

Guelph  
Community

# Guide

Spring/Summer 2020



Registration begins  
Wednesday, March 4

519-837-5699 • [recenroll.ca](http://recenroll.ca)

CITY OF  
**Guelph**  
Making a Difference



### **KINDER JUDO AND CHILDREN'S JUDO**

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# BUSHIDO KIDS KARATE

Award Winning Kids Program!

**REGISTER NOW!**

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Classes for ages 4 and up!

Large family friendly Dojo!

State of the art facility and equipment!

Learn from 11 black belt instructors!

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Call 519-994-0725 or register online:  
[www.bushidokids.com](http://www.bushidokids.com)



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# Welcome

Welcome to the spring and summer *Guelph Community Guide*! The City is proud to offer an incredible array of programs, and we can't wait to welcome you and your family. Whether you're a regular customer or you haven't attended a City program in a while, we would love to see you!

Take a look through the pages of this guide to discover – or rediscover – the great activities Guelph has to offer. Whether you want to learn new skills, reach new fitness goals, or simply have fun and meet people, there's truly something for everyone.

Enjoy!



**Cam Guthrie**  
Mayor



**Colleen Clack**  
Deputy CAO of Public Services

## Thinking ahead

### Keep it!

Your *Spring/Summer 2020 Guelph Community Guide* can be used until the end of August 2020.

### Watch for it!

The *Fall 2020/Winter 2021 Guelph Community Guide* will be available in August at City of Guelph facilities and library locations.

Visit [guelph.ca/reecenroll](http://guelph.ca/reecenroll) for locations or to view the Guide online.

### The next Guide will include:

- recreation programs
- skating/shinny schedules
- PD Day and March Break Camps

## About the Guide

The Guelph Community Guide is published twice a year—February and August—by the City of Guelph.

### City Hall

1 Carden Street  
Guelph, ON N1H 3A1

[guelph.ca](http://guelph.ca)

As per the Accessibility for Ontarians with Disabilities Act, the Guelph Community Guide is available in an accessible alternative format by contacting us at 519-837-5699/TTY 519-826-9771.

# Your pass to spring and summer fun

## Riverside Park Amusement Ride Pass

Carousel and miniature train



2020 Season's pass  
**\$20.81** + HST

## City Card

Re-loadable gift card in any amount



Use like cash towards the purchase of many City of Guelph products and services including:

- Passes, tickets and memberships
- Licences and permits
- Recreation program registrations
- Facility rentals
- Fees and invoices
- Publications, maps and City merchandise



Available at the following locations: Evergreen Seniors Community Centre • Lyon Leisure Pool (opens in June) • ServiceGuelph, City Hall • West End Community Centre • Victoria Road Recreation Centre

[guelph.ca](http://guelph.ca)

# Registration Information

Registration for spring/summer 2020 programs begins Wednesday, March 4 at 7:30 a.m.

## How can I register?

### Online

[recenroll.ca](http://recenroll.ca) is available 24 hours/day beginning at 7:30 a.m. on Wednesday, March 4.

### Telephone operator-assisted

**Call:** 519-837-5699

**TTY:** 519-826-9771

The Recreation line is answered between 7:30 a.m. and 10 p.m. on March 4.\*

### In person

Evergreen Seniors Community Centre, 683 Woolwich Street  
ServiceGuelph, City Hall, 1 Carden Street

Victoria Road Recreation Centre, 151 Victoria Road North

West End Community Centre, 21 Imperial Road South

In person registrations are accepted at 7:30 a.m. on March 4.\*

**\*Regular business hours apply after the first day of registration for telephone and in person registrations.**

## We have removed the barcodes

You won't find any barcodes in this guide, but you can still find and register for your program easily by having the following information on hand:

- Participant age range
- Program name (e.g. H2O Preschool 4, Family Drum and Jump)
- Program start date
- Preferred day and time of course (if multiple options are available)

With this info you can call 519-837-5699 or go online to [recenroll.ca](http://recenroll.ca) to register.

## Policies and registration terms

### Registered program fees

- Fees shown do not include taxes
- Taxes are not applicable for registered programs for children/youth (14 years of age and younger)

### Non-resident fees

- Non-residents are charged an additional 15% per participant per program

### Payment methods

- In person: cash, debit, cheque, City Card, Visa, MasterCard, American Express and approved FAIR payments
- Online and phone: Visa, MasterCard, American Express and approved FAIR payments

### Non-sufficient funds fee

- \$40 is charged for a returned cheque

### Program cancellations

- Programs with insufficient enrollment are cancelled with at least five days notification
- Fees for cancelled programs will be fully refunded

### Typographic errors

All precautions are taken to ensure that accurate information and fees are printed in this Guide. Rates are subject to change and notice will be posted at all recreation centres. Where discrepancies in fees appear, the registration system will be taken as the correct fee.

### Accessibility services

- Refer to page 75 for programs for individuals with disabilities and One2One Support
- Refer to page 110 for information on accessibility services

## Fee Assistance

Everyone should have the opportunity to participate in recreation programs!

### Free to Play (Under 18)



#### Free to Play program

Free to Play aims to help as many children as possible through an easily accessible and confidential fee assistance program. Maximum grant per child, per calendar year is \$400—on a first-come, first-served basis and provided funds are available.

For more information, call **519-826-9551** or visit [childrensfoundation.org](http://childrensfoundation.org).

### FAIR (18 years and older)

The City of Guelph's FAIR program is a confidential fee assistance program for recreation and leisure activities, recreation and fitness passes and selected memberships.

Individuals 18 years and older who qualify receive a percentage off the registration fee(s).

For more information, call **519-837-5618** or visit [guelph.ca/supportservices](http://guelph.ca/supportservices).

## Youth Friendly Community

Guelph is a Play Works' Gold Youth Friendly Community. We actively support and provide opportunities for the growth and development of youth through play non-school activities that have elements of choice, lead to satisfaction, and encourage progressive learning.



## Refund policy

### Registered programs

- A prorated refund is issued for all courses cancelled by the City of Guelph
- Participants are eligible for a full refund if requested 16 or more calendar days before program start (in person, online, or by phone)
- Request for refunds within 5-15 days of a program's start date are subject to Supervisor approval. A \$20 administration fee will be deducted from any approved refund amount. Multiple refunds will be subject to a \$20 administration fee for each program
- No refunds will be processed within 5 days of the program start date (medical exceptions excluded)
- Transfers are subject to City approval within 15 days of the program start date
- Participants will receive a pro-rated refund if a medical certificate is submitted to the City of Guelph before the halfway point of the course

Customer Services staff can be reached at (519) 837-5699 for further support on Registration, Program and Booking refunds.

### Recreation and Fitness Passes

#### Drop-in Admissions

- Non-refundable

#### Timed Passes

- 3 month Recreation and Fitness passes
  - Non-refundable, with the exception of a prorated refund for medical reasons when a doctor's note is presented
  - Non-transferable
  - No suspensions or extensions
- 12 month Recreation and Fitness passes
  - Non-refundable, with the exception of a prorated refund for medical reasons when a doctor's note is presented
  - Non-transferable
  - Maximum of two suspensions/extensions will be permitted totalling a maximum of 90 days

#### Per visit punch passes – includes 10 and 20 visit cards

- Non-refundable
- Non-transferable



Look for the *Energize Guelph* logo throughout the Guide for low cost programs and activities for children.

### Facility Booking Permits

- Refunds are given to users that provide written notice at least 30 calendar days advance of the booked date
- Details of the complete cancellation policy can be found online at [guelph.ca/recreation](http://guelph.ca/recreation)

### Account Credits

- Credits left on account are to be used within one year from date of origin. Unclaimed credits will be donated to Recreation subsidy programs.





# Drop-in Programs

Flexible options to fit your busy schedule.

Looking for some open court time? Not quite sure if Pickleball is the sport for you? Drop in programs are a great way to try out something new and participate in fun activities on a flexible schedule. From toddlers to seniors, the City of Guelph has a variety of drop-in fitness and recreation opportunities for your entire family to enjoy!

## General Interest

### Drone Racing

Calling all race fans and drone enthusiasts! Imagine that you are hundreds of feet in the air, and then suddenly you are spiraling toward the ground. Your palms start sweating, your heart starts racing and all you can think about is “am I going to make this maneuver”. Escape to the dome where you can try out new courses and master your flying skills. Participants must bring their own drone equipment.

**Age:** 16+ years **Class length:** 2 hrs

**Location:** Guelph Sports Dome

Wed	Apr 8	May 27	9 p.m.	8	\$14/visit
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### LGBTQ Youth Drop-in

Join us every Friday at the Victoria Road Recreation Centre for a safe, inclusive and fun space to hang out! The drop-in offers art-based activities, movie nights, recreational opportunities, workshops, guest speakers and more! All friends and allies welcome! For more information contact [youth.council@guelph.ca](mailto:youth.council@guelph.ca)

**Age:** 12-18 years **Class length:** 2 hrs

**Location:** Victoria Road Recreation Centre

Fri	Apr 3	Jun 19	7 p.m.	9	Free
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✕ **Class cancellations:** Apr 10, Jun 5

### Run. Jump. Play (R)

Imagination playgrounds, bouncy castles, creativity, oh my! Caregivers and children will run, jump and play into recreational activities and sensory play designed to keep you active and having fun together. Adventure awaits for you inside the dome!

**Age:** 0-4 years **Class length:** 2.5 hrs

**Location:** Guelph Sports Dome

Tue/ Thu	Apr 7	May 28	9 a.m.	16	\$3.40/visit
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**Age:** 0-8 years **Class length:** 2 hrs

**Location:** Guelph Sports Dome

Sat	Apr 18	May 23	4 p.m.	6	\$3.40/visit
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### Teen Drop-in

Join us every Friday at the West End Community Centre for fun events or just to hang out! The drop in offers basketball in the gym, Other activities include table tennis, art activities, games and more.

**Age:** 12-18 years **Class length:** 3 hrs

**Location:** West End Community Centre

Fri	Apr 3	Jun 19	7 p.m.	11	Free
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✕ **Class cancellation:** Apr 10

(R) included in the Recreation Pass

(F) included in the Fitness Pass

See page 13 or 81 for prices.



## Drop In Programs

### Pottery

#### Open Studio Pottery

Wheels, hand building tables and great selection of glazes are offered during Open Studio. Pottery staff are available to assist participants in studio procedures but will not provide instruction. Pre- registration is not required. Only 12 spaces are available each week. Additional fees for materials, firing and/or glazing.

**Age:** 18+ years **Class length:** 4 hrs

**Location:** Pottery Centre

Sat	Apr 4	Jun 27	1 p.m.	12	\$7/hour \$58.35/10 hour pass
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× **Class cancellation:** Apr 11, May 16

**Age:** 18+ years **Class length:** 2.5 hrs

**Location:** Pottery Centre

Tue	Apr 7	Jun 23	9:30 a.m.	12	\$7/hour \$58.35/10 hour pass
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**Age:** 18+ years **Class length:** 3 hrs

**Location:** Pottery Centre

Wed	Jul 8	Aug 26	6:30 p.m.	8	\$7/hour \$58.35/10 hour pass
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### Sports and Fitness

#### Archery Open Shoot

Practice archery in a safe, controlled environment that is supervised by an archery instructor. Participants must have knowledge from attending City of Guelph lessons previously. Instructor has right to refuse space, if participants do not have adequate knowledge or if participation is unsafe.

**Age:** 7+ years **Class length:** 60 mins

**Location:** West End Community Centre

Wed	Apr 8	Jun 10	7 p.m.	10	\$13/visit
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#### 55+ Drop-in Soccer (F)

All skill sets are welcome! Space is limited to 24 players and 4 goalies. Check in is 30 minutes prior to start time.

**Age:** 55+ years **Class length:** 1.5 hrs

**Location:** Guelph Sports Dome

Tue/ Thu	Apr 7	May 28	noon	16	Adult: \$6.90/visit Senior: \$5.51/visit
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#### Basketball (F)

Open gym time to play basketball. Bring your own basketball and indoor gym shoes

**Age:** 18+ years **Class length:** 1.5 hrs

**Location:** West End Community Centre

Wed/Fri	Mar 6	Jun 12	11:30am	23	\$6.90/visit
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× **Class cancellations:** Mar 18, Mar 20, Apr 14, Apr 24, Jun 5

#### Drop-in Pickleball (F)

Drop in and join us for a fun and active game of pickleball. Whether you have played racquet sports or not the game is easy to learn and is facilitated by staff. Paddles and balls are provided.

**Age:** 18+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

Wed	Apr 8	Jun 24	7 p.m.	12	Adult: \$6.90/visit Senior: \$5.51/visit
Wed	Jul 8	Aug 26	7 p.m.	8	Adult: \$6.90/visit Senior: \$5.51/visit

#### Cornhole (F)

Cornhole is a game of skill, chance and a little bit of luck to toss and sink a beanbag in a raised platform with a hole. Playing against another team and scoring points will win you the game.

**Age:** 18+ years **Class length:** 1.75 hours

**Location:** West End Community Centre

Wed	Mar 24	Jun 23	9 a.m.	14	Adult: \$6.90/visit Senior: \$5.51/visit
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#### Youth Futsal

Futsal is the official FIFA version of indoor 5 on 5 soccer. Drop in during open gym time for some fun, recreational futsal.

**Age:** 12-18 years **Class length:** 2 hrs

**Location:** West End Community Centre

Sun	Apr 5	Jun 14	3:30 p.m.	11	Free
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× **Class cancellations:** Apr 12, May 17

#### Youth Multi-Sport (R)

Want to try out a new sport? Weekly sports offered inside the dome! Everything from traditional sports to unique and creative activities such as disc golf, mixed martial arts and ultimate Frisbee. Each week will offer new sports and bring back all time favourites. All levels and abilities welcome.

**Age:** 8-12 years **Class length:** 2 hrs

**Location:** Guelph Sports Dome

Tue	Apr 7	May 26	3:30 p.m.	8	\$3.40/visit
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## Package your fun and fitness by choosing one of our fantastic passes

For a complete list of programs go to [guelph.ca/recreation](http://guelph.ca/recreation)

#### Recreation Pass

Recreation skates (F/W only)  
Recreation swims (see page 14)  
Run. Jump. Play  
Youth Multi-Sport

#### Fitness Pass

All the activities in the Recreation Pass plus:

55+ drop-in soccer  
Access to Fitness Room  
Basketball  
Cornhole

Drop-in Pickleball  
Fitness swims (see page 14)  
Fitness skates (F/W only)

# Get ready to

# Rec Enroll



Rec Enroll is Guelph's new online portal for all our great recreation programs and facilities booking. Powered by Canadian software developer PerfectMind, it is an easy to use system that will help keep track your family's use of city recreation products and services.

**You can register and learn more about our great programs at [RecEnroll.ca](http://RecEnroll.ca)**



Rec  
Enroll





## Aquatics General Information

Recreational swimming is an excellent way to have fun and socialize while improving your fitness. Taking swimming lessons is a great opportunity to increase endurance, and practice water safety skills. Join us at one of our aquatic facilities!

### Our Pools



#### Lyon Leisure Pool - Outdoor

299 York Road

##### Amenities

- 21 metre lap pool
- Leisure pool
- Slide
- Gazebos
- Picnic tables
- Accessibility ramp



#### Victoria Road Recreation Centre

151 Victoria Road North

##### Amenities

- 50 metre lap pool
- Leisure pool
- Viewing gallery
- PoolPod® accessible aquatic lift



#### West End Community Centre

21 Imperial Road South

##### Amenities

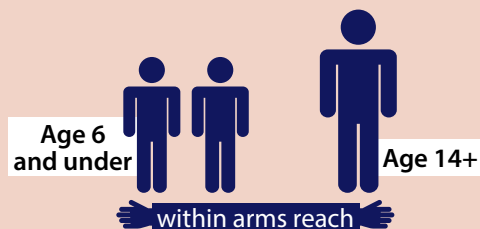
- 25 metre lap pool
- Therapy pool
- Leisure pool
- Slide
- Sauna
- Viewing gallery
- Accessibility lift

# Pool Admission Standards and Guidelines

## Stop!

Children six (6) years of age or younger, regardless of swimming ability, must be directly supervised by a parent or guardian at least fourteen (14) years of age, who is wearing swimming attire, within arm's reach, and able to render immediate assistance. There's a maximum of two (2) children per parent/guardian.

A facility swim test may be attempted to use the slide and participate in deep end activities.

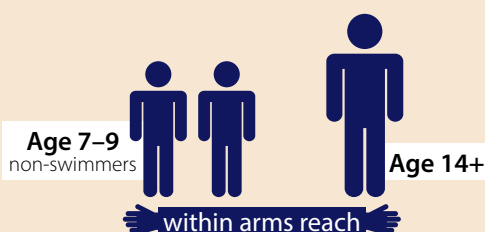


## Caution!

Children ages seven to nine (7–9) who DO NOT pass the facility swim test are required to wear an orange wristband, and must be directly supervised by a parent or guardian at least fourteen (14) years of age, who is wearing swimming attire, within arm's reach, and able to render immediate assistance. There's a maximum of two (2) children per parent/guardian.

Children ages seven to nine (7–9) who DO pass the facility swim test are required to wear a green wristband, and must be accompanied by a parent or guardian at least fourteen (14) years of age who maintains visual contact and remains in the pool viewing area at all times.

Participants with serious medical conditions should be accompanied by individuals knowledgeable of their condition, and have the ability to render immediate assistance.



## Okay!

Children ten (10) years of age or older do not require supervision by a parent/guardian.



## Facility swim test

Pool admission standards and guidelines apply to all recreational swims. Aquatic staff may ask any participant for a demonstration of swimming ability if they feel there is a question of personal safety. To successfully pass the facility swim test individuals must roll into the water, swim two continuous widths on their front and tread water for 30 seconds.

## Swimming attire

All patrons must wear appropriate swimming attire suitable for a public family environment. Swimming attire is defined as clothing that is clean and used specifically for the purpose of swimming.

## Healthy Swimming Etiquette

Please remember the following when enjoying our facilities:



### Shower before you swim

Please shower with soap and warm water before entering or re-entering the pool deck. It's clean, it's green, and it helps promote water quality.



### Wear appropriate footwear

Bring clean flip flops or sandals to wear on the pool deck. Street shoes are not permitted.



### Not feeling well?

Swimmers should refrain from using the pool when ill, or if they have experienced diarrhea in the past week.



### Food-free zone

Only water is permitted on pool decks in a plastic container.



### Strollers

Strollers are not permitted on the pool deck. Children should never be left unattended.



### Photographic devices

The use of any devices capable of rendering a photographic image is prohibited in the showers, change rooms, washrooms, pool deck and surrounding areas of the pool.



### Prevent pool contamination

Please refrain from feeding children or eating large meals before swimming. All swimmers are encouraged to visit the washroom before entering the pool; those without bowel control are required to wear a swim diaper.

## Recreation and Fitness Passes

Fees listed do not include tax.

Ages		One visit		10 visits		20 visits	
		Recreation (R)	Fitness (F)	Recreation (R)	Fitness (F)	Recreation (R)	Fitness (F)
<b>Infant/Preschool</b>	0-3	Free*	N/A	N/A	N/A	N/A	N/A
<b>Child</b>	4-12	\$3.40	N/A	\$30.56	N/A	\$57.72	N/A
<b>Youth**</b>	13-17	\$3.40	\$5.51	\$30.56	\$49.65	\$57.72	\$93.80
<b>Adult</b>	18-54	\$4.24	\$6.90	\$38.20	\$62.08	\$72.15	\$117.26
<b>Senior</b>	55+	\$3.40	\$5.51	\$30.56	\$49.65	\$57.72	\$93.80
<b>Family</b>	Up to 6 persons min. 1 adult, max. 2 adults	\$12.73	N/A	N/A	N/A	N/A	N/A

Ages		3 months		12 months		Lyon Leisure Pool Summer Pass June 6-Labour Day
		Recreation (R)	Fitness (F)	Recreation (R)	Fitness (F)	
<b>Infant/Preschool</b>	0-3	N/A	N/A	N/A	N/A	*Free
<b>Child</b>	4-12	\$86.59	N/A	\$259.56	N/A	\$35.70
<b>Youth**</b>	13-17	\$86.59	\$140.71	\$259.56	\$422.15	\$35.70
<b>Adult</b>	18-54	\$108.24	\$175.89	\$324.73	\$527.68	\$35.70
<b>Senior</b>	55+	\$86.59	\$140.71	\$259.56	\$422.15	\$35.70

\* With paying parent/guardian

\*\* For fitness pass, program age minimums apply

## Package your fun and fitness by choosing one of our fantastic passes

For a complete list of programs go to [guelph.ca/recreation](http://guelph.ca/recreation)

### Recreation Pass

- Recreation skates (F/W only)
- Recreation swims (see page 14)
- Run. Jump. Play
- Youth Multi-Sport

### Fitness Pass

- All the activities in the Recreation Pass plus:*
- 55+ drop-in soccer
  - Access to Fitness Room
  - Basketball
  - Cornhole

- Drop-in Pickleball
- Fitness swims (see page 14)
- Fitness skates (F/W only)

## Aquatics General Information

### Program Descriptions

**(R) included in the Recreation Pass**

**(F) included in the Fitness Pass**

#### Aquafit (45 min) (F)

Use the resistance of the water to stretch, firm, strengthen your muscles, and improve your cardiovascular endurance.

#### Aquafit-HIIT (45 min) (F)

A high-intensity interval training class focusing on building cardiovascular strength and endurance through challenging routines of intervals and higher intensity options. You will keep your heart rate and pace up throughout the class and learn to train in both aerobic and anaerobic zones.

#### Aquatic Rehabilitation (45 min) (F)

This instructed program can assist with faster recovery, through a combination of exercises in warmer water increasing flexibility, strength and range of motion. Exercises are less stressful on the body with specific focus on hips, knees, back, shoulders and stroke recovery.

#### Fitness Swim (R)

The pool is divided into lanes for participants to swim, water walk or water jog the length of the pool.

#### Family Friendly Warm Waters (R)

Enjoy a warmer water swim or relax alongside the calming jets in therapy pool only.

#### Leisure Swim (R)

A great way for all ages to spend time together in our shallow water pools, the lap pool is not available at this time.

#### Movement Enhancement (45 min) (F)

This instructed program will help you maintain your mobility through a variety of stretches that will increase your range of motion, improve your balance and develop muscle tone.

#### Public Swim (R)

Everyone is welcome to enjoy all pool features.

#### Single Lane Swim (R)

One lane will be available for you to swim lengths alongside other programs scheduled at the same time.

#### Soothing Waters Swim (R)

This non-instructional opportunity is for those who require space and time in warmer water to work through stretches or exercises. You may bring a personal therapist or work independently in the water.

#### Women's Only Swim (R)

Women, girls and children under six (6), can feel comfortable and enjoy this dedicated swim. All female staff are provided during this swim.

## Spring Recreation and Fitness Swim Schedules

### Victoria Road Recreation Centre

March 29, 2020 - June 27, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fitness Swim</b>	8-10 p.m. (S)	6-7 a.m. (D) 11:30 a.m.-1 p.m. 2-3:30 p.m.	9-10 p.m.	6-7 a.m. (S) 11:30 a.m.-1 p.m. 2-3:30 p.m.	N/A	N/A	3:30-4:30 p.m.
<b>50m Fitness Swim</b>	6-8 a.m. noon-2 p.m.	9-10 p.m.	6-8 a.m. noon-2 p.m.	9-10 p.m.	noon-2 p.m.	5-6 p.m.	N/A
<b>Public Swim</b>	N/A	N/A	N/A	N/A	N/A	3-4:30 p.m. 6-7:30 p.m.	2-3:30 p.m.
<b>Leisure Swim</b>	10:30 a.m.-noon	10-11:30 a.m.	10:30 a.m.-noon	10-11:30 a.m.	10:30 a.m.-noon	N/A	N/A
<b>Soothing Waters</b>	8-10 p.m.	8-10 p.m.	8-10 p.m.	8-10 p.m.	N/A	N/A	N/A
<b>Aquafit</b>	8 a.m. (D) 9 a.m. (S) 9 p.m. (S)	9 a.m. (D) 1 p.m. (D)	8 a.m. (D) 9 a.m. (S) 9 p.m. (D)	9 a.m. (D) 1 p.m. (D)	8 a.m. (D) 9 a.m. (S)	N/A	N/A
<b>Aquafit-HIIT</b>	N/A	8 a.m.	N/A	8 a.m.	N/A	N/A	N/A
<b>Movement Enhancement</b>	N/A	1 p.m.	N/A	1 p.m.	N/A	N/A	N/A
<b>Aquatic Rehabilitation</b>	8:45 a.m. 9:30 a.m.	N/A	8:45 a.m. 9:30 a.m.	N/A	8:45 a.m. 9:30 a.m.	N/A	N/A

S: Shallow D: Deep

## West End Community Centre

March 29, 2020 - June 27, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fitness Swim</b>	6-8 a.m. 11 a.m.-1 p.m. 2-3:30 p.m. 9-10 p.m.	8-9:30 a.m. 11:30 a.m.-1 p.m. 9-10 p.m.	6-8 a.m. 11 a.m.-1 p.m. 2-3:30 p.m. 9-10 p.m.	8-9:30 a.m. 11:30 a.m.-1 p.m. 9-10 p.m.	6-8 a.m. 11 a.m.-1 p.m. 2-3:30 p.m.	8-9 a.m. 1-2 p.m.	1-2 p.m.
<b>Leisure Swim</b>	10-11 a.m. 2-4 p.m.	10:30-11:30 a.m.	10-11 a.m. 2-4 p.m.	10:30-11:30 a.m.	10-11 a.m. 2-4 p.m.	1-2 p.m.	1-2 p.m.
<b>Public Swim</b>	N/A	N/A	N/A	N/A	7:30-9 p.m.	2-3:30 p.m.	2-3:30 p.m.
<b>Family Friendly Warm Waters</b>	7-8 a.m. 10-11 a.m. 8-9 p.m.	10:30-11:30 a.m. 8-9 p.m.	7-8 a.m. 10-11 a.m. 8-9 p.m.	10:30-11:30 a.m. 8-9 p.m.	7-8 a.m. 10-11 a.m.	1-2 p.m.	1-2 p.m.
<b>Soothing Waters</b>	9-10 p.m.	9-10 p.m.	9-10 p.m.	9-10 p.m.	N/A	N/A	N/A
<b>Aquafit</b>	8:45 a.m. 1 p.m. 8 p.m.	7 a.m. 1 p.m. 8 p.m.	8:45 a.m. 1 p.m. 8 p.m.	7 a.m. 1 p.m. 8 p.m.	8:45 a.m. 1 p.m. 6 p.m.	N/A	8:15 a.m.
<b>Aquatic Rehab</b>	N/A	11:30 a.m. 12:30 p.m. 1:30 p.m. (stroke)	N/A	11:30 a.m. 12:30 p.m. 1:30 p.m. (stroke)	N/A	N/A	N/A
<b>Movement Enhancement</b>	11 a.m. noon 7 p.m.	9:30 a.m.	11 a.m. noon 7 p.m.	9:30 a.m.	11 a.m. noon	N/A	N/A
<b>Women's Only</b>	N/A	N/A	N/A	N/A	N/A	5-6:30 p.m.	N/A

## Spring Recreation and Fitness Swim Cancellations

### West End Community Centre

Friday, April 10  
Sunday, April 12  
Monday, May 18

### Victoria Road Recreation Centre

Friday, April 10  
Sunday, April 12  
Friday, May 15

Saturday, May 16  
Sunday, May 17  
Monday, May 18

Thursday, June 4 (noon-4 p.m. only)  
Friday, June 5  
Saturday, June 6  
Sunday, June 7

Subject to change. Check with the recreation facility for additional cancellations.

## PD Day Leisure Swims

	Time	Location
<b>Friday, April 24</b>	10:30 a.m.–noon 2-4 p.m.	Victoria Road Recreation Centre West End Community Centre
<b>Friday, June 5</b>	10:30 a.m.–noon 2-4 p.m.	Victoria Road Recreation Centre West End Community Centre



## Aquatics General Information

# Summer Recreation and Fitness Swim Schedules

### Lyon Leisure Pool Pre-season

June 6, 2020 - June 21, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fitness Swim</b>	N/A	N/A	N/A	N/A	N/A	noon-1 p.m.	noon-1 p.m.
<b>Public Swim</b>	N/A	N/A	N/A	N/A	N/A	1-7 p.m.	1-7 p.m.

### Lyon Leisure Pool

June 25, 2020 - September 7, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fitness Swim</b>	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.
<b>Single Lane Swim</b>	N/A	7-8 p.m. 6-7 p.m. (starting Aug 20)	N/A	7-8 p.m. 6-7 p.m. (starting Aug 20)	N/A	N/A	N/A
<b>Public Swim*</b>	1-8 p.m.	1-8 p.m.	1-8 p.m.	1-8 p.m.	1-8 p.m.	10 a.m.-noon 1-8 p.m.	10 a.m.-noon 1-8 p.m.
<b>Leisure Swim</b>	10 a.m.-noon	10 a.m.-noon	10 a.m.-noon	10 a.m.-noon	10 a.m.-noon	N/A	N/A
<b>Aquafit</b>	N/A	9 a.m.	N/A	9 a.m.	N/A	9 a.m.	N/A

\*Commencing August 20, 2020, Lyon Leisure Pool will close at 7p.m.

### West End Community Centre

June 28, 2020 - September 6, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fitness Swim</b>	6-8 a.m. 11:30 a.m.-1 p.m. 9-10 p.m.	8-9:30 a.m. * 11:30 a.m.-1 p.m. 9-10 p.m.	6-8 a.m. 11:30 a.m.-1 p.m. 9-10 p.m.	8-9:30 a.m. * 11:30 a.m.-1 p.m. 9-10 p.m.	6-8 a.m. 11:30 a.m.-1 p.m.	1-2 p.m.	1-2 p.m.
<b>Leisure Swim</b>	11:30 a.m.-1 p.m. 8-9 p.m.	11:30 a.m.-1 p.m. 8-9 p.m.	11:30 a.m.-1 p.m. 8-9 p.m.	11:30 a.m.-1 p.m. 8-9 p.m.	11:30 a.m.-1 p.m. 6:30-8 p.m.	1-2 p.m.	1-2 p.m.
<b>Public Swim</b>	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.	11 a.m.-1 p.m.	11 a.m.-1 p.m.
<b>Family Friendly Warm Waters</b>	7-9 a.m. 10-11 a.m. 1-2 p.m. 8-9 p.m.	8-9 a.m. 8-9 p.m.	7-9 a.m. 10-11 a.m. 1-2 p.m. 8-9 p.m.	8-9 a.m. 8-9 p.m.	7-9 a.m. 10-11 a.m. 1-2 p.m. 6:30-8 p.m.	1-2 p.m.	10-11 a.m. 1-2 p.m.
<b>Soothing Waters</b>	8-10 p.m.	8-10 p.m.	8-10 p.m.	8-10 p.m.	N/A	N/A	N/A
<b>Aquafit</b>	8 a.m. 1 p.m. 8 p.m.	7 a.m. 1 p.m. 8 p.m.	8 a.m. 1 p.m. 8 p.m.	7 a.m. 1 p.m. 8 p.m.	8 a.m. 1 p.m. 6 p.m.	N/A	10 a.m.
<b>Aquatic Rehab</b>	N/A	11 a.m. noon 1 p.m. (stroke)	N/A	11 a.m. noon 1 p.m. (stroke)	N/A	N/A	N/A
<b>Movement Enhancement</b>	11 a.m. noon 7 p.m.	9:30 a.m.	11 a.m. noon 7 p.m.	9:30 a.m.	11 a.m. noon	N/A	N/A
<b>Women's Only</b>	N/A	N/A	N/A	N/A	N/A	9:30-10:30 a.m.	N/A

\*9-9:30 a.m. only two lanes available

## We are looking to grow our aquatic team.

Our team is able to offer you a fun and rewarding work environment. This is an excellent part-time position while you attend school. Work with people and gain valuable life skills. Standard First Aid, National Lifeguard OR Assistant Instructors OR Swim and Lifesaving Instructor is required. Apply to [guelph.ca/careers](http://guelph.ca/careers).



## Victoria Road Recreation Centre

June 28, 2020 - September 6, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fitness Swim</b>	6-8 a.m. noon-1 p.m. 8-10 p.m.	noon-1 p.m. 8-10 p.m.	6-8 a.m. noon-1 p.m.	noon-1 p.m.	6-8 a.m. noon-1 p.m.	N/A	N/A
<b>50m Fitness Swim</b>	N/A	6-7:30 a.m.	8-10 p.m.	6-7:30 a.m.	N/A	noon-1:45pm	noon-1:45pm
<b>Public Swim</b>	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.
<b>Leisure Swim</b>	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	N/A	N/A
<b>Soothing Waters Swim</b>	9-10 p.m.	9-10 p.m.	9-10 p.m.	9-10 p.m.	N/A	N/A	N/A
<b>Aquafit</b>	8 a.m. (D) 9 a.m. (S) 9 p.m. (S)	9 a.m. (D)	8 a.m. (D) 9 a.m. (S)	9 a.m. (D) 9 p.m. (D)	8 a.m. (D) 9 a.m. (S)	N/A	N/A
<b>Aquafit-HIIT</b>	N/A	8 a.m.	N/A	8 a.m.	N/A	N/A	N/A
<b>Movement Enhancement</b>	N/A	11 a.m.	N/A	11 a.m.	N/A	N/A	N/A
<b>Aquatic Rehabilitation</b>	8 a.m. 8:45 a.m.	N/A	8 a.m. 8:45 a.m.	N/A	8 a.m. 8:45 a.m.	N/A	N/A

S: shallow water class, D: deep water class

## Summer Recreation and Fitness Swim Cancellations

### West End Community Centre

Wednesday, July 1  
Monday, August 3  
Monday, September 7

### Victoria Road Recreation Centre

Wednesday, July 1  
Monday, August 3  
Monday, September 7

Subject to change. Check with the recreation facility for additional cancellations.

## Wading Pools/Market Square

Weekends only June 6-June 21

Open daily from June 25-September 7

Exhibition and Sunny Acres Wading Pools: 10 a.m.-1 p.m. and 3-7 p.m. daily

For Market Square operational hours, please refer to [guelph.ca/marketsquare](http://guelph.ca/marketsquare).

## Splash Pads

June 13-September 13

Jubilee, Norm Jary, Northview, South End, and Waverley splash pads: 10 a.m. – 8 p.m. daily.

Hanlon Creek splash pad will be closed for reconstruction during the 2020 season. It will reopen in 2021. Check [guelph.ca](http://guelph.ca) for schedule updates.

Lyon Leisure Pool, wading pools and splash pads may be closed due to inclement weather.

## Tim Hortons Free Swims

### Lyon Leisure Pool

Wednesday, July 1, 1-8 p.m.  
Monday, August 17, 1-8 p.m.

### Victoria Road Recreation Centre

Friday, July 10, 2-4 p.m.  
Friday, August 14, 2-4 p.m.

### West End Community Centre

Wednesday, July 8, 2-4 p.m.  
Wednesday, August 12, 2-4 p.m.

## Your pass to summer fun!

### Summer Swim Pass

#### Lyon Leisure Pool

\$35.70 + HST

Valid from June 6 to September 7, 2020 for public, fitness and leisure swims at Lyon Leisure Pool. **Please note Aquafit swims are not included in the Lyon's Summer Swim Pass.**

#### Riverside Park Amusement Ride Pass

2020 season pass \$20.81 + HST

Each pass includes unlimited use of the carousel and miniature train during regular operating hours at Riverside Park.

#### Available at the following locations:

Evergreen Seniors Community Centre  
Lyon Leisure Pool  
ServiceGuelph, City Hall  
Victoria Road Recreation Centre  
West End Community Centre

## Aquatics General Information

### Swimming Lessons

The City of Guelph welcomes you to our Learn to Swim program. All of our pools offer the Lifesaving Society Swim For Life program, with a focus on skill development and safety in and around the water.

#### What level is most suitable?

Participating in the proper swimming lesson level is imperative to your child's success. Please have your child assessed to determine level. Swim assessments are available at West End Community Centre and Victoria Road Recreation Centre. Please refer to the Learn to Swim chart, or please contact your facility to set up a swim assessment.

#### What makes our staff qualified?

Our instructors are certified through the Lifesaving Society and have completed more than 200 hours participating in leadership development and assisting in swimming lessons. Assistant Instructors and Volunteers are assigned to swimming lessons based on swimmer needs at the discretion of the aquatic team.

#### Did you miss a lesson?

Swimming lessons may be cancelled due to unforeseen circumstances. Make up lessons will not be available due to participant absence.

**Program information will be listed throughout the aquatic section in the below format.**

#### Listings Legend

Day	Date	Classes	Time	Fee
Sat	Apr 7	10	10 a.m.	\$77.70

**Day, date and time** – when course begins

**Classes** – number of classes

**Fee** – price of program



#### What are my lesson format options?

Format	Description
<b>Group lessons</b>	Follow the ratios outlined by the Lifesaving Society Swim for Life program.
<b>H2O lessons</b>	This smaller ratio class of 2:1 allows your swimmer to receive more one on one attention from the instructor.
<b>Private lessons</b>	Allow swimmers to receive one on one instruction.
<b>Women's Only lessons</b>	Lessons scheduled during this timeframe at West End Community Centre are available to women of all ages, and children six (6) and under. Only female staff will be scheduled to work at this time. No males are permitted onsite during this timeframe. These programs will be identified by (W).



### Five Steps to Successful Swimming Lessons

1. Participate in a recreational swim before the first lesson. Orient your swimmer to the change room, washrooms and pool. Practice skills that your swimmer already knows.
2. Look for the Deck Supervisor to help direct your swimmer to where they should be. Be sure to check your confirmation carefully for lesson dates, times and facility registration.
3. Patience, practice and positive feedback. Talk with your swimmer about their lessons and have realistic expectations allowing them to progress at their own rate.
4. Ask about your swimmers progress, and any skills that may be worked on during a recreational swim.
5. Have Fun!

### Learn to Swim Cancellations

#### West End Community Centre

Friday, April 10  
 Sunday, April 12  
 Monday, May 18  
 Wednesday, July 1  
 Monday, August 3

#### Victoria Road Recreation Centre

Friday, April 10  
 Sunday, April 12  
 Saturday, May 16  
 Sunday, May 17  
 Monday, May 18  
 Saturday, June 6  
 Sunday, June 7  
 Wednesday, July 1  
 Monday, August 3

## Learn to Swim

Together, the City of Guelph and the Lifesaving Society are committed to delivering valuable Water Smart® education that lasts a lifetime. When registering for your fall/winter swim lessons, please refer to the chart below.

### If the swimmer...

	Register In
Is 4-12 months old and ready to learn to enjoy the water with a parent	Parent and Tot 1
Is 12-24 months old and is ready to learn to enjoy the water with a parent	Parent and Tot 2
Is 24-36 months old and ready to learn to enjoy the water with a parent	Parent and Tot 3

### 3-5 years

	Register In
Starting out on his/her own in the water (parent participation for first five weeks with transition to independent swimming lessons)	Preschool 1
Can jump into chest deep water (assisted), get their face wet and blow bubbles, float on their front and back for 3 seconds assisted	Preschool 2
Can jump into chest deep water on their own, submerge and exhale 3 times, float on their front and back for 3 seconds with a PFD, kick on their back for 5 metres (assisted)	Preschool 3
Can hold their breath underwater, kick on their front and back for 3 metres, float on their front and back for 5 seconds and jump into deep water while wearing a PFD	Preschool 4
Can recover objects from the bottom in waist deep water, can glide and kick 5 metres independently, float on their back and roll to their front then swim 3 metres	Preschool 5
Can kick 7 metres on their front, back and side, swim front crawl with a PFD for 5 metres and can tread water while wearing a PFD	Preschool 6

### 5-12 years

	Register In
Can jump independently into chest deep water, float on their front and back for five seconds, glide 3 metres and hold their breath underwater	Swimmer 1
Can swim with kick for 5 metres, roll laterally front to back and back to front and swim front crawl while wearing a PFD	Swimmer 2
Can swim with kick for 7 metres on front, back and side, tread water for 10 seconds and swim front and back crawl for 5 metres	Swimmer 3
Can jump into deep water returning to side and exit independently, tread water for 15 seconds, perform whip kick in a vertical position and swim 10 metres of front and back crawl	Swimmer 4
Can perform a handstand in water, swim front and back crawl for 13 metres, and complete the Swim to Survive skills; jump into deep water, tread water for 15 seconds and swim 15 metres consecutively	Swimmer 5
Can do a kneeling dive and forward roll into deep water, tread water for 30 seconds, perform front and back crawl 15 metres, and flutter kick 4x15 metres with 20 seconds rest	Swimmer 6
Can do a standing dive, tread water for 1 minute, swim 5 metres under water, whip kick on back for 15 metres and sprint front crawl for 25 metres	Swimmer 7
Can tuck jump into the water, eggbeater for 30 seconds while staying stationary, swim 25 metres of breaststroke, 50 metres of front and back crawl and head up front crawl for 10 metres	Swimmer 8
Can swim underwater to recover an object, eggbeater kick on their back for 15 metres, swim 25 metres of sidestroke, sprint 25 metres of breaststroke and swim 300 metres consecutively	Swimmer 9
Can scull in ready position for 30 seconds, dive foot first and head first in water, complete an obstacle swim of 25 metres and swim 100 metres in three minutes	Swimmer 10
Can do a stride entry and swim head up for 25 metres, support an object while treading water for 1 minute, remove an unconscious victim and swim 200 metres in six minutes	Swimmer 11
Can carry an object for 25 metres, travel and change direction using eggbeater, swim 100 metres of front and back crawl, 100 metres of breaststroke and swim 300 metres in nine minutes	Swimmer 12

### 12+ years

	Register In
Wants to learn how to float, swim 10 metres, kick 15 metres and glide 3-5 metres on their fronts and backs, submerge and exhale under water, tread water and Swim to Survive	Swimmer 1 Adult/Teen
Wants to improve on their stroke development by swimming 25 metres of front and back crawl, learn whip kick and breaststroke and how to swim underwater	Swimmer 2 Adult/Teen
Wants to build endurance with a 300 metre workout, swim 100 metres of front and back crawl, support themselves at the surface for 1 minute and challenge themselves with a 50 metre sprint	Swimmer 3 Adult/Teen



# Spring Learn to Swim: Preschool

Adapted Aquatics programs, please refer to page 76.

For **class cancellations** go to page 18, or go online to [recenroll.ca](http://recenroll.ca) to view or download your personalized program schedule.

## Victoria Road Recreation Centre

### Parent and Tot 1

Age: 4-36 mos Class length: 30 mins

Sun	Mar 29	Jun 14	9	4:30 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	4 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	4 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	4 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	9 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	noon	\$69.93

### Parent and Tot 2

Age: 4-36 mos Class length: 30 mins

Sun	Mar 29	Jun 14	9	4:30 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	5:30 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	4 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	9 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	10 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	noon	\$69.93

### Parent and Tot 3

Age: 4-36 mos Class length: 30 mins

Sun	Mar 29	Jun 14	9	6 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	6:30 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	10 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	11:30 a.m.	\$69.93

### Preschool 1

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	4:30 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	6 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	4:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	4:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	4 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	4 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	9:30 a.m.	\$69.93

### Preschool 2

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	5 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	6 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	4 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	4 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	4 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	4:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6:30 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	9:30 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	11 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	12:30 p.m.	\$69.93

**Preschool 3**

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	4:30 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	6:30 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	4 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	4:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	4:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	4:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6:30 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	9:30 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	10:30 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	12:30 p.m.	\$69.93

**Preschool 4**

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	5 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	6 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	4:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	4:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	4 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	10 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	11:30 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	noon	\$69.93

**Preschool 5**

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	5:30 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	6:30 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	4:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	4:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6:30 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	9 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	11 a.m.	\$69.93

**Preschool 6**

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	5:30 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	4:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	4:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	10 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	12:30 p.m.	\$69.93

**West End Community Centre**

**Parent and Tot 1**

Age: 4-36 mos Class length: 30 mins

Sun	Mar 29	Jun 7	10	10 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	11 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	4 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	9:30 a.m.	\$77.70
Mon	Mar 30	Jun 8	10	4:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	1 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6:30 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	9 a.m.	\$77.70
Fri	Apr 3	Jun 12	10	5:30 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10:30 a.m.	\$85.47

**Parent and Tot 2**

Age: 4-36 mos Class length: 30 mins

Sun	Mar 29	Jun 7	10	9:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	noon	\$77.70
Sun	Mar 29	Jun 7	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	8:30 a.m.	\$77.70
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	7 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	7 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	1 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	5 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9:30 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	11 a.m.	\$85.47

## Learn to Swim: Preschool

### Parent and Tot 3

Age: 4-36 mos Class length: 30 mins

Sun	Mar 29	Jun 7	10	9 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	11:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	5:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	9 a.m.	\$77.70
Mon	Mar 30	Jun 8	10	5:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	1:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	9:30 a.m.	\$77.70
Fri	Apr 3	Jun 12	10	6 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	10 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	11:30 a.m.	\$85.47

### Preschool 1

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	9:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	11 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	12:30 p.m.	\$77.70
Sun	Mar 29	Jun 14	11	5 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	5:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	1 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	9:30 a.m.	\$85.47
Wed	Apr 1	Jun 10	11	5 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	7 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6:30 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	5 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	5:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	6 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	11 a.m.	\$85.47

### Preschool 2

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	9 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	10:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	noon	\$77.70
Sun	Mar 29	Jun 7	10	4 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	5:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	1:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	9 a.m.	\$85.47
Wed	Apr 1	Jun 10	11	5:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6:30 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	5 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	6 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	6:30 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	11:30 a.m.	\$85.47

### Preschool 3

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	9 a.m.	\$77.70
Sun	Mar 29	Jun 14	11	10:30 a.m.	\$85.47
Sun	Mar 29	Jun 7	10	noon	\$77.70
Sun	Mar 29	Jun 7	10	4:30 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	7 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	1:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	5 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	6 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	6:30 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	11:30 a.m.	\$85.47

A positive introduction to water can give your child a lifetime of pleasure swimming. Toddlers get used to the water with their parents in an instructional setting. (Lifesaving Society)

**Preschool 4**

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	9:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	11 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	12:30 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	4:30 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	7 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	4:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	5 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	6:30 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10:30 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	11:30 a.m.	\$85.47



**Preschool 5**

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 14	11	10 a.m.	\$85.47
Sun	Mar 29	Jun 7	10	12:30 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	5 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	6:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	7 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	7 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	4:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	5:30 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9:30 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10:30 a.m.	\$85.47

**Preschool 6**

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	10 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	12:30 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	5 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	6:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	7 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	4:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	5:30 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9:30 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10:30 a.m.	\$85.47

**Party and Event Opportunities**

Come celebrate with us!

**Swim parties**

Birthday parties can be booked on Saturdays and Sundays at the West End Community Centre, and Victoria Road Recreation Centre.

The swimming portion may occur during the public swim at all facilities. In addition, rooms can be rented at West End Community Centre and Victoria Road Recreation Centre for the group to use to continue the celebration. Private pool rentals are also available.

**Pottery parties**

Create a special outing for your group at the Guelph Community Pottery Centre. Check out our new location at 14 Edinburgh Road South.

- Corporate team building
- Children's birthday parties
- Church groups
- Senior's outings
- Home school groups
- Wedding parties

Whatever your function, we will work with you to customize a successful pottery workshop.

**To book your party**

Please contact Facility Booking at 519-837-5678, or [facilitybooking@guelph.ca](mailto:facilitybooking@guelph.ca) for availability and fees.



# Spring Learn to Swim: School Age

For Adapted Aquatics programs, please refer to page 76.

For **class cancellations** go to page 18, or go online to [recenroll.ca](http://recenroll.ca) to view or download your personalized program schedule.

## Victoria Road Recreation Centre

### Swimmer 1

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	4:30 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	5 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	6 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	4 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	4:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	7 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	4 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	10:30 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	11 a.m.	\$69.93

### Swimmer 2

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	5 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	5:30 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	6 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	4:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	4:30 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	10:30 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	11 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	noon	\$69.93

### Swimmer 3

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	4:30 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	5:30 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	4:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	4:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	10 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	11:30 a.m.	\$69.93

## We have lots to offer!

We are running multiple sessions of our most popular programs on the same days and at the same times. Check out all of our program offerings at [recenroll.ca](http://recenroll.ca).



**Swimmer 4**

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	5 p.m.	\$69.93
Sun	Mar 29	Jun 14	9	7 p.m.	\$69.93
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	7 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	4 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5 p.m.	\$85.47
Sat	Apr 4	Jun 13	9	10 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	10:30 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	11:30 a.m.	\$69.93
Sat	Apr 4	Jun 13	9	12:30 p.m.	\$69.93

**Swimmer 5**

Age: 5-12 years Class length: 45 mins

Sun	Mar 29	Jun 14	9	4:30 p.m.	\$74.88
Sun	Mar 29	Jun 14	9	5:15 p.m.	\$74.88
Mon	Mar 30	Jun 8	10	7 p.m.	\$83.20
Tue	Mar 31	Jun 9	11	5 p.m.	\$91.52
Wed	Apr 1	Jun 10	11	6 p.m.	\$91.52
Thu	Apr 2	Jun 11	11	7 p.m.	\$91.52
Sat	Apr 4	Jun 13	9	noon	\$74.88

**Swimmer 6**

Age: 5-12 years Class length: 45 mins

Sun	Mar 29	Jun 14	9	5:15 p.m.	\$74.88
Mon	Mar 30	Jun 8	10	7 p.m.	\$83.20
Tue	Mar 31	Jun 9	11	5 p.m.	\$91.52
Wed	Apr 1	Jun 10	11	6 p.m.	\$91.52
Thu	Apr 2	Jun 11	11	7 p.m.	\$91.52
Sat	Apr 4	Jun 13	9	noon	\$74.88

**Swimmer 7**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 14	9	6 p.m.	\$83.16
Mon	Mar 30	Jun 8	10	6 p.m.	\$92.40
Wed	Apr 1	Jun 10	11	6:45 p.m.	\$101.64
Thu	Apr 2	Jun 11	11	7 p.m.	\$101.64

**Swimmer 8**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 14	9	6 p.m.	\$83.16
Mon	Mar 30	Jun 8	10	6 p.m.	\$92.40
Tue	Mar 31	Jun 9	11	6 p.m.	\$101.64
Thu	Apr 2	Jun 11	11	6 p.m.	\$101.64



**Swimmer 9**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 14	9	6:30 p.m.	\$83.16
Mon	Mar 30	Jun 8	10	7 p.m.	\$92.40
Thu	Apr 2	Jun 11	11	6 p.m.	\$101.64
Sat	Apr 4	Jun 13	9	11 a.m.	\$83.16

**Swimmer 10**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 14	9	7 p.m.	\$83.16
Mon	Mar 30	Jun 8	10	7 p.m.	\$92.40
Thu	Apr 2	Jun 11	11	7 p.m.	\$101.64
Sat	Apr 4	Jun 13	9	11 a.m.	\$83.16

**Swimmer 11**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 14	9	7 p.m.	\$83.16
Tue	Mar 31	Jun 9	11	7 p.m.	\$101.64

**Swimmer 12**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 14	9	7 p.m.	\$83.16
Tue	Mar 31	Jun 9	11	7 p.m.	\$101.64
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$101.64

**West End Community Centre**

**Swimmer 1**

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	9 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	10 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	11:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	4:30 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	7 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	5:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	7 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6:30 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	4:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	5 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	6:30 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9:30 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10:30 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	11:30 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	noon	\$85.47

Host your swim party with us. Go to page 114 to learn about our rental opportunities.

## Learn to Swim: School Age

### Swimmer 2

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	9 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	10 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	11:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	4:30 p.m.	\$77.70
Sun	Mar 29	Jun 7	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	7 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6:30 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	4:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	11	5 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	6:30 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9:30 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10:30 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	11:30 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	noon	\$85.47

### Swimmer 3

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	9:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	10:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	noon	\$77.70
Sun	Mar 29	Jun 7	10	4 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	7 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	7:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	7 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	4:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	10	5:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	11	6 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	11 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	noon	\$85.47

### Swimmer 4

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	9:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	10:30 a.m.	\$77.70
Sun	Mar 29	Jun 7	10	noon	\$77.70
Sun	Mar 29	Jun 7	10	4 p.m.	\$77.70
Mon	Mar 30	Jun 8	10	5 p.m.	\$77.70
Mon	Mar 30	Jun 8	11	5:30 p.m.	\$77.70
Mon	Mar 30	Jun 8	11	6:30 p.m.	\$77.70
Tue	Mar 31	Jun 9	11	5 p.m.	\$85.47
Tue	Mar 31	Jun 9	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	6 p.m.	\$85.47
Wed	Apr 1	Jun 10	11	7:30 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	6 p.m.	\$85.47
Thu	Apr 2	Jun 11	11	7 p.m.	\$85.47
Fri	Apr 3	Jun 12	10	4:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	11	5:30 p.m.	\$77.70
Fri	Apr 3	Jun 12	11	6 p.m.	\$77.70
Sat	Apr 4	Jun 13	11	9 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	10 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	11 a.m.	\$85.47
Sat	Apr 4	Jun 13	11	noon	\$85.47

### Swimmer 5

Age: 5-12 years Class length: 45 mins

Sun	Mar 29	Jun 7	10	10 a.m.	\$83.20
Sun	Mar 29	Jun 7	10	11:45 a.m.	\$83.20
Sun	Mar 29	Jun 7	10	5:45 p.m.	\$83.20
Mon	Mar 30	Jun 8	10	4:30 p.m.	\$83.20
Tue	Mar 31	Jun 9	11	6:15 p.m.	\$91.52
Wed	Apr 1	Jun 10	11	5 p.m.	\$91.52
Thu	Apr 2	Jun 11	11	5 p.m.	\$91.52
Thu	Apr 2	Jun 11	11	6:45 p.m.	\$91.52
Fri	Apr 3	Jun 12	10	6:45 p.m.	\$83.20
Sat	Apr 4	Jun 13	11	9 a.m.	\$91.52

### Swimmer 6

Age: 5-12 years Class length: 45 mins

Sun	Mar 29	Jun 7	10	10 a.m.	\$83.20
Sun	Mar 29	Jun 7	10	11:45 a.m.	\$83.20
Sun	Mar 29	Jun 7	10	5 p.m.	\$83.20
Mon	Mar 30	Jun 8	10	5:15 p.m.	\$83.20
Tue	Mar 31	Jun 9	11	7 p.m.	\$91.52
Wed	Apr 1	Jun 10	11	5:45 p.m.	\$91.52
Thu	Apr 2	Jun 11	11	5 p.m.	\$91.52
Thu	Apr 2	Jun 11	11	6 p.m.	\$91.52
Fri	Apr 3	Jun 12	10	6 p.m.	\$83.20
Sat	Apr 4	Jun 13	11	9 a.m.	\$91.52

## We're replacing playground equipment in 2020!

Playgrounds include:

- Bullfrog Pond Park
- Clair Park
- Kortright Hills Park
- Westminster Woods Park

Learn more at [guelph.ca](http://guelph.ca).

**Swimmer 7**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 7	10	10:45 a.m.	\$92.40
Mon	Mar 30	Jun 8	10	6:30 p.m.	\$92.40
Tue	Mar 31	Jun 9	11	7 p.m.	\$101.64
Wed	Apr 1	Jun 10	11	7 p.m.	\$101.64
Thu	Apr 2	Jun 11	11	5:45 p.m.	\$101.64
Sat	Apr 4	Jun 13	11	9:45 a.m.	\$101.64

**Swimmer 8**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 7	10	10:45 a.m.	\$92.40
Mon	Mar 30	Jun 8	10	6 p.m.	\$92.40
Tue	Mar 31	Jun 9	11	7 p.m.	\$101.64
Wed	Apr 1	Jun 10	11	7 p.m.	\$101.64
Thu	Apr 2	Jun 11	11	6:45 p.m.	\$101.64
Sat	Apr 4	Jun 13	11	9:45 a.m.	\$101.64
Sat	Apr 4	Jun 13	11	noon	\$101.64

**Swimmer 9**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 7	10	4 p.m.	\$92.40
Mon	Mar 30	Jun 8	10	7 p.m.	\$92.40
Tue	Mar 31	Jun 9	11	5 p.m.	\$101.64
Wed	Apr 1	Jun 10	11	6 p.m.	\$101.64
Sat	Apr 4	Jun 13	11	noon	\$101.64

**Swimmer 10**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 7	10	noon	\$92.40
Sun	Mar 29	Jun 7	10	4 p.m.	\$92.40
Mon	Mar 30	Jun 8	10	7 p.m.	\$92.40
Tue	Mar 31	Jun 9	11	5 p.m.	\$101.64
Wed	Apr 1	Jun 10	11	6 p.m.	\$101.64
Sat	Apr 4	Jun 13	11	11:45 a.m.	\$101.64

**Swimmer 11**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 7	10	11 a.m.	\$92.40
Tue	Mar 31	Jun 9	11	6 p.m.	\$101.64
Wed	Apr 1	Jun 10	11	5 p.m.	\$101.64
Thu	Apr 2	Jun 11	11	7 p.m.	\$101.64
Sat	Apr 4	Jun 13	11	10:45 a.m.	\$101.64

**Swimmer 12**

Age: 5-12 years Class length: 60 mins

Sun	Mar 29	Jun 7	10	11 a.m.	\$92.40
Tue	Mar 31	Jun 9	11	6 p.m.	\$101.64
Wed	Apr 1	Jun 10	11	5 p.m.	\$101.64
Thu	Apr 2	Jun 11	11	7 p.m.	\$101.64
Sat	Apr 4	Jun 13	11	10:45 a.m.	\$101.64



Get unlimited access with a **recreation or fitness pass**

- Pickup sports
- Swims
- Aquafit/aquatic rehabilitation, movement enhancement
- Skates
- Fitness room

Passes available at recreation facilities



More information in the Drop-in programs and Aquatics sections.



**Your pass to summer fun!**

**Summer Swim Pass**

**Lyon Leisure Pool**

\$35.70 + HST

Valid from June 6 to September 7, 2020 for public, fitness and leisure swims at Lyon Leisure Pool. **Please note Aquafit classes are not included in the Lyon's Summer Swim Pass.**

**Riverside Park Amusement Ride Pass**

2020 season pass \$20.81 + HST

Each pass includes unlimited use of the carousel and miniature train during regular operating hours at Riverside Park.

**Available at the following locations:**

- Evergreen Seniors Community Centre
- Lyon Leisure Pool
- ServiceGuelph, City Hall
- Victoria Road Recreation Centre
- West End Community Centre



# Spring Learn to Swim: Youth, Adult & Senior

For Adapted Aquatics, please refer to page 76.

For **class cancellations** go to page 18, or go online to [recenroll.ca](http://recenroll.ca) to view or download your personalized program schedule.

## Victoria Road Recreation Centre

### Teen Swimmer 1

**Age:** 12-18 years **Class length:** 45 mins

Mon	Mar 30	Jun 8	10	7 p.m.	\$95.30
Wed	Apr 1	Jun 10	11	6:45 p.m.	\$104.83

### Teen Swimmer 2

**Age:** 12-18 years **Class length:** 45 mins

Mon	Mar 30	Jun 8	10	7 p.m.	\$95.30
Wed	Apr 1	Jun 10	11	6:45 p.m.	\$104.83

### Teen Swimmer 3

**Age:** 12-18 years **Class length:** 45 mins

Mon	Mar 30	Jun 8	10	7 p.m.	\$95.30
Wed	Apr 1	Jun 10	11	6:45 p.m.	\$104.83

### Adult Swimmer 1

**Age:** 16+ years **Class length:** 45 mins

Mon	Mar 30	Jun 8	10	7 p.m.	\$98.50
Wed	Apr 1	Jun 10	11	7 p.m.	\$108.35

### Adult Swimmer 2

**Age:** 16+ years **Class length:** 45 mins

Mon	Mar 30	Jun 8	10	7 p.m.	\$98.50
Wed	Apr 1	Jun 10	11	7 p.m.	\$108.35

### Adult Swimmer 3

**Age:** 16+ years **Class length:** 45 mins

Mon	Mar 30	Jun 8	10	7 p.m.	\$98.50
Wed	Apr 1	Jun 10	11	7 p.m.	\$108.35

## West End Community Centre

### Teen Swimmer 1

**Age:** 16+ years **Class length:** 45 mins

Tue	Mar 31	Jun 9	11	7:45 p.m.	\$104.83
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### Teen Swimmer 2

**Age:** 16+ years **Class length:** 45 mins

Tue	Mar 31	Jun 9	11	7:45 p.m.	\$104.83
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### Teen Swimmer 3

**Age:** 16+ years **Class length:** 45 mins

Tue	Mar 31	Jun 9	11	7:45 p.m.	\$104.83
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### Adult Swimmer 1

**Age:** 16+ years **Class length:** 45 mins

Tue	Mar 31	Jun 9	11	7 p.m.	\$108.35
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### Adult Swimmer 2

**Age:** 16+ years **Class length:** 45 mins

Tue	Mar 31	Jun 9	11	7:45 p.m.	\$108.35
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### Adult Swimmer 3

**Age:** 16+ years **Class length:** 45 mins

Tue	Mar 31	Jun 9	11	7:45 p.m.	\$108.35
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W: Women's only

**Swimming Essentials for Seniors - Level 1**

You're never too old to learn how to swim. This program has been developed for seniors to gain confidence in and around the water by learning basic swimming skills. Assistance is provided whenever necessary while participants work toward the goal of complete independence in the water.

**Age:** 55+ years **Class length:** 45 mins

Wed	Apr 1	Jun 10	11	10 a.m.	\$91.55
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**Swimming Essentials for Seniors - Level 1**

Looking to improve your swimming technique? This program has been developed for seniors to increase endurance and advance strokes. You will be provided with individual feedback and swim workouts to meet your goals.

**Age:** 55+ years **Class length:** 45 mins

Wed	Apr 1	Jun 10	11	10 a.m.	\$91.55
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Baseball, soccer, basketball, volleyball and more! We have over 150 sportsfields throughout the city. Call us at 519-837-5678, Option 1 to inquire about renting one!

You're going to  
**FLIP**   
 for this program!



**Future Lifeguard Instructor Program**

In 12 weeks, become certified in Bronze Medallion and Emergency First Aid, Bronze Cross, Lifesaving Society Standard First Aid with CPR C, National Lifeguard and Swim Instructor.

Once you're done, you'll be job ready to work as a lifeguard instructor at the City of Guelph.

**Just some of the benefits of working in aquatics**

- Flexible day time hours; 10 to 21 hours/week
- Work with diverse age ranges
- Gain transferable life skills
- Training opportunities
- OMERS pension plan available based on hours worked



For more information and registration contact 519-837-5699 or [aquatics@guelph.ca](mailto:aquatics@guelph.ca)





# Spring Aquatics: Private Lessons

One-to-one instruction to help you develop your skills at your own pace with the assistance of our highly trained instructors.

For Adapted Aquatics programs, please refer to page 76.

For **class cancellations** go to page 18, or go online to [recenroll.ca](http://recenroll.ca) to view or download your personalized program schedule.

## Victoria Road Recreation Centre

Age: 3+ years Class length: 30 mins

Sun	Mar 29	Jun 14	9	4:30 p.m.	\$220.68
Sun	Mar 29	Jun 14	9	5 p.m.	\$220.68
Sun	Mar 29	Jun 14	9	5:30 p.m.	\$220.68
Sun	Mar 29	Jun 14	9	7:30 p.m.	\$220.68
Mon	Mar 30	Jun 8	10	7 p.m.	\$245.20
Mon	Mar 30	Jun 8	10	7:30 p.m.	\$245.20
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$269.72
Tue	Mar 31	Jun 9	11	6 p.m.	\$269.72
Tue	Mar 31	Jun 9	11	7 p.m.	\$269.72
Tue	Mar 31	Jun 9	11	7:30 p.m.	\$269.72
Wed	Apr 1	Jun 10	11	6 p.m.	\$269.72
Wed	Apr 1	Jun 10	11	7 p.m.	\$269.72
Wed	Apr 1	Jun 10	11	7:30 p.m.	\$269.72
Thu	Apr 2	Jun 11	11	4 p.m.	\$269.72
Thu	Apr 2	Jun 11	11	4:30 p.m.	\$269.72
Thu	Apr 2	Jun 11	11	6 p.m.	\$269.72
Thu	Apr 2	Jun 11	11	6:30 p.m.	\$269.72
Thu	Apr 2	Jun 11	11	7:30 p.m.	\$269.72

## West End Community Centre

Age: 3-18 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	9:30 a.m.	\$245.20
Sun	Mar 29	Jun 7	10	10 a.m.	\$245.20
Sun	Mar 29	Jun 7	10	10:30 a.m.	\$245.20
Sun	Mar 29	Jun 7	10	11:30 a.m.	\$245.20
Sun	Mar 29	Jun 7	10	12:30 p.m.	\$245.20
Sun	Mar 29	Jun 7	10	6:30 p.m.	\$245.20
Sun	Mar 29	Jun 7	10	7 p.m.	\$245.20
Mon	Mar 30	Jun 8	10	4 p.m.	\$245.20
Mon	Mar 30	Jun 8	10	4:30 p.m.	\$245.20
Mon	Mar 30	Jun 8	10	7:30 p.m.	\$245.20
Mon	Mar 30	Jun 8	10	8 p.m.	\$245.20
Tue	Mar 31	Jun 9	11	4 p.m.	\$269.72
Tue	Mar 31	Jun 9	11	4:30 p.m.	\$269.72
Tue	Mar 31	Jun 9	11	7:30 p.m.	\$269.72
Tue	Mar 31	Jun 9	11	8 p.m.	\$269.72
Wed	Apr 1	Jun 10	11	4 p.m.	\$269.72
Wed	Apr 1	Jun 10	11	4:30 p.m.	\$269.72
Wed	Apr 1	Jun 10	11	7:30 p.m.	\$269.72
Wed	Apr 1	Jun 10	11	8 p.m.	\$269.72
Thu	Apr 2	Jun 11	11	4 p.m.	\$269.72
Thu	Apr 2	Jun 11	11	4:30 p.m.	\$269.72
Thu	Apr 2	Jun 11	11	7:30 p.m.	\$269.72
Thu	Apr 2	Jun 11	11	8 p.m.	\$269.72
Fri	Apr 3	Jun 12	10	4:30 p.m.	\$245.20
Fri	Apr 3	Jun 12	10	5 p.m.	\$245.20
Fri	Apr 3	Jun 12	10	7 p.m.	\$245.20
Sat	Apr 4	Jun 13	11	11 a.m.	\$269.72
Sat	Apr 4	Jun 13	11	noon	\$269.72
Sat	Apr 4	Jun 13	11	12:30 p.m.	\$269.72

### We have lots to offer!

We are running multiple sessions of our most popular programs on the same days and at the same times. Check out all of our program offerings at [guelph.ca/recreation](http://guelph.ca/recreation).



# Spring Aquatics: H2O Lessons

If you're looking for smaller class sizes, this is the program for you!  
Each class has a maximum of two participants to one instructor.

For Adapted Aquatics programs, please refer to page 76.

For **class cancellations** go to page 18, or go online to [recenroll.ca](http://recenroll.ca) to view or download your personalized program schedule.

## Victoria Road Recreation Centre

### H2O Preschool 2

**Age:** 3-5 years **Class length:** 30 mins

Sun	Mar 29	Jun 14	9	5:30 p.m.	\$153.81
Tue	Mar 31	Jun 9	11	4 p.m.	\$187.99
Thu	Apr 2	Jun 11	11	4:30 p.m.	\$187.99

### H2O Preschool 3

**Age:** 3-5 years **Class length:** 30 mins

Sun	Mar 29	Jun 14	9	4:30 p.m.	\$153.81
Tue	Mar 31	Jun 9	11	4:30 p.m.	\$187.99
Tue	Mar 31	Jun 9	11	6 p.m.	\$187.99
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$187.99

### H2O Preschool 4

**Age:** 3-5 years **Class length:** 30 mins

Thu	Apr 2	Jun 11	11	5:30 p.m.	\$187.99
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### H2O Preschool 5

**Age:** 3-5 years **Class length:** 30 mins

Sun	Mar 29	Jun 14	9	6 p.m.	\$153.81
Thu	Apr 2	Jun 11	11	6 p.m.	\$187.99

### H2O Preschool 6

**Age:** 3-5 years **Class length:** 30 mins

Sun	Mar 29	Jun 14	9	6:30 p.m.	\$153.81
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### H2O Swimmer 1

**Age:** 5-12 years **Class length:** 30 mins

Sun	Mar 29	Jun 14	9	6:30 p.m.	\$153.81
Tue	Mar 31	Jun 9	11	4 p.m.	\$187.99
Tue	Mar 31	Jun 9	11	5 p.m.	\$187.99
Thu	Apr 2	Jun 11	11	7 p.m.	\$187.99

### H2O Swimmer 2

**Age:** 5-12 years **Class length:** 30 mins

Sun	Mar 29	Jun 14	9	6:30 p.m.	\$153.81
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$187.99
Thu	Apr 2	Jun 11	11	7 p.m.	\$187.99

### H2O Swimmer 3

**Age:** 5-12 years **Class length:** 30 mins

Sun	Mar 29	Jun 14	9	7 p.m.	\$153.81
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$187.99

### H2O Swimmer 4

**Age:** 5-12 years **Class length:** 30 mins

Sun	Mar 29	Jun 14	9	7 p.m.	\$153.81
Sun	Mar 29	Jun 14	9	7:30 p.m.	\$153.81
Tue	Mar 31	Jun 9	11	5:30 p.m.	\$187.99
Thu	Apr 2	Jun 11	11	4:30 p.m.	\$187.99
Thu	Apr 2	Jun 11	11	6:30 p.m.	\$187.99

## Aquatics: H2O Lessons

### H2O Swimmer 5

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	7 p.m.	\$153.81
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### H2O Swimmer 6

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	7 p.m.	\$153.81
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$187.99
Tue	Mar 31	Jun 9	11	7:30 p.m.	\$187.99
Sat	Apr 4	Jun 13	9	10:30 a.m.	\$153.81

### H2O Swimmer 7

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	7 p.m.	\$153.81
Tue	Mar 31	Jun 9	11	4 p.m.	\$187.99
Tue	Mar 31	Jun 9	11	6 p.m.	\$187.99
Thu	Apr 2	Jun 11	11	7 p.m.	\$187.99
Sat	Apr 4	Jun 13	9	10:30 a.m.	\$153.81

### H2O Swimmer 8

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 14	9	7:30 p.m.	\$153.81
Tue	Mar 31	Jun 9	11	6:30 p.m.	\$187.99

## West End Community Centre

### H2O Preschool 2

Age: 3-5 years Class length: 30 mins

Mon	Mar 30	Jun 8	10	6:30 p.m.	\$170.90
Wed	Apr 1	Jun 10	11	6:30 p.m.	\$187.99
Fri	Apr 3	Jun 12	10	5:30 p.m.	\$170.90
Sat	Apr 4	Jun 13	11	10 a.m.	\$187.99

### H2O Preschool 3

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 14	11	7 p.m.	\$187.99
Mon	Mar 30	Jun 8	10	7 p.m.	\$170.90
Wed	Apr 1	Jun 10	11	5:30 p.m.	\$187.99
Sat	Apr 4	Jun 13	11	9:30 a.m.	\$187.99

### H2O Preschool 4

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	6:30 p.m.	\$170.90
Mon	Mar 30	Jun 8	10	7 p.m.	\$170.90
Wed	Apr 1	Jun 10	11	5:30 p.m.	\$187.99
Fri	Apr 3	Jun 12	10	5:30 p.m.	\$170.90

### H2O Preschool 5

Age: 3-5 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	6:30 p.m.	\$170.90
Mon	Mar 30	Jun 8	10	5 p.m.	\$170.90
Thu	Apr 2	Jun 11	11	5 p.m.	\$187.99

### H2O Preschool 6

Age: 3-5 years Class length: 30 mins

Mon	Mar 30	Jun 8	10	5:30 p.m.	\$170.90
Wed	Apr 1	Jun 10	11	7 p.m.	\$187.99

### H2O Swimmer 1

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	10 a.m.	\$170.90
Mon	Mar 30	Jun 8	10	6 p.m.	\$170.90
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$187.99

### H2O Swimmer 2

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	10:30 a.m.	\$170.90
Wed	Apr 1	Jun 10	11	7:30 p.m.	\$187.99
Thu	Apr 2	Jun 11	11	5:30 p.m.	\$187.99

### H2O Swimmer 3

Age: 5-12 years Class length: 30 mins

Mon	Mar 30	Jun 8	10	7:30 p.m.	\$170.90
Wed	Apr 1	Jun 10	11	7:30 p.m.	\$187.99
Sat	Apr 4	Jun 13	11	11 a.m.	\$187.99

### H2O Swimmer 4

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	5:30 p.m.	\$170.90
Mon	Mar 30	Jun 8	10	7:30 p.m.	\$170.90
Wed	Apr 1	Jun 10	11	7:30 p.m.	\$187.99

### H2O Swimmer 5

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	7 p.m.	\$170.90
Mon	Mar 30	Jun 8	10	7:30 p.m.	\$170.90
Tue	Mar 31	Jun 9	11	8 p.m.	\$187.99

### H2O Swimmer 6

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	7 p.m.	\$170.90
Tue	Mar 31	Jun 9	11	7:30 p.m.	\$187.99

### H2O Swimmer 7

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	6:30 p.m.	\$170.90
Mon	Mar 30	Jun 8	10	7:30 p.m.	\$170.90
Thu	Apr 2	Jun 11	11	7:30 p.m.	\$187.99
Fri	Apr 3	Jun 12	10	6:30 p.m.	\$170.90

### H2O Swimmer 8

Age: 5-12 years Class length: 30 mins

Sun	Mar 29	Jun 7	10	5 p.m.	\$170.90
Tue	Mar 31	Jun 9	11	7:30 p.m.	\$187.99
Thu	Apr 2	Jun 11	11	7:30 p.m.	\$187.99
Fri	Apr 3	Jun 12	10	7 p.m.	\$170.90







# Summer Learn to Swim: Preschool

## Understanding Swimming Lessons

**Daily:** Lessons Monday to Friday (e.g. Mon-Fri)

**Once a week:** Lessons once a week (e.g. Tues)

For Adapted Aquatics, please refer to page 76.

For **class cancellations** go to page 18, or go online to [recenroll.ca](http://recenroll.ca) to view or download your personalized program schedule.

## Lyon Leisure Pool

### Parent and Tot 1

**Age:** 4-36 mos **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

### Parent and Tot 2

**Age:** 4-36 mos **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

### Parent and Tot 3

**Age:** 4-36 mos **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

### Preschool 1

**Age:** 3-5 years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

### Preschool 2

**Age:** 3-5 years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70



## Victoria Road Recreation Centre

### Preschool 3

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

### Preschool 4

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

### Preschool 5

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70

### Preschool 6

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70



### Parent and Tot 1

Age: 4-36 mos Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	4:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	6 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70

### Parent and Tot 2

Age: 4-36 mos Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	6 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70

### Parent and Tot 3

Age: 4-36 mos Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	6 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	4:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70

### Preschool 1

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	5:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	7 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	4:30 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	5:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	11:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11:30 a.m.	\$77.70

## Summer Learn to Swim: Preschool

### Preschool 2

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11:30 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5:30 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	6:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	6 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	7 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	4:30 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	5:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

### Preschool 3

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5:30 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	6:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	6:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5:30 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	6 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

### Preschool 4

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	5:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	4:30 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	6:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

### Preschool 5

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	4:30 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	7 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	4:30 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	6 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	7 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70



**Preschool 6**

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	4:30 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	6:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	6:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	7 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

**West End Community Centre**

**Parent and Tot 1**

Age: 4-36 mos Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$76.20
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

**Parent and Tot 2**

Age: 4-36 mos Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	12	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

**Parent and Tot 3**

Age: 4-36 mos Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$76.20
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

**Preschool 1**

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	6 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	6 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	10	10 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70

**Preschool 2**

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5 p.m.	\$54.39
Mon	Jun 29	Aug 17	8	6 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	6:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	6:45 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	6 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70

**Take a ride!**

The train and carousel run on weekends in the spring and fall and daily throughout the summer. See the hours and fees online at [guelph.ca/recreation](http://guelph.ca/recreation)

## Summer Learn to Swim: Preschool

### Preschool 3

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5:30 p.m.	\$54.39
Mon	Jun 29	Aug 17	8	6:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	6:15 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

### Preschool 4

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5:30 p.m.	\$54.39
Mon	Jun 29	Aug 17	8	6:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	6:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

### Preschool 5

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	7 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	6 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70

### Preschool 6

Age: 3-5 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	7 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	6 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$62.16
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70

Check out more preschool program options on page 64.

Host your birthday party with us. Go to page 114 to learn more about renting a party room.





# Summer Learn to Swim: School Age

## Understanding Swimming Lessons

**Daily:** Lessons Monday to Friday (e.g. Mon-Fri)

**Once a week:** Lessons once a week (e.g. Tues)

For Adapted Aquatics, please refer to page 76.

For **class cancellations** go to page 18, or go online to [recenroll.ca](http://recenroll.ca) to view or download your personalized program schedule.

## Lyon Leisure Pool

### Swimmer 1

**Age:** 5-12 years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

### Swimmer 2

**Age:** 5-12 years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

### Swimmer 3

**Age:** 5-12 years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70

### Swimmer 4

**Age:** 5-12 years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70

Find more children and youth programming on page 67.

## Summer Learn to Swim: School Age

### Swimmer 5

Age: 5-12 years Class length: 45 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$74.88
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$83.20
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$74.88
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$83.20

### Swimmer 6

Age: 5-12 years Class length: 45 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$74.88
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$83.20
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$74.88
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$83.20

### Swimmer 7

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	9:45 a.m.	\$83.16
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	9:45 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$92.40

### Swimmer 8

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	9:45 a.m.	\$83.16
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	9:45 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$92.40

### Swimmer 9

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	10:45 a.m.	\$83.16
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	10:45 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$92.40

### Swimmer 10

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	10:45 a.m.	\$83.16
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	10:45 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$92.40

### Swimmer 11

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	10:45 a.m.	\$83.16
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	10:45 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$92.40

Physical activity is an important part of healthy living at any age, and it's essential for children.  
(Health Canada)

## Victoria Road Recreation Centre

### Swimmer 1

Age: 5-12 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	4:30 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	6 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	7 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	7 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	4:30 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	6 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

### Swimmer 1

Age: 5-12 years Class length: 60 mins

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$77.70
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### Swimmer 2

Age: 5-12 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	6 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	6:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	7 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	6 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

### Swimmer 2

Age: 5-12 years Class length: 60 mins

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$77.70
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**Swimmer 3**

Age: 5-12 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	6 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	7 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	7:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	7 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5:30 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

**Swimmer 3**

Age: 5-12 years Class length: 60 mins

Mon-Fri	Aug 24	Aug 28	5	10 a.m.	\$77.70
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**Swimmer 4**

Age: 5-12 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	6 p.m.	\$54.39
Mon	Jun 29	Aug 17	7	7:30 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	6 p.m.	\$62.16
Tue	Jun 30	Aug 18	8	7 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	4:30 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	7 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

**Swimmer 4**

Age: 5-12 years Class length: 60 mins

Mon-Fri	Aug 24	Aug 28	5	10 a.m.	\$77.70
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**Swimmer 5**

Age: 5-12 years Class length: 45 mins

Mon-Fri	Jun 29	Jul 10	9	9:15 a.m.	\$74.88
Mon	Jun 29	Aug 17	7	6:30 p.m.	\$58.24
Tue	Jun 30	Aug 18	8	6:30 p.m.	\$66.56
Thu	Jul 2	Aug 20	8	6:30 p.m.	\$66.56
Wed	Jul 8	Aug 19	7	4:45 p.m.	\$58.24
Mon-Fri	Jul 13	Jul 24	10	9:15 a.m.	\$83.20
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$83.20
Mon-Fri	Jul 27	Aug 7	9	9:15 a.m.	\$74.88
Mon-Fri	Aug 10	Aug 21	10	9:15 a.m.	\$83.20
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$83.20

**Swimmer 5**

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$83.20
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**Swimmer 6**

Age: 5-12 years Class length: 45 mins

Mon-Fri	Jun 29	Jul 10	9	9:15 a.m.	\$74.88
Mon	Jun 29	Aug 17	7	6:30 p.m.	\$58.24
Tue	Jun 30	Aug 18	8	4:30 p.m.	\$66.56
Tue	Jun 30	Aug 18	8	6:30 p.m.	\$66.56
Thu	Jul 2	Aug 20	8	6:30 p.m.	\$66.56
Wed	Jul 8	Aug 19	7	4:45 p.m.	\$58.24
Mon-Fri	Jul 13	Jul 24	10	9:15 a.m.	\$83.20
Mon-Fri	Jul 27	Aug 7	9	9:15 a.m.	\$74.88
Mon-Fri	Aug 10	Aug 21	10	9:15 a.m.	\$83.20

**Swimmer 6**

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$83.20
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**Swimmer 7**

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$83.16
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$73.92
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$64.68
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$92.40

**Swimmer 7**

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	10:30 a.m.	\$83.20
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**Swimmer 8**

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$83.16
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$73.92
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$64.68
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$92.40

## Summer Learn to Swim: School Age

### Swimmer 8

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	10:30 a.m.	\$83.20
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### Swimmer 9

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$83.16
Mon	Jun 29	Aug 17	7	6:30 p.m.	\$64.68
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$64.68
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$92.40

### Swimmer 9

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$83.20
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### Swimmer 10

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$83.16
Mon	Jun 29	Aug 17	7	6:30 p.m.	\$64.68
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$64.68
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$92.40

### Swimmer 10

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$83.20
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### Swimmer 11

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$83.16
Mon	Jun 29	Aug 17	7	6:30 p.m.	\$64.68
Tue	Jun 30	Aug 18	8	6 p.m.	\$73.92
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$64.68
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$92.40

### Swimmer 11

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	10:30 a.m.	\$83.20
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### Swimmer 12

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$83.16
Tue	Jun 30	Aug 18	8	6 p.m.	\$73.92
Thu	Jul 2	Aug 20	8	7 p.m.	\$73.92
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$64.68
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$92.40
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$92.40

### Swimmer 12

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	10:30 a.m.	\$83.20
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## West End Community Centre

### Swimmer 1

Age: 5-12 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5 p.m.	\$54.39
Mon	Jun 29	Aug 17	8	6 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	6 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

### Swimmer 1

Age: 5-12 years Class length: 60 mins

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$77.69
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### Swimmer 2

Age: 5-12 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	10	10:30 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	5 p.m.	\$54.39
Mon	Jun 29	Aug 17	8	6 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	5 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6:30 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	6 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

### Swimmer 2

Age: 5-12 years Class length: 60 mins

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$77.69
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## Swimmer 3

Age: 5-12 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	4:30 p.m.	\$54.39
Mon	Jun 29	Aug 17	8	7 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	6:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	5:30 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	7 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

## Swimmer 3

Age: 5-12 years Class length: 60 mins

Mon-Fri	Aug 24	Aug 28	5	10:30 a.m.	\$77.69
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## Swimmer 4

Age: 5-12 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$69.93
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$69.93
Mon	Jun 29	Aug 17	7	4:30 p.m.	\$54.39
Mon	Jun 29	Aug 17	8	7 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	6:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	6 p.m.	\$62.16
Wed	Jul 8	Aug 19	7	7 p.m.	\$54.39
Wed	Jul 8	Aug 19	7	5:30 p.m.	\$54.39
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$77.70
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$77.70
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$69.93
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$69.93
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$77.70

## Swimmer 4

Age: 5-12 years Class length: 60 mins

Mon-Fri	Aug 24	Aug 28	5	10:30 a.m.	\$77.69
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## Swimmer 5

Age: 5-12 years Class length: 45 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$74.88
Mon	Jun 29	Aug 17	7	6 p.m.	\$66.56
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$66.56
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$66.56
Wed	Jul 8	Aug 19	7	4:45 p.m.	\$58.24
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$83.20
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$74.88
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$83.20

## Swimmer 6

Age: 5-12 years Class length: 45 mins

Mon-Fri	Jun 29	Jul 10	10	9 a.m.	\$83.20
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$66.56
Wed	Jul 8	Aug 19	7	4:45 p.m.	\$58.24
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$81.60
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$74.88
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$83.20

## Swimmer 6

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$89.30
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## Swimmer 7

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	9:45 a.m.	\$83.16
Mon	Jun 29	Aug 17	7	6:45 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$73.92
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$73.92
Wed	Jul 8	Aug 19	7	5:30 p.m.	\$64.68
Mon-Fri	Jul 13	Jul 24	10	9:45 a.m.	\$83.20
Mon-Fri	Jul 27	Aug 7	9	9:45 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	9:45 a.m.	\$73.92

## Swimmer 7

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	10 a.m.	\$83.20
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## Swimmer 8

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	9:45 a.m.	\$83.16
Mon	Jun 29	Aug 17	7	6:45 p.m.	\$54.39
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$62.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$73.92
Wed	Jul 8	Aug 19	7	5:30 p.m.	\$64.68
Mon-Fri	Jul 13	Jul 24	10	9:45 a.m.	\$83.20
Mon-Fri	Jul 27	Aug 7	9	9:45 a.m.	\$83.16
Mon-Fri	Aug 10	Aug 21	10	9:45 a.m.	\$92.40

## Swimmer 8

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	10 a.m.	\$83.20
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## Summer Learn to Swim: School Age

### Swimmer 9

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$83.16
Tue	Jun 30	Aug 18	8	6:45 p.m.	\$73.92
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$73.92
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$83.16

### Swimmer 9

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	10 a.m.	\$83.20
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### Swimmer 10

Age: 5-12 years Class length: 60 mins

Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$83.16
Tue	Jun 30	Aug 18	8	6:45 p.m.	\$73.92
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$73.92
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$83.16

### Swimmer 10

Age: 5-12 years Class length: 1.5 hrs

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$83.20
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### Swimmer 11

Age: 5-12 years Class length: 60 mins

Wed	Jul 8	Aug 19	7	7 p.m.	\$64.68
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$92.39
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$92.39

### Swimmer 12

Age: 5-12 years Class length: 60 mins

Wed	Jul 8	Aug 19	7	7 p.m.	\$64.68
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$77.70
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$77.70

## Your pass to summer fun!

### Summer Swim Pass

#### Lyon Leisure Pool

\$35.70 + HST

Valid from June 6 to September 7, 2020 for public, fitness and leisure swims at Lyon Leisure Pool. **Please note Aquafit classes are not included in the Lyon's Summer Swim Pass.**

### Riverside Park Amusement Ride Pass

2020 season pass \$20.81 + HST

Each pass includes unlimited use of the carousel and miniature train during regular operating hours at Riverside Park.

#### Available at the following locations:

Evergreen Seniors Community Centre  
Lyon Leisure Pool  
ServiceGuelph, City Hall  
Victoria Road Recreation Centre  
West End Community Centre





# Summer Learn to Swim: Youth & Adult

For Adapted Aquatics, please refer to page 76.

For **class cancellations** go to page 18, or go online to [recenroll.ca](http://recenroll.ca) to view or download your personalized program schedule.

## Victoria Road Recreation Centre

### Teen Swimmer 1

**Age:** 12-18 years **Class length:** 45 mins

Thu	Jul 2	Aug 20	8	7:15 p.m.	\$76.24
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### Teen Swimmer 2

**Age:** 12-18 years **Class length:** 45 mins

Thu	Jul 2	Aug 20	8	7:15 p.m.	\$76.24
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### Teen Swimmer 3

**Age:** 12-18 years **Class length:** 45 mins

Thu	Jul 2	Aug 20	8	7:15 p.m.	\$76.24
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### Adult Swimmer 1

**Age:** 16+ years **Class length:** 45 mins

Mon	Jun 29	Aug 17	7	7:15 p.m.	\$68.95
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### Adult Swimmer 2

**Age:** 16+ years **Class length:** 45 mins

Mon	Jun 29	Aug 17	7	7:15 p.m.	\$68.95
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### Adult Swimmer 3

**Age:** 16+ years **Class length:** 45 mins

Mon	Jun 29	Aug 17	7	7:15 p.m.	\$68.95
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## West End Community Centre

### Teen Swimmer 1

**Age:** 12-18 years **Class length:** 45 mins

Tue	Jun 30	Aug 18	8	7:15 p.m.	\$76.24
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### Adult Swimmer 1

**Age:** 16+ years **Class length:** 45 mins

Tue	Jun 30	Aug 18	8	7 p.m.	\$78.80
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### Adult Swimmer 2

**Age:** 16+ years **Class length:** 45 mins

Tue	Jun 30	Aug 18	8	7 p.m.	\$78.80
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### Adult Swimmer 3

**Age:** 16+ years **Class length:** 45 mins

Tue	Jun 30	Aug 18	8	7 p.m.	\$78.80
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## Become lifeguard/ swim instructor ready this summer!

- Bronze Star
- Bronze Medallion and Emergency First Aid
- Bronze Cross and Standard First Aid
- Assistant Instructors
- Lifesaving and Swim Instructor
- National Lifeguard

Dates and fees can be found in the Aquatics – Leadership section on page 51.



# Summer Aquatics: Private Lessons

## Understanding Summer Lessons

**Daily:** Lessons Monday to Friday (e.g. Mon-Fri)

**Once a week:** Lessons once a week (e.g. Tues)

For Adapted Aquatics, please refer to page 76.

For **class cancellations** go to page 18, or go online to [recenroll.ca](http://recenroll.ca) to view or download your personalized program schedule.

## Lyon Leisure Pool

**Age:** 3+ years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$220.68
Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$220.68
Mon-Fri	Jun 29	Jul 10	9	11:30 a.m.	\$220.68
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$245.20
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$245.20
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$245.20
Mon-Fri	Jul 13	Jul 24	10	11:30 a.m.	\$245.20
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$220.68
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$220.68
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$220.68
Mon-Fri	Jul 27	Aug 7	9	11:30 a.m.	\$220.68
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$245.20
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$245.20
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$245.20
Mon-Fri	Aug 10	Aug 21	10	11:30 a.m.	\$245.20



Interested in becoming a certified lifeguard or swim instructor? Check out page 51 for our Aquatics: Leadership programs.

**Victoria Road Recreation Centre**

Age: 3+ years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$220.68
Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$220.68
Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$220.68
Mon	Jun 29	Aug 17	7	4:30 p.m.	\$171.64
Mon	Jun 29	Aug 17	7	5 p.m.	\$171.64
Mon	Jun 29	Aug 17	7	5:30 p.m.	\$171.64
Mon	Jun 29	Aug 17	7	7:30 p.m.	\$171.64
Tue	Jun 30	Aug 18	8	4:30 p.m.	\$196.16
Tue	Jun 30	Aug 18	8	5 p.m.	\$196.16
Tue	Jun 30	Aug 18	8	7:15 p.m.	\$196.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$196.16
Thu	Jul 2	Aug 20	8	5 p.m.	\$196.16
Thu	Jul 2	Aug 20	8	5:30 p.m.	\$196.16
Thu	Jul 2	Aug 20	8	6 p.m.	\$196.16
Thu	Jul 2	Aug 20	8	7:30 p.m.	\$196.16
Wed	Jul 8	Aug 19	7	4:30 p.m.	\$171.64
Wed	Jul 8	Aug 19	7	5 p.m.	\$171.64
Wed	Jul 8	Aug 19	7	5:30 p.m.	\$171.64
Wed	Jul 8	Aug 19	7	6 p.m.	\$171.64
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$171.64
Wed	Jul 8	Aug 19	7	7 p.m.	\$171.64
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$245.20
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$245.20
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$245.20
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$220.68
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$220.68
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$220.68
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$245.20
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$245.20
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$245.20

**Victoria Road Recreation Centre**

Age: 3+ years Class length: 60 mins

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$245.20
Mon-Fri	Aug 24	Aug 28	5	10 a.m.	\$245.20
Mon-Fri	Aug 24	Aug 28	5	11 a.m.	\$245.20

**West End Community Centre**

Age: 3+ years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	8:30 a.m.	\$199.71
Mon-Fri	Jun 29	Jul 10	9	9:30 a.m.	\$220.68
Mon-Fri	Jun 29	Jul 10	9	10:45 a.m.	\$264.82
Mon	Jun 29	Aug 17	8	4 p.m.	\$171.64
Mon	Jun 29	Aug 17	8	5:30 p.m.	\$171.64
Mon	Jun 29	Aug 17	8	7:30 p.m.	\$171.64
Tue	Jun 30	Aug 18	8	4:30 p.m.	\$196.16
Tue	Jun 30	Aug 18	8	7:30 p.m.	\$196.16
Thu	Jul 2	Aug 20	8	4:30 p.m.	\$196.16
Thu	Jul 2	Aug 20	8	7 p.m.	\$196.16
Thu	Jul 2	Aug 20	8	7:30 p.m.	\$196.16
Wed	Jul 8	Aug 19	7	4:30 p.m.	\$171.64
Wed	Jul 8	Aug 19	7	6:30 p.m.	\$171.64
Mon-Fri	Jul 13	Jul 24	10	8:30 a.m.	\$245.20
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$245.20
Mon-Fri	Jul 13	Jul 24	10	10:45 a.m.	\$245.20
Mon-Fri	Jul 27	Aug 7	9	8:30 a.m.	\$220.68
Mon-Fri	Jul 27	Aug 7	9	9:30 a.m.	\$220.68
Mon-Fri	Jul 27	Aug 7	9	10:45 a.m.	\$220.68
Mon-Fri	Aug 10	Aug 21	10	8:30 a.m.	\$245.20
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$245.20
Mon-Fri	Aug 10	Aug 21	10	10:45 a.m.	\$245.20
Mon-Fri	Aug 24	Aug 28	5	8:30 a.m.	\$245.20
Mon-Fri	Aug 24	Aug 28	5	9:30 a.m.	\$245.20
Mon-Fri	Aug 24	Aug 28	5	10:30 a.m.	\$245.20





# Summer Learn to Swim: H2O Lessons

## Understanding Summer Lessons

**Daily:** Lessons Monday to Friday (e.g. Mon-Fri)

**Once a week:** Lessons once a week (e.g. Tues)

For Adapted Aquatics, please refer to page 76.

For **class cancellations** go to page 18, or go online to [recenroll.ca](http://recenroll.ca) to view or download your personalized program schedule.

## Lyon Leisure Pool

### H2O Swimmer 2

**Age:** 3-6 years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$153.81
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## Victoria Road Recreation Centre

### H2O Preschool 3

**Age:** 3-5 years **Class length:** 30 mins

Tue	Jun 30	Aug 18	8	5:30 p.m.	\$136.72
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### H2O Preschool 4

**Age:** 3-5 years **Class length:** 30 mins

Tue	Jun 30	Aug 18	8	6 p.m.	\$136.72
Mon-Fri	Jul 13	Jul 24	10	9:30 a.m.	\$170.90
Mon-Fri	Aug 10	Aug 21	10	9:30 a.m.	\$170.90

### H2O Preschool 5

**Age:** 3-5 years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	10 a.m.	\$153.81
Tue	Jun 30	Aug 18	8	5 p.m.	\$136.72
Mon-Fri	Jul 27	Aug 7	9	10 a.m.	\$153.81

### H2O Preschool 6

**Age:** 3-5 years **Class length:** 30 mins

Tue	Jun 30	Aug 18	8	4:30 p.m.	\$136.72
Mon-Fri	Jul 13	Jul 24	10	10 a.m.	\$170.90
Mon-Fri	Aug 10	Aug 21	10	10 a.m.	\$170.90

### H2O Swimmer 1

**Age:** 5-12 years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	10:30 a.m.	\$153.81
Tue	Jun 30	Aug 18	8	5:30 p.m.	\$136.72
Mon-Fri	Jul 27	Aug 7	9	10:30 a.m.	\$153.81

### H2O Swimmer 2

**Age:** 5-12 years **Class length:** 30 mins

Tue	Jun 30	Aug 18	8	6:30 p.m.	\$136.72
Mon-Fri	Jul 13	Jul 24	10	10:30 a.m.	\$170.90
Mon-Fri	Aug 10	Aug 21	10	10:30 a.m.	\$170.90

### H2O Swimmer 3

**Age:** 5-12 years **Class length:** 30 mins

Mon-Fri	Jun 29	Jul 10	9	11 a.m.	\$153.81
Tue	Jun 30	Aug 18	8	7 p.m.	\$136.72
Mon-Fri	Jul 27	Aug 7	9	11 a.m.	\$153.81



## West End Community Centre

### H2O Swimmer 4

Age: 5-12 years Class length: 30 mins

Tue	Jun 30	Aug 18	8	7:30 p.m.	\$136.72
Mon-Fri	Jul 13	Jul 24	10	11 a.m.	\$170.90
Mon-Fri	Aug 10	Aug 21	10	11 a.m.	\$170.90

### H2O Swimmer 5

Age: 5-12 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	11:30 a.m.	\$153.81
Tue	Jun 30	Aug 18	8	7:30 p.m.	\$136.72
Mon-Fri	Jul 27	Aug 7	9	11:30 a.m.	\$153.81

### H2O Swimmer 6

Age: 5-12 years Class length: 30 mins

Tue	Jun 30	Aug 18	8	7:30 p.m.	\$136.72
Mon-Fri	Jul 13	Jul 24	10	11:30 a.m.	\$170.90
Mon-Fri	Aug 10	Aug 21	10	11:30 a.m.	\$170.90

### H2O Swimmer 7

Age: 5-12 years Class length: 30 mins

Mon-Fri	Jun 29	Jul 10	9	9 a.m.	\$153.81
Tue	Jun 30	Aug 18	8	7:30 p.m.	\$136.72
Mon-Fri	Jul 27	Aug 7	9	9 a.m.	\$153.81

### H2O Swimmer 8

Age: 5-12 years Class length: 30 mins

Tue	Jun 30	Aug 18	8	4:30 p.m.	\$136.72
Mon-Fri	Jul 13	Jul 24	10	9 a.m.	\$170.90
Mon-Fri	Aug 10	Aug 21	10	9 a.m.	\$170.90



### H2O Preschool 2

Age: 3-6 years Class length: 30 mins

Wed	Jul 8	Aug 19	7	4:30 p.m.	\$119.63
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### H2O Preschool 3

Age: 3-6 years Class length: 30 mins

Thu	Jul 2	Aug 20	8	7 p.m.	\$136.72
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### H2O Preschool 5

Age: 3-6 years Class length: 30 mins

Wed	Jul 8	Aug 19	7	7 p.m.	\$119.63
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### H2O Swimmer 1

Age: 5-12 years Class length: 30 mins

Mon	Jun 29	Aug 17	7	5:30 p.m.	\$119.63
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### H2O Swimmer 2

Age: 5-12 years Class length: 30 mins

Tue	Jun 30	Aug 18	8	4:30 p.m.	\$136.72
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### H2O Swimmer 2

Age: 5-12 years Class length: 60 mins

Mon-Fri	Aug 24	Aug 28	5	9 a.m.	\$170.90
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### H2O Swimmer 3

Age: 5-12 years Class length: 30 mins

Mon	Jun 29	Aug 17	7	6:30 p.m.	\$119.63
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### H2O Swimmer 4

Age: 5-12 years Class length: 30 mins

Tue	Jun 30	Aug 18	8	6 p.m.	\$136.72
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### H2O Swimmer 6

Age: 5-12 years Class length: 30 mins

Tue	Jun 30	Aug 18	8	6:15 p.m.	\$136.72
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### H2O Swimmer 7

Age: 5-12 years Class length: 30 mins

Wed	Jul 8	Aug 19	7	7 p.m.	\$119.63
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### H2O Swimmer 8

Age: 5-12 years Class length: 30 mins

Wed	Jul 8	Aug 19	7	7:30 p.m.	\$119.63
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Guelph is packed with parks and trails for you and your family to explore. Find out more about outdoor spaces on page 116.

# Join our team



## Get job ready

### Bronze Star

(Jul 13–24, Aug 10–21)

Swimmer 10, 11 and 12 or  
Lifesaving Sport

### Bronze Medallion and Emergency First Aid

(Jun 29–Jul 3, July 27–31, Aug 17–21)

13+ years or Bronze Star

### Bronze Cross

(Jul 6–10, Aug 4–7, Aug 17–21)

13+ years  
Bronze Medallion and  
Emergency First Aid

### Standard First Aid with CPR C

(Jul 11–12, Aug 22–23, Aug 24–25)

14+ years

### Assistant Instructors

(Jul 13–17, Aug 12–14)

15+ years  
Bronze Cross

### Swim and Lifesaving Instructor

(Aug 31–Sept 4)

16+ years  
Bronze Cross and Standard  
First Aid with CPR C

### National Lifeguard

(Jul 20–24, Aug 31–Sept 4)

16+ years  
Bronze Cross and Standard  
First Aid with CPR C

## Submit resume

at [guelph.ca/careers](http://guelph.ca/careers)

Prerequisite

Recommended

Course codes and fees can be found in the Aquatics – Leadership section.

[guelph.ca/careers](http://guelph.ca/careers)

CITY OF  
**Guelph**  
Making a Difference



# Aquatics: Leadership Program

Are you looking to complete the final steps towards becoming a certified lifeguard or swim instructor? Qualified aquatic personnel, especially lifeguards and swimming instructors, are frequently in high demand. Aquatic Leadership programs teach you teamwork, leadership, self-confidence, interpersonal and problem solving skills that will apply in all facets of your life. Guelph has a number of opportunities for young adults to take part in lifesaving and leadership programs. Guelph's programs will help you reach your goals and maintain your certification. Attendance is mandatory for all leadership programs. Please note that all city of Guelph subsidy programs can be used towards these leadership programs. Course materials are not included and an extra fee is applied for the resources. There is an option of renting the materials if you are interested. For questions about our Leadership programs, please contact us at [aquatics@guelph.ca](mailto:aquatics@guelph.ca).

## Why You Should Get Your Aquatic Qualifications

**Plan for the future** - being a lifeguard requires physical skills, leadership, attention to detail, customer service and more.

Listing a lifeguard job on your resume for future employers sets you above others.

**Life Skills** – First Aid Certification, problem solving and communication skills are required in everyday life – no matter what field you end up working in.

**Amazing Coworkers** – you're never alone. Lifeguards and swim instructors work with a group of like-minded people and make lifelong friends.

**Experience working with a variety of people** – working with children or adults in lessons, leading camps and getting to know your regular swimmers can be a lot of fun!

**Rewarding job** – lifeguards can make a difference. There is a great deal of responsibility with the potential to save lives and instill the passion for swimming in others. Being a lifeguard makes you a role model.



## Leadership Courses

### Lifesaving Sport

Lifesaving sport is a recreational entry level introduction to lifesaving fundamentals, with a continued focus on stroke technique. This program emphasized healthy lifestyle, teaches team building, ethics in sport and athlete responsibility. Athletes progress at their own pace and complete skills like 100 - 300m workouts, dives, flip turns, towing with a rescue tube and swimming under obstacles. This program is excellent preparation for success in the Bronze level courses.

**Age:** 5-12 years **Class length:** 8+ hrs

**Location:** Victoria Road Recreation Centre

Tue	Jun 30	Aug 18	7-8 p.m.	8	\$73.92
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## We are looking to grow our aquatic team.

We offer a fun and rewarding work environment where you learn valuable skills. Standard First Aid, National Lifeguard OR Assistant Instructors OR Swim and Lifesaving Instructor is required. Apply to [guelph.ca/careers](http://guelph.ca/careers). Once your application is reviewed you will be invited to a hiring screening date below.

### Fall Session Hiring Screening Dates (employment starting the end of September 2020)

- August 29 – 9 a.m. Victoria Road Recreation Centre
- September 12 – 9 a.m. West End Community Centre
- September 17 – 5:30 p.m. West End Community Centre

Hiring screenings happen monthly. If you have any questions about the process please contact [aquatics@guelph.ca](mailto:aquatics@guelph.ca).

See Future Leadership Instructor Program ad on page 29 to learn more about the lifeguard certification process.

## Aquatics: Leadership Programs

### Bronze Star

Bronze Star is an excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision making skills individually and in partners. Participants learn CPR and develop the lifesaving skills needed to be their own lifeguard. This course includes a timed 400 metre swim. It is recommended that the swimmers have experience in Swimmer 9 - 12 or Lifesaving Sport.

**Age:** 11-17 years **Class length:** 10+ hrs

**Location:** Victoria Road Recreation Centre

Sun	Mar 29	Jun 14	6-7 p.m.	9	\$104.67
Mon	Mar 30	Jun 8	7-8 p.m.	10	\$116.30
Wed	Apr 1	Jun 10	6-7 p.m.	11	\$127.93
Mon	Jun 29	Aug 17	6:30-7:45 p.m.	7	\$81.41
Thu	Jul 2	Aug 20	6:30-7:45 p.m.	8	\$93.04

× **Class cancellations:** Apr 12, May 18, Aug 3

**Location:** West End Community Centre

Tue	Mar 31	Jun 9	5:15-6:15 p.m.	11	\$127.93
Thu	Apr 2	Jun 11	5:45-6:45 p.m.	11	\$127.93
Sat	Apr 4	Jun 13	10:45-11:45 a.m.	11	\$127.93
Thu	Jul 2	Aug 20	6:30-7:45 p.m.	8	\$93.04
Mon-Fri	Jul 13	Jul 24	10:30-11:30 a.m.	10	\$116.30
Mon-Fri	Aug 10	Aug 21	10:30-11:30 a.m.	10	\$116.30

### Bronze Medallion and Emergency First Aid

Bronze Medallion and Emergency First Aid teach an understanding of the lifesaving principles embodied in the four components of water-rescue education, judgement, knowledge, skill and fitness. Rescuers learn tows and carries, and defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. This course includes a 200 meter swim to be completed in 12 minutes or better.

**Prerequisites:** 13 years old or Bronze Star

**Age:** 13+ years **Class length:** 26+ hrs

**Location:** Victoria Road Recreation Centre

Sun	Mar 29	Jun 14	5-8 p.m.	9	\$171.08
Mon	Mar 30	Jun 8	5-8 p.m.	10	\$171.08
Mon-Fri	Jun 29	Jul 3	9 a.m.-5 p.m.	4	\$171.08
Mon-Fri	Jul 27	Jul 31	9 a.m.-4 p.m.	5	\$171.08
Mon-Fri	Aug 17	Aug 21	9 a.m.-4 p.m.	5	\$171.08

× **Class cancellations:** Apr 12, May 17, May 18, Jun 7, Jul 1

**Location:** West End Community Centre

Sun	Mar 29	Jun 7	5-7:30 p.m.	10	\$171.08
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× **Class cancellation:** Apr 12

### Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguards and Lifesaving and Swim Instructors. This course includes a 600 metre swim to be completed in 18 minutes or better.

**Prerequisites:** Bronze Medallion and Emergency First Aid

**Age:** 13+ years **Class length:** 22+ hrs

**Location:** Victoria Road Recreation Centre

Mon	Mar 30	Jun 8	5-7:30 p.m.	10	\$153.98
Sat	Apr 4	Jun 13	10 a.m.-12:30 p.m.	9	\$153.98

× **Class cancellations:** May 16, May 18

**Location:** West End Community Centre

Sun	Mar 29	Jun 7	5-7 p.m.	10	\$153.98
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× **Class cancellation:** Apr 12

### Bronze Cross and Standard First Aid

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguards and Lifesaving and Swim Instructors. This course includes a 600 metre swim to be completed in 18 minutes or better.

**Prerequisites:** Bronze Medallion and Emergency First Aid

**Age:** 13+ years **Class length:** 30+ hrs

**Location:** Victoria Road Recreation Centre

Mon-Fri	Jul 6	Jul 10	9 a.m.-4:30 p.m.	5	\$241.37
Tue-Fri	Aug 4	Aug 7	9 a.m.- 5 p.m.	4	\$241.37
Mon-Fri	Aug 17	Aug 21	9 a.m.-4:30 p.m.	5	\$241.37

### Bronze Cross Recertification

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguards and Lifesaving and Swim Instructors. This course includes a 600 metre swim to be completed in 18 minutes or better.

**Prerequisites:** Bronze Cross

**Class length:** 6+ hrs

**Location:** Victoria Road Recreation Centre

Thu	Aug 27	Aug 27	9 a.m.-3 p.m.	1	\$79.35
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### Assistant Instructors

Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor course prepares candidates to help instructors with swimming and lifesaving skills. Candidates are introduced to key principles of learning and teaching while they master basic progressions. The roles and responsibilities of instructors are emphasized.

**Prerequisites:** 15+ years and Bronze Cross

**Age:** 15+ years **Class length:** 18+ hrs

**Location:** Victoria Road Recreation Centre

Sat-Sun	Jun 20	Jun 21	9 a.m.-6 p.m.	2	\$202.87
Mon-Fri	Jul 13	Jul 17	9 a.m.-1 p.m.	5	\$202.87
Wed-Fri	Aug 12	Aug 14	9 a.m.-4 p.m.	3	\$202.87

**Location:** West End Community Centre

Thu	Apr 2	Jun 11	5-7 p.m.	11	\$202.87
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### LSS Standard First Aid with CPR C

Designed for candidates seeking an in-depth understanding of all aspects of first aid, CPR, AED and medical emergencies such as; medical and legal aspects, spinal injuries, heat or cold injuries, bone and joint, abdominal and chest injuries, and burns. This certification is on compliance with Workplace Safety and Insurance Board.

**Age:** 14+ years **Class length:** 16+ hrs

**Location:** Victoria Road Recreation Centre

Sat-Sun	Apr 4	Apr 5	9 a.m.-5:30 p.m.	2	\$147.97
Sat-Sun	May 16	May 17	9 a.m.-5:30 p.m.	2	\$147.97
Sat-Sun	Aug 22	Aug 23	9 a.m.-5:30 p.m.	2	\$147.97
Mon-Tue	Aug 24	Aug 25	9 a.m.-5:30 p.m.	2	\$147.97

**Location:** West End Community Centre

Sat-Sun	Jul 11	Jul 12	9 a.m.-5:30 p.m.	2	\$147.97
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### LSS Standard First Aid with CPR C Re-certification

This course provides a review of first aid and CPR C skills with a practical skills assessment through scenarios. Candidates should review the course content, and practice their skills prior to the re-certification course.

**Prerequisite:** Lifesaving Society Standard First Aid

**Age:** 14+ years **Class length:** 7+ hrs

**Location:** Victoria Road Recreation Centre

Sun	Apr 5	Apr 5	9 a.m.-5:30 p.m.	1	\$87.39
Sun	May 17	May 17	9 a.m.-5:30 p.m.	1	\$87.39
Sun	Aug 23	Aug 23	9 a.m.-5 p.m.	1	\$87.39

**Location:** West End Community Centre

Sun	Jul 12	Jul 12	9 a.m.-5 p.m.	1	\$87.39
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### Swim and Lifesaving Instructors

Lifesaving and Swim Instructor prepares you to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program, Canadian Swim Patrol and the Bronze Medal programs. Candidates acquire proven teaching methods, planning skills, lifesaving skills, and a variety of stroke development drills and correction techniques.

**Prerequisites:** 16 years old and Bronze Cross

**Age:** 16+ years **Class length:** 40+ hrs

**Location:** Victoria Road Recreation Centre

Tue	Mar 31	Jun 9	4:30 p.m.-8:30 p.m.	11	\$263.22
Fri-Sun	May 29	Jun 7	5-9 p.m., 9 a.m.-5 p.m., 9 a.m.-5 p.m.	6	\$263.22
Mon-Fri	Aug 31	Sep 4	9 a.m.-5 p.m.	5	\$263.22

### Pre-National Lifeguard

Pre-National Lifeguard is a course to prepare candidates for the National Lifeguard course. Its focus is on the physical components of the course including; endurance challenge, sprint challenge, object recovery, underwater swim and submerged victim recovery.

**Recommended prerequisite:** Bronze Cross

**Age:** 10-15 years **Class length:** 10+ hrs

**Location:** Victoria Road Recreation Centre

Wed	Apr 1	Jun 10	7-8 p.m.	11	\$101.64
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### LSS National Lifeguard

The Lifesaving Society National Lifeguard certification is the standard measurement of lifeguard performance. Candidates will develop a sound understanding of life guarding principles, good judgement, and responsible attitude toward the role of the lifeguard. The program emphasizes teamwork, leadership, communication, the prevention of accidents, and treatment of medical emergencies.

**Prerequisites:** 16+ years, Bronze Cross and Standard First Aid with CPR-C

**Age:** 16+ years **Class length:** 44+ hrs

**Location:** Victoria Road Recreation Centre

Sun	Mar 29	Jun 14	3-8 p.m.	9	\$245.20
Fri-Sun	Jun 12	Jun 21	5-9 p.m., 9 a.m.-5 p.m., 9 a.m.-5 p.m.	6	\$245.20
Mon-Fri	Jul 20	Jul 24	9 a.m.-5:30 p.m., Exam Day: 9 a.m.-6:30 p.m.	5	\$245.20
Mon-Fri	Aug 31	Sep 4	9 a.m.-5:30 p.m., Exam Day: 9 a.m.-6:30 p.m.	5	\$245.20

✘ **Class cancellation:** Apr 12



## Aquatics: Leadership Programs

### LSS National Lifeguard Re-certification

The National Lifeguard certification is current for 2 years. The National Lifeguard re-certification exam is your opportunity to demonstrate your skills and re-certify your award.

**Prerequisite:** National Lifeguard

**Age:** 16+ years **Class length:** 4+ hrs

**Location:** Victoria Road Recreation Centre

Sat	Apr 4	Apr 4	10 a.m.-4 p.m.	1	\$94.56
Sat	Jun 13	Jun 13	3-8 p.m.	1	\$94.56
Tue	Aug 11	Aug 11	9 a.m.-3 p.m.	1	\$94.56
Fri	Aug 28	Aug 28	9 a.m.-3 p.m.	1	\$94.56

### HIGH FIVE®: Principles of Healthy Child Development

HIGH FIVE® training provides participants with nationally recognized certification that will assist them in working with children's programs in the sport and recreation industry. Several municipalities, not for-profit organizations and service providers either require or recommend HIGH FIVE® certification for employment. The Principles of Healthy Child Development certification course is designed to assist leaders in best practices for delivering programs to children aged six to 12. This one-day course is a requirement for anyone interested in working for the City of Guelph summer camps, aquatics and/or seasonal recreation programs.

**Age:** 15+ years **Class length:** 4 hrs

**Location:** West End Community Centre

Wed	Apr 26	Apr 26	9 a.m.-1 p.m.	1	\$71.40
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**Location:** Victoria Road Recreation Centre

Sun	May 31	May 31	9 a.m.	1	\$71.40
Wed	Aug 26	Aug 26	9 a.m.	1	\$71.40

## Advanced Leadership Courses

### LSS Examiner

The Examiner course is the first step in the three-step process to be certified as an Examiner for the Society, and it prepares candidates to successfully apprentice as an Examiner on the exam of their choice. The Examiner course builds on the evaluation experience that candidates have attained in instructor-evaluated awards and content. After successful completion of the Examiner course, candidates apprentice with experienced Examiners or Examiner Mentors in the program stream in which they are seeking examiner certification.

**Prerequisite:** Lifesaving Instructor

**Age:** 16+ years **Class length:** 6+ hrs

**Location:** Victoria Road Recreation Centre

Mon	Aug 10	Aug 10	9 a.m.-3 p.m.	1	\$79.35
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### LSS First Aid Instructor

The Lifesaving Society First Aid Instructor course prepares candidates to teach first aid courses up to and including Workplace Standard First Aid. Current First Aid Instructors may teach and certify Basic and Emergency First Aid, CPR-A,-B,-C and AED. They may teach (but not certify) Standard First Aid candidates (see Examiners).

**Prerequisites:** Minimum 16 years of age, Standard First Aid certification

**Age:** 16+ years **Class length:** 18+ hrs

**Location:** Victoria Road Recreation Centre

Sat-Sun	May 2	May 3	8:30 a.m.-5:30 p.m.	2	\$150.00
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### LSS National Lifeguard Instructor

The National Lifeguard Instructor course provides candidates with an understanding of the principles and practices on which the National Lifeguard program is based. The course explores teaching approaches and techniques appropriate for National Lifeguard candidates. After successful completion of the course, National Lifeguard Instructors are certified to teach the National Lifeguard course in the option(s) they hold (i.e., National Lifeguard Instructors who hold National Lifeguard Pool may teach National Lifeguard Pool, etc.)

**Prerequisites:** National Lifeguard (any option) and Lifesaving Instructor certifications (need not be current)

**Age:** 16+ years **Class length:** 16+ hrs

**Location:** Victoria Road Recreation Centre

Sat-Sun	May 9	May 10	9 a.m.-5 p.m.	2	\$150.00
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### LSS Instructor Trainer

Lifesaving Society Trainers teach, evaluate and certify instructor candidates. Appointment as a Trainer is a 3-step process. First, successfully complete the Society's Trainer course led by a current National Trainer. Next, apprentice with an experienced Trainer on one Instructor course in the stream you wish to be appointed as a Trainer. Lastly, submit your completed Training Record and certification fee with a positive recommendation from the experienced Trainer with whom you apprenticed.

**Prerequisites:** Bronze Examiner or First Aid Examiner or National Lifeguard Examiner, or: experienced Swim Instructor or Officials Instructor or Lifesaving Sport Coach.

**Age:** 16+ years **Class length:** 16+ hrs

**Location:** Victoria Road Recreation Centre

Sat	Jun 13	Jun 20	9 a.m.-5 p.m.	2	\$250.00
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Get unlimited access with a

# recreation or fitness pass

- Pickup sports
- Swims
- Aquafit/aquatic rehabilitation, movement enhancement
- Skates
- Fitness room



Passes available at recreation facilities



More information in the Drop-in programs and Aquatics sections.

# June is Recreation and Parks Month

Discover the benefits of recreation  
and parks in everyday life

Join us for free drop-in activities!

June is Seniors' Month

For more information visit  
[guelph.ca/seniors](http://guelph.ca/seniors).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>Visit Guelph's barrier free Enabling Garden at Riverside Park.</b>	<b>Fitness swim</b> Victoria Road Recreation Centre 6–7 a.m. (deep)	<b>Spark imagination, creativity and fun on the play structures at your local park.</b>	<b>Get outdoors and enjoy one of our leash free areas!</b>	<b>Teen Drop-in</b> West End Community Centre 7–10 p.m.	<b>Ultimate Frisbee</b> Margaret Greene Park 11 a.m.–noon
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Activation Station</b> Exhibition Park 9:30 a.m.–1:30 p.m.	<b>Senior Yoga in the Park</b> Riverside Park 1–2 p.m.	<b>Mess Makers</b> Victoria Road Recreation Centre 6–7 p.m.	<b>Aquafit</b> Victoria Road Recreation Centre 9–9:45 p.m. (deep)	<b>Circus Arts</b> Guelph Sports Dome 6–7 p.m.	<b>Retire in Style</b> Evergreen Seniors Community Centre 11 a.m.–3 p.m.	<b>Splash pads now open daily.</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Youth Futsal</b> West End Community Centre 3:30–5:30 p.m.	<b>Outdoor Circuit Training</b> Margaret Greene Park 7:30–8:30 p.m.	<b>Family Yoga in the Park</b> South End Community Park 6–7 p.m.	<b>Family Drum and Jump</b> Victoria Road Recreation Centre 5:45–6:30 p.m.  <b>Archery (7–12 years)</b> West End Community Centre 7–8 p.m.  <b>Archery (16+ years)</b> West End Community Centre 8–9 p.m.	<b>Seniors' Month Walk</b> 10 a.m. Flag Raising 11:15 a.m.	<b>LGBTQ+ Drop-in</b> Victoria Road Recreation Centre 7–9 p.m.	<b>Public swim</b> West End Community Centre 2–3:30 p.m.
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Go Skateboarding Day</b>  <b>Check out Silvercreek Skatepark!</b>	<b>Riverside Park Carousel and Miniature Train now open daily.</b>	<b>Salsa Babies</b> Victoria Road Recreation Centre 9:30–10:30 a.m.  <b>Yoga in the Park</b> Exhibition Park 6–7 p.m.	<b>Disc Golf</b> Riverside Park 6–7 p.m.	<b>Lyon Leisure Pool and wading pools now open daily.</b> <b>Stroller Fit</b> Victoria Road Recreation Centre 9:30–10:30 a.m.	<b>Movement Enhancement</b> West End Community Centre 11–11:45 a.m.	<b>Book your event at one of the Riverside Park picnic shelters.</b>  <a href="http://guelph.ca/facilityrentals">guelph.ca/facilityrentals</a>
<b>28</b>	<b>29</b>	<b>30</b>				
<b>Take a spin on Guelph's antique carousel.</b>	<b>Activation Station</b> Margaret Greene Park 9:30 a.m.–1:30 p.m.	<b>Get involved in recreation programs by volunteering with summer camps!</b>  <a href="http://guelph.ca/recreation">guelph.ca/recreation</a>				

[guelph.ca/recreation](http://guelph.ca/recreation)

# Get ready to

# Rec Enroll



Rec Enroll is Guelph's new online portal for all our great recreation programs and facilities booking. Powered by Canadian software developer PerfectMind, it is an easy to use system that will help keep track your family's use of city recreation products and services.

**You can register and learn more about our great programs at**  
[RecEnroll.ca](http://RecEnroll.ca)



## Rec Enroll







# SUMMER CAMPS

Days	Start date	End date	Number of days	Fee
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## Kiddie Camp (4-5 years)

Games, songs, crafts, storytime, supervised unstructured play, special events, creative weekly themes and outdoor water activities Tuesday through Friday (weather permitting). We swim on Wednesday afternoon. With a low staff to child ratio (1:6) and (1:2) for the pool, this camp is an ideal choice for first-time campers.

### West End Community Centre

8 a.m.–5 p.m.

Mon–Fri	Jun 29	Jul 3	4	\$158.30
Mon–Fri	Jul 6	Jul 10	5	\$195.98
Mon–Fri	Jul 13	Jul 17	5	\$195.98
Mon–Fri	Jul 20	Jul 24	5	\$195.98
Mon–Fri	Jul 27	Jul 31	5	\$195.98
Tue–Fri	Aug 4	Aug 7	4	\$158.30
Mon–Fri	Aug 10	Aug 14	5	\$195.98
Mon–Fri	Aug 17	Aug 21	5	\$195.98
Mon–Fri	Aug 24	Aug 28	5	\$195.98
Mon–Fri	Aug 31	Sep 4	5	\$195.98

## Creative Craft Camp (4-6 years)

Do you love crafts? Based on weekly themes, create one-of-a-kind masterpieces each day with paint, paper, glitter, glue and fun add-ons at our maker stations. We swim on Tuesday afternoon. With a low staff to child ratio (1:6) and (1:2) for the pool, this camp is an ideal choice for first-time campers

### Victoria Road Recreation Centre

8 a.m.–5 p.m.

Mon–Fri	Jun 29	Jul 3	4	\$158.30
Mon–Fri	Jul 6	Jul 10	5	\$195.98
Mon–Fri	Jul 13	Jul 17	5	\$195.98
Mon–Fri	Jul 20	Jul 24	5	\$195.98
Mon–Fri	Jul 27	Jul 31	5	\$195.98
Tue–Fri	Aug 4	Aug 7	4	\$158.30
Mon–Fri	Aug 10	Aug 14	5	\$195.98
Mon–Fri	Aug 17	Aug 21	5	\$195.98
Mon–Fri	Aug 24	Aug 28	5	\$195.98
Mon–Fri	Aug 31	Sep 4	5	\$195.98

**No City camps July 1 or August 3**



## Arts Unlimited (4-10 years)

Join us for a creative summer experience! Inspiring camp activities are designed for the interests and abilities of all campers. Exciting games, music, art, dance and drama in a nurturing environment make this camp an ideal choice for artistic and creative children.

### John McCrae Public School

8 a.m.–5 p.m.

Mon–Fri	Jun 29	Jul 3	4	\$158.30
Mon–Fri	Jul 6	Jul 10	5	\$195.98
Mon–Fri	Jul 13	Jul 17	5	\$195.98
Mon–Fri	Jul 20	Jul 24	5	\$195.98
Mon–Fri	Jul 27	Jul 31	5	\$195.98

## Museum Camp (4-10 years)

Engage and explore at Museum Camp. Bring your curiosity and sense of wonder as we join museum staff for fun activities. Games, crafts and hands on, in depth exploration with the exhibits are all part of your week. Join us as we discover, create and learn.

### Guelph Civic Museum

8 a.m.–5 p.m.

Tue–Fri	Aug 4	Aug 7	4	\$158.30
Mon–Fri	Aug 10	Aug 14	5	\$195.98
Mon–Fri	Aug 17	Aug 21	5	\$195.98
Mon–Fri	Aug 24	Aug 28	5	\$195.98
Mon–Fri	Aug 31	Sep 4	5	\$195.98

## Daily Discoveries (5-12 years)

Games, art, songs, guest speakers, and swimming days! This camp is designed for busy schedules; keep your camper challenged and engaged for one day or the entire summer. Campers are organized into groups according by age and rotate through activities. Ratios are 1:10 and 1:2 for swimming. Swimming days are Monday,

Tuesday and Thursday and outside water activity days are Wednesday and Friday (weather permitting). New online registration available. See page 6 for details.

### West End Community Centre

8 a.m.–5 p.m., Daily rate: \$42.24

Mon–Fri	Jun 29	Jul 3	4	\$158.30
Mon–Fri	Jul 6	Jul 10	5	\$195.98
Mon–Fri	Jul 13	Jul 17	5	\$195.98
Mon–Fri	Jul 20	Jul 24	5	\$195.98
Mon–Fri	Jul 27	Jul 31	5	\$195.98
Tue–Fri	Aug 4	Aug 7	4	\$158.30
Mon–Fri	Aug 10	Aug 14	5	\$195.98
Mon–Fri	Aug 17	Aug 21	5	\$195.98
Mon–Fri	Aug 24	Aug 28	5	\$195.98
Mon–Fri	Aug 31	Sep 4	5	\$195.98

## Swim Camp (5-12 years)

Camp and swimming combined in one fun, active week. We have teamed up with the aquatic staff to offer fun swim skills, like diving, water games and rescue skills from 1–2 p.m. From 2–3:30 p.m., we join in the public swim. When we aren't in the pool, we are playing games, making crafts and having a blast. An excellent camp for children who love to swim!

### Victoria Road Recreation Centre

8 a.m.–5 p.m.

Mon–Fri	Jun 29	Jul 3	4	\$158.30
Mon–Fri	Jul 6	Jul 10	5	\$195.98
Mon–Fri	Jul 27	Jul 31	5	\$195.98
Tue–Fri	Aug 4	Aug 7	4	\$158.30
Mon–Fri	Aug 24	Aug 28	5	\$195.98
Mon–Fri	Aug 31	Sep 4	5	\$195.98





## Swim Camp with Lessons

Two weeks of camp and swimming lessons at the same time. We have teamed up with the aquatic staff to offer swimming lessons as part of camp, Monday to Friday, over a two-week period. Lessons are 1–1:45 p.m. and then we join the public swim from 2–3:30 p.m. When we aren't swimming, we are creating, playing and having fun with camp staff. Swim report cards will be issued at the end of the session. Lessons available up to swimmer 9.

### Victoria Road Recreation Centre

8 a.m.–5 p.m.

Ages: 5–6 years, 10 spaces per session

Mon–Fri	Jul 13	Jul 24	10	\$428.40
Mon–Fri	Aug 10	Aug 21	10	\$428.40

Ages: 7–12 years; 40 spaces per session

Mon–Fri	Jul 13	Jul 24	10	\$428.40
Mon–Fri	Aug 10	Aug 21	10	\$428.40

## West End Adventure Camp (5-12 years)

The action never stops—games, songs, activities, and crafts with our fun and outgoing staff. A walking trip for forest exploration, a bus trip to swim at Lyon Leisure Pool on Friday we swim at the West End Community Centre.

### West End Community Centre

8 a.m.–5 p.m.

Mon–Fri	Jun 29	Jul 3	4	\$158.30
Mon–Fri	Jul 6	Jul 10	5	\$195.98
Mon–Fri	Jul 13	Jul 17	5	\$195.98
Mon–Fri	Jul 20	Jul 24	5	\$195.98
Mon–Fri	Jul 27	Jul 31	5	\$195.98
Tue–Fri	Aug 4	Aug 7	4	\$158.30
Mon–Fri	Aug 10	Aug 14	5	\$195.98
Mon–Fri	Aug 17	Aug 21	5	\$195.98

Mon–Fri	Aug 24	Aug 28	5	\$195.98
Mon–Fri	Aug 31	Sep 4	5	\$195.98

## Pottery Camp (7-15 years)

Be creative at either a full or half day pottery camp. The full day camp is filled with creative activities that teach a variety of clay hand building techniques, as well as playing outdoor fun and games. Split into smaller groups, campers create unique and functional clay pieces, and are part of the creative process of designing, sculpting and glazing their art during the two hour pottery block. Our fun and energetic camp staff fill the non pottery time with active games, songs and crafts. Campers in the half day program, with pottery staff, work strictly with hand building techniques to create their own pieces. Those enrolling in the 11-15 year old program, are introduced to throwing clay on the wheel.

### Guelph Community Pottery Centre

14 Edinburgh Road South

Age: 7-12 years, 8 a.m.–5 p.m.; 20 spaces per week

Mon–Fri	Jun 29	Jul 3	4	\$204.78
Mon–Fri	Jul 6	Jul 10	5	\$255.97
Mon–Fri	Jul 13	Jul 17	5	\$255.97
Mon–Fri	Jul 20	Jul 24	5	\$255.97

Age: 7-11 years, 9:30 a.m.–noon; 10 spaces per week

Mon–Fri	Jul 27	Jul 31	5	\$134.77
Tue–Fri	Aug 4	Aug 7	4	\$107.70
Mon–Fri	Aug 10	Aug 14	5	\$134.77
Mon–Fri	Aug 17	Aug 21	5	\$134.77

Age: 11-15 years, 1–3:30 p.m.; 10 spaces per week

Mon–Fri	Jul 27	Jul 31	5	\$134.77
Tue–Fri	Aug 4	Aug 7	4	\$107.70
Mon–Fri	Aug 10	Aug 14	5	\$134.77
Mon–Fri	Aug 17	Aug 21	5	\$134.77



## Sherwood Forest Camp (7-12 years)

Perfect for those who love the outdoors, nature and hands-on adventure! Enjoy archery, nature activities, crafts, games, lunch at the river, crayfishing, swimming, or a one night sleep out right here in the city. A bus trip to swim at Lyon Leisure Pool is scheduled for Wednesdays.

### Barber Scout Camp

8 a.m.-5 p.m.

Mon-Fri	Jun 29	Jul 3	4	\$158.30
Mon-Fri	Jul 6*	Jul 10	5	\$195.98
Mon-Fri	Jul 13	Jul 17	5	\$195.98
Mon-Fri	Jul 20*	Jul 24	5	\$195.98
Mon-Fri	Jul 27	Jul 31	5	\$195.98
Tue-Fri	Aug 4*	Aug 7	4	\$158.30
Mon-Fri	Aug 10	Aug 14	5	\$195.98
Mon-Fri	Aug 17*	Aug 21	5	\$195.98
Mon-Fri	Aug 24	Aug 28	5	\$195.98
Mon-Fri	Aug 31	Sep 4	5	\$195.98

**\*Sleep out weeks:** Sleep out is on the Thursday night with pick up on Friday between 11 a.m. and noon.

## Circus Arts Camp (7-12 years)

Unlock the magic behind circus arts, including juggling, acrobatics and theatrical clown. Mornings are spent with camp staff-playing fun games, outdoor play and themed activities. Afternoons are spent discovering new skills with circus staff. Your week concludes with a showcase of all your new skills.

### John McCrae Public School

8 a.m.-5 p.m.

Mon-Fri	Jul 27	Jul 31	5	\$195.98
Tue-Fri	Aug 4	Aug 7	4	\$158.30

Mon-Fri	Aug 10	Aug 14	5	\$195.98
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Mon-Fri	Aug 17	Aug 21	5	\$195.98
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### Guelph Sports Dome

8 a.m.-5 p.m.

Mon-Fri	Aug 24	Aug 28	5	\$195.98
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Mon-Fri	Aug 31	Sep 4	5	\$195.98
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## Scooter Camp (8-12 years)

Bring your scooter or skate board as we spend time at the Silvercreek Skatepark. Participate in large field games, adventures and skills building with our talented staff. Must bring own equipment and helmet.

### Silvercreek Park

8 a.m.-5 p.m.

Mon-Fri	Jun 29	Jul 3	4	\$158.30
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Mon-Fri	Jul 6	Jul 10	5	\$195.98
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Mon-Fri	Jul 13	Jul 17	5	\$195.98
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## Sports Dome Adventure Camp (7-12 years)

Action and adventure at the sports dome! Explore nature on the Royal City Recreation Trail, play games, activities, crafts or have a one night sleep over in the dome.

### Guelph Sports Dome

8 a.m.-5 p.m.

Mon-Fri	Jul 20	Jul 24	5	\$195.98
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Mon-Fri	Jul 27*	Jul 31	5	\$195.98
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Tue-Fri	Aug 4	Aug 7	4	\$158.30
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Mon-Fri	Aug 10*	Aug 14	5	\$195.98
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Mon-Fri	Aug 17	Aug 21	5	\$195.98
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**\*Sleep out weeks:** Sleep out is on the Thursday night with pick up on Friday between 11 a.m. and noon.



## Destination Exploration Camp (8-12 years)

Learn all about S.T.E.M (Science, Technology, Engineering, Mathematics) through fun, hands-on activities. Campers will explore various topics from biology, technology, doing science experiments as well as engineering design challenges. Add in crafts, games and swimming on Thursday and Friday, to make this a great week of fun.

### West End Community Centre

8 a.m.–5 p.m.

Mon–Fri	Jun 29	Jul 3	4	\$187.64
Mon–Fri	Jul 6	Jul 10	5	\$234.55
Mon–Fri	Jul 13	Jul 17	5	\$234.55
Mon–Fri	Jul 20	Jul 24	5	\$234.55
Mon–Fri	Jul 27	Jul 31	5	\$234.55
Tue–Fri	Aug 4	Aug 7	4	\$187.64
Mon–Fri	Aug 10	Aug 14	5	\$234.55
Mon–Fri	Aug 17	Aug 21	5	\$234.55
Mon–Fri	Aug 24	Aug 28	5	\$234.55

## Girl's Week Camp (11-14 years)

A unique opportunity for girls to have fun, meet new friends, and be themselves! Camp staff will introduce new activities like yoga, aquafit, nutrition, and jewelry making. We promote self-respect, confidence and personal empowerment. We swim on Tuesday and Thursday.

### West End Community Centre

8 a.m.–5 p.m.

Mon–Fri	Jul 27	Jul 31	5	\$195.98
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## Kids on the Move (6-12 years)

Get ready to join the fun at Kids on the Move! Kids on the Move is a camp for children living with a disability. Get ready for a fun filled camp experience! Participate in daily outdoor activities, swimming, sports, arts, crafts, theme days and special guests. Campers will

meet new friends and enjoy physical activity and skill development in a safe and secure environment.

### Victoria Road Recreation Centre

9 a.m.–4 p.m.

Mon–Fri	Jun 29	Jul 3	4	\$192.93
Mon–Fri	Jul 6	Jul 10	5	\$241.71
Mon–Fri	Jul 13	Jul 17	5	\$241.71
Mon–Fri	Jul 20	Jul 24	5	\$241.71
Mon–Fri	Jul 27	Jul 31	5	\$241.71
Tue–Fri	Aug 4	Aug 7	4	\$192.93
Mon–Fri	Aug 10	Aug 14	5	\$241.71
Mon–Fri	Aug 17	Aug 21	5	\$241.71
Mon–Fri	Aug 24	Aug 28	5	\$241.71

## Youth on the Move (13-25 years)

Come join the fun! Youth on the Move is a camp for teens and young adults living with a disability. Participate in daily outdoor activities, sports, arts and crafts, theme days, trips within the community and special guests. Campers will meet new friends, build self-esteem, and enjoy physical activity and skill development in a safe and secure environment.

### Victoria Road Recreation Centre

9 a.m.–4 p.m.

Mon–Fri	Jun 29	Jul 3	4	\$192.93
Mon–Fri	Jul 6	Jul 10	5	\$241.71
Mon–Fri	Jul 13	Jul 17	5	\$241.71
Mon–Fri	Jul 20	Jul 24	5	\$241.71
Mon–Fri	Jul 27	Jul 31	5	\$241.71
Tue–Fri	Aug 4	Aug 7	4	\$192.93
Mon–Fri	Aug 10	Aug 14	5	\$241.71
Mon–Fri	Aug 17	Aug 21	5	\$241.71
Mon–Fri	Aug 24	Aug 28	5	\$241.71



# LEADERSHIP CAMPS

## Pre-leader in Training (12-13 years)

The first step in our leadership program. Learn about teamwork, co-operation, leadership development and taking initiative. Your week is full of learning how to plan activities, engage campers and develop your confidence. Wednesday is a bus trip to the Guelph Grotto for a team work challenge. On Friday, you will be placed in a camp at West End Community Centre to apply your new skills.

### West End Community Centre

9 a.m.–4 p.m.

Mon–Fri	Jun 29	Jul 3	4	\$158.30
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## Leader in Training (LIT)1 (14-15 years)

Designed for returning LIT participants to get job ready! Fine tune your leadership, team building and program planning skills through interactive workshops in class and onsite. During your placement week at Sherwood Forest camp, the LITs will be given increased responsibility to plan and run activities. You will be working closely with a staff mentor to guide you along the way.

### West End Community Centre

9 a.m.–4 p.m.

Mon–Fri	Jul 13	Jul 17	5	\$195.98
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## Leader in Training (LIT) 2 (15-20 years)

Designed for returning LIT participants to get job ready! Fine tune your leadership, team building and program planning skills through interactive workshops in class and onsite. During your placement week at Sherwood Forest camp, the LITs will be given increased responsibility to plan and run activities. You will be working closely with a staff mentor to guide you along the way.

### West End Community Centre

9 a.m.–4 p.m.

Mon–Fri	Jul 13	Jul 17	5	\$195.98
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## Leader in Training (LIT) Site Placement

(14+ years)

Book your one week LIT site placement when you register for LIT 1 or LIT 2. All placements are to be completed at Sherwood Forest camp. Maximum six spots per week to ensure quality programming.

### Barber Scout Camp

8:30 a.m.–4.30 p.m.

Mon–Thu	Jul 20	Jul 23	4
Mon–Fri	Jul 27	Jul 31	5
Tuu–Thu	Aug 4	Aug 7	3
Mon–Fri	Aug 10	Aug 14	5
Mon–Thu	Aug 17	Aug 20	4
Mon–Fri	Aug 24	Aug 28	5





## Choosing a camp

When choosing a camp, consider a maximum of four weeks at each camp. This will help to ensure your child doesn't get bored or tired of the routines. We have lots of great camps, with great staff, so why not try a new one this summer!

## Code of Conduct

We take pride in providing camps that are all about fun, friendship, adventure, cooperation, leadership and citizenship. It is important that we all take responsibility for ourselves, others, the environment and the community. Within all City of Guelph programs, appropriate participant behaviour is expected. All staff, volunteers and participants are expected to be respectful, cooperative, involved and positive. Please talk to your child about these expectations prior to their camp start date to help promote a truly exceptional camp experience. Children demonstrating inappropriate behaviour may be asked to leave camp and no refund will be issued.

## What to bring

Please send your child with a backpack that holds indoor running shoes (no open back sandals), two snacks and a lunch (no peanut products), water bottle, sunscreen, hat, extra clothes, and a swim suit/towel for camps that offer swimming. Please ensure everything is labelled with child's name. Do not send electronics, money or anything of value with your child to camp.

## Payment

Pre-authorized credit card payments are accepted. For camps starting in July, payment is due June 15. For camps starting in August, payment is due July 15.

## Camps hours

Camps run from 9 a.m. to 4 p.m., with supervised drop off between 8 and 9 a.m. Pick up is between 4 and 5 p.m.

## Late fee policy

Please remember that your child has spent a long, action-packed day at camp. It is imperative that the children are picked up on time. If you are late picking up your child, you will be charged a late fee. The fee charged is \$5 for the first 15 minutes and \$3 for every five minutes thereafter. Balances owed will be added to your account within one week.

## Our staff

We place a high priority on staff training and select staff who, have experience working with kids at camp, are youthful in spirit, mature in judgement and highly qualified, attentive, caring and fun. All camp employees participate in an extensive pre-camp training program and have been certified in Standard First Aid, CPR and High Five Principles of Healthy Child Development, and have a clear Police Record check.



The best way to play™

## Camp ratios

All camps have one Camp team leader. Most camps run on a minimum ratio of one counsellor to every 10 kids. Kiddie Camp and Creative Craft operates on a 1:6 ratio while Sherwood Forest has a 1:13 ratio. Counsellors always make up our ratios and we often have extra help from volunteers and Leaders in Training onsite. We follow the Pool Admission Standards and Guidelines of 1:2 ratio when we swim.

## One2One Support (4-12 years)

One2One Support is offered to campers diagnosed with physical, cognitive and/or developmental disabilities, providing assistance when participating in camps. Each camper can register for a maximum of **four** weeks of One2One Support.

8 a.m.–5 p.m.

Mon–Fri	Jun 29	Jul 3	4	\$158.30
Mon–Fri	Jul 6	Jul 10	5	\$195.98
Mon–Fri	Jul 13	Jul 17	5	\$195.98
Mon–Fri	Jul 20	Jul 24	5	\$195.98
Mon–Fri	Jul 27	Jul 31	5	\$195.98
Tue–Fri	Aug 4	Aug 7	4	\$158.30
Mon–Fri	Aug 12	Aug 14	5	\$195.98
Mon–Fri	Aug 17	Aug 21	5	\$195.98
Mon–Fri	Aug 24	Aug 28	5	\$195.98
Mon–Fri	Aug 31	Sep 4	5	\$195.98

**No City camps July 1 or August 3**

**For more information**

519-837-5699 • [camp@guelph.ca](mailto:camp@guelph.ca) • [guelph.ca/camp](http://guelph.ca/camp)



# Preschool Programs: Up to 6 years

Play is an essential element to every child’s healthy development. Our preschool programs enhance children play through interactive free time, creative themes, and a supportive environment. Each program encourages children to build friendships, have fun, learn and grow. If your preschooler is attending a program without a caregiver, they must be potty trained.

## Listings Legend

Day	Start date	End date	Time	Classes	Fee
Thu	Apr 9	Jun 4	10 a.m.	10	\$135.20

**Day and time** – when course begins  
**Start date and end date** – when the course starts and ends  
**Classes** – number of classes  
**Fee** – price of program

## Arts

### Mess Makers

Glitter, glue, sparkles and more! These fun crafts and projects will inspire your creative side. Get your hands dirty in this class where making a mess won't get you into trouble.

**Age:** 4-6 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Mon	Apr 20	Jun 15	5 p.m.	8	\$83.20
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✘ **Class cancellation:** May 18

### Make a Splash!

Wading pools, splash pads and Lyon Leisure Pool (outdoor) open weekends starting Jun 13, 2020. For schedules, fees and addresses, visit [guelph.ca/recreation](http://guelph.ca/recreation). See page 17 for more information.

## Fee Assistance

Everyone should have the opportunity to participate in recreation programs!

### Free to Play (Under 18)



#### Free to Play Program

Free to Play aims to help as many children as possible through an easily accessible and confidential fee assistance program. Maximum grant per child, per calendar year is \$400—on a first-come, first-served basis and provided funds are available.

For more information, call **519-826-9551** or visit [childrensfoundation.org](http://childrensfoundation.org).

### FAIR (18 years and older)

The City of Guelph's FAIR program is a confidential fee assistance program for recreation and leisure activities, recreation and fitness passes and selected memberships.

Individuals 18 years and older who qualify receive a percentage off the registration fee(s).

For more information, call **519-837-5618** or visit [guelph.ca/supportservices](http://guelph.ca/supportservices).



## General Interest

### ABC Fit

Children have fun learning numbers and basic language and writing skills while hopping, skipping, running and getting active. Activities reinforce counting and number skills. Fitness, fun and learning!

**Age:** 2.5-4 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Fri	Apr 24	Jun 19	10 a.m.	8	\$72.56
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✖ **Class cancellation:** Jun 5

### Baby Gym

Children will be encouraged to explore and discover the world through their senses and their bodies. Beginning with a warm-up, children and parents participate in songs, specially designed movement, routines, play and exercise. Parent participation required.

**Age:** 1-2 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Tue	Apr 21	Jun 9	3:45 p.m.	8	\$62.88
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### Family Circus Arts

Parents and children will unlock the magic behind circus arts, including juggling, theatrical clown and more! Whether you want to join the circus or want to try something new, this program will fill you with all the excitement of a big top tent!

**Age:** 4-7 years **Class length:** 45 mins

**Location:** Victory Public School

Thu	Apr 23	Jun 4	6:15 p.m.	6	\$35
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✖ **Class cancellation:** May 14

### Family Eco Nights

Everybody can make a world of change in this hands-on, educational and fun evening in nature! Learn ways to explore and how to make every day discoveries from working and playing on the heart of the land and on hiking trails to actively participating in other great outdoor activities and making creations and keepsakes you can bring to your garden or into your home.

**Age:** 0-12 years **Class length:** 60 mins

**Location:** Silvercreek Park

Wed	Jul 22	Jul 22	6:30 p.m.	1	\$12
Wed	Aug 19	Aug 19	6:30 p.m.	1	\$12

### Fuel Your Fitness (4-7 years)

Parents and children learning to cook healthy, tasty foods together is a recipe that works! Parents and children will start the session off with a pop-up fitness activity to show all the different and fun ways they can be active together. Following the activity, parents and children will work together to prepare delicious food while learning about healthy food choices and nutrition.

**Age:** 4-7 years **Class length:** 75 mins

**Location:** West End Community Centre

Sat	Apr 25	May 30	9:30 a.m.	5	\$35
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✖ **Class cancellation:** May 16

### Little Learners

Foster socialization, positive self-esteem, and independence in a great preschool environment. Creative and sensory activities, crafts, circle time and fun active games in the gym will enhance gross motor skills.

**Age:** 2.5-4 years **Class length:** 1.5 hrs

**Location:** West End Community Centre

Tue	Apr 7	Jun 9	10 a.m.	10	\$127.10
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### Parking Lot Picassos

Sit back and watch your little one explore nature and discover the world of arts and crafts in this outdoor, hands on course. Using chalk, paint, bubbles and more, your child will interact with other toddlers all while sparking their imagination alongside our creative instructors. Please note that this course is outdoors and can get messy. Please dress your child accordingly.

**Age:** 2-4 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Tue	May 19	Jun 23	10 a.m.	6	\$62.40
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### Sensory Play for Toddlers

Stimulate your child's senses of touch, smell, taste, sight and hearing in this instructed Sensory Play program. Your child will engage with their peers while getting in tune with their senses in a fun and playful way.

**Age:** 1.5-3 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Wed	Apr 22	Jun 10	9:30 a.m.	8	\$87.60
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### Tales and Trails

Explore new parks and trails in Guelph each week. Grow your young child's love of nature. We will gather for songs and a tale around various themes, hit the trails for a short hike and wrap up the morning by making a keepsake from our nature adventure that you will take home. Location schedule provided upon registration or call to pre-view. Parent/Caregiver participation required.

**Age:** 0-4 years **Class length:** 60 mins

**Location:** Silvercreek Park

Wed	Apr 22	Jun 3	10 a.m.	7	\$70.42
Sat	Apr 25	May 30	11 a.m.	5	\$50.30
Wed	Jul 8	Jul 22	5:30 p.m.	3	\$30.18
Wed	Aug 5	Aug 19	5:30 p.m.	3	\$30.18

✖ **Class cancellation:** May 23

### Toddler Song and Bounce

Children explore physical literacy through routines that help develop balance, body awareness and movement. Develop coordination, flexibility and self-confidence through structured games and gross motor circuits that involve rolling, balancing, jumping, tumbling and music. Parent participation is required.

**Age:** 2-4 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Tue	Apr 21	Jun 9	4:30 p.m.	8	\$62.88
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## Preschool Programs: Up to 6 years

### Sports and Fitness

#### Ballet

Explore ballet fundamentals, develop coordination and enhance creative expression while having fun! Parents are invited to a special in-class performance on the last week.

**Age:** 3-6 years **Class length:** 45 mins

**Location:** West End Community Centre

Sat	Apr 18	Jun 6	10:30 a.m.	8	\$62.88
Sat	Apr 18	Jun 6	11:30 a.m.	8	\$62.88

#### Gym N' Swim

You and your infant will bond through interactive play both on land and in water. After playing together with our teachers and friends in a playroom setting, you will join an instructed class with songs and games in the pool.

**Age:** 3 mos-3 years **Class length:** 2 hrs

**Location:** Victoria Road Recreation Centre

Thu	Apr 16	Jun 4	9:30 a.m.	8	\$92.13
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#### Kids In Motion 1

For kids who just gotta dance! Learn a variety of dance styles through active games and imagination, focusing on jazz, tap and ballet.

**Age:** 3-5 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Sat	Apr 18	Jun 6	9:30 a.m.	8	\$62.88
Sat	Apr 18	Jun 13	10:30 a.m.	8	\$62.88
Sat	Jul 11	Aug 29	10:30 a.m.	7	\$55.02

✖ **Class cancellations:** Jun 6, Aug 22

#### Kids in Motion 2

Keep on dancing! Learn new jazz, tap and ballet steps. Children are encouraged to feel the rhythm and explore dance using their own self-expression. No previous experience required.

**Age:** 4-6 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Sat	Apr 18	Jun 13	11:30 a.m.	8	\$62.88
Sat	Jul 11	Aug 29	9:30 a.m.	7	\$55.02

✖ **Class cancellations:** Jun 6, Aug 22

#### Kinder Dance

This introductory co-ed dance class teaches free movement exercises combined with the basics of ballet and jazz. Children dance on their own.

**Age:** 3-5 years **Class length:** 45 mins

**Location:** West End Community Centre

Sat	Apr 18	Jun 6	9:30 a.m.	8	\$62.88
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#### PD Day Camp

Games, crafts and songs all wrapped up in one day of fun! Drop off is between 8-9 a.m. and pickup between 4-5 p.m. Pizza (2 slices) is included.

**Age:** 4-12 years

8 a.m.-5 p.m.

West End Community Centre

Fri	Apr 24	\$42.24
Fri	Jun 5	\$42.24

#### Sportball 2-3.5 years (Parent and Tot)

In our Parent & Child classes, 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. This is a great program to get your special little one to follow simple instructions, share with other children, and develop their gross motor skills. The role of the parent/guardian is to be the personal trainer for their child. You are directly involved in each class led by one the Sportball coaches.

**Age:** 2-3.5 years **Class length:** 45 mins

**Location:** West End Community Centre

Sat	Apr 18	May 30	4 p.m.	7	\$132.93
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#### Sportball 3-5 years

Children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. 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.

**Age:** 3-5 years **Class length:** 60 mins

**Location:** West End Community Centre

Sat	Apr 18	May 30	3 p.m.	7	\$132.93
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#### Sportball 4-7 years

**Age:** 4-7 years **Class length:** 60 mins

**Location:** West End Community Centre

Sat	Apr 18	May 30	2 p.m.	7	\$132.93
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## Parents, you're on our mind...

The City of Guelph programming team has partnered with Park Activation to offer complimentary children's Park Activation programming alongside registered adult programming.

#### Outdoor Circuit Training

**When:** Mondays 6:30-7:30 p.m.

**Where:** Margaret Greene Park

Park Activations Mondays 4:30-7:30 p.m.

#### Spin in the Park

**When:** Thursdays 5:15-6 p.m.

**Where:** Exhibition Park

Park Activations Thursdays 4:30-7:30 p.m.

#### Yoga in the Park

**When:** Thursdays 6-7 p.m.

**Where:** Exhibition Park

Park Activations Thursdays 4:30-7:30 p.m.

#### Activation Stations

##### Exhibition and Margaret Greene Park

The Park Activation team will be running free, drop-in games and activities for children and families starting in May 2020. This is a safe and inclusive program for everyone who wants to participate.

**For more information please visit:** [guelph.ca/recreation](http://guelph.ca/recreation)



## Children and Youth Programs: 6–17 years

Fun is the name of the game! City of Guelph Children's and Youth programming offers a wide range of programming to engage, entertain and stimulate! Our programs are a great place to meet new friends, explore new activities, stay active and of course, have fun. Where else can you learn to shoot an arrow like Robin Hood, cook like Gordon Ramsey, paddleboard across a pool. Our child and youth recreation team offers these opportunities and many more available across the community.

We haven't forgot about our teens either. The City of Guelph offers a variety of safe, friendly and free drop-in programs for our youth audience. Looking for volunteer opportunities, leadership developed programming, a way to raise your voice in your community or just chill with friends? Our Youth team has you covered. Please check out of program and drop-in offerings just for you(th)!

### Youth Friendly Community

Guelph is a Play Works' Gold Youth Friendly Community. We actively support and provide opportunities for the growth and development of youth through play non-school activities that have elements of choice, lead to satisfaction, and encourage progressive learning.



### General Interest

#### Amazing Art

Learn basic art instruction using a variety of techniques and mediums such as clay, watercolours, pencil and pastels. Bring a sketch pad to class, all other supplies provided.

**Age:** 6-12 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Mon	Apr 20	Jun 15	6:30 p.m.	8	\$83.20
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✕ **Class cancellation:** May 18

#### Art Make N' Take

Have fun and make your own creations! Learn basic art instruction using a variety of techniques. At the end of each class, you will have a piece of art to take home for display. All supplies are provided.

**Age:** 6-12 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Fri	Apr 24	May 29	5:30 p.m.	6	\$62.40
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### Listings Legend

Day	Start date	End date	Time	Classes	Fee
Thu	Apr 9	Jun 4	10 a.m.	10	\$135.20

**Day and time** – when course begins

**Start date and end date** – when the course starts and ends

**Classes** – number of classes

**Fee** – price of program

## Children and Youth Programs: 6–17 years

### Babysitters Course

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on first aid emergencies, leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children.

**Age:** 11-15 years **Class length:** 8.5 hrs

**Location:** West End Community Centre

Fri	Apr 24	Apr 24	8:30 a.m.	1	\$67.63
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**Location:** Victoria Road Recreation Centre

Fri	Jun 26	Jun 26	8:30 a.m.	1	\$67.63
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### Bake Your Cake and Eat it Too

What's better than baking your cake and eating it too? Nothing! Join us for this introductory pastry and baking course that will provide you with an understanding of the ingredients and methods used in creating breads, pastries, cookies and other desserts. Participants will explore traditional sweets and healthy desserts along with some gluten-free and dairy-free options. All supplies are provided. Don't forget to bring your sweet tooth.

**Age:** 11-15 years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

Thu	May 14	Jun 18	6:30 p.m.	6	\$85.79
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### Chess - Beginner

This class is an introduction to chess tactics and strategy for beginners on how to move the pieces on the board. Our instructor has taught chess to children for over 30 years, officiated three World championships and numerous international events.

**Age:** 4-16 years **Class length:** 1.5 hrs

**Location:** West End Community Centre

Tue	Apr 7	Jun 2	5 p.m.	9	\$143.37
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### Chess - Intermediate

Learn advanced moves and strategies to increase your chess skill level. This program is designed for intermediate/advanced students who have completed the novice program, or have two years of club experience.

**Age:** 4-16 years **Class length:** 1.5 hrs

**Location:** West End Community Centre

Tue	Apr 7	Jun 2	6:30 p.m.	9	\$143.37
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### Circus Arts

Unlock the magic behind circus arts, including juggling, theatrical clown and more! Whether you want to join the circus or want to try something new, this program will have you ready to take circus arts to the next level.

**Age:** 8-12 years **Class length:** 60 mins

**Location:** Victory Public School

Thu	Apr 23	Jun 4	7:15 p.m.	6	\$35
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✘ **Class cancellation:** May 14

### Cook Bake Eat Repeat

Attention future chefs: are you ready to cook and bake like your favourite culinary television shows? Well, put on your chef hat, roll up your sleeves and be prepared to measure, mix, stir, mash and eat! Weekly themes and team cook-off will prepare you to think outside the box, get creative with recipes and build confidence in the kitchen. All supplies will be provided.

**Age:** 11-15 years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

Wed	May 13	Jun 17	6:30 p.m.	6	\$85.79
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### D.I.Y. Slime

Make and experience slime and other amazing concoctions! Find out what makes the best slime, test a variety of ingredients and make other STEM discoveries. Go home with a new slime or another invention each week.

**Age:** 6-10 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Wed	Apr 22	May 27	6:30 p.m.	6	\$85.68
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### Family Drone Racing

Calling all race fans and drone enthusiasts! Imagine that you are hundreds of feet in the air, and then suddenly you are spiraling toward the ground. Your palms start sweating, your heart starts racing and all you can think about is "am I going to make this maneuver". Caregivers and children will escape to the dome where you can try out new courses and master your flying skills. Participants must bring their own drone equipment.

**Age:** 7-15 years **Class length:** 2 hrs

**Location:** Guelph Sports Dome

Sat	May 2	May 2	7 p.m.	1	\$14
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### Fearless Girls

Have fun and explore your interests and discover your own bravery; be part of a positive and supportive program that fosters kindness and camaraderie amongst girls! We will engage, encourage and inspire beYOUty while we cook, eat, create art, enjoy music, move and boost our inner and physical energy! Participants play important role in each classes activities and theme.

**Age:** 6-9 years **Class length:** 60 mins

**Location:** West End Community Centre

Mon	Apr 20	Jun 15	6 p.m.	8	\$79.60
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✘ **Class cancellation:** May 18

### Fuel Your Fitness

Parents and children learning to cook healthy, tasty foods together is a recipe that works! Parents and children will work together to prepare delicious food while learning about healthy food choices and nutrition. The cooking session will be followed by a pop-up fitness activity each week to show parents and children all the different and fun ways they can be active together.

**Age:** 8-12 years **Class length:** 75 mins

**Location:** West End Community Centre

Sat	Apr 25	May 30	10:30 a.m.	5	\$35
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✘ **Class cancellation:** May 16

## Children and Youth Programs: 6–17 years

### Home Alone Safety Training

This course has been developed by first aid, safety and aquatics experts. This is a comprehensive program for children who are either too young to babysit or who may not be interested in being babysat. This program is current, fun and effective. A variety of interactive facilitation tools will teach kids about home safety. Topics include street smarts, people safety, staying home alone safely, accidents and home alone readiness plans.

**Age:** 9-12 years **Class length:** 7 hrs

**Location:** Victoria Road Recreation Centre

Fri	Apr 24	Apr 24	9 a.m.	1	\$70.33
Fri	Jun 26	Jun 26	9 a.m.	1	\$70.33

**Location:** West End Community Centre

Fri	Apr 24	Apr 24	9 a.m.	1	\$70.33
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### Into the Wild

Explore new city parks and trails together each week! Participants will take part in activities like hiking, scavenger hunts, environmental projects, exploration and discoveries through experiential learning and hands on activities. Location schedule will be provided upon registration or call to preview.

**Age:** 7-12 years **Class length:** 60 mins

**Location:** Silvercreek Park

Sat	Apr 25	May 30	1:30 p.m.	5	\$50.30
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× **Class cancellation:** May 23

### Junior Eco Club

Explore new city parks and trails together each week! Discover nature and science in this hands-on, interactive course. Investigate, explore and go home with a neat project or gardening skill to share with your family and friends! Location schedule will be provided upon registration or call to preview.

**Age:** 4-6 years **Class length:** 60 mins

**Location:** Silvercreek Park

Sat	Apr 25	May 30	12:15 p.m.	5	\$50.30
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× **Class cancellation:** May 23

### Junior Theatre

Join us for an exciting journey into the wonderful world of theatre and a touch of glee! We'll explore all areas of drama including performance, backstage, improvisation, and character development while also learning about the use of props, set and costumes.

Through creative theatre games and skits, we will also examine the world of scene study and characterization. Family and friends are invited to a show on the last day of the program.

**Age:** 8-13 years **Class length:** 60 mins

**Location:** River Run Centre

Mon	Apr 20	Jun 15	5:45 p.m.	8	\$110.16
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× **Class cancellation:** May 18

Get outside for an Family Eco Night, or help your child develop their love of nature through Tales and Trails. Explore new parks and trails each throughout Guelph each week in our programs. See page 65 for more information.

### Kids Night Out

Looking for a grown-up night out? Want to make sure the kids have something fun to do while you have some time to yourself? Kids night out offers fun, interactive games, crafts and activities to keep your kiddos entertained while you enjoy a night out of your own.

**Age:** 6-10 years **Class length:** 3 hrs

**Location:** Guelph Sports Dome

Sat	May 16	May 16	6 p.m.	1	\$15
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### Kinder Theatre

An introduction to theatre, music, art and dance! Each class starts with a story which is followed by role-playing, drama games and creative activities. Friends and family are invited to a show on the last day of the program.

**Age:** 5-8 years **Class length:** 60 mins

**Location:** River Run Centre

Mon	Apr 20	Jun 15	4:30 p.m.	8	\$110.16
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× **Class cancellation:** May 18

### Lego - WEDO

In partnership with Stemotics, Lego WeDo introduces robotics to children. Build fun Lego models with motors and sensors, Then connect your creations to a computer to program their behaviours.

**Age:** 4-8 years **Class length:** 60 mins

**Location:** West End Community Centre

Wed	Apr 8	May 27	6 p.m.	8	\$147.90
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### Lego - Mindstorm EV3

In partnership with Stemotics, Lego Mindstorm EV3 enables students to discover STEM (science, technology, engineering, math) in a fun, engaging and hands on way. Combine Lego building with a software to design, program and control robots. Participants will then use robots and software to plan, test, and modify real life robotic behaviours.

**Age:** 9-11 years **Class length:** 60 mins

**Location:** West End Community Centre

Wed	Apr 8	May 27	7:15 p.m.	8	\$147.90
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### Movies in the Park...but Indoors!

Grab your favourite beanbag chair, blanket or mat and join us for our monthly movie night under the dome! See [guelph.ca/recreation](http://guelph.ca/recreation) for movie listings.

**Age:** All ages **Class length:** 3 hrs

**Location:** Guelph Sports Dome

Sat	April 25	April 25	7 p.m.	1	\$5/person \$20/family
Sat	May 30	May 30	7 p.m.	1	\$5/person \$20/family

We're replacing playground equipment in 2020:

- Bullfrog Pond Park
- Clair Park
- Kortright Hills Park
- Westminster Woods Park

## Children and Youth Programs: 6–17 years

### Paint, Pastels and Pencils

Get creative with your artistic side. We will use different mediums—paints, pastels and pencils - to create fun projects and learn new skills.

**Age:** 6-12 years **Class length:** 60 mins

**Location:** West End Community Centre

Thu	Apr 9	May 28	6 p.m.	8	\$83.20
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### R.E.A.C.H (Resource Employment and Certification Hub)

Get set for a week of employment training and skills development to get you job ready. You will receive Emergency First Aid, High Five Training and the Safe Food Handler Certificate, plus end the week with a networking night where you will connect with local employers and show them how you can put your skills to work.

**Age:** 14-17 years **Class length:** 7 hrs

**Location:** Guelph Sports Dome

Mon-Fri	Jul 6	Jul 10	9 a.m.	5	\$207.04
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### Slime Nights - All about the Fluff

Crack the code to find the crucial ingredient for making fluffy slime!

**Age:** 6-10 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Wed	Apr 1	Apr 1	6:30 p.m.	1	\$14.28
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### Slime Nights - Bubbling Swamp Slime

Oozing, bubbly and green? Perhaps the grossest and yuckiest slime you've ever seen!

**Age:** 6-10 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Wed	Jun 3	Jun 3	6:30 p.m.	1	\$14.28
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### Slime Nights - Edible Slime Pizza Party

It's a Pizza Party? Yes, but only with a little twist... it's made with slime! Load the toppings!

**Age:** 6-10 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Wed	Jun 10	Jun 10	6:30 p.m.	1	\$14.28
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### Slime Nights - Unicorns and Rainbows

Looks like a herd of unicorns came to visit! Look at all those colours!

**Age:** 6-10 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Wed	Apr 8	Apr 8	6:30 p.m.	1	\$14.28
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### Snack Attack

Are your kids craving something to eat when they get home from school? This program will teach children how to make quick and easy snacks they will be excited to bring home and try!

**Age:** 8-12 years **Class length:** 60 mins

**Location:** West End Community Centre

Tue	Apr 28	Jun 2	6 p.m.	6	\$35
Tue	Jul 14	Aug 18	6 p.m.	6	\$35

### Ukulele Heroes

Focusing on ukulele music, improvisation and creativity, become a ukulele hero! Learn the basics of the Ukulele including holding, strumming easy chords, playing notes and rhythm. Singing and playing musical games will make learning fun and interactive. Some basic elements of musical theory will be introduced. Participants must bring their own ukulele.

**Age:** 6-10 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Mon	Apr 20	Jun 15	7 p.m.	8	\$99.12
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× **Class cancellation:** May 18

### What Happens When...

Children will work in groups to learn how science, technology, engineering and math can be incorporated into every day activities. Bring STEM to life with hands-on activities, projects and experiments!

**Age:** 5-8 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Wed	Apr 22	May 27	5 p.m.	6	\$85.68
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### Young Writers

Designed for young writers with an interest in any genre and style! Join us for an informal class that will provide creative stimuli and encouragement to keep you writing all year long. Weekly readings, lively discussions, and a wide variety of writing prompts will help awaken your creative spirit, explore techniques and have fun! Discover how to create intriguing characters, build fictional worlds, structure a novel, write poetry and meld your words into pieces that will intrigue and grip a reader.

**Age:** 13-17 years **Class length:** 2 hrs

**Location:** Victoria Road Recreation Centre

Thu	Apr 30	Jun 4	6 p.m.	6	\$62.40
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## Sports and Fitness

### Archery

Learn or enhance basic archery skills and techniques. Practice, play games and compete in a safe environment. All equipment is provided.

**Age:** 7-10 years **Class length:** 60 mins

**Location:** West End Community Centre

Sat	Apr 11	Jun 13	9 a.m.	10	\$145.60
Sat	Apr 11	Jun 13	10 a.m.	10	\$145.60

**Age:** 11-15 years **Class length:** 60 mins

**Location:** West End Community Centre

Sat	Apr 11	Jun 13	11 a.m.	10	\$145.60
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### Archery - Advanced

This advanced level archery class will improve your skills and techniques. Practice, play games and compete in a safe environment. All equipment is provided. Participants recommended to have at least 2 prior sessions experience before attending the advanced class.

**Age:** 11-15 years **Class length:** 60 mins

**Location:** West End Community Centre

Sat	Apr 11	Jun 13	noon	10	\$145.60
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### Archery Tag

A chance to embrace your inner Katniss Everdeen or Robin Hood! Get ready for an exciting, action-packed game that combines elements of dodgeball, paintball and the skills of archery with spongy arrows. Run, tuck and roll for cover, as you could be the last archer standing! No previous skills required as our instructors will provide a warm up before you play.

**Age:** 13-17 years **Class length:** 3 hrs

**Location:** Guelph Sports Dome

Sat	Apr 18	Apr 18	7 p.m.	1	\$21.84
Sat	May 23	May 23	7 p.m.	1	\$21.84

### Badminton

Learn the rules of badminton, racket awareness, shot selection, foot work and strategies. Game play with ongoing skill development with an emphasis on fun, fitness and form. Eye protection is highly recommended and available for purchase under extra fees.

**Age:** 8-10 years **Class length:** 60 mins

**Location:** West End Community Centre

Mon	Mar 30	Jun 1	4:30 p.m.	9	\$65.25
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× **Class cancellation:** May 18

**Age:** 10-14 years **Class length:** 60 mins

**Location:** West End Community Centre

Mon	Mar 30	Jun 1	5:30 p.m.	9	\$65.25
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× **Class cancellation:** May 18

### Boccia

Boccia is a Paralympic sport played in over 50 countries. It takes precision, accuracy and focus to roll the ball as close to the jack as possible. All abilities are welcome to participate.

**Age:** 8-17 years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

Tue	Apr 28	Jun 2	6 p.m.	6	\$35
Tue	Jul 14	Aug 18	6 p.m.	6	\$35

### Children's Paddle Boarding

Experience a new way on the water with stand up paddle boarding. Children will learn basic paddling skills, speed control and water safety. Get a full body workout, improve your balance and have fun on the water.

**Age:** 8-12 years **Class length:** 40 mins

**Location:** Victoria Road Recreation Centre

Sat	Apr 18	May 30	1 p.m.	6	\$35
Sat	Apr 18	May 30	1:40 p.m.	6	\$35
Sat	Apr 18	May 30	2:20 p.m.	6	\$35
Sat	Jul 11	Aug 22	9 a.m.	6	\$35
Sat	Jul 11	Aug 22	9:40 a.m.	6	\$35
Sat	Jul 11	Aug 22	10:20 a.m.	6	\$35

× **Class cancellations:** May 16, Aug 1

Dive into science and experimentation with What Happens When...! Or get creative with D.I.Y. Slime! STEM-based fun with hands-on learning for kids 5 years and older.

### Dance Craze

Explore various dance forms in a fun and creative atmosphere. We'll introduce and work on a variety of dance styles like ballet, jazz, hip hop, lyrical and choreograph dances in small groups.

**Age:** 5-7 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Sat	Apr 18	Jun 13	12:30 p.m.	8	\$62.88
Sat	Jul 11	Aug 29	12:30 p.m.	7	\$55.02

× **Class cancellations:** Jun 6, Aug 22

### Drum and Flow

Drum and Flow combines high energy fitness, music and dance using a stability ball and drum sticks to increase your cardio and strengthen your muscles. Start the program off drumming to the beat and flow into a full body stretch and cool down with a yoga session. A great way to combine a full workout from start to finish!

**Age:** 13-17 years **Class length:** 75 mins

**Location:** Victoria Road Recreation Centre

Mon	Apr 20	Jun 1	4:45 p.m.	6	\$62.06
Mon	Jul 13	Aug 24	4:45 p.m.	6	\$62.06

× **Class cancellations:** May 18, Aug 3

### Family Drum and Jump

Good for the brain and great for the body; Drum and Jump is a high-fun, high-energy fitness program that combines music, dance and rhythm. Using a stability ball and drumsticks you will drum to the beat of the music. No experience required- just beat to your own drum!

**Age:** 4-8 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Wed	Apr 29	Jun 3	5:45 p.m.	6	\$35
Wed	Jul 15	Aug 19	5:45 p.m.	6	\$35

### Family-Friendly Yoga

A yoga session designed for children and their family members to practice calming movements together while developing fundamental skills such as balance and flexibility.

**Age:** 4-9 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Tue	Apr 28	Jun 2	5:45 p.m.	6	\$35
Tue	Jul 14	Aug 18	5:45 p.m.	6	\$35

### Fencing - Beginners

Learn the fundamentals of fencing with our instructor, a certified aide moniteur of foil fencing and an NCCP coach. You will learn and practice basic fencing movements and techniques, and compete with other adults. Fencing will improve your stamina, strength, balance and co-ordination. All fencing equipment is provided.

**Age:** 10-16 years **Class length:** 75 mins

**Location:** West End Community Centre

Mon	Apr 6	Jun 1	6:45 p.m.	8	\$161.04
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× **Class cancellation:** May 18

Children and youth aged 5 to 17 should get at least 60 minutes of moderate-to-vigorous intensity physical activity per day. Currently only 37.6% of this target group meets the recommendation. (Health Canada)

## Children and Youth Programs: 6–17 years

### Fencing - Advanced

During this class, learn advanced techniques, review the rules, practice and compete in a friendly, safe environment. Previous fencing experience or completion of Beginner Fencing is recommended. All fencing equipment provided.

**Age:** 10-16 years **Class length:** 75 mins

**Location:** West End Community Centre

Thu	Apr 9	May 28	5:30 p.m.	8	\$161.04
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### Intro to Disc Golf

An introduction to the sport of Disc Golf at Riverside Park's new Disc Golf course! Get your family together and join experienced instructors to learn how to play this increasingly popular sport. Discs will be provided.

**Age:** 8-12 years **Class length:** 60 mins

**Location:** Riverside Park

Wed	May 13	Jun 17	6 p.m.	6	\$35
Wed	Jul 15	Aug 19	6 p.m.	6	\$35

### Just Dance

Learn dance styles from a few different genres. The first few classes will introduce various forms of hip hop including soca and popping and other dance styles like Latin, lyrical and jazz. Students will continue to build dancing, leadership and performance skills while they form into groups, picking one style and concentrating on their own routine and genre they have chosen. All groups will perform in a show on the last day of the program.

**Age:** 6-12 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Sun	Apr 19	Jun 14	1:30 p.m.	8	\$62.88
Sun	Jul 13	Aug 30	1:30 p.m.	7	\$55.02
Sun	Apr 19	Jun 14	2:30 p.m.	8	\$62.88
Sun	Jul 13	Aug 30	2:30 p.m.	7	\$55.02

× **Class cancellations:** Jun 7, Aug 23

### Karate

Learn basic kicks, punches and break falls (learning to fall without injury). This program focuses on stretching and flexibility, developing co-ordination, respect and self-discipline.

**Age:** 6-9 years **Class length:** 45 mins

**Location:** West End Community Centre

Wed	Apr 8	Jun 10	6 p.m.	10	\$88.10
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**Age:** 9-13 years **Class length:** 45 mins

**Location:** West End Community Centre

Wed	Apr 8	Jun 10	7 p.m.	10	\$88.10
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### Kick Boxing- Family

This action packed class is specially designed to teach proper kicking and punching techniques while revving up your cardio and building your strength. With a combination of strength training, cardio and martial arts, this class is guaranteed to give you and your whole family an amazing workout.

**Age:** 9-17 years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Thu	Apr 30	Jun 25	6 p.m.	8	\$31.24
Thu	Jul 9	Aug 27	6 p.m.	8	\$31.24

× **Class cancellation:** Jun 4

### Mini Tennis

Develop hand/eye coordination and an elementary understanding of tennis. Emphasis is on racquet handling and ball control skills on downsized courts. Racquets will be provided; however, you are welcome to bring your own.

**Age:** 5-9 years **Class length:** 60 mins

**Location:** Royal City Tennis Club

Mon/Wed	Apr 1	Apr 27	5 p.m.	8	\$164.40
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**Location:** Exhibition Park

Tue/Thu	May 5	May 28	4 p.m.	8	\$92.56
Mon/Wed	Jun 3	Jun 29	4 p.m.	8	\$92.56
Tue/Thu	Jul 2	Jul 28	4 p.m.	8	\$92.56
Mon/Wed	Aug 5	Aug 31	4 p.m.	8	\$92.56

**Location:** St. George's Park

Mon/Wed	May 4	May 27	4 p.m.	8	\$92.56
Tue/Thu	Jun 2	Jun 25	4 p.m.	8	\$92.56
Mon/Wed	Jul 6	Jul 29	4 p.m.	8	\$92.56
Tue/Thu	Aug 4	Aug 27	4 p.m.	8	\$92.56

### Nerf Tag

Get ready to be quick on your feet and duck behind inflatable obstacles. Nerf tag battles are action-packed, thrilling and fun! Use nerf blasters in a friendly and safe environment to bring your team to victory. All equipment provided.

**Age:** 8-13 years **Class length:** 1.5 hrs

**Location:** Guelph Sports Dome

Fri	Apr 17	May 22	4 p.m.	6	\$79.32
Sat	May 9	May 9	7 p.m.	1	\$13.22

**Age:** 14-17 years **Class length:** 1.5 hrs

**Location:** Guelph Sports Dome

Sat	May 9	May 9	8:30 p.m.	1	\$13.22
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## LGBTQ+ Youth Drop-in

Join us every Friday at the Victoria Road Recreation Centre for a safe, inclusive and fun space to hang out! The Drop-in offers art-based activities, movie nights, recreational opportunities, workshops, guest speakers and more! All friends and allies welcome! For more information contact [youth.council@guelph.ca](mailto:youth.council@guelph.ca) or 519-822-1260 x 2678.

**Age:** 13-18 years **Class length:** 2 hrs **Location:** Victoria Road Recreation Centre

Fri	Apr 3-Jun 19	7 p.m.	FREE
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## MusicWorks/StageWorks

MusicWorks/StageWorks is a hands-on performing arts mentorship program of the River Run Centre in partnership with the Guelph Youth Council of the City of Guelph and supported by TD Bank Group. The program runs every spring and is open to all youth, ages 13 to 19, who are interested in gaining new skills and taking part in a public performance.

For more information visit [riverrun.ca/youth-mentorship](http://riverrun.ca/youth-mentorship)

## Pickleball

Pickleball is a sport in which four players use solid paddles, to hit a perforated ball over a net. Similar to other racket sports, we play on badminton size courts and follow rules similar to tennis. This is a fun, quick and easy game to learn and play. All equipment supplied.

**Age:** 6-12 years **Class length:** 60 mins

**Location:** West End Community Centre

Tue	Apr 7	Jun 9	4:30 p.m.	10	\$72.50
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## Slacklining

Like tightrope walking, but without the terrifying height. The first step is learning to stand and balance on the slackline. Soon you'll be walking the line and learning some amazing tricks. Slacklining is a great way to get outdoors and improve balance and confidence. Most of all it is fun!

**Age:** 8-12 years **Class length:** 60 mins

**Location:** Royal City Park

Thu	May 14	Jun 18	6 p.m.	6	\$35
Thu	Jul 16	Aug 20	6 p.m.	6	\$35

## Sport Fun for Everyone

This program will teach fun new games and sports that everyone can play. In an inclusive environment, we will play a wide variety of cooperative, individual and team games suitable for all skill and experience levels. With non-traditional games your kids have likely never seen and unique spins on some classic sports, this program promises entertaining, non-stop action.

**Age:** 8-12 years **Class length:** 60 mins

**Location:** Ottawa Crescent Public School

Tue	Apr 28	Jun 2	6 p.m.	6	\$35
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## SUP Fitness

SUP Fitness will explore exercises and muscle lengthening stretches on paddle boards in the water. Push your boundaries to conquer the challenge. Strengthen your core, improve your cardio and master your flexibility and balance. Participants must be able to swim.

**Age:** 8-12 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Sat	Apr 18	May 30	noon	6	\$84.99
Sat	Jul 11	Aug 22	11 a.m.	6	\$84.99

**× Class cancellations:** May 16, Aug 1

Physical activity helps children feel better every day, through improved mental health and well-being.  
(Health Canada)

## Tennis - Youth Level 1

Develop racket skills and practice ball control drills as well as skill development in the four basic strokes: forehand, backhand, serve and volley. This program is for players with little or no previous tennis experience or those who have successfully completed the Mini Tennis Program.

**Age:** 8-17 years **Class length:** 60 mins

**Location:** Royal City Tennis Club

Mon/Wed	Apr 1	Apr 27	6 p.m.	8	\$164.40
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**Location:** Exhibition Park

Tue/Thu	May 5	May 28	5 p.m.	8	\$92.56
Mon/Wed	Jun 3	Jun 29	5 p.m.	8	\$92.56
Tue/Thu	Jul 2	Jul 28	5 p.m.	8	\$92.56
Mon/Wed	Aug 5	Aug 31	5 p.m.	8	\$92.56

**Location:** St. George's Park

Mon/Wed	May 4	Jun 1	5 p.m.	8	\$92.56
Tue/Thu	Jun 2	Jun 25	5 p.m.	8	\$92.56
Mon/Wed	Jul 6	Jul 29	5 p.m.	8	\$92.56
Tue/Thu	Aug 4	Aug 27	5 p.m.	8	\$92.56

**× Class cancellation:** May 18

## Tennis - Youth Level 2

This program will further develop the player's basic strokes and advance their playing ability to a higher level. Emphasis will be on advanced skill and play development through foot work, racket and ball control skills. Participants should have some previous tennis experience (Youth I program is recommended or equivalent in the basics).

**Age:** 8-17 years **Class length:** 60 mins

**Location:** Exhibition Park

Tue/Thu	May 5	May 28	6 p.m.	8	\$92.56
Mon/Wed	Jun 3	Jun 29	6 p.m.	8	\$92.56
Tue/Thu	Jul 2	Jul 28	6 p.m.	8	\$92.56
Mon/Wed	Aug 5	Aug 31	6 p.m.	8	\$92.56

**× Class cancellation:** May 18

**Location:** St. George's Park

Mon/Wed	May 4	Jun 1	6 p.m.	8	\$92.56
Tue/Thu	Jun 2	Jun 25	6 p.m.	8	\$92.56
Mon/Wed	Jul 6	Jul 29	6 p.m.	8	\$92.56
Tue/Thu	Aug 4	Aug 27	6 p.m.	8	\$92.56

**× Class cancellation:** May 18



## Children and Youth Programs: 6–17 years

### Ultimate Frisbee

Want more air than a basketball player? More speed than a soccer player? A sharper throw than a football player? Then Ultimate Frisbee is for you! Learn the basic skills and concepts of this fast-paced, non-contact sport combining the athletic skills of running, catching and throwing. Come toss with us and learn some new skills.

**Age:** 8-12 years **Class length:** 60 mins

**Location:** Exhibition Park

Tue	May 12	Jun 16	6 p.m.	6	\$35
Tue	Jul 14	Aug 18	6 p.m.	6	\$35

### Yoga For Kids

Learn to stretch, breathe and calm your mind. A variety of guided poses will help increase concentration, attention and focus while improving whole body health. Plus, it's really fun!

**Age:** 6-12 years **Class length:** 45 mins

**Location:** West End Community Centre

Mon	Apr 6	Jun 29	5:30 p.m.	11	\$94.82
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✖ **Class cancellations:** May 18

### Youth Ball Hockey

Stick drills, warm ups, skill development and game time! Participants are introduced to the game through interactive drills, rotating through stations targeting different areas of Ball Hockey. CSA approved helmets with a cage are required. Indoor hockey sticks are provided.

**Age:** 13-17 years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

Wed	Apr 29	Jun 3	5:45 p.m.	6	\$46.08
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### Youth Bootcamp

Traditional bootcamp workouts with a twist will combine cardio, resistance and strength training to enhance your fitness to the next level! Exercise stations, group intervals and game based fitness challenges will keep you motivated. No two classes are the same and you will leave feeling accomplished while having fun!

**Age:** 13-17 years **Class length:** 45 mins

**Location:** Guelph Sports Dome

Wed	Apr 8	May 13	3:30 p.m.	6	\$52.86
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Grab your board or scooter and checkout the Silvercreek Skatepark. The Park is open from dusk to dawn and riders of all skill levels are welcome. Helmets and safety equipment are strongly recommended.



## Guelph Youth Council

Guelph Youth Council (GYC) is always looking for new members that are interested in helping build a better future for youth in Guelph! Meetings are held once a week to discuss topics related to youth in the community, plan special events, and engage in leadership training. The door is always open and you are able to receive volunteer hours for high school. For more information, email [youth.council@guelph.ca](mailto:youth.council@guelph.ca) or visit [guelph.ca/youth](http://guelph.ca/youth). To sign up, please see the Volunteer Opportunities section in this Guide.

**Age:** 13-18 years

**Location:** City Hall

Wed	Apr 1-Jun 10	4:30 p.m	FREE
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## Teen Drop-in

Join us every Friday at the West End Community Centre for fun events or just to hang out! The Drop-in offers basketball in the gym. Other activities include art activities, games and more.

For more information contact

[youth.council@guelph.ca](mailto:youth.council@guelph.ca) or 519-822-1260 x 2678.

**Age:** 12-18 years **Class Length:** 3 hrs

**Location:** West End Community Centre

Fri	Apr 3- Jun 19	7 p.m	FREE
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✖ **Class cancellation:** Apr 10





## Individuals with Disabilities Programs

The City of Guelph continues to offer unique, inclusive and fun programs for all of our community members. This season, our Inclusion team is offering a series of new programs to complement our longstanding aquatics, general interest and one to one initiatives. We are very proud to offer high quality programs that teach, encourage and support individual needs. From adapted aquatics to wheelchair basketball to programming for the whole family, the Inclusion team is committed to ensuring that everyone has an opportunity to play, learn, socialize and enjoy all that the City of Guelph Recreation team and facilities offer. If you have questions about individual programs, one to one supports or would like to discuss individual needs, please contact our Inclusion team at [one2one@guelph.ca](mailto:one2one@guelph.ca) or **519-822-1260 x 2606**.

### One2One Support

One2One Support is offered to individuals diagnosed with physical, cognitive and/or developmental disabilities, providing assistance when participating in programs. Participants must be registered in a City of Guelph recreation program to be eligible for One2One Support.

Please note:

- Every effort is made to provide support to participants with disabilities either through staff, volunteers and/or the use of adaptive equipment. Support is based on available resources and is not guaranteed.
- If support is unavailable through the City of Guelph, participants may provide their own support person to assist. Please email [one2one@guelph.ca](mailto:one2one@guelph.ca) or call **519-822-1260 x 2606** if outside support will be attending.
- One2One volunteers do not provide personal care in the changeroom/washroom.
- To provide equal opportunity for all, each camper may receive a **maximum of four weeks** of support for 2020 summer camps.

### Assessing a participant's need for support

- Is extra support required at school?
- Is extra help needed at home for basic care?
- Is there a diagnosed physical, cognitive and/or developmental disability that could affect the safety of the participant or other participants?
- Does the participant belong to a support agency?

### How do I register?

If you require One2One Support in a City of Guelph recreation program, please register for One2One Support in addition to your program registration using the information below.

1. Register for your recreation program.
2. Register for your One2One Support using the applicable barcode noted below:  
**5091** for spring programs (General Interest and Aquatics)  
**5092** for summer programs (General Interest and Aquatics)
3. A City of Guelph staff will be in contact with you regarding One2One Support member the session.

## Individuals with Disabilities Programs

### One2One Support in Summer Camps

For Summer Camps 2020, we have implemented a new registration process. Please see steps below.

#### Online Registrations

1. Identify the weeks of camp that you would like to attend.  
**Please Note:** Maximum four weeks per camper.
2. Log into your Rec Enroll account.
3. Navigate **Summer Camp** tab select **One2One Support**.
4. Enroll in **One2One Support in Summer Camps** for the corresponding weeks of your choice.
5. Complete the questionnaire and pay for the camp fees.
6. Once registration is complete, staff will be in contact with you regarding the One2One support for summer camp.

#### Walk-in/Phone Registrations

1. Identify the weeks of camp that you would like to attend.  
**Please Note:** Maximum four weeks per camper.
2. Indicate that you are looking for **summer camps with One2One support** to the corresponding weeks of your choice.
3. Complete the questionnaire and pay for the camp fees.
4. Once registration is complete, staff will be in contact with you regarding the One2One support for summer camp.

**Important note:** You no longer have to register for summer camp as a second step.

#### Listings Legend

Day	Start date	End date	Time	Classes	Fee
Thu	Apr 9	Jun 4	10 a.m.	10	\$135.20

**Day and time** – when course begins

**Start date and end date** – when the course starts and ends

**Classes** – number of classes

**Fee** – price of program

## Aquatics

### Adapted Aquatics-Preschool

For participants to become comfortable in the water. Instruction to focus on glides, floats, kicks and having fun in the water.

**Age:** 3-6 years **Class length:** 30 mins

**Location:** Victoria Road Recreation Centre

Thu	Apr 2	Jun 11	4:30 p.m.	11	\$85.47
Sat	Apr 4	Jun 13	10 a.m.	9	\$69.93

× **Class cancellations:** May 16, Jun 6



### Adapted Aquatics-Just Starting

For participants to become comfortable in the water. Instruction to focus on sculling, disorienting entries, and continued development of front, back and distance swims.

**Age:** 7-17 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Thu	Apr 2	Jun 11	5 p.m.	11	\$91.52
Sat	Apr 4	Jun 13	10:30 a.m.	9	\$74.88

× **Class cancellations:** May 16, Jun 6

### Adapted Aquatics-Next Steps

For participants to become comfortable in the water. Instruction to focus on surface support, front/back glides, introduction to dives, deep-water activities and distance swims.

**Age:** 7-17 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Thu	Apr 2	Jun 11	5 p.m.	11	\$91.52
Sat	Apr 4	Jun 13	10:30 a.m.	9	\$74.88

× **Class cancellations:** May 16, Jun 6

### Adapted Aquatics-Starting Strokes

For participants to become comfortable in the water. Instruction to focus on surface support, front/back glides, introduction to dives, deep-water activities and distance swims.

**Age:** 7-17 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Sat	Apr 4	Jun 13	10:30 a.m.	9	\$74.88
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× **Class cancellations:** May 16, Jun 6

### Adapted Aquatics-Teen

For participants to become comfortable in the water. Instruction to focus on treading water, stride entry, rhythmic breathing, cold water survival, elementary back stroke, breast stroke, self-rescue, and lifesaving skills. Continued development of front, back, and distance swims.

**Age:** 12-18 years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Thu	Apr 2	Jun 11	7 p.m.	11	\$104.83
Sat	Apr 4	Jun 13	11:15 a.m.	9	\$85.77

× **Class cancellations:** May 16, Jun 6

### Adapted Aquatics-Adult

For participants to become comfortable in the water. Instruction to focus on buoyancy and movement, submersion, surface support, front and back swims, shallow and deep-water activities.

**Age:** 18+ years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Thu	Apr 2	Jun 11	7 p.m.	11	\$108.35
Sat	Apr 4	Jun 13	11:15 a.m.	9	\$88.65

× **Class cancellations:** May 16, Jun 6

Volunteers make a difference everyday in Guelph. To find out how you can help make your city a rewarding place to live, play and work go to [guelph.ca/volunteers](http://guelph.ca/volunteers).

**Adapted Aquatics-Private**

One to one instruction for participants with a disability to master swimming skills at the individuals own pace with the assistance of our highly trained instructors.

**Age:** 3+ years **Class length:** 30 mins

**Location:** Victoria Road Recreation Centre

Mon	Mar 30	Jun 8	5:30 p.m.	10	\$245.20
Tue	Mar 31	Jun 9	6:30 p.m.	11	\$269.72
Wed	Apr 1	Jun 10	5:30 p.m.	11	\$269.72
Thu	Apr 2	Jun 11	7:30 p.m.	11	\$269.72
Sat	Apr 4	Jun 13	10 a.m.	9	\$220.68
Sat	Apr 4	Jun 13	10:30 a.m.	9	\$220.68
Sat	Apr 4	Jun 13	11 a.m.	9	\$220.68
Sat	Apr 4	Jun 13	11:30 a.m.	9	\$220.68
Mon	Jun 29	Aug 17	5 p.m.	7	\$171.64
Tue	Jun 30	Aug 18	5:30 p.m.	8	\$196.16
Thu	Jul 2	Aug 20	4:30 p.m.	8	\$196.16
Thu	Jul 2	Aug 20	5 p.m.	8	\$196.16
Thu	Jul 2	Aug 20	5:30 p.m.	8	\$196.16
Thu	Jul 2	Aug 20	6 p.m.	8	\$196.16
Thu	Jul 2	Aug 20	6:30 p.m.	8	\$196.16
Thu	Jul 2	Aug 20	7 p.m.	8	\$196.16
Thu	Jul 2	Aug 20	7:30 p.m.	8	\$196.16
Wed	Jul 8	Aug 19	6 p.m.	7	\$171.64

**× Class cancellations:** May 16, May 18, Jun 6, Aug 3

**Location:** West End Community Centre

Sun	Mar 29	Jun 7	11 a.m.	11	\$269.72
Sun	Mar 29	Jun 7	11:30 a.m.	11	\$269.72
Sun	Mar 29	Jun 7	12:30 p.m.	11	\$269.72
Sun	Mar 29	Jun 7	12:30 p.m.	11	\$269.72
Sun	Mar 29	Jun 7	5:30 p.m.	11	\$269.72
Sun	Mar 29	Jun 7	6 p.m.	11	\$269.72
Mon	Mar 30	Jun 8	5:30 p.m.	10	\$245.20
Mon	Mar 30	Jun 8	8 p.m.	10	\$245.20
Tue	Mar 31	Jun 9	4:30 p.m.	11	\$269.72
Tue	Mar 31	Jun 9	6 p.m.	11	\$269.72
Wed	Apr 1	Jun 10	4:30 p.m.	11	\$269.72
Wed	Apr 1	Jun 10	6 p.m.	11	\$269.72
Thu	Apr 2	Jun 11	4 p.m.	11	\$269.72
Thu	Apr 2	Jun 11	4:30 p.m.	11	\$269.72
Fri	Apr 3	Jun 12	7 p.m.	10	\$245.20
Sat	Apr 4	Jun 13	12:30 p.m.	11	\$269.72
Sat	Apr 4	Jun 13	9:30 a.m.	11	\$269.72
Mon	Jun 29	Aug 17	4:30 p.m.	7	\$171.64
Mon	Jun 29	Aug 17	5 p.m.	7	\$171.64
Tue	Jun 30	Aug 18	4:30 p.m.	8	\$196.16
Tue	Jun 30	Aug 18	7 p.m.	8	\$196.16
Thu	Jul 2	Aug 20	7 p.m.	8	\$196.16
Thu	Jul 2	Aug 20	7 p.m.	8	\$196.16
Wed	Jul 8	Aug 19	4:30 p.m.	7	\$171.64
Wed	Jul 8	Aug 19	5:30 p.m.	7	\$171.64

**× Class cancellations:** Apr 10, Apr 12, May 18, Aug 3

**Camps**

**Kids on the Move**

Get ready to join the fun at Kids on the Move! Kids on the Move is a camp for children with disabilities. Get ready for a fun filled camp experience! Participate in daily outdoor activities, swimming, sports, arts, crafts, theme days and special guests. Campers will meet new friends and enjoy physical activity and skill development in a safe and secure environment.

**Age:** 6-12 years **Class length:** 7 hrs

**Location:** Victoria Road Recreation Centre

Mon-Fri	Jun 29	Jul 3	9 a.m.	4	\$192.93
Mon-Fri	Jul 6	Jul 10	9 a.m.	5	\$241.71
Mon-Fri	Jul 13	Jul 17	9 a.m.	5	\$241.71
Mon-Fri	Jul 20	Jul 24	9 a.m.	5	\$241.71
Mon-Fri	Jul 27	Jul 31	9 a.m.	5	\$241.71
Tue-Fri	Aug 4	Aug 7	9 a.m.	4	\$192.93
Mon-Fri	Aug 10	Aug 14	9 a.m.	5	\$241.71
Mon-Fri	Aug 17	Aug 21	9 a.m.	5	\$241.71
Mon-Fri	Aug 24	Aug 28	9 a.m.	5	\$241.71

**× Class cancellations:** Jul 1, Aug 3

**Youth on the Move**

Come join the fun! Youth on the Move is a camp for teens and young adults with disabilities. Participate in daily outdoor activities, sports, arts and crafts, theme days, trips within the community and special guests. Campers will meet new friends, build self-esteem, and enjoy physical activity and skill development in a safe and secure environment.

**Age:** 13-25 years **Class length:** 7 hrs

**Location:** Victoria Road Recreation Centre

Mon-Fri	Jun 29	Jul 3	9 a.m.	4	\$192.93
Mon-Fri	Jul 6	Jul 10	9 a.m.	5	\$241.71
Mon-Fri	Jul 13	Jul 17	9 a.m.	5	\$241.71
Mon-Fri	Jul 20	Jul 24	9 a.m.	5	\$241.71
Mon-Fri	Jul 27	Jul 31	9 a.m.	5	\$241.71
Tue-Fri	Aug 4	Aug 7	9 a.m.	4	\$192.93
Mon-Fri	Aug 10	Aug 14	9 a.m.	5	\$241.71
Mon-Fri	Aug 17	Aug 21	9 a.m.	5	\$241.71
Mon-Fri	Aug 24	Aug 28	9 a.m.	5	\$241.71

**× Class cancellations:** Jul 1, Aug 3



## Individuals with Disabilities Programs

### General Interest

#### Friday Friends

Come hang out with Friday Friends! This program is designed for teens and young adults with physical, cognitive, and/or developmental disabilities; providing opportunities to get together with friends to chat, laugh and have fun. Enjoy many exciting trips in the community, events and activities designed to foster friendships and promote social interactions. External support workers are welcome.

**Age:** 13-30 years **Class length:** 2 hrs

**Location:** Victoria Road Recreation Centre

Fri	Apr 3	Jun 12	7 p.m.	10	\$100
Fri	Jul 24	Jul 24	7 p.m.	1	\$10
Fri	Aug 21	Aug 21	7 p.m.	1	\$10

✖ **Class cancellation:** Apr 10

#### Move and Groove

This class is designed for youth and adults with disabilities. Participants will get moving to the beat of the music while exploring various exercises such as zumba, yoga, dance and much more.

**Age:** 16+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Wed	Apr 1	Jun 10	7:15 p.m.	11	\$102.96
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#### Splash N' Fun

This inclusive environment will engage children in activities, games, crafts, music and sensory play. Finish the day off with fun games and activities in the pool.

**Age:** 6-12 years **Class length:** 3 hrs

**Location:** Victoria Road Recreation Centre

Sat	Apr 4	Jun 13	9 a.m.	11	\$190.74
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### Sports and Fitness

#### Set. Spin. Smash.

Set the game up, spin your wheels and smash the ball! Challenge yourself to a game of wheelchair tennis. You don't need to be a wheelchair user to participate as all sport wheelchairs will be provided to all participants.

**Age:** 8-17 years **Class length:** 60 mins

**Location:** West End Community Centre

Wed	Apr 1	Jun 10	5 p.m.	11	\$35.00
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#### Shoots and Hoops

Shoots and Hoops is a program for everyone! This program offers children and youth of all physical abilities and skill levels the opportunity to participate in wheelchair basketball. No experience in basketball or wheelchair sports is necessary, only a willingness to play and have fun! Sport wheelchairs will be provided to all participants.

**Age:** 8-17 years **Class length:** 60 mins

**Location:** West End Community Centre

Fri	Apr 3	Jun 12	5:30 p.m.	10	\$35.00
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✖ **Class cancellation:** Apr 10

#### Personal Assistant for Leisure (PAL) Activities Card

Your PAL Card allows you to access a variety of programs and services offered in area cities and towns. Please call ahead to confirm PAL Card availability and use.

- Allows anyone with a permanent or temporary disability/injury, who meets eligibility requirements, to be accompanied by a companion at no extra cost so that they can attend recreation/leisure programs and activities in the City of Guelph.
- The PAL Card is issued to the person with a disability.
- The PAL Card can be used by someone with a disability who requires assistance to ride Guelph Transit buses, including Guelph Mobility.
- Professional PAL Cards are available to qualifying agencies serving individuals with a disability to use with clients consumers as part of their treatment.
- City of Guelph PAL Cards are accepted at:
  - Guelph Museums
  - YMCA of Cambridge
  - Cambridge Centre – Skating
  - Games on Tap
  - Chicopee Ski Club
  - Country Bowl
  - Kitchener Memorial Auditorium (excluding Friday Night Rangers games)
  - Bingemans
  - Waterloo Regional Children's Museum
  - Grey Silo Golf Course
  - Wings of Paradise
  - Kiwanis Park
  - Majestic Mud Pottery Studio

#### Leisure Access Card (LAC)

LAC is available to any adult aged 18-54 years who has a disability and meets eligibility requirements. Allows the person with the disability to pay the senior rate (where applicable) rather than the adult rate for many of the City of Guelph recreation and leisure Programs LACs are also available for a temporary disability or injury.

Please note: The LAC does not include access to, or membership into, any Guelph Wellington Seniors activity groups.

Applications for PAL and LAC cards are available:

- At any City of Guelph recreation or community centre and ServiceGuelph
- By calling Community Investment at **519-837-5618**
- Online: [guelph.ca/living](http://guelph.ca/living) > **accessibility > recreation and leisure support services**
- In alternate formats upon request to Accessible Services





# Pottery

With a wide range of programs, the Guelph Community Pottery Centre is a great place for both novices and expert potters.

Featuring 10 pottery wheels, a hand building area, two kilns and a large outdoor space, the Pottery Centre is ideal for lessons, open studio sessions, camps and birthday parties. Please join our skilled and friendly pottery instructors for single or multi-week programs, book a birthday or team-building party or just drop-in to say hi and work at your own pace. The Pottery Centre is now offering pottery toolkits for a discounted price with your registration. Please ask for details at your time of registration.

All classes take place at the Guelph Community Pottery Centre, located at 14 Edinburgh Road South in Guelph.

Pottery will be available for pickup two weeks after your last pottery class. Pickup dates are scheduled during Open Studio hours. Please see Open Studio information for details. All unclaimed pottery will be recycled after one month of the scheduled pickup date.

## Listings Legend

Day	Start date	End date	Time	Classes	Fee
Thu	Apr 9	Jun 4	10 a.m.	10	\$135.20

**Day and time** – when course begins

**Start date and end date** – when the course starts and ends

**Classes** – number of classes

**Fee** – price of program

## Clay Creations (Parent and Child)

No matter your level of experience, these two classes will be fun for both parent and child. This is not meant for parents to help their child create something. Rather, it is a time to be together, each learning how to create in clay. We will make creations using hand building techniques including pinch pots, slab and coil building. Expect to bring home lots of treasures - times two!

**Age:** 4-12 years **Class length:** 1.5 hrs

Sat	Mar 28	Apr 4	9:30 a.m.	2	\$52.50
Sun	Apr 19	Apr 26	9:30 a.m.	2	\$52.50

## Family Night

Get creative with your family and have fun together in our Pottery Studio! Learn some basic techniques in hand-building forms and try the wheel together. All family members will have the chance to participate and create projects. One adult **MUST** register with child(ren).

**Age:** 4+ years **Class length:** 2 hrs

Fri	Mar 20	Mar 20	6 p.m.	1	\$28.88
Fri	Jul 17	Jul 17	6 p.m.	1	\$28.88
Fri	Aug 14	Aug 14	6 p.m.	1	\$28.88

## Kids N' Clay Adventures

In this action packed class, your adventurous young potter will construct coil pots, build pinch pots, and conquer the potter's wheel. Participants will conclude their adventures with a final day of glazing, and return to claim their project after it has been fired.

**Age:** 7-12 years **Class length:** 1.5 hrs

Thu	Apr 9	May 14	5:30 p.m.	6	\$111.24
Sat	Apr 11	May 16	9 a.m.	6	\$111.24

## Pottery

### Pottery for Beginners

Learn to manipulate clay as you master the basics of wheel work, handbuilding and glazing. Let your creativity flow with simple projects as you discover the potential of clay.

**Age:** 18+ years **Class length:** 1.5 hrs

Tue	May 5	Jun 9	5:30 p.m.	6	\$154.08
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### Pottery on the Wheel

Concentrate solely on throwing on the potter's wheel! Learn the fundamentals of wheel thrown pottery including trimming and assembling pieces. There will be glaze classes throughout the session which will be dedicated to glazing, decorating and finishing your pieces.

**Age:** 18+ years **Class length:** 2 hrs

Mon	Mar 23	May 25	7:30 p.m.	8	\$205.44
Tue	Mar 24	May 12	7:30 p.m.	8	\$205.44
Fri	Mar 27	May 22	7:30 p.m.	8	\$205.44
Fri	Mar 27	May 22	9:30 a.m.	8	\$205.44
Wed	May 6	Jun 24	7:30 p.m.	8	\$205.44
Tue	Jun 2	Jul 21	7:30 p.m.	8	\$205.44
Tue	Aug 11	Sep 29	7:30 p.m.	8	\$205.44

✖ **Class cancellations:** Apr 10, Apr 13, May 18

### Pottery on the Wheel and Handbuilding

Learn to work with clay, pottery tools and equipment through various handbuilding and wheel thrown projects. Participants will work at their own pace with instruction and guidance to help create decorative and useful objects. This class is for all levels of abilities.

**Age:** 18+ years **Class length:** 2 hrs

Thu	Apr 2	May 21	9:30 a.m.	8	\$205.44
Thu	Jun 18	Aug 6	7:30 p.m.	8	\$205.44
Thu	Aug 27	Oct 15	7:30 p.m.	8	\$205.44

### Pottery Workshop for Seniors

Get yourself familiar with clay, the potter's wheel and glazing through various handbuilding and wheel thrown projects. You will work at your own pace with instruction and guidance to help create decorative and useful objects. This class is for all levels and abilities.

**Age:** 55+ years **Class length:** 2 hrs

Mon	Apr 27	Jun 22	1:30 p.m.	8	\$203.59
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✖ **Class cancellation:** May 18

### Teen Pottery

Learn to throw on a potter's wheel and have fun with exciting handbuilding techniques. Use these techniques to create mugs, bowls and a wide variety of objects. Exercise your imagination and practice your new skills to create meaningful objects and master the potter's wheel.

**Age:** 12-17 years **Class length:** 1.5 hrs

Wed	Apr 15	May 20	4:30 p.m.	6	\$111.78
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## Pottery party and event opportunities

Come celebrate with us! Create a special outing for your group at the Guelph Community Pottery Centre. Check out our new location at 14 Edinburgh Road South.

- Corporate team building
- Children's birthday parties
- School trips
- Wedding parties

Whatever your function, we will work with you to customize a successful pottery workshop.

### To book your party

Please contact Facility Booking at 519-837-5678, or [facilitybooking@guelph.ca](mailto:facilitybooking@guelph.ca) for availability and fees.

# GET NOTICED

## advertise in our guide

**Publications:**  
spring/summer  
and fall/winter

To advertise, contact  
**Glenn Knight**  
519-835-0005  
[glenn@prismstudiosdesign.com](mailto:glenn@prismstudiosdesign.com)

**CITY OF Guelph**  
Making a Difference

Check out our community advertisers on page 126

Check out page 59 for our City of Guelph Pottery Camp opportunities





## Adult Programs: 18+ years

Recreation shouldn't stop with adulthood. In fact, recreation is a great way to meet people, stay active, learn new skills and revisit interests from the past.

City of Guelph adult programming offers a diverse range of activities in a friendly and supportive environment. From fitness programs to team sports to parent and tot programming and more, the City of Guelph has a series of offerings, schedules and payment options to meet your needs and interests. All classes are designed for individuals 18 years and older unless otherwise noted.

### Recreation and Fitness Passes

Fees listed do not include tax.

Ages		One visit		10 visits		20 visits	
		Recreation (R)	Fitness (F)	Recreation (R)	Fitness (F)	Recreation (R)	Fitness (F)
<b>Infant/Preschool</b>	0-3	Free*	N/A	N/A	N/A	N/A	N/A
<b>Child</b>	4-12	\$3.40	N/A	\$30.56	N/A	\$57.72	N/A
<b>Youth**</b>	13-17	\$3.40	\$5.51	\$30.56	\$49.65	\$57.72	\$93.80
<b>Adult</b>	18-54	\$4.24	\$6.90	\$38.20	\$62.08	\$72.15	\$117.26
<b>Senior</b>	55+	\$3.40	\$5.51	\$30.56	\$49.65	\$57.72	\$93.80
<b>Family</b> min. 1 adult, max. 2 adults	Up to 6 persons	\$12.73	N/A	N/A	N/A	N/A	N/A

Ages		3 months		12 months		Lyon Leisure Pool Summer Pass June 6-Labour Day
		Recreation (R)	Fitness (F)	Recreation (R)	Fitness (F)	
<b>Infant/Preschool</b>	0-3	N/A	N/A	N/A	N/A	*Free
<b>Child</b>	4-12	\$86.59	N/A	\$259.56	N/A	\$35.70
<b>Youth**</b>	13-17	\$86.59	\$140.71	\$259.56	\$422.15	\$35.70
<b>Adult</b>	18-54	\$108.24	\$175.89	\$324.73	\$527.68	\$35.70
<b>Senior</b>	55+	\$86.59	\$140.71	\$259.56	\$422.15	\$35.70

\* With paying parent/guardian \*\* For fitness pass, program age minimums apply

Check out page 13 for details on what's included in the Recreation and Fitness passes.

## Adult Programs



### Fitness Opportunities for You

The City offers a variety of classes, training programs, and equipment at West End Community Centre to meet your fitness needs. Purchase a Fitness Pass or pay as you go to take advantage of the following services and amenities.

- sauna
- ellipticals
- free weights
- rowers
- Krankcycle
- BOSU balls
- NuStep
- seated recumbent
- treadmills
- dynabands and stability balls
- wheel chair accessible fitness room and equipment

### Fitness Centre

#### West End Community Centre

21 Imperial Road South

519-837-5699

#### Spring hours (April 1-June 30)

Monday-Friday 6 a.m.-10 p.m.

Saturday 6:30 a.m.-6 p.m.

Sunday 8 a.m.-8 p.m.

#### Summer hours (July 1-August 31)

Monday-Friday 6 a.m.-10 p.m.

Saturday/Sunday 9 a.m.-5 p.m.

Note: Hours of operation are subject to change seasonally, and services and facilities may close temporarily for maintenance, or for unforeseen circumstances.

Where possible, changes will be posted in advance to notify participants of the adjusted hours.

- Discounts, adjustments, extensions and refunds will not be issued as a result of these closures.

#### Attire

- It is the responsibility of the user to abide by the safety guidelines posted throughout the cardio/weight room.
- Fitness Centre users are required to follow acceptable dress code while in the facility including a T-shirt, shorts/pants, and indoor shoes.
- Participants are required to wipe machines and benches after use.

### Listings Legend

Day	Start date	End date	Time	Classes	Fee
Thu	Apr 9	Jun 4	10 a.m.	10	\$135.20

**Day and time** – when course begins

**Start date and end date** – when the course starts and ends

**Classes** – number of classes

**Fee** – price of program

### General Interest

#### HIGH FIVE®: Principles of Healthy Child Development

HIGH FIVE® training provides participants with nationally recognized certification that will assist them in working with children's programs in the sport and recreation industry. Several municipalities, not-for-profit organizations and service providers either require or recommend HIGH FIVE® certification for employment. The Principles of Healthy Child Development certification course is designed to assist leaders in best practices for delivering programs to children aged six to 12. This one-day course is a requirement for anyone interested in working for the City of Guelph summer camps, aquatics and/or seasonal recreation programs.

**Age:** 15+ years **Class length:** 4 hrs

**Location:** West End Community Centre

Sun	Apr 26	Apr 26	9 a.m.	1	\$71.40
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**Location:** Victoria Road Recreation Centre

Sun	May 31	May 31	9 a.m.	1	\$71.40
Wed	Aug 26	Aug 26	9 a.m.	1	\$71.40

### Sports and Fitness

#### Adult Dance Class

Get moving and have a blast with this instructed class that will have you sweating in no time! Practice some basic moves and then let loose on the dance floor with a soundtrack that will keep the party going.

**Age:** 18+ years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Tue	Apr 28	Jun 16	6:45 p.m.	8	\$89.36
Tue	Jul 7	Aug 25	6:45 p.m.	8	\$89.36

#### Aqua Yoga

This workout links cardiovascular elements with yoga postures in the water. Participants will have a great workout while enhancing movement, breathing, balance and core strength.

**Age:** 18+ years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Thu	Apr 2	Jun 11	7 p.m.	11	\$102.30
Thu	Jul 2	Aug 20	7 p.m.	8	\$74.40

**Archery**

Learn archery skills and techniques, and develop your focus, self discipline and patience. Practice your new skills, play games and compete in a safe environment. All equipment provided.

**Age:** 16+ years **Class length:** 60 mins

**Location:** West End Community Centre

Wed	Apr 8	Jun 10	8 p.m.	10	\$162.10
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**Badminton**

Develop badminton skills in a fun, non-competitive environment. No previous experience is necessary, and basic instruction will be provided. Rackets not included.

**Age:** 18+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

Mon	Apr 20	Jun 15	6:30 p.m.	8	\$75.52
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✘ **Class cancellation:** May 18

**Barre**

Leave your tutu at home. Pulse, sweat and plie at the barre in this unique and fun full body workout. The class will incorporate a mix of ballet exercises and strength training to sculpt, tighten, and tone all while embracing your inner Ballerina. Comfortable footwear suggested. All abilities welcome.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Mon	Apr 27	Jun 22	6:15 p.m.	8	\$89.36
Mon	Jul 6	Aug 31	6:15 p.m.	8	\$89.36

✘ **Class cancellations:** May 18, Aug 3

**Barre and Baby**

Pulse, sweat and plie at the barre in this unique and fun full body workout. The class will incorporate a mix of ballet exercises and strength training with babies safely nestled in their carriers. Benefit from the social aspect with other parents in your community getting a barre workout. Comfortable footwear suggested. All abilities welcome.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Thu	Apr 30	Jun 18	9:30 a.m.	8	\$89.36
Thu	Jul 9	Aug 27	9:30 a.m.	8	\$89.36

**Core Strength and Stability**

A strong core can improve balance, posture and overall fitness. Build a powerful core using a stability ball to exercise a variety of muscles throughout the torso.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Sun	May 3	Jun 28	9 a.m.	8	\$89.36
Sun	Jul 5	Aug 23	9 a.m.	8	\$89.36

✘ **Class cancellation:** Jun 7

**Family Night**

Get creative with your family and have fun together in our Pottery Studio! Learn some basic techniques in hand-building forms and try the wheel together. All family members will have the chance to participate and create projects. One adult MUST register with child(ren). See page 79 for details.

**Diaperfit**

This is a water based workout program. Babies are placed in floating seats in the pool, so both baby and parent participate in exercises. Child must have developed neck support to participate.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Mon	Mar 30	Jun 8	10 a.m.	10	\$93.00
Wed	Apr 1	Jun 10	10 a.m.	11	\$102.30
Fri	Apr 3	Jun 12	10 a.m.	9	\$85.25

✘ **Class cancellations:** Apr 10, May 15, May 18

**Location:** West End Community Centre

Tue	Mar 31	Jun 9	9:30 a.m.	11	\$102.30
Thu	Apr 2	Jun 11	9:30 a.m.	11	\$102.30

**Drum and Jump**

Get up and get moving in this unique and exciting fitness class. Using a stability ball and drumsticks, you will drum to the beat of the music in this fun, high energy class. During this group fitness class you will forget you are even working out! All equipment is provided and no experience is required.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Wed	Apr 29	Jun 3	6:45 p.m.	6	\$67.02
Wed	Jul 8	Aug 12	6:45 p.m.	6	\$67.02

**Fencing - Beginner**

Learn the fundamentals of fencing with our instructor, a certified aide moniteur of foil fencing and an NCCP coach. You will learn and practice basic fencing movements and techniques, and compete with other adults. Fencing will improve your stamina, strength, balance and co-ordination. All fencing equipment is provided.

**Age:** 16+ years **Class length:** 1.5 hrs

**Location:** West End Community Centre

Mon	Apr 6	Jun 1	8:15 p.m.	8	\$171.60
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✘ **Class cancellation:** May 18

**Fencing - Advanced**

During this class, learn advanced techniques, review the rules, practice and compete in a friendly, safe environment. Recommended to have previous fencing experience or completed a session of Beginner Fencing. All fencing equipment provided.

**Age:** 16+ years **Class length:** 1.5 hrs

**Location:** West End Community Centre

Thu	Apr 9	May 28	7 p.m.	8	\$171.60
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**Kettle Bell**

Challenge your entire body and improve your strength and stamina. This high-intensity, power-based circuit workout is a fusion of kettlebell exercises and cardio intervals that are guaranteed to push you towards your fitness goals. You will swing, squat, press, snatch and clean your way through a variety of individual and partner exercises to create muscles of steel!

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Mon	Apr 27	Jun 22	7:45 p.m.	8	\$89.36
Mon	Jul 6	Aug 31	7:45 p.m.	8	\$89.36

✘ **Class cancellations:** May 18, Aug 3

## Adult Programs

### Kick Boxing - Adult

Kickboxing is a fun and action packed way to get moving and get in shape. In this class you will learn a combination of punches and kicks, while revving up your cardio. Sweat and have fun in this class is for beginner and intermediate level kick boxers.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Thu	Apr 30	Jun 25	7:15 p.m.	8	\$89.36
Thu	Jul 9	Aug 27	7:15 p.m.	8	\$89.36

× **Class cancellation:** Jun 4

### Kick Boxing - Family

This action packed class is specially designed to teach proper kicking and punching techniques while revving up your cardio and building your strength. With a combination of strength training, cardio and martial arts, this class is guaranteed to give you and your whole family an amazing workout.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Thu	Apr 30	Jun 25	6 p.m.	8	\$89.36
Thu	Jul 9	Aug 27	6 p.m.	8	\$89.36

× **Class cancellation:** Jun 4

### Nature Connection Walk

Connect with nature during this mindfulness walk through sight, hearing, taste, smell and touch. Open your senses to connect with the natural world. Please wear comfortable footwear.

**Age:** 18+ years **Class length:** 1.5 hrs

**Location:** Riverside Park

Thu	May 21	Jun 25	6:30 p.m.	6	\$67.02
Thu	Jul 16	Aug 20	6:30 p.m.	6	\$67.02

### Outdoor Circuit Training

Feel energized by enjoying an outdoor circuit training class targeting a full body workout. Classes are for all abilities.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Margaret Greene Park

Mon	May 25	Jun 29	6:30 p.m.	6	\$67.02
Mon	Jul 13	Aug 24	6:30 p.m.	6	\$67.02

× **Class cancellation:** Aug 3

### Salsa Babies

Improve your strength, balance and movement while having fun with your little dance partner (babies and toddler welcome). A great way for anyone to learn new moves and get an amazing workout.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Tue	Apr 28	Jun 16	9:30 a.m.	8	\$89.36
Tue	Jul 7	Aug 25	9:30 a.m.	8	\$89.36

### Step to the Music

This is a modern twist on a classic workout. The class will get you moving and dancing. Expect your heart rate to rise. No previous experience required.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Tue	Apr 28	Jun 16	7:45 p.m.	8	\$89.36
Tue	Jul 7	Aug 25	7:45 p.m.	8	\$89.36

### Strollerfit

This class for parents and babies/tots in strollers will get you moving with a variety of drills that focus on strength, power, agility, balance, cardio and core. Benefit from the social aspect with other parents in your community while getting a high intensity full body workout.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Guelph Sports Dome

Wed/Fri	Apr 8	May 15	9:30 a.m.	11	\$122.87
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× **Class cancellation:** Apr 10

**Location:** Riverside Park

Wed	May 20	Jun 24	9:30 a.m.	6	\$67.02
Wed	Jul 15	Aug 19	9:30 a.m.	6	\$67.02

### STRONG by Zumba®

STRONG by Zumba® combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Sun	May 3	Jun 28	10:15 a.m.	8	\$89.36
Sun	Jul 5	Aug 23	10:15 a.m.	8	\$89.36

× **Class cancellation:** Jun 7

### Spin & Circuit

Get in and out in this 45-minute workout. Alternate your workouts between an indoor spin class on a stationary bike and a circuit training class targeting different muscle groups. These workouts will increase your muscular strength, endurance and cardiorespiratory system. All abilities welcome.

**Age:** 18+ years **Class length:** 45 mins

**Location:** Guelph Sports Dome

Mon/Thu	Apr 6	May 14	5 p.m.	11	\$122.87
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× **Class cancellation:** Apr 13

### Spin in the Park

Forget the indoors, we're bringing the bikes to the park to enhance this fun and high-energy cardio workout. Spin your way through this high-intensity cycling class on a stationary bike focusing on strength, intervals, endurance and recovery. All abilities welcome.

**Age:** 18+ years **Class length:** 45 mins

**Location:** Exhibition Park

Thu	May 21	Jun 25	5:15 p.m.	6	\$67.02
Thu	Jul 16	Aug 20	5:15 p.m.	6	\$67.02

### SUP Yoga

Stand Up Paddleboard Yoga (SUP Yoga) combines stand up paddle with yoga movements in deep water. This full body workout will improve your balance, tone your core and build stability in a fun learning environment.

**Age:** 18+ years **Class length:** 45 mins

**Location:** Victoria Road Recreation Centre

Mon	Mar 30	Jun 8	8 p.m.	10	\$93.00
Mon	Mar 30	Jun 8	8:45 p.m.	10	\$93.00
Mon	Jun 29	Aug 17	8 p.m.	7	\$65.10
Mon	Jun 29	Aug 17	8:45 p.m.	7	\$65.10

× **Class cancellations:** May 18, Aug 3

### Tennis - Level 1

Emphasize racquet and ball control drills as well as skill development in the four basic strokes: forehand, backhand, serve and volley. Loaner racquet on first lesson is available upon request.

**Age:** 17+ years **Class length:** 60 mins

**Location:** Royal City Tennis Club

Mon/Wed	Apr 1	Apr 27	7 p.m.	8	\$164.40
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**Location:** Exhibition Park

Tue/Thu	May 5	May 28	9:30 a.m.	8	\$131.12
Tue/Thu	May 5	May 28	7 p.m.	8	\$131.12
Mon/Wed	Jun 3	Jun 29	7 p.m.	8	\$131.12
Tue/Thu	Jun 2	Jun 25	9:30 a.m.	8	\$131.12
Tue/Thu	Jul 2	Jul 28	7 p.m.	8	\$131.12
Mon/Wed	Aug 5	Aug 31	7 p.m.	8	\$131.12

**Location:** St. George's Park

Mon/Wed	May 4	Jun 1	7 p.m.	8	\$131.12
Tue/Thu	Jun 2	Jun 25	7 p.m.	8	\$131.12
Mon/Wed	Jul 6	Jul 29	7 p.m.	8	\$131.12
Tue/Thu	Aug 4	Aug 27	7 p.m.	8	\$131.12

× **Class cancellation:** May 18

### Tennis - Level 2

Designed for more advanced skill development for those who have the basics. Stroke refinement, shot selection and singles and doubles strategy will be stressed. This program is designed for those who have playing experience, want to improve without making major changes and who have successfully completed the Adult I program.

**Age:** 17+ years **Class length:** 60 mins

**Location:** Royal City Tennis Club

Tue/Thu	Apr 2	Apr 28	7 p.m.	8	\$164.40
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**Location:** Exhibition Park

Tue/Thu	May 5	May 28	10:30 a.m.	8	\$131.12
Tue/Thu	May 5	May 28	8 p.m.	8	\$131.12
Mon/Wed	Jun 3	Jun 29	8 p.m.	8	\$131.12
Tue/Thu	Jun 2	Jun 25	10:30 a.m.	8	\$131.12
Tue/Thu	Jul 2	Jul 28	8 p.m.	8	\$131.12
Mon/Wed	Aug 5	Aug 31	8 p.m.	8	\$131.12

**Location:** St. George's Park

Mon/Wed	May 4	Jun 1	8 p.m.	8	\$131.12
Tue/Thu	Jun 2	Jun 25	8 p.m.	8	\$131.12
Mon/Wed	Jul 6	Jul 29	8 p.m.	8	\$131.12
Tue/Thu	Aug 4	Aug 27	8 p.m.	8	\$131.12

× **Class cancellation:** May 18



### Yoga for Beginners

Beginner yoga focuses on the basic posture of yoga, breath work and movement. Stretch away the tensions of the day.

**Age:** 16+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

Thur	April 9	Jun 11	8:30 p.m.	10	\$111.70
Thur	July 2	Aug 28	8:30 p.m.	10	\$111.70

**Location:** West End Community Centre

Mon	Apr 6	Jun 29	6:30 p.m.	11	\$122.87
Mon	Jul 6	Aug 31	6:30pm	8	\$89.36

× **Class cancellations:** May 18, Aug 3

### Yoga

Yoga moves each joint through its full range of motion and simultaneously stretches and balances the body. Release stiffness, low back pain and tension by strengthening the core.

**Age:** 16+ years **Class length:** 60 mins

**Location:** West End Community Centre

Mon	Apr 6	Jun 29	7:45 p.m.	11	\$122.87
Mon	Jul 6	Aug 31	7:45 p.m.	8	\$89.36

× **Class cancellations:** May 18, Aug 3

### Yoga in the Park

Reconnect with nature during this outdoor yoga class. Meet at the large picnic shelter in the beautiful Riverside Park and allow our instructor to get you moving and get you energized. Classes are for beginner and intermediate participants.

**Age:** 18+ years **Class length:** 60 mins

**Location:** Exhibition Park

Thu	May 21	Jun 25	6 p.m.	6	\$67.02
Thu	Jul 16	Aug 20	6 p.m.	6	\$67.02

## Parents, you're on our mind...

The City of Guelph programming team has partnered with Park Activation to offer complimentary children's Park Activation programming alongside registered adult programming.

### Outdoor Circuit Training

**When:** Mondays 6:30-7:30 p.m.

**Where:** Margaret Greene Park  
Park Activations Mondays 4:30-7:30 p.m.

### Spin in the Park

**When:** Thursdays 5:15-6 p.m.

**Where:** Exhibition Park  
Park Activations Thursdays 4:30-7:30 p.m.

### Yoga in the Park

**When:** Thursdays 6-7 p.m.

**Where:** Exhibition Park  
Park Activations Thursdays 4:30-7:30 p.m.

### Activation Stations Exhibition and Margaret Greene Park

The Park Activation team will be running free, drop-in games and activities for children and families in a safe and inclusive environment starting in May 2020.

**For more information please visit:** [guelph.ca/recreation](http://guelph.ca/recreation)

# Get ready to

# Rec Enroll



Rec Enroll is Guelph's new online portal for all our great recreation programs and facilities booking. Powered by Canadian software developer PerfectMind, it is an easy to use system that will help keep track your family's use of city recreation products and services.

**You can register and learn more about our great programs at**  
[RecEnroll.ca](http://RecEnroll.ca)



Rec  
Enroll





## Seniors Programs: 55+ years

Seniors are living longer, healthier lives and the City of Guelph is proud to offer friendly, inclusive and vibrant centres for all of Guelph's Older Adults.

The Evergreen Seniors Community Centre is our hub for senior's activities in Guelph. On any given day you can find a dance or fitness class, a game of cards, a variety of art programs, skill building courses, a great meal and much, much more at the Evergreen. The programs and available activities are endless and the centre is a wonderful place to spend an hour, a morning or the whole day. We are also very proud to offer seasonal events, workshops, and peer learning opportunities. Additional senior's programming, including a wide variety of Aquatics Programs, are also available at our other centres.

The City of Guelph is committed to achieving a community that embraces the growing and changing needs of an Age Friendly city. Guelph City Council approved the goal, vision and guiding principles of Guelph's Older Adult Strategy and facilities like the Evergreen, play an important role in making Guelph a great place where people of all ages thrive and age well.



### Listings Legend

Day	Start date	End date	Time	Classes
Thu	Apr 9	Jun 4	10 a.m.	\$135.20

**Day and time** – when course begins

**Start date and end date** – when the course starts and ends

**Classes** – number of classes



## Seniors Programs: 55+ years

### Computers and Technology

#### Computer Mentoring

Just about everyone with a computer runs into problems; don't struggle when there is help available at these weekly mentoring sessions. Volunteers from the GWSA Computer Club are available to assist you with your specific problem areas.

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$3 Members, \$5 Non-Members

Mon	Apr 6	Apr 6	1 p.m.	1
Mon	Apr 13	Apr 13	1 p.m.	1
Mon	Apr 20	Apr 20	1 p.m.	1
Mon	Apr 27	Apr 27	1 p.m.	1
Mon	May 4	May 4	1 p.m.	1
Mon	May 11	May 11	1 p.m.	1
Mon	May 25	May 25	1 p.m.	1
Mon	Jun 1	Jun 1	1 p.m.	1
Mon	Jun 8	Jun 8	1 p.m.	1
Mon	Jun 15	Jun 15	1 p.m.	1
Mon	Jun 22	Jun 22	1 p.m.	1
Mon	Jun 29	Jun 29	1 p.m.	1
Mon	Jul 6	Jul 6	1 p.m.	1
Mon	Jul 20	Jul 20	1 p.m.	1
Mon	Aug 10	Aug 10	1 p.m.	1
Mon	Aug 24	Aug 24	1 p.m.	1

#### Internet Basics

Are you new to the Internet and want to learn more about going online? Would you like to better understand Internet jargon? Has using an Internet browser left you frustrated and confused? This workshop will guide you through the internet basics, including how to use a browser, navigate websites and use a search engine. To get the most out of this session, you should already know how to use a mouse.

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$21.42 Members, \$24.63 Non-Members

Fri	Jun 12	Jun 12	9:30 a.m.	1
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#### iPad

This course is to help the new Apple iPad user navigate through the functions of this type of computer tablet. Please bring your iPad to class so you are ready to get started.

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$31.92 Members, \$36.70 Non-Members

Mon	Apr 27	May 4	10 a.m.	2
Mon	Jun 15	Jun 22	10 a.m.	2

#### Let's get started

This entry level course is for those who would like to try computing at its most basic level. Your instructor will give hands on experience while learning at your own speed.

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$63.84 Members, \$73.40 Non-Members

Tue	Apr 28	May 19	1 p.m.	4
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#### Messaging and Social Media Apps with your Smartphone

Stay in touch with your friends and loved ones in various ways! From Facebook Messaging, Facetime and Google Video Call to WhatsApp, iMessaging, Instagram and more, this three session class will introduce you to new ways of communication using your Smartphone. Please bring your smart phone to class so you are ready to get started!

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$46.95 Members, \$54 Non-Members

Tue	May 12	May 26	9 a.m.	3
Tue	Aug 11	Aug 25	9 a.m.	3

Stay active. Do what you can to maintain your flexibility, balance and strength. Start slowly and build up until you accumulate a total of 30-60 minutes of moderate physical activities on most days. A few short exercise sessions during the day are as valuable as one longer session. For advice on getting started, consult Canada's Physical Activity Guide to Healthy Active Living for Older Adults.



### Online Safety and Internet Security

Just like anyone else online, it's important that seniors stay informed on how to stay safe when using computers and the Internet. In this three week course, you will get a lesson on security software, protecting your identity, using passwords, how to recognize secure websites, how to detect scams and frauds and so much more. Join us in the Evergreen computer lab to get in the know about online safety and internet security.

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$46.95 Members, \$54 Non-Members

Wed	May 13	May 27	9 a.m.	3
Wed	Aug 12	Aug 26	9 a.m.	3

### Revenue Canada and Service Canada Online Accounts

In this three hour workshop, you will learn how to setup and register both Revenue Canada and Service Canada online internet accounts. Both revenue Canada and Service Canada have drastically reduced their use of paper mailings. Consequently, individuals are now encouraged to set up online accounts. In order to complete the process, you will need to bring with you your Social Insurance number as well as the most recent copy of your tax return.

**Age:** 55+ years **Class length:** 3 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$32.16 Members, \$36.98 Non-Members

Tue	Apr 28	Apr 28	9 a.m.	1
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### Skype

Learn how to set up Skype, add your contacts and make your first call. Learn how to change your settings to private, block or unblock contacts, and view your history. Communicate between computers. Talk to anyone else on Skype, anywhere in the world, for free with a Skype-to-Skype call.

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$31.92 Members, \$36.70 Non-Members

Wed	Jun 10	Jun 17	1 p.m.	2
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### Smartphone 101

During this private lesson, the instructor will assist you with any problems or concerns you have with your smartphone. Please bring your smartphone to class.

**Age:** 55+ years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$32.16 Members, \$36.98 Non-Members

Tue	Apr 21	Apr 21	9:30 a.m.	1
Tue	Apr 21	Apr 21	10:30 a.m.	1
Tue	Apr 21	Apr 21	11:30 a.m.	1
Tue	Aug 18	Aug 18	9:30 a.m.	1
Tue	Aug 18	Aug 18	10:30 a.m.	1
Tue	Aug 18	Aug 18	11:30 a.m.	1

### Windows 10- Everything you need to Know

Have you updated your computer to Windows 10? Are you having a hard time navigating through your new software? We're here to help! This three hour workshop will teach you everything you need to know about how to use your Windows 10 upgrade in the most effective way. This workshop will take place in the Evergreen Computer Lab. Computers are provided.

**Age:** 55+ years **Class length:** 3 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$32.16 Members, \$36.98 Non-Members

Thu	May 28	May 28	1 p.m.	1
Thu	Aug 20	Aug 20	1 p.m.	1

### General Interest

#### Acrylic Painting

Join us for informative lessons in painting with acrylics. Stroke types, techniques and form will be the focus of this hands on class. Be inspired, have an open mind and create your masterpiece with this form of art.

**Age:** 55+ years **Class length:** 3 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$147.70 Members, \$169.90 Non-Members

Thu	Apr 9	Jun 11	9 a.m.	10
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## Seniors Programs: 55+ years

### Calligraphy Italic

Become comfortable with a basic italic and then move beyond the rigid lines of black letter to discover many variations. Start with a 3.8mm Pilot Parallel Pen and then move to a dip pen. Each class will feature instruction, demonstrations and discussion around tools and best practices.

**Age:** 55+ years **Class length:** 2.5 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$88.62 Members, \$101.94 Non-Members

Mon-Fri	Apr 14	Apr 19	1 p.m.	6
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### Fundamental of Drawing

"This course is ideal for the beginner, or those who may be taking other painting courses and need a refresher course to hone their skills. Participants will be introduced to exercises in drawing from observation and the creation of three dimensional effects through the use of light and shade and perspective. Tips and techniques for drawing accurately will be introduced with still life and people as the main subject matter for this course. Materials for this course will be discussed in the first lesson.

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$177.24 Members, \$203.88 Non-Members

Tue	Apr 14	Jun 30	10:15 a.m.	12
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### Guelph Pride Week

Do you identify as gay, lesbian, bisexual or on the gay spectrum? Come and enjoy an afternoon of companionship and fun at the Seniors Pride Event. Do you have a child, grandchildren, nephews or nieces who have identified themselves as gay, lesbian, bisexual or on that spectrum? Please join us for information and discussion of those topics in an accepting venue. Refreshments and sandwiches will be provided.

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** None

Sun	May 31	May 31	1:30 p.m.	1
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### Intermediate Sketching

If you have completed the Sketching course and want to dive deeper into a great way to express yourself, this course is for you! In addition, it is a good way to prepare for the summer season and sketch everywhere! You will be able to keep your own visual records from your travel experiences.

**Age:** 55+ years **Class length:** 3 hrs

**Location:** Victoria Road Recreation Centre

**Fee:** \$115.84 Members, \$133.20 Non-Members

Tue	Apr 21	Jun 9	9 a.m.	8
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### Intermediate Watercolour

Would you like to continue painting with watercolor after finishing the Beginner Watercolor course? In this course, you will be painting different scenes, botanical, and other types of illustrations. Feel free to bring your own photo references or objects to paint or use photo materials and still life provided by the instructor.

**Age:** 55+ years **Class length:** 3 hrs

**Location:** Victoria Road Recreation Centre

**Fee:** \$115.84 Members, \$133.20 Non-Members

Tue	Apr 21	Jun 9	1 p.m.	8
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### Mindful Meditation

Are you looking for a way to support any feelings of stress and worry? Meet us at the Guelph Enabling Garden to start your journey into Mindful Meditation. This instructor lead program will assist you in getting in tune with your body and mind while promoting a positive and healthy lifestyle.

**Age:** 55+ years **Class length:** 60 mins

**Location:** Riverside Park

**Fee:** \$45.12 Members, \$51.90 Non-Members

Thu	Jun 18	Jul 23	1 p.m.	6
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### Retire in Style

Connect with community services and businesses about housing, travel, health insurance, education, volunteer opportunities and recreation activities. **Free admission.**

Friday, June 12 - 11 a.m. to 3 p.m.

Evergreen Seniors Community Centre

### Nature Walk Photography

Grab your camera and your sneakers and let's hit the trails! Find the extraordinary in the ordinary as you snap some photos while going on an instructor lead nature walk. Let your creativity flow in the form of digital photography while getting some gentle exercise. Please bring your own camera. We will meet at the Evergreen Seniors Centre at the beginning of each hike.

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$57.84 Members, \$66.53 Non-Members

Thu	May 7	Jun 11	1 p.m.	6
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### Photograph - Camera Basics

This course looks at the most common features found on digital cameras. Topics include using the camera's menus and modes to take better pictures, downloading pictures onto your computer, and organizing them into folders and albums.

**Age:** 55+ years **Class length:** 3 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$21.42 Members, \$24.63 Non-Members

Fri	May 15	May 15	9 a.m.	1
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### Piano - private lesson

Have you always wanted to learn piano? Haven't played for a while and would like some instruction? All levels of learners are welcome.

**Age:** 55+ years **Class length:** 30 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$250.92 Members, \$288.60 Non-Members

Wed	Apr 8	Jun 24	11:30 a.m.	12
Wed	Apr 8	Jun 24	noon	12
Wed	Apr 8	Jun 24	12:30 p.m.	12
Wed	Apr 8	Jun 24	1:15 p.m.	12
Wed	Apr 8	Jun 24	1:45 p.m.	12
Wed	Apr 8	Jun 24	2:15 p.m.	12

**Fee:** \$167.28 Members, \$192.40 Non-Members

Wed	Jul 8	Aug 26	11:30 a.m.	8
Wed	Jul 8	Aug 26	noon	8
Wed	Jul 8	Aug 26	12:30 p.m.	8
Wed	Jul 8	Aug 26	1:15 p.m.	8
Wed	Jul 8	Aug 26	1:45 p.m.	8
Wed	Jul 8	Aug 26	2:15 p.m.	8

### Spring Pastels

Special course for all levels who want to enjoy painting beautiful Spring scenes and botanical objects with pastel.

**Age:** 55+ years **Class length:** 2.5 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$118.16 Members, \$135.92 Non-Members

Thu	Apr 16	Jun 4	1 p.m.	8
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### Summer Pastel

Let's go outside to paint with watercolour! Summer time is the best time for plein air. Allow watercolours to flow down and enjoy their luminosity. Please plan to be outside for this class, dressing appropriately for the weather.

**Age:** 55+ years **Class length:** 3 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$43.44 Members, \$49.94 Non-Members

Mon/ Wed/Thu	Jun 15	Jun 18	9 a.m.	3
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### Summer Sketching

Let's go outside and sketch! Summer time is the best time for plein air. Learn how to catch moments in your sketchbook. Please plan to be outside for this class, dressing appropriately for the weather.

**Age:** 55+ years **Class length:** 3 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$43.44 Members, \$49.94 Non-Members

Mon/ Tue/Thu	Jun 22	Jun 25	9 a.m.	3
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### Summer Watercolour

Let's go outside to paint with watercolour! Summer time is the best time for plein air. Allow watercolours to flow down and enjoy their luminosity. Please plan to be outside for this class, dressing appropriately for the weather.

**Age:** 55+ years **Class length:** 3 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$44.31 Members, \$50.97 Non-Members

Mon/ Wed/Thu	Aug 24	Aug 27	9 a.m.	3
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## Explore...on foot or by bike!

There are more than 70 kilometres of trails and paths throughout Guelph. Enjoy the calming effect of nature along the rivers, in forests and other natural areas or admire our award winning floral displays in one of our amazing parks. Find maps and routes online at [guelph.ca/trails](http://guelph.ca/trails)

### Ukulele

Learn the basics of playing the ukulele, no musical background required! Strumming, finger picking, and singing will be the focus of our introductory course. Repertoire will range from folk songs to modern rock and pop. There's a lot of music in a ukulele!

**Age:** 55+ years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$209.10 Members, \$240.50 Non-Members

Tue	Apr 7	Jun 16	10:30 a.m.	10
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✕ **Class cancellations:** Apr 10, May 26

## Sport and Fitness

### Cardio and Strength Level 1

This beginner strength training class focuses on functional exercises that include balance, flexibility and cardiovascular movements. Exercises are performed both sitting and standing. Hand weights are used for strengthening and toning muscles. Join us to keep your body fit!

**Age:** 55+ years **Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

**Fee:** \$70.73 Members, \$81.29 Non-Members

Mon	Apr 6	Jun 29	9:30 a.m.	11
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✕ **Class cancellation:** May 18

**Fee:** \$77.16 Members, \$88.68 Non-Members

Wed	Apr 8	Jun 24	9:30 a.m.	12
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**Fee:** \$51.44 Members, \$59.12 Non-Members

Wed	Jul 8	Aug 26	9:30 a.m.	8
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### Cardio and Strength Level 2

This intermediate/ advance strength training class focuses on a low impact cardio warm up. This class performs functional exercises that include balance, flexibility and cardiovascular movements. Exercises are performed sitting and standing. A variety of equipment is used throughout the classes which may include bands, stability balls and weights of your choice. Join us to keep your body fit!

**Age:** 55+ years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$77.16 Members, \$88.68 Non-Members

Mon	Apr 6	Jun 29	9 a.m.	12
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✕ **Class cancellations:** May 18

**Age:** 55+ years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$70.73 Members, \$81.29 Non-Members

Fri	Apr 17	Jun 26	9 a.m.	11
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**Age:** 55+ years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$51.44 Members, \$59.12 Non-Members

Mon	Jul 6	Aug 31	9 a.m.	8
Fri	Jul 10	Aug 28	9 a.m.	8

✕ **Class cancellation:** Aug 3

## Pottery Open Studio

Wheels, hand building tables and a great selection of glazes are offered during Open Studio. City of Guelph pottery staff are available to assist participants in studio procedures but will not provide instruction. No registration necessary. **See page 9 for fees and details.**

Tuesdays April 7-June 23 9:30 a.m.-1:30 p.m.

Wednesdays July 8-August 26 6:30-10:30 p.m.

Saturdays April 4-June 27 1-5 p.m.

**Open Studio is cancelled on all long weekends.**

### Cardio and Strength Level 3

Come and challenge your fitness level in this advanced strength training class. Focusing on a low impact cardio warm up, this class performs functional exercises that include balance, flexibility and cardiovascular movements. A variety of equipment is used throughout the classes which may include bands, stability balls and weights of your choice. Join us to keep your body fit!

**Age:** 55+ years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$77.16 Members, \$88.68 Non-Members

Mon	Apr 6	Jun 29	8 a.m.	12
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✘ **Class cancellation:** May 18

**Fee:** \$70.73 Members, \$81.29 Non-Members

Fri	Apr 17	Jun 26	8 a.m.	11
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✘ **Class cancellation:** Jul 3

**Fee:** \$51.44 Members, \$59.12 Non-Members

Mon	Jul 6	Aug 31	8 a.m.	8
Fri	Jul 10	Aug 28	8 a.m.	8

### Cardio Dance

This innovative, fun and exciting dance fitness class is guaranteed to get you moving into shape. This safe and effective total body workout is specifically designed for beginners and seniors.

**Age:** 55+ years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$97.58 Members, \$112.28 Non-Members

Tue	Apr 14	Jun 14	2 p.m.	14
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### Celtic Dance

Enjoy and learn the dances of the Celtic nations of Ireland, Wales, Scotland and Brittany. Also experience the dances of other countries which have been influenced by the Celtic music, rhythms and dances. This is a low-impact activity. No partners are required.

**Age:** 55+ years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$97.58 Members, \$112.28 Non-Members

Thu	Apr 16	Jun 16	9:45 a.m.	14
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### Chair Yoga

Chair yoga offers the same benefits as other yoga practices, such as increased flexibility, strengthening, proper breathing and increasing range of motion in the joints. Simply use a chair to assist with postures. Chair yoga is for everyone, especially those who may have limited mobility and/or are unable to get up and down on a yoga mat. Postures can be modified to meet students' needs.

**Age:** 55+ years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$75.20 Members, \$86.50 Non-Members

Mon	Apr 13	Jun 22	1 p.m.	10
Wed	Apr 15	Jun 17	9:15 a.m.	10

✘ **Class cancellation:** May 18

**Location:** Victoria Road Recreation Centre

**Fee:** \$75.20 Members, \$86.50 Non-Members

Thu	Apr 16	Jun 18	2 p.m.	10
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✘ **Class cancellations:** Jun 25, Jul 2

**Location:** Evergreen Seniors Community Centre

**Fee:** \$60.16 Members, \$69.20 Non-Members

Mon	Jun 29	Aug 24	1 p.m.	8
Wed	Jul 8	Aug 26	9:15 a.m.	8

✘ **Class cancellations:** Aug 3, Sep 7

### Fitness after 55

Be gentle on your body while getting your fitness on! This class will push you towards improving your endurance, mobility and stability without the stress on your joints. This total body, low-impact workout combines resistance and balance exercises. Suitable for all abilities including anyone requiring a modified program.

**Age:** 55+ years **Class length:** 1 hr

**Location:** Guelph Sports Dome

**Fee:** \$70.73 Members, \$81.29 Non-Members

Wed/Fri	April 8	May 15	10:40am	11
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✘ **Class cancellation:** Apr 10

## Seniors Programs: 55+ years

### Gentle Yoga

This program is open to everyone. We will explore this centuries old discipline which brings health and vitality to the body, peace to the mind and joy to the spirit. Ability to move from standing to laying on the floor needed.

**Age:** 55+ years **Class length:** 1.5 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$60.16 Members, \$69.20 Non-Members

Fri	Apr 17	Jun 5	10:30 a.m.	8
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**Fee:** \$60.16 Members, \$69.20 Non-Members

Fri	Jun 12	Jul 31	10:30 a.m.	8
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**Location:** Victoria Road Recreation Centre

**Fee:** \$75.20 Members, \$86.50 Non-Members

Tue	Apr 14	Jun 16	2 p.m.	10
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✘ **Class cancellations:** Jul 7, Jul 14

**Fee:** \$90.32 Members, \$103.84 Non-Members

Tue	Jul 7	Aug 25	2 p.m.	8
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### Gentle Yoga in the Park for Seniors

Chair yoga offers the same benefits as other yoga practices, such as increased flexibility, strengthening, proper breathing and increasing range of motion in the joints. Simply use a chair to assist with postures. Chair yoga is for everyone, especially those who may have limited mobility and/or are unable to get up and down on a yoga mat. Postures can be modified to meet students' needs.

**Age:** 55+ years **Class length:** 60 mins

**Location:** Riverside Park

**Fee:** \$73.70 Members, \$125.90 Non-Members

Mon	Jun 15	Aug 24	1 p.m.	10
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✘ **Class cancellation:** Aug 3

### Serve up Summer Fun on a tennis court!

Courts are available for public use on a first come, first serve basis, except when booked for City of Guelph tennis lessons. Check out lessons on page 85.

### Lawn Bowling

This program is for players of any and all abilities. Register today to learn and practice the game of lawn bowling while socializing with other senior's. Our instructor will guide you through the skills and strategies of the game. A great way to have fun, get some exercise and meet new people.

**Age:** 55+ years **Class length:** 2 hrs

**Location:** Guelph Sports Dome

**Fee:** \$38.58 Members, \$44.37 Non-Members

Wed	April 8	May 13	1 p.m.	6
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### Nordic Walking for Seniors

We're putting a spin on your regular walking group and adding in Nordic Poles! Are you looking for a fun, non-invasive way to exercise? Nordic walking involves not only the muscles from your lower body but also those from your arms and upper back in order to move the poles. A full body, yet low impact form of fitness! In this course, instructors will teach you the skills you need to know and guide you through group walks. Please come equipped with your rubber tipped Nordic Walking Poles.

**Age:** 55+ years **Class length:** 1.5 hrs

**Location:** Guelph Sports Dome

**Fee:** \$38.58 Members, \$44.37 Non-Members

Mon	April 20	June 1	9:30 a.m.	6
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✘ **Class cancellation:** May 18

### Pilates

Achieve better posture, balance, core strength and everyday movement through the exercises of Joseph Pilates. Pilates can benefit everyone and offers a refreshing change from the traditional types of exercise. Please bring a mat to the program.

**Age:** 55+ years **Class length:** 1.5 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$75.20 Members, \$86.50 Non-Members

Wed	Apr 8	Jun 10	1:30 p.m.	10
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**Fee:** \$60.16 Members, \$69.20 Non-Members

Wed	Jul 8	Aug 26	1:30 p.m.	8
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### Qi Gong 1

This class is a Chinese blend of exercise, stretching and meditation. The program focuses on 'Eighteen Postures for Daily Practice', a Qi Gong set that integrates East and West in a series of gentle exercises designed to maintain and enhance health. Adapting classical Qi Gong forms, this style incorporates therapeutic exercise, self-massage and meditation. Qi Gong 1 class focuses on the core routines.

**Age:** 55+ years **Class length:** 1.5 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$90.24 Members, \$103.80 Non-Members

Mon	Apr 6	Jun 29	10:30 a.m.	12
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**x Class cancellation:** May 18

**Location:** Evergreen Seniors Community Centre

**Fee:** \$60.16 Members, \$69.20 Non-Members

Mon	Jul 6	Aug 31	10:30 a.m.	8
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**x Class cancellation:** Aug 3

**Location:** Victoria Road Recreation Centre

**Fee:** \$81.07 Members, \$93.17 Non-Members

Fri	Apr 17	Jun 26	1 p.m.	11
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### Qi Gong 2

This class is a Chinese blend of exercise, stretching and meditation. The classes focus on 'Eighteen Postures for Daily Practice', a Qi Gong set that integrates East and West in a series of gentle exercises designed to maintain and enhance health. Adapting classical Qi Gong forms, this style incorporates therapeutic exercise, self-massage and meditation. Qi Gong 2 class explores variations, including Qi Gong walking.

**Age:** 55+ years **Class length:** 1.5 hrs

**Location:** Evergreen Seniors Community Centre

**Fee:** \$90.24 Members, \$103.80 Non-Members

Thu	Apr 9	Jun 25	11 a.m.	12
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**Fee:** \$60.16 Members, \$69.20 Non-Members

Thu	Jul 9	Aug 27	11 a.m.	8
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Check out our community advertisers on page 126.

### Seniors Disc Golf

Let's get outside and get moving! Join us at the Riverside Park Disc Golf course to learn the game of disc golf and practice with friends. An instructor will guide you through the rules of the game and will teach you the skills and techniques required for this fun outdoor activity. All equipment is provided. Athletic clothing and appropriate footwear is required.

**Age:** 55+ years **Class length:** 1.5 hrs

**Location:** Riverside Park

**Fee:** \$77.16 Members, \$88.73 Non-Members

Thu	Jun 18	Aug 6	1:30 p.m.	8
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### Seniors Self Defense

Age and physical limitations do not have to prevent you from learning how to protect yourself. This class will teach you the basics of self-defense and how to stay aware of your surroundings with a focus on your safety. With a combination of strength training, kickboxing, and mixed martial arts, you will be sure to work up a sweat while practicing the basics of self-defense.

**Age:** 55+ years **Class length:** 55 mins

**Location:** Guelph Sports Dome

**Fee:** \$45.12 Members, \$51.88 Non-Members

Mon	Apr 20	Jun 1	11 a.m.	6
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**x Class cancellation:** May 18

### Seniors Spin and Circuit

An indoor cycling and circuit training class to get your heart and muscles pumping! The stationary cycling portion of the class will provide you with a lower impact form of aerobic activity while the circuit training portion will allow you to try a variety of forms of fitness for a full body work out. This is a fast paced program that can be modified for all abilities.

**Age:** 55+ years **Class length:** 50 mins

**Location:** Guelph Sports Dome

**Fee:** \$38.58 Members, \$44.37 Non-Members

Fri	Apr 17	May 22	11:40 a.m.	6
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## Seniors Programs: 55+ years

### Strength and Balance

This beginner class will focus on fall prevention, whole body movements and balance. It is designed to improve general mobility and overall strength to make everyday tasks easier. You can expect to see improvement in posture. The class presents an excellent opportunity for beginners to start exercising with an aerobic, strength and flexibility component.

**Age:** 55+ years **Class length:** 45 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$77.16 Members, \$88.68 Non-Members

Wed	Apr 8	Jun 24	12:15 p.m.	12
Wed	Apr 8	Jun 24	3 p.m.	12

**Fee:** \$51.44 Members, \$59.12 Non-Members

Wed	Jul 8	Aug 26	12:15 p.m.	8
Wed	Jul 8	Aug 26	3 p.m.	8

### Stretch and Strengthen

Come and learn body awareness through core strengthening, muscle toning and stretching. You will see improvements in your posture and fitness abilities. This beginner level class will prepare you to take your fitness to the next level.

**Age:** 55+ years **Class length:** 50 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$77.16 Members, \$88.68 Non-Members

Tue	Apr 14	Jun 30	8:45 a.m.	12
Thu	Apr 16	Jun 2	8:45 a.m.	12

**Fee:** \$51.44 Members, \$59.12 Non-Members

Tue	Jul 7	Aug 25	8:45 a.m.	8
Thu	Jul 9	Aug 27	8:45 a.m.	8

### Tai Chi

Continue to learn the complete sequence of Tai Chi Ch'uan moves. This program is suitable for anyone who has completed a beginner level tai chi class or has had previous experience with a similar style of Tai Chi.

**Age:** 55+ years **Class length:** 60 mins

**Location:** Evergreen Seniors Community Centre

**Fee:** \$90.24 Members, \$103.80 Non-Members

Tue	Apr 14	Jun 30	9:45 a.m.	12
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### Total Body Conditioning

This total body conditioning class will challenge the active 55+ individual. A cardio warm up will prepare you for a resistance training, balance, flexibility, and core strength and floor workout. The benefits of regular exercise consisting of these major components will improve your mental, physical and emotional health. Increase your energy level to be able to carry out daily tasks and reduce your chances of osteoporosis.

**Age:** 55+ years **Class length:** 60 mins

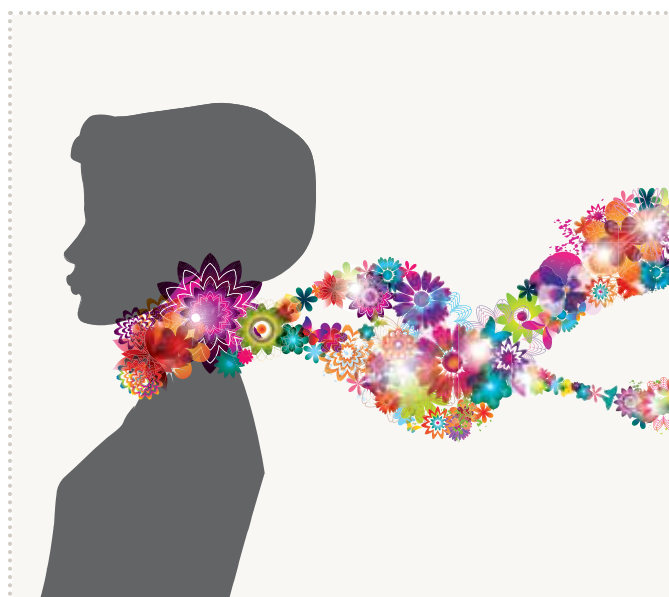
**Location:** Evergreen Seniors Community Centre

**Fee:** \$77.16 Members, \$88.68 Non-Members

Wed	Apr 8	Jun 24	8 a.m.	12
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**Fee:** \$51.44 Members, \$59.12 Non-Members

Wed	Jul 8	Aug 26	8 a.m.	8
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### Spring Fashion Show

Models from the Evergreen Seniors Community Centre will be modelling an exciting line up of clothing and accessories. Light Refreshments will be served. Purchase tickets in advance at the Evergreen Seniors Community Centre.

**Location:** Evergreen Seniors Community Centre

**Date:** Tuesday, May 12

**Time:** 1 p.m. (Doors open at 12:30 p.m.)

**Tickets:** \$8.98 +HST





# Evergreen Seniors Community Centre Services

## Listings Legend

Day	Start date	End date	Time
Thu	Apr 9	Jun 4	10 a.m.

## Book Nook

The Book Nook has a wonderful collection of fiction and non-fiction books, videocassettes, CDs and

DVDs in our Rotary Rotunda. This collection has been made possible through generous donations. Borrowed items are for GWSA members only and may remain out for up to three weeks and returned to the drop box outside the library doors.

A volunteer librarian is available every day.

**Days/time:** Monday to Friday, 9 a.m.-4 p.m.

**Cost:** Free to GWSA members

June is Senior's Month. Attend the flag raising at Guelph City Hall on June 18 at 11:15 a.m.

Guelph is packed with parks and trails for you and your family to enjoy. Find out more about outdoor spaces on page 116.

## Minds in Motion®

Minds in Motion® is a program that incorporates physical and mental stimulation for people living with early to mid-stage Alzheimer's Disease or other dementias, and their care partners. Two main components make up the social program: 45 to 60 minutes of physical activity led by a trained physical activity program leader and 45 to 60 minutes of mentally stimulating activities facilitated by a Minds in Motion® coordinator and volunteers. This program is a great opportunity to establish new friendships with others who are living the same experiences. Register by calling the Alzheimer Society **519-742-1422**.

**Age:** 55+ years **Class length:** 2 hrs

**Suggested donation:** \$60

**Location:** West End Community Centre

Tue	Mar 24	Jun 12	9:30 a.m.
Tue	May 26	Jun 23	9:30 a.m.

**Location:** Evergreen Seniors Community Centre

Wed	Mar 25	May 13	1 p.m.
Wed	May 27	Jun 24	1 p.m.
Wed	Jul 8	Aug 26	1 p.m.

## Evergreen Seniors Community Centre Services



### Garden Fresh Box

The Garden Fresh Box is a non-profit, fresh produce buying service created to help people access affordable fresh fruits and vegetables. Garden Fresh Box supports local farmers as well. The program is operated by the Guelph Community Health Centre. For more information, call **519-821-8833**.

To order a box for pick up at the Evergreen Seniors Community Centre, please visit the reception counter. Orders must be placed by noon on the first Friday of each month. Payments must be made at the time you place your order. The orders are to be picked up on the third Wednesday of each month between 1:30 and 2:30 p.m. in the front foyer. All boxes contain fruits and vegetables.

**Cost:** \$15/small box, \$20/large box

**Dates to order by:** April 3, May 8, June 5, July 3, August 7

### Evergreen Indoor Garage Sale

Rent a table or come to shop! This indoor rummage sale will have something for everyone. Table price is \$20+HST. To reserve your table, call 519-823-1291. Note: setup will be on Friday, April 23.

**Location:** Evergreen Seniors Community Centre

**Date:** Saturday, April 24

**Time:** 8:30 a.m.-12:30 p.m.



### Evergreen Restaurant

This is a public restaurant located inside the Evergreen Seniors Community Centre.

We offer a daily lunch special and wide variety of soup, sandwiches, salads and home baked desserts.

The cost is affordable and the servings are healthy and generous. Our 'meals to go' is an affordable and convenient service. A volunteer will also deliver meals should you live in the immediate area of the Evergreen Seniors Community Centre.

Come out and give us a try!

Monday to Friday, 8:30 a.m. to 1 p.m.

Please call **519-823-1291 x 2696**

See you at the Evergreen Restaurant!



# Community Support Services



GWSA Community Support Services (CSS) help seniors and caregivers remain independent, healthy and enjoying quality of life. Services include education, programs and support for aging-related concerns, eating well, gentle exercise and social engagement. Service delivery is supported by the generous work of our senior peer volunteers. Call **519-837-5696** for more information about these programs.

## CSS Education Series

Held twice yearly, this free education series features health promotion themed topics of interest to older adults. All are welcome to attend.

## Outreach Program

The Outreach program is a friendly and enjoyable program for seniors who are unable to socialize on a regular basis. Participants attend one half-day per month and enjoy gentle exercise, speakers, entertainment and a hot lunch. Transportation to and from home is provided.

**Cost:** \$10/session

## Feeling Better Move Well, Gentle Exercise Program: In Home and Group Options

Through gentle exercise, this program promotes and develops opportunities for older adults to maintain and/or increase their mobility and physical independence.

**In Home:** This free exercise program has trained volunteers that visit frail seniors in their homes to provide direction and motivation.

**Group:** The one-hour fitness classes are led by trained senior fitness volunteer leaders.

**Cost:** Free (\$2 donation per group class is appreciated)

## Feeling Better Eat Well Program

This program promotes good nutrition for older adults and includes:

### Cook and Eat Together

Cook and Eat Together is a hands-on program where participants can learn to cook healthy foods and enjoy eating them together.

## Diabetes Support Group

A support group for those 55+ facing the challenges and sharing the solutions of living with diabetes. No pre-registration required; just drop in when you can.

**Location:** Evergreen Seniors Community Centre

**Days/Time:** Second and fourth Tuesdays of each month, 9-10 a.m.

**Cost:** \$2 donation/meeting

## Food Tasting Events

Come and try our featured recipes. Always a new theme with new recipes to try out! Sponsored by: Diabetes Care Guelph and this is a free service

**Location:** Front lobby, Evergreen Seniors Community Centre

**Day/Time:** Last Friday of each month, 10:30 a.m.-noon

## Seniors Offering Support Program

This free service provides trained and caring senior volunteers to provide telephone visits.

## Arthritis Society Clinic

The Arthritis Society is offering consultation and guidance on arthritis self-management through the Arthritis Rehabilitation and Education Program (AREP). Services will be provided by a registered Occupational or Physical Therapist at the Evergreen Seniors Centre health room on the second and fourth Tuesday of each month. There is no cost to clients with a valid Ontario health card number. Clients must have a confirmed diagnosis of arthritis. Group education sessions are also available. For more information contact **1-800-321-1433, ext. 1101**.



Looking for a group or organization in the City? The People and Information (PIN) Network is your one stop shop for connecting with local activities in Guelph. Visit them online at **www.pinnetwork.ca** or give them a call at **519-822-0912**.



# Guelph Wellington Seniors Association

The City of Guelph and the Guelph Wellington Seniors Association (GWSA) work closely together to provide programs and services to seniors 55+.

The Guelph Wellington Seniors Association is a charitable organization that empowers 55+ adults to lead active, healthy, fulfilling lives. We currently have more than 2,600 members and offer more than 40 activity groups led by peer volunteers. We encourage and promote learning and run activities to strengthen our minds and bodies while encouraging social interaction. There is something for everyone at the GWSA regardless of ability. You are among friends.

The GWSA publishes a newsletter, The Sentinel, written by and for seniors. This publication is available with your GWSA membership. The Sentinel will keep you up-to-date on what is happening at the Centre and in the community. For more information email [sentinel@gwsa-guelph.ca](mailto:sentinel@gwsa-guelph.ca) or visit us online at [gwsa-guelph.ca](http://gwsa-guelph.ca).

## GWSA Activity Groups

Activity Groups are created based on the interests of our members, and are led by GWSA volunteers. New participants are always welcome. Come out and try a group for free, and if you decide it is for you, become a GWSA member. Activity groups may charge a small 'pay as you go' or a set annual fee. All groups are welcoming to new participants – please come out and join us!

We are always looking for groups of people with similar interests to get together and share their knowledge and talent of skills. If you have an interest to share and want to start an Activity Group with others of similar interests, please call, **519-823-1291 x 2453**.

June is Seniors' Month. For more information go to [guelph.ca/seniors](http://guelph.ca/seniors).



### **Art in the Hall**

The Art in the Hall project celebrates the creativity within our community by showcasing a diverse selection of art from GWSA members as well as local and regional artists. This unique gallery space interweaves traditional contemporary artwork in all its forms and mediums. We welcome formal submissions from artists who wish to be considered to have their work showcased.

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### **Art in Studio 2**

Art in Studio 2 is a group of artists who choose their own media to work with. Acrylic painting, Bunka, drawing and pastels, photography, porcelain, printmaking, textile arts, watercolours and others. Artists provide all the materials, and will share their technique and insights with other artists. Supplies extra.

**Days/times:** Tuesday, 6:30-9:30 p.m. weeks 1, 3, 5 and Wednesday, 1-4 p.m. weeks 2, 4

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### **Badminton**

The badminton group is a perfect chance to tweak your skills, make new friends, learn about the sport, and play in a fun, relaxed atmosphere. Recreational play available for all skill levels.

### **Evergreen Seniors Community Centre**

**Days/times:** Tuesday, 7-9:30 p.m.; Thursday, 9 a.m.- noon; Friday, 10 a.m.-12:30 p.m.; Sunday, 1:15-3:15 p.m.

### **West End Community Centre**

**Days/times:** Monday, 1-4 p.m.; Wednesday, 1-3:30 p.m.

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### **Bid Euchre**

Come out and try Bid Euchre for an interesting twist on the game.

Free lessons provided for anyone wishing to learn. Four handed bid euchre is played on Mondays and a six handed bid euchre group plays Thursday afternoons.

**Days/times:** Monday, 6:30-9 p.m. Thursday, 1-4 p.m.

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### **Book Club**

Do you enjoy reading and discussing books? Our book club reads non-fiction, fiction—including various genres such as historical fiction, mysteries, science fiction, and classical literature. We explore authors from around the world. Come and join us for an afternoon of lively discussion, laughter and camaraderie.

**Day/time:** Last Friday of each month, 1-2:30 p.m.

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### **Bridge**

Join us for recreational bridge in the afternoon or evening. Everyone is welcome.

### **Evergreen Seniors Community Centre**

**Days/times:** Tuesday, 7-9:30 p.m.; Thursday, 12:30-3:30 p.m.

### **West End Community Centre**

**Day/time:** Monday, 12:30-3 p.m.

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### **Bunka**

Bunka Embroidery is created by using a unique combination of punch needle and special silk-like rayon thread (yarn). The needle is held and operated similar to an artist's brush or pencil. The Bunka artist uses different stitch techniques in order to achieve the desired effect of depth and interest but unlike other forms of needle art, there are no knots to tie and mistakes are easily corrected. All skill levels welcome.

**Day/time:** Wednesday, 9:30 a.m.-noon

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### **Canasta Group**

Experienced players and beginners welcome – we like to have fun!

**Day/time:** Wednesday, 1-3:45 p.m.

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## Guelph Wellington Seniors Association

### Canoe Club

Enjoy exploring by canoe on the Grand River and its many tributaries. Weekly trips from May to September of about two hours on the water (weather permitting) with a snack break. Canoe ownership is not mandatory. Skills training are arranged to begin in April—there is a fee for this group.

**Day:** Thursday

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### Chess

Looking for a challenge this year? Join a group who plays one of the most popular games in the world — the strategic game of chess. Join us each week as we share strategies, challenge ourselves in the game and meet new people. All skill levels welcome.

**Day/time:** Friday, 9:30 a.m.-noon.

---

### Computer Club

Learn valuable information and tips about computers. Guest speakers arranged for some meetings.

**Day/time:** Bi-monthly (September, November, January, March, May, second Monday 7-9 p.m.)

---

### Craft Group

Laugh and talk while you knit, sew, and crochet. Coffee and tea are served. Materials for your projects can be supplied. We sell your creations at “The Treasure Chest” inside the Evergreen Seniors Community Centre for the GWSA seniors’ programs. Newcomers and new craft ideas are always welcome.

**Day/time:** Friday, 8:30 a.m.-1:30 p.m.

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### Cribbage

Join in a friendly and enjoyable four-handed cribbage game. Everyone is welcome.

**Day/time:** Tuesday, 1-3:30 p.m.

---

### Darts

Darts is a game for everyone. No leagues, just great pick-up fun.

Beginners are welcome and we would love to teach you. Darts are available for loan if necessary, but you are welcome to bring your own.

**Days/times:** Wednesday/Friday/Saturday  
10 a.m.-noon

---

### Euchre

Come out and join the euchre group for an afternoon of fun!

**Days/times:** Monday, 1-3:30 p.m., Friday 1-4 p.m.  
Fourth Wednesday of the month (September to June) 1:15-4 p.m.

---

### Golf

Membership in the group provides an opportunity to play non-competitive golf at a variety of location courses at discounted rates. We play from the first Monday in May to the last Monday of September and conclude with a nine-hole scramble and luncheon. Some golfers play nine holes, some play 18. If you are a beginner, an average duffer or a better golfer, you will enjoy the fun and relaxed atmosphere of this club.

**Day/time:** Monday, 8 a.m. (May – September)

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### Hearing Improvement Committee

A self-help program for people with hearing impairment and those interested in better coping with hearing loss. We encourage anyone interested to join us. Contact 519-823-1291 for dates and times.

---

### Improving Bridge

This group is for beginners or individuals who have already taken bridge lessons and would like to work on improving their game. Volunteers are on hand to coach you.

**Day/time:** Friday, 8:30-11:30 a.m.

---

### Into Focus Photography

Make your good photos great. Using the expertise of fellow members and community professionals, discussion and demonstrations helps improve your photography skills. Both film and digital cameras welcome, as well as amateurs and professional photographers. Work from this club is on display in the Evergreen Restaurant.

**Day/time:** Last Monday of the month, 2:30-5 p.m.

---

### Line Dancing

No partner and no experience required. Come and have some fun with this great activity. Instructors do a walk through before each dance and then demonstrate and call the steps as the music plays. Dance all year to a variety of music!

**Day:** Monday

**Time:** Beginner 9:30-10:30 a.m.

Intermediate 10:45-11:45 a.m.

**Day:** Thursday

**Time:** Beginner Plus 1-2 p.m.

Intermediate 2-3 p.m.

---

### Mah Jong

Mah Jong is a game of Chinese origin, usually played with tiles, similar to dominoes. Instruction is available for those who don't know how to play. This group congregates at the tables in hallway closest to the library.

**Day/time:** Tuesday, 12:30-3:30 p.m.

---

Everyone should have the opportunity to participate. The City of Guelph's FAIR program is a confidential fee assistance program for recreation and leisure activities, recreation and fitness passes and selected memberships. Individuals 18 years and older who qualify receive a percentage off the registration fee(s). See page 121 for more information.

---

### Pickleball

Pickleball is a sport in which four players use solid paddles made of wood or composite materials, hit a perforated polymer ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. This sport is for people of all ages; easy to learn, and can be challenging for those with a competitive nature. Equipment supplied for first time participants. Please call the Evergreen Seniors Community Centre for details.

**Location:** West End Community Centre

**Day/time:** Tuesday, noon-4 p.m. Thursday, 2:15-5 p.m.

**Location:** Evergreen Seniors Community Centre

**Day/time:** Tuesday, 9 a.m.-noon, Friday 12:45-4 p.m.

---

### Quilt Group

This energetic group meets Monday afternoons. Beautiful quilts are often on display at the Evergreen Seniors Community Centre. We have several Commission pieces to complete and are always sewing for the Treasure Chest. We also enjoy our social time together with cookies and tea.

**Day/time:** Monday, 12:30-4 p.m.

---

### Scrabble

Come and enjoy some friendly competition and fun for word lovers. This lively group welcomes newcomers.

**Day/time:** Thursday, 1-3:45 p.m.

---

### Shuffleboard

If you are looking for fun, friendship and gentle exercise then this is the place to be! Beginners are welcome and instruction is available. Register the first time you play.

**Days/times:** Tuesday 1-3 p.m.  
Wednesday 1:30-3 p.m.

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## Guelph Wellington Seniors Association

### Silvertones Choir

This mixed choir of more than 30 men and women performs throughout the year. From September to December we practise every Friday afternoon and we sing at local Christmas events. From January to May we practise on alternate Fridays only. Every other Friday we “sing out” at various Nursing and Retirement homes in the area.. We sing for fun and friendship.

**Day/time:** Friday, 1-3 p.m. (September to June)

---

### Snooker, Billiards and Pool

Enrich your life and enjoy fellowship through the game of Snooker. We have three tables available.

**Days/times:** Monday – Friday 9 a.m.-4 p.m.  
Tuesday, 7-9:30 p.m.

---

### Table Tennis

The Table Tennis group is open to all. We offer weekly practices which are a great opportunity for members to mingle, have fun and improve their skills.

**Location:** Evergreen Seniors Community Centre

**Days/times:** Monday, 3:15-6:30 p.m.  
Wednesday, 9:30 a.m.-12:45 p.m.  
Saturday, 9:30-noon

**Location:** West End Community Centre

**Day/time:** Friday, 12:30-3:15 p.m.

---

### Texas Hold'em Poker

This group uses a point system to play. The games are played until two players are knocked out or the clock turns 8:30 p.m. Follow the laughter to find us.

**Day/time:** Tuesday, 6:30-8:30 p.m.

### Swimming is for everyone.

Learn more about our adult lessons in the guide.

Spring lessons are on page 28.

Summer lessons are on page 45.

### Travel Group

Travel Committee plans and organizes a variety of trips and tours for seniors in the community. GWSA members receive a preferred rate and early registration. Trips are advertised monthly in The Sentinel and on the Travel Board at the Evergreen Seniors Community Centre.

**Day:** First Wednesday of each month is trip booking

**Time:** Doors open 8:30 a.m.; in person and phone registration start 9 a.m.

---

### Walking Club

If you enjoy walking outdoors then this club is for you. A friendly and active group meets to walk local trails, points of interest, and conservation areas. We meet every Thursday morning in Riverside Park at the pavilion with the red roof.

**Day/time:** Thursday, 9:15 a.m. (April to October)

---

### Watercolour Painters

This group provides an opportunity for watercolour painters to practise our hobby along with other people., While encouraging one another and learning new ideas you will become inspired. Please call the Evergreen Seniors Community Centre for space availability.

**Days/times:** First and fifth Wednesday of the month, 12:30-4 p.m.; third Wednesday of the month, 9 a.m.-4 p.m.

---

### West End Arts Group

This is an organized club of artists who reside in the Guelph area, receptive to all art media; watercolours, acrylics, pastels and oils. Our intentions are to help each other and arrange art shows featuring our work.

**Location:** West End Community Centre

**Days/time:** Tuesday noon-4 p.m.



**West Hills Art Group**

The West Hill Arts group focuses on painting as well as drawing. Our goal is to support one another in our art as well as to educate seniors on different art media.

**Day/time:** Thursday, noon-4 p.m.  
(September to June)

**Location:** West End Community Centre

**Writers' Club**

If you enjoy writing stories, essays or poems, come to the Writers' Club. We take turns reading our pieces to the group.

**Days/time:** Second and fourth Thursday of each month, 1-3:30 p.m. (September to June)

# STAY CONNECTED

## CITY NEWS

Delivered to your home, computer or smartphone



**guelph.ca**  
**facebook.com/cityofguelph**  
**@cityofguelph**  
**City News pages** (*Guelph Mercury Tribune*, Thursdays)



Your parks.  
Your recreation.  
Your voice.



Help us shape the future of Guelph's parks and recreation programs and services.

[guelph.ca/recreation](http://guelph.ca/recreation)  
[guelph.ca/parks](http://guelph.ca/parks)

## Parks and Recreation **Master Plan**



# Riverside Park picnic shelters

Two beautiful picnic shelters are available for rental between May 1 and Thanksgiving each year.

### Shelter features

- Access to water
- Electrical access (standard outlet, 15 amp service)
- Picnic tables
- Garbage cans
- Charcoal barbecues onsite (Charcoal not provided)

### Book now!

- In person: **West End Community Centre  
21 Imperial Road South**
- By telephone: **519-837-5678**
- By email: **facilitybooking@guelph.ca**

Search **Picnic Shelter Bookings** at [guelph.ca](http://guelph.ca) for more information and booking forms.

Please note: Payment is due at time of booking.





## Employment Opportunities

Do you have a passion for recreation or a skill you would like to share with others? Join our team and help make a difference!

More than 130,000 residents rely on the services and programs run by the City of Guelph every day. Across a variety of departments, among the 2,000 full and part-time employees, the Corporation of the City of Guelph values a commitment to Integrity, Excellence and Wellness. Our teams are passionate about innovation, public engagement and providing quality customer and public service to city residents. Our employees' career development and personal and professional wellness are valued in part through excellent benefit packages and competitive salaries. **Make a difference. Apply today.**

### Recreation and Parks Part-time Employment Opportunities

- Summer Camp positions
- Arena Attendants
- Recreation Program Instructors and Assistants
- Land or Aqua Fitness Instructors
- Learn to Skate Instructors
- Lifeguard/Swim Instructor positions
- Part Time Customer Service Assistant
- Skate Patrol
- Part-time Facility Cleaners
- Part-time Assistant Facility Operator
- Youth Drop-In Program Assistant
- Attendant Care Worker
- Wading Pool Attendant
- Summer Labour positions
- Inclusion Program Instructor/Friday Friends Instructors
- Trails positions
- Horticulture positions
- Turf positions
- Forestry positions



Watch [guelph.ca](http://guelph.ca) for information, openings and deadlines.



# Volunteer Opportunities

Volunteers make a difference every day in Guelph. It's what makes us a caring community. When you invest your time, skills and enthusiasm in volunteering, you help make our city a vibrant and rewarding place to live, work and play.

## Why volunteer?

- Increase self-confidence
- Meet people with similar interests and become a valuable member of a team
- Gain experience and develop new skills
- Explore career choices and enhance your resume
- Contribute to your community

## Why it matters

- It's vital for strong, inclusive, and resilient communities
- It assists organizations in reaching their goals
- It helps build relationships
- It's fundamental to a healthy and democratic society in Canada

## What can I do?

Whether you're looking for a short term project or a longer term commitment, there are many ways you can get involved.

## Camps

Volunteering with camps is an excellent way to do something great for the community while having fun and obtaining your required community service hours! The City of Guelph has many camp locations around the city to volunteer at. Volunteers must attend a mandatory orientation and training. Must be 14 years or older to apply.

## Evergreen Seniors Community Centre

Something for everyone! Support the registration and information desk; help with food preparation, dining room services, special events and much more!

Age Friendly Guelph is looking for volunteers for the leadership team, working groups and supporting roles.

## One2One

Volunteer with our One2One Program! Volunteers provide assistance to participants with disabilities in recreation programs to eliminate barriers and enhance the participants' experience.

## Learn to Swim

Help children further develop their swimming and water safety skills. Volunteers must be 14 years of age or have completed a leadership program.

## Youth Leadership

Youth volunteers help make a difference in the community. Volunteer positions include Guelph Youth Council and City programs and services. Students can earn credit towards their community involvement hours.

## Thank you volunteers!

One thing remains timeless, volunteer efforts create positive impacts in the community. Join the city in thanking its volunteers during National Volunteer Week, April 19-25, 2020.

### How to volunteer with Recreation Services

1. Decide which program area interests you the most (children, youth, adults, seniors, One2One). Can't decide? Give us a call to chat about the positions available.
2. Complete the Recreation Volunteer Application available at [guelph.ca/volunteer](http://guelph.ca/volunteer).
3. Contact us at [volunteer@guelph.ca](mailto:volunteer@guelph.ca)

### Next Steps

1. We will contact you to arrange an interview date and time. Following the interview, screening and reference checks will be completed.
2. Complete the mandatory training prior to starting in your volunteer role.
3. Participate in an onsite orientation.

### Other Volunteer Opportunities

#### Volunteer Orientation Training Sessions

**Class length:** 60 mins

**Location:** Victoria Road Recreation Centre

- Wed | Apr 29 | 5 p.m.
- Wed | May 27 | 5 p.m.
- Wed | Jun 24 | 5 p.m.

#### Boards, Commissions and Committees

The City of Guelph relies on about 200 citizens each year to serve on its boards, commissions and committee. Vacancies are posted in September and appointments will be completed in November.

**519-837-5603** (City Clerk's Office)

#### Community Parks

Are you looking for a way to get outdoors, make new friends and be involved in your neighbourhood community? We actively support the volunteer efforts of individuals, business and community groups that want to be involved in our parks. There are many ways to get involved including tree plantings, park clean-ups, or community gardens. For more information, refer to the Parks and Trails section on page 116 or contact Parks Operations and Forestry at **519-837-5626** or email [parks@guelph.ca](mailto:parks@guelph.ca).

#### Guelph Museums

Learn about Guelph's history and share your knowledge with visitors to the Guelph Civic Museum and McCrae House. Volunteer positions include: events and education program activities, visitor services, curatorial work, and historic gardening.

**519-836-1221 x 2773**

[museum.volunteers@guelph.ca](mailto:museum.volunteers@guelph.ca)  
[guelphmuseums.ca](http://guelphmuseums.ca)

#### Guelph Public Library

The Guelph Public Library welcomes volunteers to provide more library services to the community. Apply online at [guelphpl.ca/en/about-us/volunteer.aspx](http://guelphpl.ca/en/about-us/volunteer.aspx) or email [askus@guelphpl.ca](mailto:askus@guelphpl.ca) for more details.

#### Neighbourhood Groups

The City of Guelph encourages and supports the participation of community members in the work of our neighbourhood groups.

As a partner organization in the Guelph Neighbourhood Support Coalition, the City plays an active role in their work; however, community volunteers play the main role in supporting the work of neighbourhood groups. [admin@guelphneighbourhoods.org](mailto:admin@guelphneighbourhoods.org)

#### River Run Centre

Volunteering at River Run Centre is an exciting way to meet new people and make a significant contribution to our community.

Volunteer positions include ushering, scanning tickets, coat check, bar service and more.

**519-837-5662 x 2206**  
[riverrun.ca/volunteer](http://riverrun.ca/volunteer)

#### Travel Training Program Volunteers

Volunteers of the Travel Training Program will be paired with an adult living with a disability in the community. After receiving appropriate training, volunteers will ride a specific, pre-designated transit route with the program participant on a designated day of the week. This travel training session will include the volunteer meeting the participant at their home, boarding a bus at the nearest stop, travelling to a specified destination (e.g. Stone Road Mall), spending time with the individual at the destination, boarding another bus and finally travelling back to the participant's home. Throughout this session, volunteers are facilitating and supporting the growth of confidence and independence while practicing safe travel strategies to foster a positive learning environment for both the participant and the volunteer. Contact the Program Coordinator at

**519-822-1260 x 3426.**





## Accessibility Services

Beyond recreation, what else is accessible at the City of Guelph?

If you require more information prior to registering, please call **519-822-1260 x 2670** TTY: **519-826-9771** or online at [guelph.ca/living/accessibility](http://guelph.ca/living/accessibility).

### Service Animals

Service animals are welcome in all facilities and programs. For more information about service animals please contact Accessibility Services or see the corporate Accessibility Policy and Procedures online at [guelph.ca/living/accessibility](http://guelph.ca/living/accessibility).

### Free Parking Pass

The City of Guelph offers a free parking pass for persons with a disability. The parking pass is only valid at:

- Municipal downtown off-street parking facilities
- Municipal downtown on-street parking meters

Individuals wishing to apply must complete an application, including supporting documentation to verify income, and must possess a Ministry of Transportation issued accessible parking permit. Applications and Terms and Conditions are available by visiting:

- Guelph City Hall, 1 Carden Street
- Any Guelph Public Library branches

- Ministry of Community and Social Services, 1 Stone Road
- Family Counselling and Support Services, 109 Surrey Street East
- Guelph Independent Living, 207-255 Woodlawn Road West

**Or by phone: City of Guelph Parking Office at 519-822-1260 x 2888, TTY: 519-826-9771**

### Subsidy for Disability Groups

Groups that provide active programs in the City of Guelph for people with disabilities may be eligible for a subsidy to use City of Guelph, Public Services facilities. An application form must be completed and approved prior to reserving a facility and is available from Accessibility Services, or online at [guelph.ca/living/accessibility](http://guelph.ca/living/accessibility).

### Accessibility Legislation

For more information about the following act or committees, please contact Accessibility Services **519-822-1260 x 2670**.

**Accessibility for Ontarians with Disabilities Act (AODA)**

The purpose of the AODA is to make Ontario accessible for persons with disabilities by the year 2025. It is expected that this will in turn strengthen Ontario’s economy by expanding opportunities for people with disabilities, improve accessibility to workplaces and public goods, services and buildings and improve access to key areas such as employment, customer service, built environment, communications and transportation. This Bill requires a more proactive, collaborative approach to achieving full accessibility to persons with disabilities in Ontario through the development, implementation and enforcement of accessibility standards. The Act applies to both the public and private sectors.

**Accessibility Committees**

The City’s Accessibility Advisory Committee meets to provide vision and direction to staff and Council regarding the removal of barriers that exist within municipal services, practices and programs. These meetings are open to the public and are held at City Hall. Please contact Accessibility Services for more information, to request an accommodation to attend a meeting, or to apply to be a delegate or member of this committee.

The Guelph Barrier-Free Committee provides information to private business and non-profit organizations about the Accessibility for Ontarians with Disabilities Act and the standards contained within this act. The Barrier-Free Committees are working groups consisting of agency staff and individuals with a diverse range of disabilities including mobility, low vision/blind, deaf, deafened, hard of hearing, mental health, communication and cognitive disabilities.

**Your pass to spring and summer fun**

**Riverside Park Amusement Ride Pass**

**Carousel and miniature train**



2020 Season's pass  
**\$20.81** + HST

**City Card**

**Re-loadable gift card in any amount**



Use like cash towards the purchase of many City of Guelph products and services including:

- Passes, tickets and memberships
- Licences and permits
- Recreation program registrations
- Facility rentals
- Fees and invoices
- Publications, maps and City merchandise



Available at the following locations: Evergreen Seniors Community Centre • Lyon Leisure Pool (opens in June) • ServiceGuelph, City Hall • West End Community Centre • Victoria Road Recreation Centre

[guelph.ca](http://guelph.ca)

## Rental Opportunities

# Recreation Facilities

The City offers recreation programs and provides rental opportunities at a number of facilities and parks. For rental information please call **519-837-5678**.

**Centennial Park Arena**  
376 College Avenue West  



**City Hall**  
1 Carden Street  


**Eastview Community Park**  
800 Watson Parkway North  



**Evergreen Seniors Community Centre**  
683 Woolwich Street  


**Exhibition Park Arena/Hastings Stadium**  
70 Division Street  



**Guelph Civic Museum**  
52 Norfolk Street  


**Guelph Community Pottery Centre**  
14 Edinburgh Road South  


**Guelph Lake Sports Fields**  
664 Woodlawn Road East  



**Guelph Lawn Bowling Club**  
114 Gordon Street  



**Hanlon Creek Park**  
505 Kortright Road West  


**Jubilee Park**  
11 Sweeney Drive  



**Lyon Park Leisure Pool**  
299-301 York Road  



**Margaret Greene Park**  
80 Westwood Road  


**McCrae House National Historic Site**  
108 Water Street  



**Mico Valeriot Park**  
235 Elizabeth Street  



**Norm Jary Park**  
22 Shelldale Crescent  


**Northview Park**  
83 Wideman Boulevard  


**River Run Centre**  
35 Woolwich Street  


**Riverside Park**  
709 Woolwich Street  



**Royal City Park**  
119 Gordon Street  


**Royal City Tennis Club**  
70 Municipal Street  


**Silvercreek Park**  
142 Edinburgh Road South  


**Sleeman Centre**  
50 Woolwich Street  



**South End Community Park**  
25 Poppy Drive  


**Sunny Acres Park**  
45 Edinburgh Road North  


**Victoria Road Recreation Centre**  
151 Victoria Road North  


**West End Community Centre**  
21 Imperial Road South  



**York Road Park**  
85 York Road  


**Waverley Park**  
76 Balmoral Drive  


 Arena

 Attraction

 Auditorium

 Outdoor theatre / Bandshell

 Basketball courts

 Market Square

 Gym

 Football

 Baseball diamond

 Indoor pool

 Interactive water feature

 Meeting rooms

 Picnic pavilion

 Outdoor Pool

 Sand volleyball


 Cricket

 Soccer fields

 Skatepark

 Softball diamond

 Splash pad

 Tennis courts/Pickelball

 Indoor theatre

 Wading pool

 Lawn bowling



	Centennial Arena	Exhibition Arena	Evergreen Seniors Community Centre	Lyon Leisure Pool	Victoria Road Recreation Centre	West End Community Centre
<b>Good Friday Friday, April 10</b>	Closed	Closed	Closed	Seasonal Closure	Closed	Closed
<b>Easter Sunday Sunday, April 12</b>	Closed	Closed	Open 9 a.m.-3 p.m. For rentals only	Seasonal Closure	Closed	Closed
<b>Easter Monday Monday, April 13</b>	Open	Open	Open	Seasonal Closure	Open	Open
<b>Victoria Day Monday, May 18</b>	Closed	Closed	Closed	Seasonal Closure	Closed	Closed
<b>Canada Day Wednesday, July 1</b>	Closed	Closed	Open noon-5 p.m. For rentals only	Open	Closed	Closed
<b>Civic Holiday Monday, August 3</b>	Closed	Closed	Closed	Open	Closed	Closed
<b>Labour Day Monday, September 7</b>	Closed	Closed	Closed	Open	Closed	Closed

Lyon Leisure Pool is closed for the season starting September 8, 2020



# Riverside Park picnic shelters

Two beautiful picnic shelters are available for rental between May 1 and Thanksgiving each year.

## Shelter features

- Access to water
- Electrical access (standard outlet, 15 amp service)
- Picnic tables
- Garbage cans
- Charcoal barbecues onsite (Charcoal not provided)

## Book now!

- In person: **West End Community Centre 21 Imperial Road South**
- By telephone: **519-837-5678**
- By email: **facilitybooking@guelph.ca**

Search **Picnic Shelter Bookings** at **guelph.ca** for more information and booking forms.

Please note: Payment is due at time of booking.





## Rental Opportunities

The City of Guelph is committed to ensuring that usage of municipally owned and operated facilities balances the needs of all residents, user groups and visitors.

The City of Guelph offers a variety of facilities both indoors and outdoors that are available to rent. From sports team practices and games, to scheduled community or school group activities in parks and family celebrations at picnic shelters, special events and designated use at indoor facilities, we have a space that will work for you!

To book any of our rental spaces, contact our facility booking team at [facilitybooking@guelph.ca](mailto:facilitybooking@guelph.ca) or call **519-837-5678**.

### We're here to help you book the space that you need.

#### Ice

- Five ice pads are available between September 2020 and March 31, 2021.
- Bookings are now being accepted for fall 2020/winter 2020 ice use.
- Visit [guelph.ca/recreation](http://guelph.ca/recreation) for available prime time ice.

#### Swimming Pool

- Swimming pools are available for booking year round including one warm water therapy pool.

#### Picnic Pavilions

- There are beautiful picnic pavilions available for rental between May 1 and Thanksgiving each year.

#### Outdoor Facilities

- More than 150 sports fields including soccer, cricket, baseball, softball and more!

#### Feature Facilities

- Amusement rides
- Market Square
- Royal City Gazebo

#### Meeting Rooms, Auditorium or Gymnasium

- We have a wide variety of indoor spaces with the ability to accommodate up to 500 people.

Visit [guelph.ca/facilityrentals](http://guelph.ca/facilityrentals) for virtual tours and capacity details.



### Take a ride!

The train and carousel run weekends in the spring and fall and daily throughout the summer. Season passes are available. See the hours and fees online at [guelph.ca/recreation](http://guelph.ca/recreation)



## Respect and Responsibility

### What is the Rzone?

The Rzone is an operating procedure that identifies a code of conduct which applies to all City of Guelph recreation and cultural centres, facilities, parks and programs. The Rzone procedure enforces a set of expectations around violence, vandalism and inappropriate behaviour for participants and the general public.

### What does the Rzone mean?

The "R" in the Rzone logo stands for **Respect and Responsibility**. *Respect for Yourself; Respect for Others; and Responsibility for your Actions*. The logo will serve as a reminder to staff and the public that the operating procedure is in effect and applies to everyone: coaches, parents, players, performers, audiences and visitors.

### Goal

The goal of the Rzone operating procedure is to improve the safety and leisure environment in all City of Guelph recreation and cultural centres, facilities, parks and programs. Community organizations, residents, visitors and City staff will work together to promote respect and responsibility, improving the safety, appearance and environment of our community.



### How you can help

- Clean up after your group activities such as picnics and sports tournaments in City parks
- Remember to respect property, materials and equipment when using services or participating in programs at our community centres, arenas, parks, theatre or museum
- Report such items as graffiti, broken glass or burnt out lights in any City facility or park
- Report vandalism such as a park bench in need of repair or playground equipment that has been tampered with
- Report suspicious behaviour such as a person peeking into parked cars
- Report activities such as verbal assaults, threats/aggression, physical harm, alcohol consumption, theft and harassment.

### For more information

Visit [guelph.ca/rzone](http://guelph.ca/rzone)



## Parks and Trails

Guelph is packed with parks and trails. Enjoying them will likely make you happier and healthier!

Our parks are full of trees and play spaces for all seasons and all interests. Of course you'll find the usual benches, picnic tables, and washrooms. You'll also find floral displays by our award-winning horticulture staff, best amusement rides this side of the county fair, amazing settings for your next picnic or event, an award-winning natural playground and one of the world's best floral clocks! There are lots of opportunities to enjoy the calming effect of nature along the rivers, in forests and other natural areas.

Did you know? Guelph's trail network currently includes more than 150km of trails and we are planning to build and grow this network. Check out the Guelph Trail Master Plan at [guelph.ca](http://guelph.ca) to learn more. If you have any questions or are interested in any of the programs or services offered by Parks Operations and Forestry, please call **519-837-5626** or email [parks@guelph.ca](mailto:parks@guelph.ca).

### Riverside Park

Guelph's flagship park is host to some of the City's biggest events. Features include:

- Fully accessible children's play structure
- Trails along the river
- Three softball diamonds and a 9 hole disc golf course
- A small and large picnic shelter reserved by permit

### The Guelph Enabling Garden

A sensory delight for every person. This barrier-free garden in Riverside Park offers nature and organized programs in a therapeutic garden setting. Join in scheduled programs or visit the garden and enjoy the beautiful surroundings at your own pace. For more information contact Accessibility Services or visit [enablinggarden.org](http://enablinggarden.org).

### The Floral Clock and Gardens

Stunning rockery and floral clock displays featuring thousands of interesting plants provide beauty and colour year round. The gardens also include a scaled model of the first building built in Guelph – The Priors by John Galt. These gardens are perfect for photograph sessions for weddings, prom and other memorable events. This garden is for everyone's enjoyment and cannot be reserved for exclusive or private use. Please be considerate of others.



### Riverside Park Amusement Rides Carousel and Miniature Train

#### Hours of Operation

10:30 a.m.–6 p.m.

#### Daily

June 22 – September 7

#### Weekends only

May 16 - June 21, September 12 - Thanksgiving

Private bookings outside of regular operating hours by rental only. Single admission ticket \$2.35 + tax. (Purchased at Riverside Park Concession stand).

2020 Season Pass \$20.81 + tax

#### Passes may be purchased at:

- ServiceGuelph, City Hall
- West End Community Centre, 21 Imperial Road South
- Evergreen Seniors Community Centre, 683 Woolwich Street
- Victoria Road Recreation Centre, 151 Victoria Road North

## Guelph Community Clean and Green Cleanup

The City of Guelph will host its 17th annual Guelph Clean and Green Community Cleanup on April 25, 2020. The event is an opportunity for residents to spend a few hours 'spring cleaning' their neighbourhood by joining others to pick up litter along Guelph's streets, green spaces, and in community parks. Visit [guelph.ca](http://guelph.ca) for details.

## Make a Splash!

Wading pools, splash pads and Lyon Leisure Pool (outdoor) open weekends starting Jun 13, 2020. For schedules, fees and addresses, visit [guelph.ca/recreation](http://guelph.ca/recreation). See page 17 for more information.

## Recycle in the Parks

Wait! Don't toss that empty plastic sports drink into the garbage. Use the blue recycling cart that's provided.

In 2017, we introduced a two-stream waste collection program at Guelph's sports facilities. We encourage you to recycle while participating in leisure or recreational activities. With your help, we can reduce the number of recyclables entering the landfill. Learn more at [guelph.ca/recycleinparks](http://guelph.ca/recycleinparks).

### Neighbourhood Parks

For detailed information on parks in your neighbourhood and their features, visit [guelph.ca/living](http://guelph.ca/living) > [recreation](http://guelph.ca/recreation) > [parks and trails](http://guelph.ca/parks). Park washrooms are opening April 27, 2020.

### Play Structures

Many of our parks boast exciting and challenging play structure equipment to spark imagination, creativity and most of all fun. Please remember, City play structures are unsupervised. To provide suggestions to parks staff or to report vandalism or maintenance concerns, please contact Parks Operations and Forestry. 2020 Play Structure replacements are proposed for the following locations:

- Bullfrog Pond Park
- Clair Park
- Kortright Hills Park
- Westminster Woods Park

Watch for information on community engagement around design in the spring with construction planned for summer and fall.

### Sports field and Outdoor Facility Rentals

From baseball to cricket to football to soccer, we're home to more than 150 sports fields. Opening dates vary depending on weather and field types; visit [guelph.ca/recreation](http://guelph.ca/recreation) for more information. If you are interested in renting a sports field or outdoor facility, call Facility Booking at **519-837-5678** or email [facilitybooking@guelph.ca](mailto:facilitybooking@guelph.ca).

## Trails

Get out for a walk, or commute to work by trail.

### CNR Spurline Trail – 1.6 km

Dufferin Street to London Road via Exhibition Park.

### Trans Canada Trail – 4.3 km

Heritage Park to Speedvale Avenue West via parkland along the Speed River and an active rail corridor. For safety please obey all signs and signals. Eramosa Road to Speedvale Avenue West section is the Trans Canada Trail/Gus Stahlman Trail. Macdonnell Street to Eramosa Road section is the Alf Hales Trail.

### Eramosa River Trail – 4.1 km

Covered Bridge southeast to Stone Road via Eramosa River Park and open space from Victoria Road South to Stone Road East.

### Guelph Humane Society Trailhead – 13 km

Speed River Trail to the outskirts of Cambridge. The Guelph trailhead is adjacent to the parking area of the Guelph Humane Society off Wellington Road. Parking is limited to five cars; please consider cycling or carpooling. The footpath is informal and maintained by the Guelph Hiking Trail Club, [guelphhiking.com](http://guelphhiking.com).

### Guelph Lake Trail – 2.8 km

Access the trail at Victoria Road North and the Speed River. The trail leads toward the Guelph Lake dam and beyond. The trail is maintained by Guelph Off-Road Bicycling Association (GORBA). Visit their website at [gorba.ca](http://gorba.ca) > [GORBA](http://gorba.ca) > [Trail map](http://gorba.ca).

### Hanlon Creek Conservation Area – 12.5 km

Main trailhead in Preservation Park on south side of Kortright Road between Edinburgh Road and Scottsdale Drive. Several other access points are available around this large natural area. Land is owned by the Grand River Conservation Authority; trails are maintained by the City of Guelph.

## Parks and Trails

### Hanlon Creek Trail – 2 km

University Village Park to Hanlon Creek Park—Stone Road to Kortright Road. The trail is also known as the Royal City Recreation Trail.

### Laura Baily Memorial Trail – 1.5 km

Grange Road Park through Hadati Creek Wetlands to Buckthorn Crescent via Grange Road, Eastview Road, Trimble Court, Ireland Place and Starwood Drive.

### Radial Line Trail – 2.3 km

Access from Stone Road East, turn south onto the roadway at the sign to the Barber Scout Camp and drive to the parking area at the bottom of the slope. Follow the orange blazes 2.3 km to Victoria Road. The footpath is maintained by the Guelph Hiking Trail Club. For further information contact the Guelph Hiking Trail Club at [guelphhiking.com](http://guelphhiking.com).

### Silvercreek Trail – 4.9 km

Royal City Park to Janefield Avenue via Silvercreek Park, Centennial Park and W.E. Hamilton Park.

### Speed River Trail – 3.4 km

Speedvale Avenue East to Victoria Road North via Riverside Park. Speedvale Avenue to Marilyn Drive section is the Trans Canada Trail/ Gus Stahlman Trail.

### University of Guelph Arboretum Trails – 11.5 km

Trails, tree collections, gardens and wooded areas are at the University of Guelph Arboretum. Trails are not owned or maintained by the City of Guelph.

For more information visit

[guelph.ca/living/getting-around/walk/trails](http://guelph.ca/living/getting-around/walk/trails)

## Are you planning spring property improvements?

If you're accessing City-owned or controlled parks, you may need a Park Access permit. This helps to ensure minimal damage and keeps our parklands and trails open and accessible to the public. Park Access Permits are available for a non-refundable fee of \$122.64 plus applicable tax and are available from Parks Operations and Forestry. Note: Damage deposits are required, in addition to permit fees.

## Help us protect our parkland and natural areas

Parks and publicly-owned open space are for the benefit of the community, and we need you help to keep them healthy. Natural areas support our wildlife, provide canopy cover, improve water and air quality, absorb floodwaters, and contribute to improved mental and physical health for residents. Please don't treat them as your private space or your private dumping ground. Leave nature as it is, don't mow, landscape or plant in natural areas. If you see inappropriate use of City parks and open space, please contact Parks Operations and Forestry.

### Leash-free Zones

While you're exploring Guelph be sure to bring 'Fido' along with you! Guelph offers several parks with designated off-leash areas. Some unoccupied sports fields are available for dogs to run off-leash. Please remember that dogs must remain under control at all times, even when in designated off-leash areas. Learn more at [guelph.ca/leash-free-zones-for-dogs/](http://guelph.ca/leash-free-zones-for-dogs/)

## Getting involved

### Natural Areas Stewardship

We actively support the efforts of business and community groups in stewardship efforts in parks such as community plantings, invasive species removal, park cleanups and trail maintenance. If you would like more information or want to get involved in these activities, please contact Parks Operations and Forestry.

### Community Gardens and Wildlife Habitat Gardens

Do you love gardening? Are you looking for a way to get outdoors, make new friends and be involved in your neighbourhood community? Are you interested in growing your own fresh organic vegetables or creating habitat for pollinator species but don't have space on your property?

Community Gardens and Wildlife Habitat Gardens are parcels of land used by neighbourhoods to grow vegetables, herbs, pollinator plants and/or fruit. They are important to our community because they contribute to food security, enhance property values, provide neighbourhood based educational and social opportunities, and provide environmental benefits. There are several ways to get involved with Community and Wildlife Habitat Gardens:

1. Join or volunteer with an existing community garden and become part of the Community Garden Network Group
2. Start a new community garden in your neighbourhood
3. Make a donation

For more information email [communitygardens@guelph.ca](mailto:communitygardens@guelph.ca) or visit [guelph.ca/communitygardens](http://guelph.ca/communitygardens) for the map of Community Gardens and Wildlife Habitat Gardens throughout the city.

In recent years a large number of trees were removed from parks, some natural areas and near trails because they were infested by Emerald Ash Borer (EAB) or considered hazardous. EAB is a destructive, non-native beetle that kills ash by feeding under the tree's bark.

In 2019 a program was launched to manage Common/ European Buckthorn along some trails. Buckthorn, a non-native invasive shrub/small tree overtakes native plant communities. Native species were planted in some of these areas and the program will continue in 2020. If you are interested to participate in community plantings please contact [parks@guelph.ca](mailto:parks@guelph.ca).



"As It's Written"  
by Cheka Creative Inc.

## Culture and Tourism Services

Our Culture and Tourism division actively provides a broad range of enriching cultural opportunities and visitor experiences. We oversee the operations and programming of Guelph's signature cultural venues and public spaces.

### This season we invite you to take it all in:

- explore Guelph's stories at Guelph Museums
- experience exciting performances at River Run Centre
- cheer for your favourite team at Sleeman Centre
- find delicious local food at Guelph Farmers' Market
- enjoy free, family-friendly events in Market Square

## Guelph Museums

Guelph Museums collects and preserves objects and stories that trace Guelph's history. Discover your stories through intriguing exhibitions and engaging programs.

### Exhibitions

**Guelph Circa 1999** – March 14 to September 6, 2020

**Lay of the Land** – March 14 to September 6, 2020



### Events

**Downtown EarlyON Playtime** – Free for children from birth to 6 years old and their families every Wednesday, 9:30-11:30 a.m.

**Fourth Fridays** – Free admission starting at 5 p.m. and concerts at 7 p.m. on the fourth Friday of each month.

**Doors Open After Dark** – Friday, April 24

**Backyard Theatre at McCrae House** – July

**Tea at Two at McCrae House** – July and August

### Regular Museum hours

Civic Museum  
Tuesday-Sunday, 10 a.m.-5 p.m.

McCrae House  
Wednesday, 1-5 p.m., or by appointment  
Extended hours from June to August, Tuesday to Sunday,  
10 a.m. -5 p.m.

We offer inspiring spaces at the Civic Museum and McCrae House for meetings and special events; contact us to learn more.

[guelphmuseums.ca](http://guelphmuseums.ca)

### Guelph Civic Museum

52 Norfolk Street

### McCrae House National Historic Site

108 Water Street

### Locomotive 6167

Farquhar Street, east of Wyndham  
519-836-1221

## Culture and Tourism Services

### River Run Centre

Guelph's Signature performing arts facility overlooks the picturesque Speed River in the heart of downtown Guelph.

Visit [riverrun.ca](http://riverrun.ca) to see what's on.

Buy your tickets online or at our Box Office.

Sign up for IN THE SPOTLIGHT, our monthly e-news. Get the news, enjoy the perks, be first in line. [riverrun.ca/in-the-spotlight](http://riverrun.ca/in-the-spotlight)

#### Events

Our lineup offers everything from headline musicians and stand-up comedy to family shows and kinderconcerts!

#### Venue Rental

We'll help you host a standout event. Our multi-purpose facility offers all the professional, technical, ticketing and audience services you'll need.

The Centre features three spaces:

- Main Stage
- Canada Company Hall
- Co-operators Hall

35 Woolwich Street  
[info@riverrun.ca](mailto:info@riverrun.ca)

Box Office: 519-763-3000  
[riverrun.ca](http://riverrun.ca)

Facebook and Twitter: [@riverruncentre](https://www.facebook.com/riverruncentre)

Instagram: [@riverrunguelph](https://www.instagram.com/riverrunguelph)

### Sleeman Centre

Located in the city's historic downtown, Sleeman Centre is a modern, well-equipped 5,000-seat facility that serves as Guelph's premier venue for sports and entertainment.

We're home to groups such as the Stanley Stick Hockey Association, Guelph Figure Skating Club, Guelph Minor Hockey, Guelph Girls Hockey, the 2019 Rogers OHL Championship Guelph Storm and the Guelph Nighthawks – our Canadian Elite Basketball League (CEBL) team.

#### Venue Rental

Our full-service facility is ideally suited for:

- Hockey games and sports tournaments
- Headline concerts and tradeshow
- Film and photo shoots
- Public ceremonial gatherings and convocation ceremonies

50 Woolwich Street  
[fanexperience@guelph.ca](mailto:fanexperience@guelph.ca)  
519-822-4900  
[thesleemancentre.com](http://thesleemancentre.com)  
[@sleemancentre](https://www.instagram.com/sleemancentre)

### Market Square

Guelph's downtown public square is a popular year-round community gathering space for special events, concerts, water play, skating and more.

#### Events

All events hosted in Market Square are free and open to the public. Visit [guelph.ca/marketsquare](http://guelph.ca/marketsquare) for a full listing of events.

1 Carden Street

### Guelph Farmers' Market

One of Guelph's oldest and well-loved community spaces offers fresh local food, artisanal products and a friendly, welcoming atmosphere, year-round. Guelph Farmers' Market continues a tradition of civic pride and community building by supporting the local economy, sustainability and entrepreneurship.

Open year round – Saturdays, 7 a.m.-noon

There are so many reasons to engage with your community cornerstone, the Guelph Farmers' Market:

- Support local farmers and vendors
- Pick up farm-fresh fruits and veggies
- Take home artisanal goods and specialty foods
- Shop sustainably and reduce your carbon footprint
- Sample VQA wines and local ciders
- Experience the best that Guelph-Wellington (Canada's first food smart community) has to offer

2 Gordon Street (Corner of Gordon Street and Waterloo Avenue)  
[farmersmarket@guelph.ca](mailto:farmersmarket@guelph.ca)  
519-822-1260 x 2244  
[@guelphmarket](https://www.instagram.com/guelphmarket)

### Guelph Tourism Services

The official source for visitor information on local events, dining, shopping, attractions, accommodations and more! Check us out at [visitguelphwellington.ca](http://visitguelphwellington.ca) or visit our information kiosk at Guelph Civic Museum (52 Norfolk Street).

We're in the know about all things #Guelph!

Follow us at:  
[visitguelph.blog](http://visitguelph.blog)  
[@visitguelph](https://www.instagram.com/visitguelph)







## Community Investment

The City of Guelph's Community Investment division supports organizations, partnerships, and individuals to enhance quality of life in Guelph. Our granting working is guided by the City's Community Plan.

Our partnership work is focused on neighbourhoods, social services, immigration, poverty, addictions, and responding to other community needs. Our work to support individuals includes administering the Fee Assistance in Recreation, Affordable Bus Pass program, the Welcome to Guelph program for new refugees, and other subsidy programs.

### The Guelph-Wellington Local Immigration Partnership

The Guelph-Wellington Local Immigration Partnership is a large coalition of individuals and organizations addressing the social and economic challenges that immigrants face. Our intent is to make the City of Guelph and Wellington County truly welcoming communities for immigrants. Immigration rates to Guelph and Wellington County have been steadily increasing since the 1970s.

According to the 2016 Statistics Canada census, immigrants now make up around 20 per cent of Guelph's population and around 10 per cent of Wellington's population.

For more information contact: Guelph-Wellington Local Immigration Partnership, **519-822-1260 x 2625**

**info@guelphwellintonip.ca**  
**http://guelphwellintonip.ca**



### Fee Assistance

Everyone should have the opportunity to participate in recreation programs!

#### Free to Play (Under 18)



#### Free to Play Program

Free to Play aims to help as many children as possible through an easily accessible and confidential fee assistance program. Maximum grant per child, per calendar year is \$400—on a first-come, first-served basis and provided funds are available.

For more information, call **519-826-9551** or visit **childrensfoundation.org**.

#### FAIR (18 years and older)

The City of Guelph's FAIR program is a confidential fee assistance program for recreation and leisure activities, recreation and fitness passes and selected memberships.

Individuals 18 years and older who qualify receive a percentage off the registration fee(s).

For more information, call **519-837-5618** or visit **guelph.ca/supportservices**.

# Guelph Neighbourhood Support Coalition

## Guelph Neighbourhood Support Coalition

The Guelph Neighbourhood Support Coalition (GNSC) is a network of neighbourhood groups and community organizations that is committed to building and sustaining neighbourhood groups, strengthening individuals and families, and ensuring healthy growth and development for everyone.

Through the GNSC, neighbourhood groups bring together their collective resources to share information, provide support, distribute available funding resources, and advocate for community issues and required funding. To find a neighbourhood in your community, visit [guelphneighbourhoods.org](http://guelphneighbourhoods.org).

For more information contact:

Executive Director, GNSC  
42 Carden Street  
Guelph, ON N1H 3A2  
[admin@guelphneighbourhoods.org](mailto:admin@guelphneighbourhoods.org)  
[guelphneighbourhoods.org](http://guelphneighbourhoods.org)

**We envision a caring, equitable community where everyone thrives.**

### Brant Avenue Neighbourhood Group

Friendship Place  
35 Algonquin Dr.  
Guelph, ON N1E 3P2  
519-821-9243  
[brant.ave.ng@gmail.com](mailto:brant.ave.ng@gmail.com)  
[www.brantave.org](http://www.brantave.org)

### Exhibition Park Neighbourhood Group

Mail attn: c/o GNSC  
42 Carden St.  
Guelph, ON N1H 3A2  
[epng@bellnet.ca](mailto:epng@bellnet.ca)  
[epng.ca](http://epng.ca)  
519-767-5750  
[info@epng.ca](mailto:info@epng.ca)

### Grange Hill East Neighbourhood Group

Ken Danby Public School  
525 Grange Rd.  
Guelph, ON N1E 7C4  
519-836-9427  
[info@gheng.ca](mailto:info@gheng.ca)  
[gheng.ca](http://gheng.ca)

### Guelph Downtown Neighbourhood Association

Mail attn: c/o GNSC  
42 Carden St.  
Guelph, ON N1H 3A2  
[guelphdna@gmail.com](mailto:guelphdna@gmail.com)

### Hanlon Creek Neighbourhood Group

Mail attn: c/o GNSC  
42 Carden St.  
Guelph, ON N1H 3A2  
[hanlon\\_creek\\_neighbourhood@yahoo.ca](mailto:hanlon_creek_neighbourhood@yahoo.ca)

### Kortright Hills Neighbourhood Group

23 Ptarmigan Dr.  
Mail attn: c/o GNSC  
42 Carden St.  
Guelph, ON N1H 3A2  
519-837-0974  
[khng@bellnet.ca](mailto:khng@bellnet.ca)  
[khng.ca](http://khng.ca)

### North Riverside Neighbourhood Group

140 Waverley Dr.  
Guelph, ON N1E 1H2  
519-821-9677  
[northriversidegroup@hotmail.com](mailto:northriversidegroup@hotmail.com)  
[northriversideng.ca](http://northriversideng.ca)

### Onward Willow Neighbourhood Group

Onward Willow Centre  
15 Willow Rd., Unit K-45  
Guelph, ON N1H 5T1  
519-824-6892  
[onwardwillow.wordpress.com](http://onwardwillow.wordpress.com)  
[owngassistant@gmail.com](mailto:owngassistant@gmail.com)

### Parkwood Gardens Neighbourhood Group

West End Community Centre  
21 Imperial Rd. S.  
Guelph, ON N1K 1X3  
519-824-6340  
[pgng96@gmail.com](mailto:pgng96@gmail.com)  
[Pgng.ca](http://Pgng.ca)

### Rickson Ridge Neighbourhood Group

Mail attn: c/o GNSC  
42 Carden St.  
Guelph, ON, N1H 3A2  
[rrencamps@gmail.com](mailto:rrencamps@gmail.com)

### Saint George's Park Neighbourhood Group

Mail attn: c/o GNSC  
42 Carden St.  
Guelph, ON N1H 3A2

### The Junction Neighbourhood Group

Mail attn: c/o GNSC  
42 Carden St.  
Guelph, ON N1H 3A2  
[thejunctionng@gmail.com](mailto:thejunctionng@gmail.com)  
[Junctionng.wordpress.com](http://Junctionng.wordpress.com)

### Two Rivers Neighbourhood Group

Tyler Public School, 131 Ontario St.  
Mail attn: c/o GNSC  
42 Carden St.  
Guelph, ON N1H 3A2  
519-837-4248  
[info@tworiversng.ca](mailto:info@tworiversng.ca)  
[tworiversng.ca](http://tworiversng.ca)

# Guelph City Council



## Mayor

### Cam Guthrie

1 Carden Street  
Guelph, ON N1H 3A1  
T 519-837-5643  
E mayor@guelph.ca

## Ward 1 Councillors



### Dan Gibson

T 519-822-1260 x 2502  
C 519-827-6407  
E dan.gibson@guelph.ca



### Bob Bell

C 519-803-5543  
E bob.bell@guelph.ca

## Ward 2 Councillors



### Rodrigo Goller

T 519-822-1260 x 3576  
C 226-821-1146  
E rodrigo.goller@guelph.ca



### James Gordon

T 519-822-1260 x 2504  
C 519-827-6481  
E james.gordon@guelph.ca

## Ward 3 Councillors



### Phil Allt

T 519-822-1260 x 2510  
C 519-827-6579  
E phil.allt@guelph.ca



### June Hofland

T 519-822-1260 x 2505  
E june.hofland@guelph.ca

## Ward 4 Councillors



### Christine Billings

T 519-826-0567  
E christine.billings@guelph.ca



### Mike Salisbury

T 519-822-1260 x 2512  
C 519-827-7398  
E mike.salisbury@guelph.ca

## Ward 5 Councillors



### Leanne Piper

T 519-822-1260 x 2295  
E leanne.piper@guelph.ca



### Cathy Downer

T 519-822-1260 x 2294  
C 519-827-8390  
E cathy.downer@guelph.ca

## Ward 6 Councillors



### Mark MacKinnon

T 519-822-1260 x 2296  
C 519-829-5137  
E mark.mackinnon@guelph.ca



### Dominique O'Rourke

T 519-822-1260 x3577  
C 226-821-1126  
E dominique.orourke@guelph.ca

# City Contacts

## RECREATION SERVICES

Recreation Centres	519-837-5699
Facility booking/ special events	519-837-5678

## RECREATION FACILITIES

Centennial Arena	519-837-5699
Exhibition Arena	519-837-5699
Evergreen Seniors Community Centre	519-823-5699
Lyon Leisure Pool (open June to September)	519-837-5699
Guelph Community Pottery Centre	519-837-5699
Victoria Road Recreation Centre	519-837-5699
West End Community Centre	519-837-5699

## CULTURE FACILITIES

Guelph Civic Museum	519-836-1221
McCrae House	519-836-1482
River Run Centre (box office)	519-763-3000
River Run Centre (administration)	519-837-5662
Sleeman Centre	519-822-4900

## CITY SERVICES

Mayor's office	519-837-5643
CAO's office	519-837-5602
Building Services	519-837-5615
City Clerk's Office	519-837-5603
Civil Marriage Ceremonies	519-822-1260 x 2468
Court Services (Provincial Offences Court)	519-826-0762
Cultural Services and Public Art	519-822-1260 x 2629
Finance	519-837-5610
Guelph Fire Department (administration)	519-827-6590
Guelph Police Service (administration)	519-824-1212
Guelph Public Library (Main)	519-824-6220
Guelph Transit (administration)	519-822-1811

Guelph Wellington Paramedic Service (administration)	519-824-1677
Human Resources	519-837-5601
Legal Services	519-837-5637
Operations	519-837-5628
Parks Operations and Forestry	519-837-5626
Planning Services	519-837-5616
TTY (Teletype for deaf)	519-826-9771
Taxation	519-837-5610
Tourism	519-837-1335
Waste Resource Innovation Centre	519-767-0598
Wastewater Services	519-837-5629
Water Services	519-837-5627

## AFTER-HOURS

Bylaw enforcement	519-837-2529
Emergency locates (ON1Call)	1-800-400-2255
Operations (e.g. traffic lights, road obstructions)	519-837-5628, select "1" for emergencies
Noise complaints (Guelph Police Service)	519-824-1212
Park Operations and Forestry	519-837-5626
Parking exemptions	519-836-7277
Power outages (Guelph Hydro)	519-822-3010
Spills Action Centre	1-800-268-6060
Wastewater Services	1-866-630-9242
Water Services	1-866-630-9242



Looking for a group or organization in the City? The People and Information (PIN) Network is your one stop shop for connecting with local activities in Guelph. Visit them online at **www.pinnetwork.ca** or give them a call at **519-822-0912**.

# GET NOTICED

## advertise in our guide

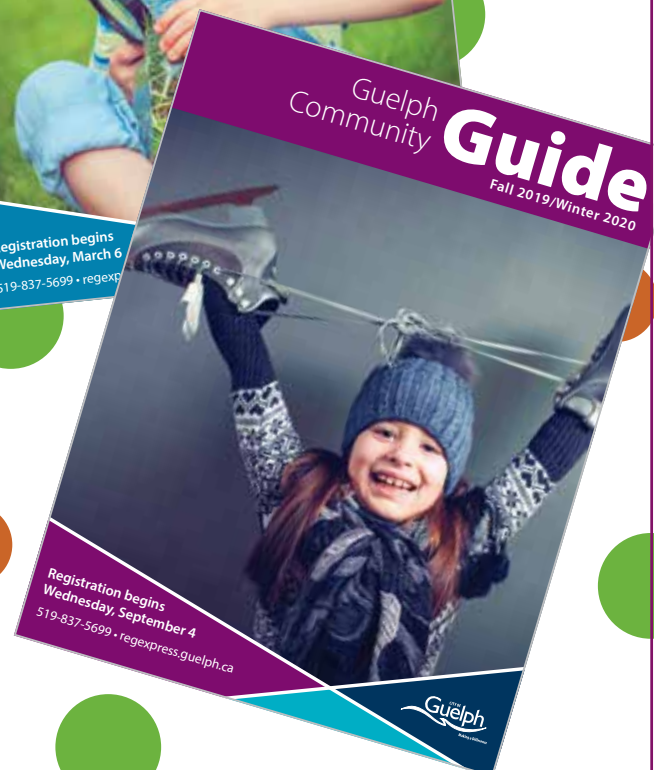
**Publications:**  
spring/summer  
and fall/winter

To advertise, contact

**Glenn Knight**

**519-835-0005**

**[glenn@prismstudiosdesign.com](mailto:glenn@prismstudiosdesign.com)**



## Advertiser Index

# Thank you to all of our Guelph Community Guide advertisers!

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Brick Works Academy  
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Focus on Nature  
Grand River Conservation Authority  
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Guelph Eramosa Township  
Guelph Saultos Gymnastics Club  
Guelph School of Art  
Guelph Soccer  
Halton County Radial Railway  
Kids Inc. Camp  
Kids Make Guelph Inc.  
Kohbukan Sisu Judo Club  
Learning Disabilities Association of Wellington County  
LevelUp Kids Learning Centre Guelph  
Little Kickers Guelph  
Onside Athletics  
Rainbow Programmes for Children  
Royal City Ball Hockey  
Royal City Soccer Club  
Sanshin Martial Arts/Bushido Kids Karate/Victoria  
Sealy Karate Schools  
Sistas in Soccer  
Sports Discovery Camp  
Stanley Stick Hockey Association  
Stingray Divers  
Sunrise Therapeutic Riding and Learning Centre  
The Arboretum  
The Freelon Antique Mall  
The Guelph Humane Society  
The Zone Training Guelph  
Trillium Waldorf School  
University of Guelph - Department of Athletics  
University of Guelph - OpenEd  
University of Waterloo – Geriatric Health System Research Group  
Wellington Brewery



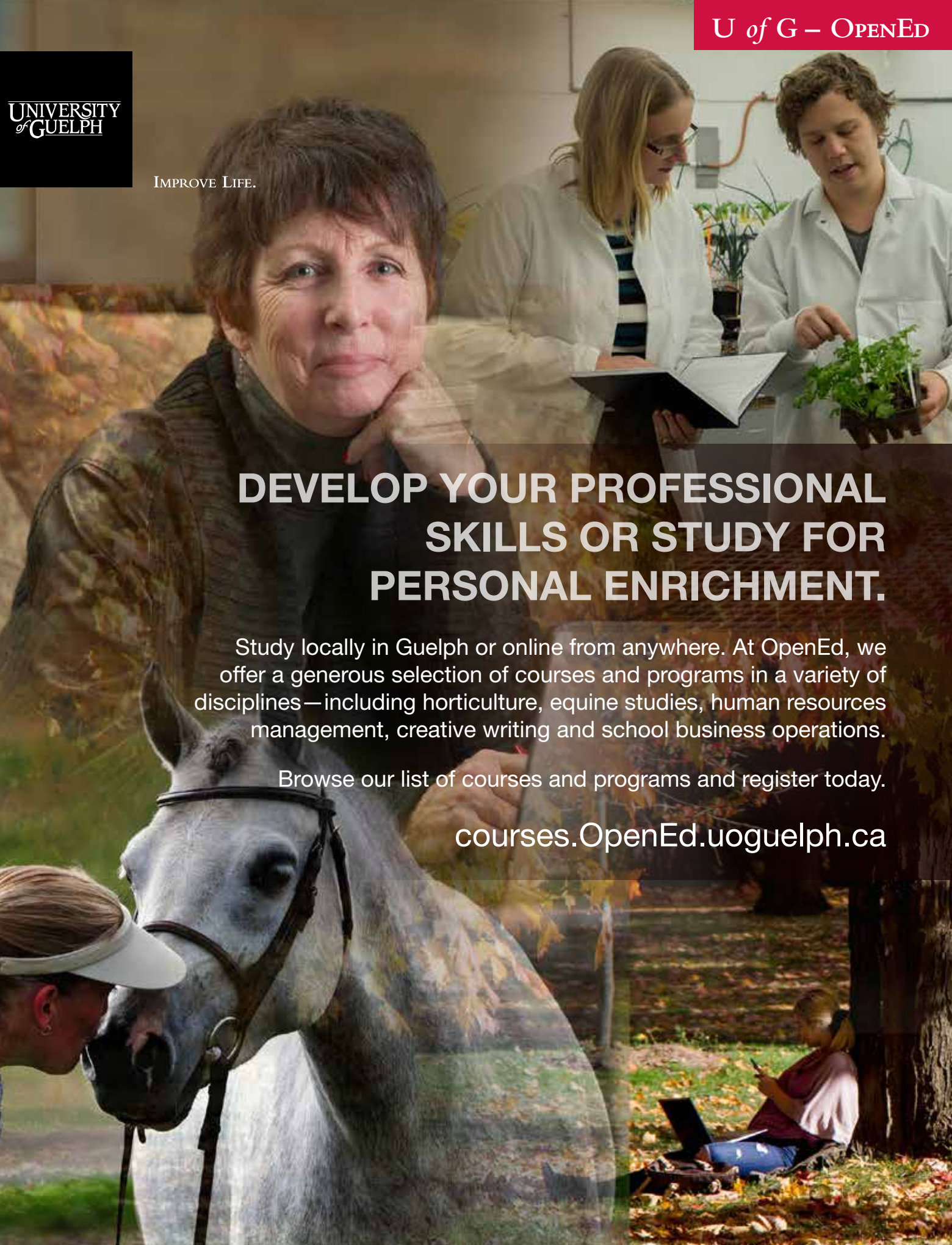
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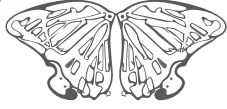
Study locally in Guelph or online from anywhere. At OpenEd, we offer a generous selection of courses and programs in a variety of disciplines—including horticulture, equine studies, human resources management, creative writing and school business operations.

Browse our list of courses and programs and register today.

[courses.OpenEd.uoguelph.ca](https://courses.OpenEd.uoguelph.ca)



9<sup>th</sup> SUMMER!  
CAMP  
MONARCH



music | art | dance | yoga

August 10<sup>th</sup> to 14<sup>th</sup>  
For children ages 4-12  
@ The Guelph Youth Music Centre

Register Today!

833-ARTCAMP  
CampMonarch.com



"Martial arts is the best thing  
I ever did for my child"

We offer:

- Kids / Family Classes
- Adult Classes
- Fitness Kickboxing
- Activity Day Camps on  
School P.A. Days & Holidays

1 month and uniform for \$29.00  
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519-821-5425  
www.sealykarate.ca



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Game Designer



LEGO

Summer Camp  
Register Now



Award winning geek culture day camps. Technology, gaming,  
& LEGO. Over 10 locations! Discover why kids love our camps.

www.BrickWorksAcademy.com





Since 1993

Register by  
March 31 or  
June 1, 2020  
for AMAZING  
discounts

# SOCCER DAY CAMPS Guelph 2020

- \* July and August weeks
- \* all children aged 5 to 13
- \* morning & full day sessions
- \* before & after care available
- \* camp soccer ball, tshirt & medal for all participants



1-800-427-0536 royalsoccer.com



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YOUTH &  
COMMUNITY  
GROUP  
PROGRAMS

OUTDOOR  
ADVENTURE  
DAY CAMPS  
FOR KIDS  
AGES 6 - 16

Summer/Winter/  
March breaks,  
and PD Days!

ECO-  
ADVENTURE  
BIRTHDAY  
PARTIES

**Guelph Lake Nature Centre**

7677 Conservation Rd., Guelph  
519-836-7860

[www.grandriver.ca/naturecentres](http://www.grandriver.ca/naturecentres)

ACCREDITED  
MEMBER



Ontario Camps Association  
Camps Parents' Trust



**Focus on Nature**

**MARCH BREAK & SUMMER CAMPS**  
at the Arboretum

for details & registration visit [www.focusonnature.ca](http://www.focusonnature.ca)

# RAINBOW DAY CAMP

## SUMMER FUN FOR ALL!

Memorable day camp activities for children & youth ages 4+  
Leader in Training program for youth aged 11-14

- \* Theme Weeks and Special Guests
- \* Supervised Swim sessions
- \* One on One Support Available
- \* Fully Inclusive Day Camp
- \* Extended Care Available
- \* Leader in Training Program
- \* Teen Camp ages 12 +

**WHEN:** July 6 - August 21  
**WHERE:** 221 Scottsdale Rd  
**HOURS:** Monday - Friday 9:00 - 3:00pm (8am - 4pm extended care)

[www.rainbowdaycamp.com](http://www.rainbowdaycamp.com) 519.837.0387

**Guelph School of Art**

**WYNDHAM ART SUPPLIES**

**ART CLASSES & WORKSHOPS FOR KIDS & ADULTS**

**GSA.** EST. 1992

SUMMER CAMP, Painting, Drawing, Parties & More!

519-767-1317 • [wyndhamARTsupplies.com](http://wyndhamARTsupplies.com)



**Sail, Canoe and Kayak on Beautiful Guelph Lake!**

**Club Membership Benefits Include:**

- Learn to Sail discount, weekly racing, regattas, youth racing program.
- Sailing Daycamps (ages 7 - 14) and Adult Sailing Courses (age 15+)
- Available for Registration!

Visit [www.guelphboating.ca](http://www.guelphboating.ca) to become a member!



**Guelph Community Boating Club**

## MY HEALTHCARE FORUM 2020: SENIORS IN CONTROL

June 5th, 2020 9:00am-12:00pm

Evergreen Seniors Community Centre

Join us for this **FREE** event where you will hear experts speak about:

- Specialist care for older patients
- Navigating the healthcare system
- How to be active in your healthcare
- Regional healthcare initiatives

Register (after April 6th) at the Evergreen Centre,  
or online at [www.uwaterloo.ca/ghs/myhealth2020](http://www.uwaterloo.ca/ghs/myhealth2020)  
or contact Sheila Bodemer at 519-888-4567, ext. 33160



## Alzheimer Society

WATERLOO WELLINGTON

You can make a difference.

Support people living with dementia. Join us for the annual

**IG Wealth Management  
Walk for Alzheimers.**

**May 24, 2020**

Guelph Lakes Conservation Area



[www.alzheimerww.ca](http://www.alzheimerww.ca)

## TRAVEL BACK IN TIME WITH US.



**STREETCAR RIDES    PICNIC AREAS  
DISPLAY BARNS    GIFT SHOP  
ICE CREAM SHOP**

**13629 GUELPH LINE  
MILTON, ON    HCRY.ORG**



**Walking Soccer**



**DDP Yoga**



**55+ Fitness**



**Tot 'n' Play**



**Birthday Parties**



**7384 Wellington Rd. 30, Guelph  
519-265-7905 ext. 2**

[dnichol@get.on.ca](mailto:dnichol@get.on.ca) • [www.get.on.ca/RDAPC](http://www.get.on.ca/RDAPC)

**Come enjoy our indoor Walking Track and Field.  
Drop in or sign up for one of our many programs.  
Walking Soccer, Tot 'n' Play, DDPY, 55+ Fitness,  
Remote Control Airplanes, Golf Driving Range,  
Women's Rec Soccer, Coed Slo Pitch,  
Pole Walking Workshops and more!  
Facility Birthday Parties also available.**





# SUMMER CAMP

Summer,  
the way it  
should be.



Camps run from mid-June to August

Contact [accounting@trilliumwaldorfschool.com](mailto:accounting@trilliumwaldorfschool.com) for fees and dates.

Hikes in the Forest · Picnics by the River · Gardening  
Outdoor Games and Free Play · Watercolour Painting  
Clay, Beeswax and Felting Crafts · Baking and Jam Making  
and more!

All children welcome!

You do not need to be a  
student at Trillium to attend  
our summer camps.

Registration open now! [accounting@trilliumwaldorfschool.com](mailto:accounting@trilliumwaldorfschool.com)

## Inspiring Young Minds for a Century

CELEBRATING 100 YEARS OF WALDORF EDUCATION

**WALDORF**  
100  
LEARN  
TO CHANGE  
THE WORLD

Parent & Child  
Kindergarten  
Grades 1-8



[guelphwaldorf.ca](http://guelphwaldorf.ca) · [info@trilliumwaldorfschool.com](mailto:info@trilliumwaldorfschool.com) · 519-821-5140

# Scuba Dive

## In Guelph!

- Pool sessions
- PADI Certification

### Stingray Divers

Stingray-Divers.ca

Stingraydivers02@gmail.com



Registration Opens January 15, 2020

- EARLY BIRD PRICING!**
- Sundays 7-9pm
  - \$130 before March 1st
  - May to September
  - \$145 after March 1st
  - 60 Minute Games

Check us out!



Just for  
**WOMEN**  
Just for  
**FUN!**

[www.sistasinsoccer.com](http://www.sistasinsoccer.com)

## THE FREELTON ANTIQUE MALL

Over 250 vendors offering a unique selection of china, glassware, collectibles, furniture, art, primitives and nostalgia.

Open 7 days a week

Weekdays

10:00am - 5:00pm

Weekends

10:00am - 6:00pm



## CELEBRATING 22 YEARS

Located in the Village of Freelton, Ontario  
off Hwy #6 North between Hamilton and Guelph

905-659-0948

[www.freeltonantiquemall.com](http://www.freeltonantiquemall.com)



EXPLORE ONE OF CANADA'S ORIGINAL CRAFT BREWERS

**OPEN**  
11<sup>AM</sup> TO 7<sup>PM</sup>  
7 DAYS A WEEK

**WELLINGTON BREWERY**

950 Woodlawn Rd. W Guelph, ON  
[wellingtonbrewery.ca](http://wellingtonbrewery.ca)



# BUG QUEST

Summer DAY CAMP for Kids!



Go behind the scenes & discover the wild world of bugs at Cambridge Butterfly Conservatory!

**REGISTER ONLINE**

[www.cambridgebutterfly.com/bugquest](http://www.cambridgebutterfly.com/bugquest)



**Kids in grades 1 to 8 can join in the furry fun!**

Camps  
Junior Humane Club  
Birthday Parties

**Contact us today for more details!**

519-824-3091

[guelphhumane.ca](http://guelphhumane.ca)



# SSHA

STANLEY-STICK-HOCKEY-ASSOCIATION

**Offering a structured hockey program for youth ages 4 to 17 in the Guelph community since 1975 that focuses on skill development, team play, and most of all fun!**

**Registration now online.**

**Visit our website for more information and to get started**

[www.stanleystick.ca](http://www.stanleystick.ca)



The Zone Training is a hockey development centre in the south end of Guelph. The facility features a 90' x 45' real ice training rink along with a 1500 sq ft turf field. We offer low ratio skill development programs and fast paced 3 on 3 games in this fun & unique environment!



3 on 3 LEAGUES



SUMMER CAMPS

225 Hanlon Creek Blvd Guelph N1C 0A1

[www.thezonetraining.ca](http://www.thezonetraining.ca)



**Idawc • Learning Disabilities Association of Wellington County**

*The right to learn, the power to achieve*

**Does someone you know have a learning disability?  
Do they or their family need support?**

Contact us about:

- Monthly workshops & newsletters
- Peer Support Network
- Advocacy support for parents and adults
- *Reading Rocks!* program (children aged 6-12)
- Family Conference—Sat. October 19, 2019



[www.ldawc.ca](http://www.ldawc.ca) 519-837-2050 [info@ldawc.ca](mailto:info@ldawc.ca)



**Coding Camps  
Open For Registration**

Guelph's Best STEAM Camps:  
Spring & Summer Camps:  
Roblox, Minecraft, Unreal Engine,  
Circuitry & Robotics

[guelph.levelupkids.ca](http://guelph.levelupkids.ca)  
(226) 979-1917

[guelph.levelupkids.ca](http://guelph.levelupkids.ca)

**A Natural Treasure**

Nature Trails and Gardens  
Plant Sale (Arb Expo) September 12, 2020  
Conference, Banquet and Wedding Facilities  
Outdoor Wedding Ceremony Sites

**March:** Astronomy ✦ Pruning  
Watercolour Painting  
Winter Bugs  
Jewellery Making with Natural Materials

**April:** Warblers I / II  
Reptiles

**WORKSHOPS**

**May:** Introduction to Birds  
Bird Sounds ✦ Spring Wildflowers

**June:** Sketching Nature  
Look See Paint ✦ Ontario Insects

**July:** Butterflies  
Dragonflies & Damselflies  
Shrub and Tree Identification

**University of Guelph ARBORETUM**  
[www.uoguelph.ca/arboretum](http://www.uoguelph.ca/arboretum)

519-824-4120 ext. 52113  
[arbor@uoguelph.ca](mailto:arbor@uoguelph.ca)



**You must pre-register for our workshops.**

Visit our website to register or get further information on these workshops and others.



**Little Kickers®**

**Soccer fun**  
for kids 18m-7th Bday  
year - round  
outdoors May - Aug

Learning the  
**FUNDamentals**  
of Soccer

Come Play with Us  
[www.LittleKickers.ca](http://www.LittleKickers.ca)  
[Guelph@LittleKickers.ca](mailto:Guelph@LittleKickers.ca)

Sports  
DISCOVERY  
Camp



**WE BUILD PEOPLE  
OVER PLAYERS**

**Boys and girls aged 6 to 14 are welcome!**

Campers will be introduced to traditional and new sports that build confidence, inspire teamwork and develop new skills in sport but also for life.

**REGISTER online** [sportsdiscoverycamp.ca](http://sportsdiscoverycamp.ca)  
or call us at 226 242 2328

**KIDS  
MAKE  
GUELPH**

JULY 6 - 10

JULY 13 - 17

JULY 20 - 24

AUG 10 - 14

AUG 17 - 21

**SUMMER  
MAKER SPACE  
CAMP**

8:30AM - 5:00PM 6 YEARS AND UP.  
CODE, BUILD, DESIGN, SEW, PLAN, PLAY, LEARN



[WWW.KIDSMAKEGUELPH.CA](http://WWW.KIDSMAKEGUELPH.CA)



**SUM  
MER  
FUN**

**GRYPHON KIDS & CAMPS**

Camp Registration: Feb. 3, 2020 at 5:30am

AGES  
4-18



**SCHOOL YEAR PROGRAMS:**

P.D. Day & March Break Camps  
like Track & Field, Competitive  
Lifesaving & High Performance  
Athletic Development



**LEARN-TO & SKILL**

**DEVELOPMENT PROGRAMS:**

Swimming Lessons, Rock  
Climbing & Dance!



**SUMMER CAMPS:**

12 Activity Camps & 22  
Sport-Specific Camps To Choose  
From All Summer Long!



Questions about camp descriptions, registration or anything else? Contact us!

Go to [gryphons.ca/kidsandcamps](http://gryphons.ca/kidsandcamps) for more details or call 519-824-4120 ext. 56253 or email [reghelp@uoguelph.ca](mailto:reghelp@uoguelph.ca)

**#IAMAGRYPHON**





# Guelph Soccer

DEVELOPING A STRONGER COMMUNITY ONE GOAL AT A TIME



Register by  
March 15th  
SAVE \$25

## HOUSE LEAGUE PROGRAMS

U4-U18 (players born 2002-2016)

## JR GRYPHON SOCCER SCHOOL

U6-U16 (players born 2004-2014)

## MINI GRYPHS

NEW program for kids born in 2017.

## WE ARE LOOKING FOR COACHES!

Our house league program needs one coach per team. Training is provided.

Sign up today! Contact  
[Caitlin.dunsmore@guelphsoccer.ca](mailto:Caitlin.dunsmore@guelphsoccer.ca)

For more details and to register visit [www.guelphsoccer.ca/summer-soccer](http://www.guelphsoccer.ca/summer-soccer)



## SUMMER CAMPS

GUELPH LOCATIONS:  
NORTH, SOUTH, & WEST  
CO-ED  
CAMP FOR GRADES SK - 8

[onsideathletics.ca](http://onsideathletics.ca)

[info@onsideathletics.ca](mailto:info@onsideathletics.ca)  
519.546.8765

REGISTER TODAY



## Your parks. Your recreation. Your voice.

Help us shape the future of Guelph's parks and recreation programs and services.

## Parks and Recreation Master Plan

[guelph.ca/parks](http://guelph.ca/parks)  
[guelph.ca/recreation](http://guelph.ca/recreation)



# DAY CAMP THAT FEELS LIKE OVERNIGHT CAMP

TRUSTED BY FAMILIES SINCE 2002



## BUS SERVICE THROUGHOUT GUELPH

SERVING CAMPERS ENTERING SK UP TO ENTERING GRADE 9 ON A 30 ACRE PRIVATE FACILITY. BUS SERVICE, CATERED LUNCHES & EXTENDED HOURS AVAILABLE. ACTIVITIES INCLUDE: SWIMMING (SALT WATER POOL), CANOEING, ARTS & CRAFTS, TALENT SHOWS, ARCHERY, SCIENCE, GAMES, NATURE, LEADERSHIP, SPORTS, PUPPETS, DAY TRIPS, CAMPFIRE, THEME DAYS AND MORE!

STARTING AT  
**\$225**/WEEK

BUS INCLUDED

PAYMENT PLAN  
AVAILABLE

1.800.690.7085

REGISTRATION@KIDSINC.CA

WWW.KIDSINC.CA



## Be prepared.

**Subscribe** to receive public safety messages during a local emergency.



[guelph.ca/beprepared](http://guelph.ca/beprepared)



Fire



Biological



Natural



Hazardous



Environmental



Terrorist



Civil



A new season starts every 12 weeks. check out our website for start dates!  
 Youth and Adult leagues.

**BallHockeyGuelph.com**



We Do  
**BUBBLE SOCCER**



**Rent the Rink!**

**4-SEASON**

**INDOOR DEDICATED RINK**

Created specifically for ball hockey. No concrete arena floor.



# SUNRISE Therapeutic Riding & Learning Centre

## Inclusive Programs for All Abilities

- **Camp Sunrise**  
Summer day camps for ages 5-13+
- **Leaders-in-Training**  
Leadership opportunities for ages 13-16
- **'Little Breeches' Club**  
Intro. to horses for ages 4-7 | Oct 3, 17, 24, 31, Nov 8



Certified instructors & small groups. Indoor arena & trails.  
Pool, playground, archery, low ropes course & more!

## Therapeutic Riding Lessons

**Life Skills Day Program** for adults with special needs

**Volunteer Opportunities** - must be 15+ (14+ in summer)



[www.sunrise-therapeutic.ca](http://www.sunrise-therapeutic.ca)  
[info@sunrise-therapeutic.ca](mailto:info@sunrise-therapeutic.ca)  
519-837-0558



# Animal licences

All cats and dogs older than four months old in Guelph are required to be licenced.



## Where to register

Register your pets online at [guelph.docupet.com](http://guelph.docupet.com).

**Guelph Humane Society**  
500 Wellington Street West  
519-824-3091

**ServiceGuelph**  
City Hall, 1 Carden Street  
519-822-1260 x 2117



# Now available

at select retailers/City facilities.

[guelphtransit.ca](http://guelphtransit.ca)



# Under construction:

## Hanlon Creek Park

We're replacing the Hanlon Creek splash pad and washrooms in summer 2020. We'll reopen the splash pad in 2021. The Hanlon Creek Park trail will stay open.

Have questions, email [parks@guelph.ca](mailto:parks@guelph.ca) and to learn more, visit [guelph.ca/parks](http://guelph.ca/parks)



# Become an everyday hero!



## We know you care about water.

Sign-up for a free eMERGE Home Tune-up and find out if your home can join Guelph's Blue Built Home community of water saving heroes.

### Lower your bills, help the environment, be a hero.

Sign up now!

[emergeguelph.ca](http://emergeguelph.ca)

519-763-2652

eMERGE





## Getting on your way

### Monday–Friday

5:45 a.m.–12:15 a.m. (10, 15, 20 or 30 minute service)

### Saturday

5:45 a.m.–12:15 a.m. (30 minute service)

### Sunday and Civic Holiday

9:15 a.m.–6:45 p.m. (30 minute service)

### Holiday

9:15 a.m.–6:45 p.m. (60 minute service)

Get route maps, schedules, fare information and trip planning at [guelphtransit.ca](http://guelphtransit.ca).

## Mobility service

Mobility Service is a specialized shared-ride transit service that provides transportation from accessible-door-to-accessible-door within the city limits of Guelph.

Service is provided on wheelchair accessible buses and, when needed, contracted taxi services.

Get information and applications online at [guelphtransit.ca](http://guelphtransit.ca) or call **519-822-1811 x 2801**.

## Service cancellations

Check Twitter or Facebook for cancellations.

# Do your part



**Priority seating** is for people with disabilities. Not all disabilities are visible. If you are sitting in one of the designated seats, you **MUST** vacate the seat for a passenger with a disability.

AODA Compliance Regulation 191-11

# Please read and respect these signs



**Courtesy seating**, located beyond the priority seating area, is for people who would benefit from having a seat while travelling on the bus.





**Ride in comfort.  
Experience the convenience.**

# Book a charter

Safe, affordable, and reliable transportation services for large groups.

We'll pick you and your guests up from your predetermined location. Sit back and relax, and leave the driving to our experienced transit operators.

Use our charter services for:

- Weddings and parties
- Business meetings
- Conferences attendees
- Sports teams
- School groups
- Special events
- Community events

To book, call us at  
519-822-1811/TTY 519-826-9771  
or email [transit@guelph.ca](mailto:transit@guelph.ca).

**\$140**  
per hour/bus\*\*

Servicing destinations throughout Guelph and the surrounding area.\*

\*Trips must begin in Guelph.

Buses can accommodate up to 30 people seated or 80 standing.

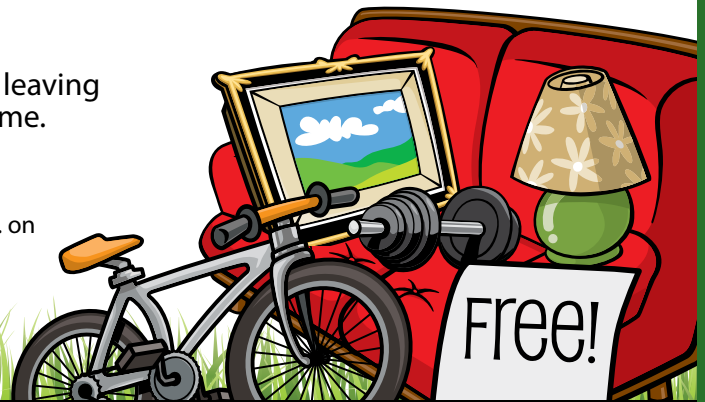
\*\*Minimum two hour booking.

# GOODS EXCHANGE WEEKEND

May 15–18

Take part in Guelph's community reuse event by leaving free items at the curb and giving them a new home.

- Clearly label items you wish to give away as "FREE" and place them at the curb after 5 p.m. on Friday, May 15.
- All leftover items must be removed from the curb by 7 p.m. on Monday, May 18. Items left at the curb may be subject to a fine or clean up fee under the Waste Management Bylaw.



## paint+ REUSE PROGRAM

**Mid-April—October**

Tuesday to Friday 9 a.m.–5 p.m.  
Saturday 8:30 a.m.–3:30 p.m.  
Closed Sunday, Monday and holidays

Household Hazardous Waste Depot, 110 Dunlop Drive

This program is one earth-smart initiative that helps ensure usable products don't go to waste. Pick up paint and stain free of charge.



## ReCycle BIKE REUSE PROGRAM

This year-round program lets you donate or pick up pre-loved, usable bikes—free of charge!

Bicycles are available to Guelph residents year-round **free of charge!**\*

\*Pick up limit of two bicycles per resident, per year. Inventory of bikes may vary.

Tuesday to Friday 9 a.m.–5 p.m.  
Saturday 8:30 a.m.–3:30 p.m.  
Closed Sunday, Monday and holidays  
Household Hazardous Waste Depot,  
110 Dunlop Drive

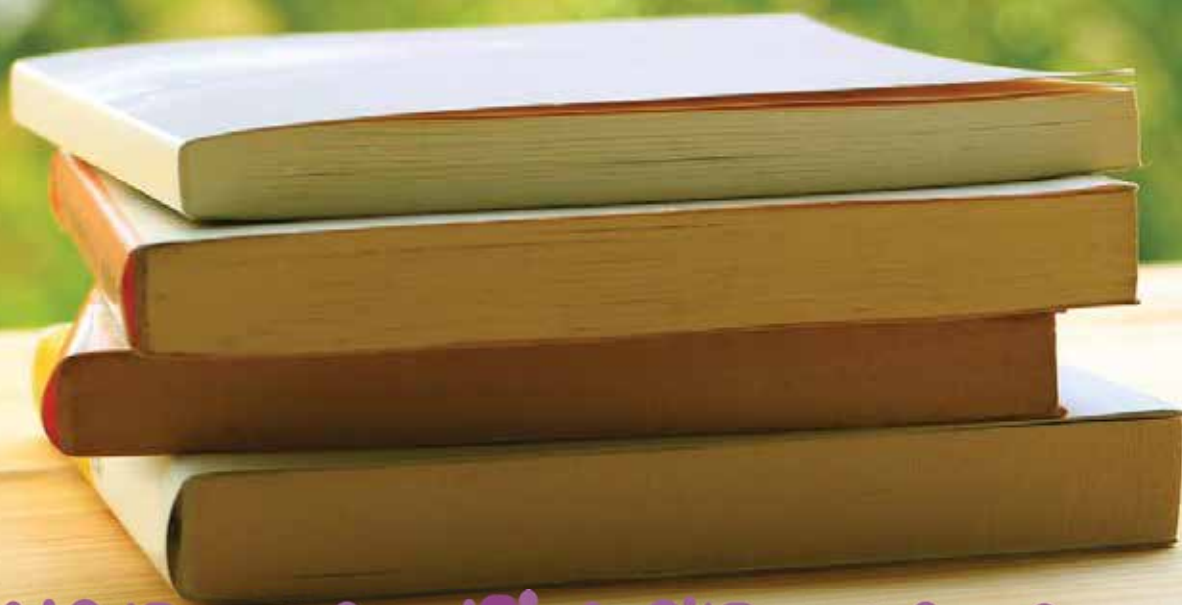
Not sure what goes where? Download the Guelph Waste app for sorting tips and collection reminders. Visit [guelph.ca/waste](http://guelph.ca/waste) for more information.



**It's the read it,  
hear it and  
discover it  
kind of place...**



**All yours with one card!**



For more information and library locations, please visit [www.guelphpl.ca](http://www.guelphpl.ca).



**Guelph Public Library**  
Explore • Connect • Thrive

Email: [askus@guelphpl.ca](mailto:askus@guelphpl.ca)  
Text: 613-519-0059



# STRAIGHT TEETH

## THE NATURAL WAY

Avoid the need for braces and extractions and help your child achieve

- Naturally straight teeth
- Optimum face and jaw development
- Proper breathing and airway flow
- Better overall health



Does your child breathe through their mouth, suck their thumb or fingers or rest their tongue against their teeth?

All of these habits can have a detrimental effect on the growth and development of your child's face and jaws and cause crooked teeth.

The great news is that correcting these habits at an early age will allow your child to have improved jaw development, **better overall health** and straighter teeth.

At Family Dental Centre we offer a full and complete range of dental services for you and your family in a friendly relaxed atmosphere.

**New Patients Welcome • Evening & Saturday Appointments • Emergency Care**

*Family Dental Centre*

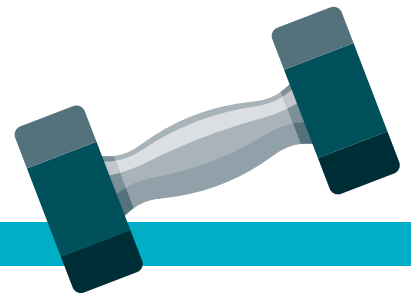
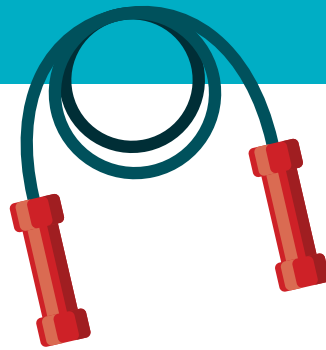


1482 Gordon St, Guelph  
**519 767-2729**  
[www.familydentalguelph.com](http://www.familydentalguelph.com)

# Get unlimited access with a **recreation or fitness pass**

- Pickup sports
- Swims
- Aquafit/aquatic rehabilitation, movement enhancement
- Skates
- Fitness room

Passes available at recreation facilities



# GYMNASTICS FOR ALL!

Gymnastics is one of the most all-inclusive “lifestyle exercise programs” available to children and teens, incorporating strength, flexibility, speed, balance and coordination.

*Fitness AND fun  
you'll flip over!*

**REGISTER  
NOW!**



register online  
[guelphsaultos.ca](http://guelphsaultos.ca)

