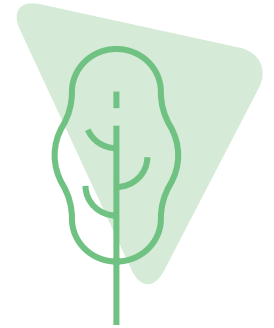
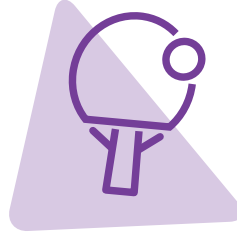
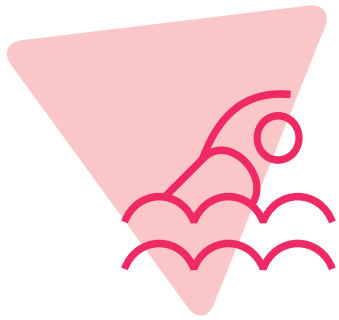
acti**ve**stc

Program Highlights

stcatharines.ca/ActiveSTC



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.*

activestc 

Contents

what's inside



4 | **Preschool**

Aquatics
Special Interest
Sports



6 | **Children**

Aquatics
Arts and creative development
Special Interest
Sports



11 | **Adult**

Aquatics
Arts and creative development
Fitness
Sports



9 | **Youth**

Aquatics

14 | **All Ages**

Aquatics
Special Interest

Preschool

(up to 6 years)

Fee assistance is available through the Fee Assistance in Recreation Program

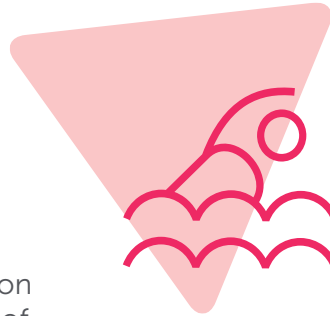
Aquatics

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.



Special Interest

Fun with Friends (1 to 2 years)

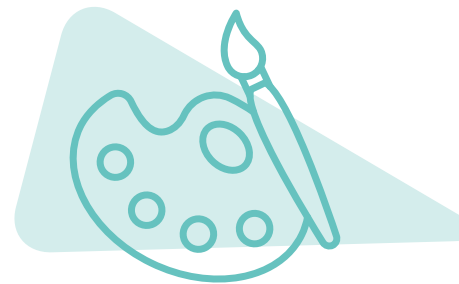
Enjoy stories, songs, crafts, and exploration. Emphasis on social skills like sharing, cooperation, manners and friends.

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.



Preschool

(up to 6 years)

Fee assistance is available through the Fee Assistance in Recreation Program

Sports

Sportball - Parent and Child Multi-Sport Outdoor

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.

Sportball - Parent and Child Soccer / T-Ball Outdoor

Participants split the season with equal parts of two popular summer team sports Soccer and T-Ball. While the focus is narrowed, the program follows the same methodology as Sportball's trademark Multi-Sport program, featuring creative storylines, songs, rhymes and much more. Parents are encouraged to participate with their child and challenge them according to their skill level.

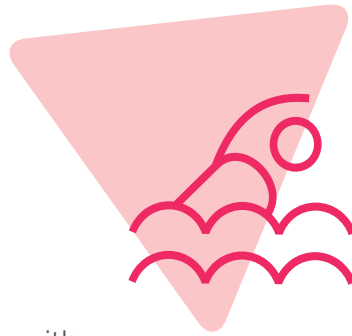


Sportball - Jr Soccer / T-Ball Drop-off - Outdoor

Participants split the season with equal parts of two popular summer team sports Soccer and T-Ball. While the focus is narrowed, the program follows the same methodology as Sportball's trademark Multi-Sport program, with a play-based approach uses creative coaching techniques to captivate imaginations and introduce skill-based activities suitable to the developmental age of each child.

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.

Exploring The Arts: Textiles with Creative Bug (7-14 years)

Does your artist love to use fabrics? We do too! Spend 5 weeks with us as we explore the world of textiles and the many ways we can use them! The Creative Bug team is so excited to explore some of our favourite textile arts including - artists will have the opportunity to create a braided keychain, a sweet wool felt friend, their very own Creative Bug Tie Dye t-shirt and more! 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.

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 7-11. Come prepared for mess and fun.

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

SMASH Art Club with Creative Bug

Join us for 5 weeks of summer arts as we explore our favourite mediums including acrylics, watercolours, clay and more!

Special Interest

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.

Kids Who Can: Coding

(Beginner / Intermediate)

Learners will use code and be creative while telling their own stories, creating animations, and building their own games. We teach the fundamentals of coding using a basic coding platform. All technology provided. Parents are welcome at the end of the class to see the animated story, cartoon, or project their child has created. Contact info@kidz-who-can.com if you have any additional questions about the correct level for your student. Laptop / Tablet provided.

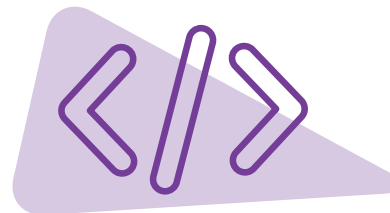
Kids Who Can: Coding

(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.



Children

(4 to 14 years)

Fee assistance is available through the Fee Assistance in Recreation Program

Sports

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.



Skateboarding (8 to 10 years and 11 to 14 years)

Participants will learn the basics of skateboarding including simple tricks. Emphasis will be on skateboard safety, assembly, maintenance and etiquette. This program is ideal for children who are new to skateboarding. Participants must bring their own skateboard, helmet and pads.

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.

Tennis Lessons - Level 1 (4-8 years)

The first level of progressive tennis uses larger decompressed balls to allow for easier exchanges, 19" to 21" racquets for better control, mini sized nets and a smaller 12-meter court, which is proportional to the size of the student. Participants must bring their own racquet.

Tennis Lessons - Level 2 (8-10 years)

The second level of progressive tennis uses a normal size tennis ball of 50% less compression than a regular ball to allow players to acquire the required skills at this stage of development. 23" to 25" racquets are used, and the court is a 3/4 court size, which is 18 meters long. Participants must bring their own racquet.

Tennis Lessons - Level 3 (10-13 years)

The third level of progressive tennis uses a normal sized tennis ball, but with 25% less compression. Player's graduate to a 26" to 27" racquet and a full-sized tennis court. Participants must bring their own racquet.



Register at stcatharines.ca/ActiveSTC

Youth

(12 to 17 years)

Fee assistance is available through the Fee Assistance in Recreation Program

Aquatics

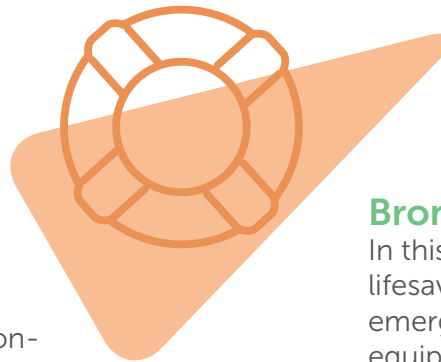
Bronze Star (12+ years)

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)

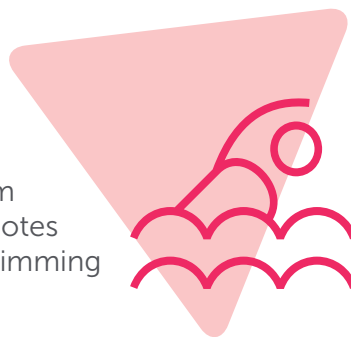
Each blended learning course is divided into two components: participants first complete a self-paced online component, then successfully complete an instructor-led classroom session to achieve a Standard First Aid / CPR C / AED certification.

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)

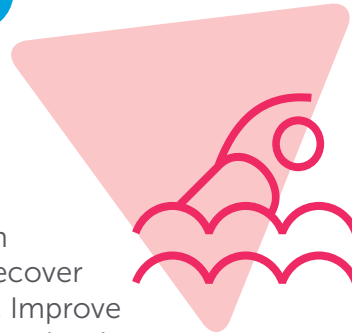
Gentle full body workout with pool noodles in warm water. Improve posture, stretch muscles, develop muscular strength and work the cardiovascular system.

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.



Adult

(15 to 99+ years)

Arts and creative development

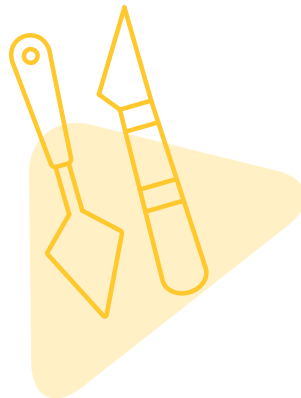
Soapstone Carving (18+ years)

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.



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

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 centre to classical ballet music. Please bring a ballet shoe of some sort or a 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)

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.

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 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.



Fee assistance is available through the Fee Assistance in Recreation Program

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.

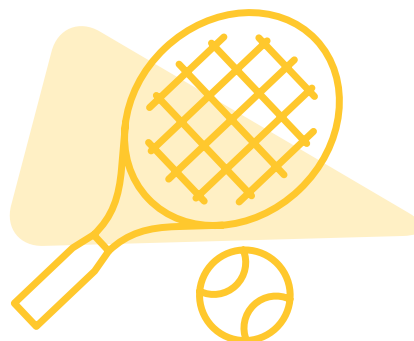
Pilates: Intro to Fitness Reformer

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.

Sports

Tennis Lessons - Adult and Youth

This program is designed for players who can maintain a rally on a full-sized tennis court with regular balls. Match Play included. Participants must bring their own racquet.



All Ages

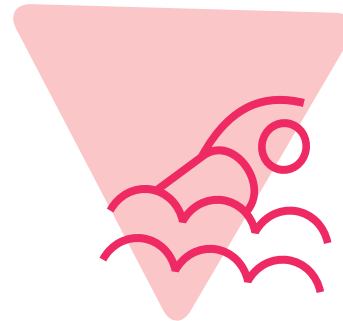
(0 to 99+ years)

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.

