

YOUTH PROGRAMS

HST applies for ages 15+

DANCERIFIC: PARENTS AND TOTS MOVE YOUR FEET TO THE BEAT (AGES 1-5)

Bring your kid, swing them around, move your bodies, and fall to the ground (laughing, of course). In this parent and child movement class, children will explore body awareness through breathing and movement with themes from around the world, the animal kingdom, outer space, and superheroes. Bring water, comfortable clothes and shoes, and a positive attitude. **All children MUST be accompanied by an adult.**

Jan 9 – Feb 27 (6 wks) | Monday 5:00 PM – 5:30 PM |
École élémentaire catholique Saint-Louis | \$42

YOUTH HATHA YOGA SERIES (AGES 12- 18)

One-hour Hatha class designed for mixed-level participants providing a balanced combination of sustained poses with attention to basic alignment; modifications will be provided. Postures and breathing techniques will be used to develop strength, flexibility, and relaxation in the body and mind. **Please bring a yoga mat, and a water bottle. (Yoga blocks are optional but recommended).** Instructor: Sharmen Henwood (Sharmen's Soul7 Yoga)

Jan 9 – March 20 | Monday 6:45 PM – 7:45 PM |
Canadian Martyrs Catholic School | \$66

QUEST ART ATTACK (AGES 8 – 12)

With the guidance of a professional Quest Art instructor, young artists will explore a range of techniques including drawing, painting, printmaking, sculpture, and collage.

Jan 14 – Mar 11 | Saturday 10:30 AM - 12:00 PM |
Penetanguishene Memorial Community Centre | \$75

KINDER KAMP (AGES 3-7) *with Quest Art*

Have fun creating exciting art projects, and there may be stories as well. **All children MUST be accompanied by an adult.**

Jan 14 – Mar 11 | Saturday 9:00 AM - 10:00 AM |
Penetanguishene Memorial Community Centre | \$66

UKELELE FOR YOUNG ADULTS (AGES 12 – 18)

This is a fun class that teaches students to access playing music at a basic level! The goals are understanding chords and tabs for the instrument, playing melodies, and learning to strum and play a song with others. Instructor: Hilary Braime

Please bring your own ukulele, or contact the Town at 705-549-7453 if you require a rental.

Jan 10 – Feb 28 | Tues 5:45 PM - 6:45 PM |
Penetanguishene Memorial Community Centre | \$66



Note: Recreation programs do not run on Statutory Holidays, or throughout March Break.

BOWED STRINGED INSTRUMENTS (AGES 7-14)

This unique program fosters self-esteem, motivation, and confidence through a supportive and encouraging style of teaching. Above all, learning a stringed instrument is fun! Students are taught by a highly qualified professional musician and teacher, Hilary Braime, who teaches a variety of instruments and levels. She is committed to teaching in a creative yet structured manner, with a focus on interests and desires. Note: Reading and theory are integral to these classes. Lessons are available in violin, viola, cello, and upright bass. **Instruments are available for a very low rental fee, violins starting at \$10 per month. Please call 705-549-7453 if you are interested in a rental.**

Jan 10 – Feb 28 | Tues 4:30 PM -5:30 PM |
Penetanguishene Memorial Community Centre | \$66

BABYSITTING COURSE WITH CERT (AGES 10-14)

If your child is thinking about becoming a babysitter, then this course is a must! Learn the basic responsibilities of caring for young children, first aid skills, and safety knowledge. Please Bring: Peanut-free snacks & lunch, a doll, and a pencil/pen to class.

Sunday Jan 29 | 9 AM - 4 PM | Age 10+ | Penetanguishene Memorial Community Centre | \$45

HOME ALONE COURSE WITH CERT (AGES 8+)

This program prepares youth for the step of being Home Alone. This course is designed to give youth information about the responsibility of being alone & share information about household hazards such as fire, home & internet safety, basic first aid, & the importance of knowing the dangers of strangers.

Sunday Feb 5 | 9 AM – 12 PM | Age 8+ | Penetanguishene Memorial Community Centre | \$40

**REGISTRATION: DECEMBER 7TH, 2022
AT 8:30AM**



DYK that the Town of Penetanguishene offers program subsidies for all ages for those who qualify? To learn more, contact recreation@penetanguishene.ca.

SENIOR PROGRAMS

HST applies

BY THE BAY RUG HOOKERS

In this class, not only will we do primitive rug hooking but knitting, crocheting, and other various crafts. We as a group would willingly teach those who would like to join and learn! **Note: This class does not have an instructor.**

Ongoing throughout the year | Wed 10:00 AM - 12:00 PM | Penetanguishene Memorial Community Centre | \$20 annual fee

~~SENIOR CIRCUIT TRAINING~~ with Lucy **CANCELLED**

This curves-type class is a combination of strength, stretch, and breathing exercises. It is offered at different stations in the room. Every class will help you to improve your strength, flexibility, and balance at a gentle pace which can be increased at your own pace. The class ends with meditation. This is a great class for those with restricted mobility. Some exercises will be offered in a chair.

Jan 9 – Mar 6 | Mon 10:20 AM - 11:20 AM | Penetanguishene Memorial Community Centre | \$66

SENIOR GENTLE STRETCH WITH SHERRI

Please join Sherri, YT620 Hour Certified Trauma Sensitive Yoga Teacher for an hour of slow moving yoga on the mat. We will be using pelvic floor-friendly positions as we gently strengthen and stretch our bodies. We will be working towards improving balance. We will be standing, as well as on hands and knees. Modifications will be available.

Notes: Yoga mat, 2 yoga blocks, yoga strap, belt or long scarf, pillow, blanket. Masks are strongly recommended.

Jan 10 – Feb 28 | Tues 10:00 AM – 11:00 AM | Penetanguishene Memorial Community Centre | \$66



SHUFFLEBOARD

Ongoing throughout the year | 12:45 PM - 3:00 PM on Mondays and Wednesdays | Penetanguishene Memorial Community Centre | \$20/year

CHAIR YOGA WITH SHERRI

Please join Sherri, YT620 Hour Certified Trauma Sensitive Yoga Teacher for an hour of relaxation, strengthening, and stretching using a chair. Balance poses and simple asanas will enhance a full body awakening with gentle movement.

Notes: It is recommended to bring a yoga mat, 2 yoga blocks, yoga strap, a belt, or a long scarf. Masks are strongly recommended.

Jan 12 – Mar 2 | Thurs 10:00 AM – 11:00 AM | Penetanguishene Memorial Community Centre | \$66

~~NORDIC POLE WALKING~~ with Lucy **CANCELLED**

Nordic walking is a total body version of walking that can be enjoyed as a health-promoting physical activity. The activity is performed with specially designed walking poles like ski poles. **Please bring your own poles, if possible.**

Jan 9 – Mar 6 | Mon 12:15 PM - 1:30 PM | Penetanguishene Memorial Community Centre | \$66



Note: Recreation programs do not run on Statutory Holidays, or throughout March Break.

SKATING PROGRAMS

Notes: No preregistration required - pay at the Arena

Donations accepted for free skating programs

Skating	Winter 2022/2023 Fee	Date	Time
Parent & Tot Skate	By donation	Tuesday	10:00 AM - 10:50 AM
Parent & Tot Skate	By donation	Thursday	1:00 PM - 1:50 PM
Public Skate	By donation	Friday	6:00 PM - 7:00 PM
Public Skate	By donation	Sunday	12:30 PM - 1:30 PM
Senior Skate	By donation	Monday & Thursday	2:00 PM - 2:50 PM
Shinny	\$3	Monday to Friday	12:00 PM - 12:50 PM
Senior Skate & Shoot	\$3	Monday	9:00 AM - 9:50 AM

ADULT PROGRAMS

HST applies

YOGA WITH CHRIS

Accessible yoga for all body types. No experience is needed. Come breathe, stretch, and relax. Wear comfortable clothing, bring a mat, and if needed your water bottle.

Jan 10 – Feb 28 | Tues 6 PM - 7 PM | Canadian Martyrs Catholic School | \$66 |

ADULT ZUMBA

Join Samantha and Holly for Zumba, a fun aerobic workout that mixes dance moves with different genres of music. It's a great way to get your daily exercise while meeting new people. Come ready to sweat and JOIN THE PARTY! Bring water and a towel.

Jan 12– March 2 | Thurs 6 PM - 7 PM | Penetanguishene Memorial Community Centre | \$66

ZUMBA TONING

Join Holly for Zumba Toning which blends body-sculpting techniques and specific Zumba® moves into one calorie-burning, strength-training experience using light weights. **You will need 1-2 lb, hand weights (no heavier than 2 lbs. and please no wrist weights), water, and a towel. You are going to sweat!**

Jan 12– March 2 | Thurs 7 PM - 8 PM | Penetanguishene Memorial Community Centre | \$66

MOBILITY, STABILITY & MINDFULNESS

Join Jillian Le Gros in a low-impact 45-minute workout that will help you stretch and build strength and flexibility, so your muscles and joints can reach your physical goals. Please bring a mat, mini band (optional), and water. Note: This workout is complementary to, or a great cool down for, the Bootcamp Basics class that is prior.

Feb 7 – March 21 (6 weeks) | Tues 6:15 PM - 7:15 PM | École élémentaire catholique Saint-Louis | \$50

BOOTCAMP BASICS

45 mins of alternating short, high intensity, foundational movements with less intense recovery periods, and a warm-up and cool down. Each week, Jillian Le Gros will guide you to challenge yourself with more weight/resistance &/or more intensity. **Please bring a Mat, 2 Light Weights, 2 Medium Weights, and Water. Weights can be provided for the session if you do not have weights.**

Feb 7 – March 21 (6 weeks) | Tues 5:00 PM - 6:00 PM | École élémentaire catholique Saint-Louis | \$50

GENTLE YOGA WITH SHERRI

Please Join Sherri, YT620 Hour Certified Trauma Sensitive Yoga Teacher for an hour of relaxation and slow flow yoga. Learning to let our breath lead our gentle movements as we have some fun along the way. Modifications will be offered for this mat-based class.

Notes: It is recommended that you bring a yoga mat, 2 yoga blocks, yoga strap, a belt, or a long scarf. Masks are strongly recommended.

Jan 12 – March 2 | Thus 5:30 PM – 6:30 PM | École élémentaire catholique Saint-Louis | \$66



RESTORATIVE YOGA/YOGA NIDRA

Please join Sherri for a yoga class of stillness. This hour-long class offers an opportunity to relax more deeply by using calming breathing techniques and restful asanas while being surrounded by supportive pillows and blankets. Ending with a guided Yoga Nidra meditation.

Notes: It is recommended that you bring a yoga bolster, or 2-4 large pillows, yoga strap, belt/long scarf, 2 yoga blocks, blankets, and 2 weighted bags. Masks are strongly recommended.

Jan 12 – March 2 | Thurs 6:40 PM – 7:40 PM | École élémentaire catholique Saint-Louis | \$66

KETTLEBELL FIT *with Janis Foley*

This class is for you if you want to tone up, blast fat, and improve your fitness level! Featuring a combination of Kettlebell exercises & circuit training to target multiple body parts and deliver fast results (strength, endurance & muscle toning). Appropriate for all levels. **Bring your own Kettlebell (8-15 lbs. depending on your ability), yoga mat, and water bottle.**

Jan 12– March 2 | Thurs 5:30 – 6:30 PM | Canadian Martyrs Catholic School | \$66

BOOTCAMP KETTLEBELL

Join Nicole Mace for Boot Camp Kettlebell. This class is for all levels from beginning to advanced, you will be challenged! Participants will focus on cardio, weight training, balance, mobility, and flexibility. The class is a full-body workout that will keep you focused and working hard for the entire 60 minutes.

Notes: You need to bring a kettlebell between 5-15lbs, a yoga mat, a sweat towel, and water.

Jan 9 – March 6 | Monday 5:30 PM – 6:30 PM | Canadian Martyrs Catholic School | \$66

2023 INDOOR PICKLEBALL (NON-COMPETITIVE)

Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. Newcomers and beginners welcome!

Tuesday Jan 10 – Mar 28 | 6:30 PM – 9:00 PM | James Keating Elementary School | \$18 +HST

Wednesday Jan 11- March 29 | 6:30 PM – 9:00 PM | Canadian Martyrs Catholic School | \$18 + HST

REGISTRATION: DECEMBER 7TH, 2022 AT 8:30AM

SWIMMING PROGRAMS IMPORTANT INFORMATION

Program Location: Waypoint

Waypoint Mental Health Centre, 500 Church St, Penetanguishene, ON L9M 1G3

Registration: December 7th, 2022 at 8:30am

Registration can be done online, or in person at Town Hall. Full program descriptions and age/skill requirements are outlined online at top.recdesk.ca. **First come first served, online or in person.**

Parking Passes

Parents and Guardians are reminded that parking passes are required to park at Waypoint. Parking passes are available, free of charge at Townhall. Prior to the program start date, please ensure that you have one pass per vehicle. The Town of Penetanguishene will not be responsible for any parking tickets received.



Open Swim*

Preregistration is required for open swim. Register once for the whole session and only pay for the weeks you attend. Payment is cash only, accepted on the pool deck. You must register by 12:00 PM on the Friday before your first visit for open swim.

Refunds

Approved refund requests will be refunded based on the program fees paid, minus a \$10.00 administrative fee per person, per program. All refunds will be prorated on the percentage of the course remaining at the time of the request, which must be submitted by email or in person. Refund requests will not be approved if less than 50% of the session dates remain.

Swimming Fees - HST applies for ages 15+

Parent & Tot to Swimmer 2...	\$45
Swimmer 3 to Swimmer 6...	\$50
Rookie/Ranger/Star Patrol...	\$50
Bronze Cross/Medallion Recert...	\$35
Adult Lessons...	\$52
Private Lessons...	\$110
Endurance Swim Course ...	\$50
Bronze Star/Bronze Cross...	\$90
Bronze Medallion...	\$137
*Open Swim (Child)...	\$2
*Open Swim (Adult)...	\$3
*Open Swim Family Pass...	\$9

Fees are subject to change

TOWN OF PENETANGUISHENE ONLINE REGISTRATION 4 STEP PROCESS



Note: Staff are able to assist over the phone and email or in person at Town Hall, Monday to Friday 8:30 am - 4:30 pm.



SWIMMING PROGRAMS

Registration Date:

Wednesday December 7 at 8:30am

Start Date Saturday - January 14 - March 12 (No Feb 18)

Start Date Sunday, January 15 - March 13 (No Feb 19)

Start Date Tuesday, January 10 - Feb 28



Swimming Levels

Swimming levels are based on age, and skill. If you are unsure of where your child stands, please visit www.penetanguishene.ca to view the online PDF LifeSaving Society Chart. The instructor will make recommendations for level changes after the first lesson if it is clear your child's skill level does not match the level they are enrolled in.

PARENT & TOT 1	Time	Date
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Option 1	4:00 - 4:30 PM	Saturday
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Option 2	5:00 - 5:30 PM	Tuesday
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PARENT & TOT 2	Time	Date
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Option 1	4:30 - 5:00 PM	Saturday
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Option 2	10:00 - 10:30 AM	Sunday
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Option 3	5:30 - 6:00 PM	Tuesday
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PARENT & TOT 3	Time	Date
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Option 1	5:30 - 6:00 PM	Saturday
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Option 2	10:30 - 11:00 AM	Sunday
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Option 3	6:00 - 6:30 PM	Tuesday
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PRESCHOOL 1	Time	Date
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Option 1	4:30 - 5:00 PM	Saturday
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Option 2	10:00 - 10:30 AM	Sunday
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Option 3	10:30 - 11:00 AM	Sunday
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Option 4	1:30 - 2:00 PM	Sunday
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Option 5	5:00 - 5:30 PM	Tuesday
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Option 6	6:30 - 7:00 PM	Tuesday
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PRESCHOOL 2	Time	Date
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Option 1	5:00 - 5:30 PM	Saturday
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Option 2	10:30 - 11:00 AM	Sunday
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Option 3	12:30 - 1:00 PM	Sunday
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Option 4	5:30 - 6:00 PM	Tuesday
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PRESCHOOL 3	Time	Date
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Option 1	5:30 - 6:00 PM	Saturday
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Option 2	11:30 - 12:00 PM	Sunday
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Option 3	1:00 - 1:30 PM	Sunday
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Option 4	2:00 - 2:30 PM	Sunday
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Option 5	6:00 - 6:30 PM	Tuesday
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PRESCHOOL 4	Time	Date
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Option 1	6:00 - 6:30 PM	Saturday
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Option 2	12:30 - 1:00 PM	Sunday
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SWIMMER 1	Time	Date
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Option 1	9:30 - 10:00 AM	Sunday
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Option 2	11:30 - 12:00 PM	Sunday
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Option 3	1:00 - 1:30 PM	Sunday
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Option 4	1:30 - 2:00 PM	Sunday
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Option 5	5:00 - 6:00 PM	Tuesday
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SWIMMER 2	Time	Date
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Option 1	6:00 - 6:30 PM	Saturday
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Option 2	10:30 - 11:00 AM	Sunday
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Option 3	11:00 - 11:30 AM	Sunday
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Option 4	1:00 - 1:30 PM	Sunday
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SWIMMER 3	Time	Date
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Option 1	4:00 - 4:45 PM	Saturday
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Option 2	10:00 - 10:45 AM	Sunday
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Option 3	1:45 - 2:30 PM	Sunday
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Option 4 Swimmer 3/4	6:45 - 7:30 PM	Tuesday
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SWIMMER 4	Time	Date
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Option 1	4:00 - 4:45 PM	Saturday
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Option 2	10:45 - 11:30 AM	Sunday
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Option 3	1:45 - 2:30 PM	Sunday
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SWIMMER 5	Time	Date
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Option 1	5:00 - 5:45 PM	Saturday
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Option 2	12:15 - 1:00 PM	Sunday
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SWIMMER 6	Time	Date
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Option 1	5:00 - 5:45 PM	Saturday
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Option 2	12:15 - 1:00 PM	Sunday
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Private Lessons	Time	Date
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Option 1	6:00 - 6:30 PM	Saturday
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Option 2	10:00 - 10:30 AM	Sunday
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Option 3	11:00 - 11:30 AM	Sunday
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Option 4	11:30 - 12:00 PM	Sunday
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Option 5	12:00 - 12:30 PM	Sunday
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Option 6	2:00 - 2:30 PM	Sunday
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Option 7	5:30 - 6:00 PM	Tuesday
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Option 8	6:00 - 6:30 PM	Tuesday
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Option 9	6:30 - 7:00 PM	Tuesday
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Option 10	7:00 - 7:30 PM	Tuesday
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Rookie/Ranger/Star Patrol	9:00 - 10:00 AM	Sunday
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Endurance Swim (9-14 yrs)	4:30 - 5:15 PM	Sunday
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Bronze Star/medallion/cross	3:30 - 5:30 PM	Sunday
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Family Swim*	2:30 - 3:30 PM	Sunday
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Adult lessons	3:30 - 4:30 PM	Sunday
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75TH ANNUAL WINTERAMA

**Penetanguishene
Winterama, the
oldest winter
carnival in Ontario.**

Family Day Weekend
February 17-19

winterama.ca

