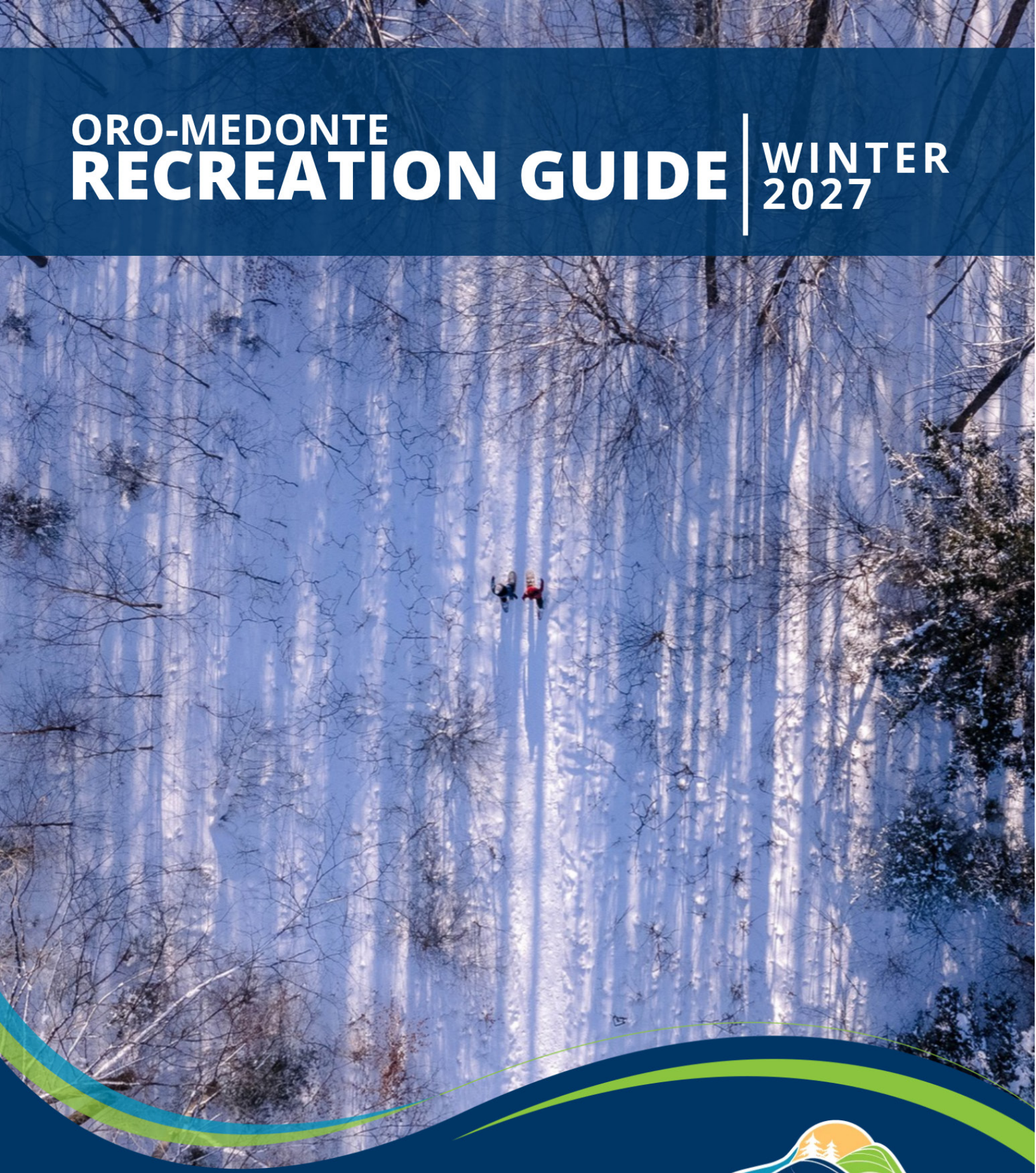
# ORO-MEDONTE RECREATION GUIDE | WINTER 2027



Township of Oro-Medonte

*Proud Heritage, Exciting Future*

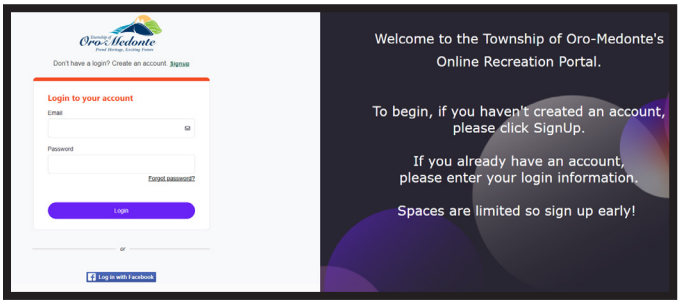
# Winter Program Registration Information

## Winter Program Registration Date
## Wednesday, November 25th, 2026 at 8:00AM

Program registration must be completed online via our online recreation portal PerfectMind.
Visit by clicking the link: Oro-Medonte.perfectmind.com.

**Or Scan the QR Code Below!**

SCAN ME




## Program Facility Locations

All recreational programs will be located at the Simcoe Woods Community Centre (737 Horseshoe Valley Road West, Oro-Medonte) unless otherwise stated.

## Questions?

If you have any questions or require assistance, please e-mail: SWCC@oro-medonte.ca or call us at (705) 487-2171

# Registration Information

## Registration Information

Please complete all of the required fields on your registration questionnaire to ensure that we have all the necessary information. In addition ensure you read registration details prior to checking out.

## Program Changes

We reserve the right to withdraw, postpone, cancel or combine classes, limit registration, or change instructors. Every effort is made to enroll you in your 1st program choice. Should the program be full, please add yourself to the waiting list. Wait lists will be accommodated where possible.

## Waiting List

If you would like to register in a program that is already full, please add your name to the wait list. Every effort is made to accommodate waitlist participants by either adding additional classes or transferring to another available program, where possible.

## Schedules

Our best effort is made to provide you with the most accurate information at the time of printing, however, schedules are subject to change. We reserve the right to cancel, amend, change, postpone or combine classes/activities that are listed in this guide.

## Transfers

Transfers for general programs can take place at any time, subject to availability.

## Cancellations

If a program is cancelled, you will be notified by email or telephone. You may transfer to another program, free of charge (subject to availability), receive a full refund, or apply a credit to your account.

## Recreation Fee Assistance Program

The Township of Oro-Medonte, in partnership with ***We Are The Villagers***, is committed to making recreation accessible to all residents. Through the Recreation Fee Assistance Program, eligible residents can receive financial assistance to help reduce the cost of participating in recreational activities.



**Learn more at:** oro-medonte.ca/recreation-assistance

## Refunds

**ALL** withdrawal requests must be emailed to: jgrubb@oro-medonte.ca. Requests made 7 days before the start of the program will receive a full refund. For all other withdrawals requests, please see the refund chart below. (*Please allow 2-3 weeks for all refunds payments to be processed*).

**Non-Medical Refunds**

Non-medical refund requests for **ALL PROGRAMS** will only be accepted prior to the second regularly scheduled class.

| Cancellation Options | Refund Policy |
|---|---|
| 7 Days or more prior to the start of the program. | Full refund, no administration fee. |
| 6 Days or less prior to the start of the program. | Full refund, less the $25.00 administration fee. |
| After 1st class, before the 2nd class. | Pro-rated refund, less the $25.00 administration fee. |
| After the start of the second class. | No refund. |

## Refunds Due to Medical Issues

Refund requests due to a medical issue, must be emailed to jgrubb@oro-medonte.ca with a copy of a doctor's note. Refunds will be prorated based on the date the request is received, not the date of the injury. An administrative may apply.

## Safe Arrival & Departure

We kindly ask that parents/guardians come into the room and check in with the instructor during program drop off/pick up. If someone else will be picking up your child, let the instructor know at the start of the program.

## Participant Behaviour

We want to create an environment of trust, safety and fun! Disrespectful or aggressive behaviour is not acceptable. If inappropriate behaviour occurs, a participant's actions may lead to their removal.

## Photographs/Videos

The Community Services Department requests permission for photos to be taken and used to promote programs. Permission can be accepted or rejected during the registration process.

# Follow Us On Instagram



## @playoromedonte

All Recreation. All the time.

Drop-in Schedule Updates

Registered Program Promotion

Facility Rental Availability

# PRESCHOOL

## AGES 0 TO 5 YEARS

NEW!

### PLAYROOM DROP-IN

**MONDAYS & FRIDAYS**

**9:30am to 11:00am**





### GYM DROP-IN

**SATURDAYS**

**8:00am to 9:30am**

**TUESDAYS & THURSDAYS**

**9:45am to 11:15am**

## STARTS JANUARY

# sportball

## SUNDAY MULTI-SPORT PROGRAMS



| AGE | DAY | DATE | TIME* | FEE/CLASS |
|---|---|---|---|---|
| 2 to 3 | Sun | Jan 17 | 8:30am | $156.00/8 |
| 3 to 5 | Sun | Jan 17 | 9:30am | $156.00/8 |
| 5 to 7 | Sun | Jan 17 | 10:30am | $156.00/8 |

*All classes are 45 minutes

### 2 to 3 yrs

Caregiver Participation Required

An introductory program where parents and toddlers explore movement together. Children are introduced to foundational physical literacy skills—running, jumping, balancing, kicking, and throwing—through engaging, play-based games and rotating sports equipment in a supportive, positive environment.





### 3 to 5 yrs

A dynamic, coach-led introduction to multi-sport play designed to foster independence and confidence. Kids rotate through fundamental skills from multiple sports while developing social skills, teamwork, and active listening.

### 5 to 7 yrs

Focused on refining sport-specific movement mechanics, agility, and game strategy across rotating sports. Sessions balance technical skill progression with fun, modified gameplay emphasizing sportsmanship and physical literacy.



Township of Oro-Medonte
Proud Heritage, Exciting Future



# Dance Programs

## Pre-School Dance

**Age: 4 to 6 years**

Watch your little one sparkle as they jump, wiggle, and groove! This playful introduction to dance invites young dancers to explore basic movements, feel the rhythm, and express themselves through music. Each week builds confidence, coordination, and creativity all leading up to a short performance for families at the end of the program.

*****No Class: February 15***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Mon | Jan 18 | 5:45pm - 6:30pm | $86.50/7 |
| Wed | Jan 20 | 5:45pm - 6:30pm | $98.85/8 |

## Children's Dance

**Age: 7 to 10 years**

Join this fun-filled dance program crafted just for kids ready to move, groove, and grow. Young dancers will explore basic technique, musicality, and creative movement through energetic classes that build confidence and coordination. The program wraps up with a delightful performance for family to showcase their rhythm and shine!

*****No Class: February 15***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Mon | Jan 18 | 6:45pm - 7:45pm | $90.15/7 |
| Wed | Jan 20 | 6:45pm - 7:45pm | $103.00/8 |

## Line Dancing

**Age: 18+ years**

Ready to step back onto the floor and build on the basics? This class is perfect for those with some experience who want to grow their skills and confidence.

Each week introduces new routines and gradually increases in complexity, helping dancers improve rhythm, memory, and technique. Come prepared to move, learn, and have a great time!

*****No Class: February 15***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Mon | Jan 18 | 8:00pm - 9:00pm | $90.15/7 |

## Adult Jazz

**Age: 18+ years**

Whether you've danced before and are ready to jump back in, or you've always wanted to give it a try, this class is the perfect place to start.

Enjoy a fun and supportive environment where you'll learn jazz fundamentals, build strength and flexibility, and move to upbeat music. Each class focuses on technique, coordination, and expressive movement. No pressure, just a great workout and a chance to have fun.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Wed | Jan 20 | 8:00pm - 9:00pm | $103.00/8 |



# Self-Defence
## After-School with Michelle Jay

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 18 | 4:15 p.m. to 5:15 p.m. | $136.00/8 |

Designed with the school day in mind, this program gives Grade 7 & 8 students time to grab a quick snack and head over before the 4:15 PM start.

Sessions focus on developing core self-defence skills including blocking, striking, kicking, body awareness, situational awareness, and strategies for dealing with bullying. Participants will build confidence through partner-based activities, learn introductory self-defence techniques, and develop safe movement skills, including proper falling and ground safety.

Open to all children in the specified age group.
No school affiliation required.

# Self-Defence
## Workshops with Michelle Jay

| AGE | DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|---|
| 14 to 17 | Sun | Feb 7 | 12:15 p.m. to 1:15 p.m. | $17.00/1 |
| 18 + | Sun | Mar 7 | 12:15 p.m. to 1:15 p.m. | $17.00/1 |



Build confidence and learn practical personal-protection techniques. Gain situational awareness and create a plan for responding to uncomfortable situations.

# Sport Programs

## Children's Multi-Sport

**Age: 7 to 10 years**

Get ready for eight weeks of active fun! This energetic, gym style program introduces participants to a new sport each week:

- Basketball
- Badminton
- Pickleball
- Volleyball
- Handball
- Soccer
- Dodgeball
- Floor hockey

With a focus on basic skills, teamwork, and trying something new, kids can enjoy a low pressure environment where gameplay is encouraged, and learning happens through movement and exploration.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Thu | Jan 21 | 6:00pm - 7:00pm | $103.00/8 |



## Children's Lacrosse

**Age: 7 to 10 years**

Curious about lacrosse? This fun and recreational program is the perfect introduction for children who want to learn the basics of Canada's national summer sport. Participants will develop fundamental skills such as passing, catching, cradling, and shooting while gaining an understanding of game rules and strategies through engaging drills and recreational gameplay. No experience is required. This non-competitive program focuses on skill development, confidence building, and having fun in a supportive environment.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 19 | 6:00pm - 7:00pm | $103.00/8 |

## Children's Floor Hockey

**Age: 7 to 10 years**

Whether they're picking up a stick for the first time or looking to build on basic skills, this introductory floor hockey program offers a fun and welcoming place to get started. Children will explore the fundamentals of the sport, develop coordination and teamwork, and gain confidence through age-appropriate drills and recreational play. The focus is on learning, participation, and enjoyment rather than competition.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Fri | Jan 22 | 6:00pm - 7:00pm | $103.00/8 |

# Sport Programs

## Basketball with Elevation Athletics

Participants will learn the fundamental skills of basketball through fun, engaging games and drills, building essential qualities including leadership, sportsmanship, teamwork, and respect. Led in partnership with Elevation Athletics, this program creates a positive and inclusive environment where players can develop confidence on and off the court.

**Age: 5 to 7 years**

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Sat | Jan 16 | 8:00am - 8:50am | $136.00/8 |

**Age: 8 to 10 years**

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Sat | Jan 16 | 9:00am - 9:50am | $136.00/8 |

**Age: 11 to 13 years**

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Sat | Jan 16 | 10:00am - 10:50am | $136.00/8 |



## After-School Volleyball with Elevation Athletics

**Age: Grade 7 & 8**

Designed with the school day in mind, this program gives Grade 7 and 8 students a great way to stay active and build skills right after dismissal. Participants have time to grab a quick snack and head over before the 4:10 PM start.

Led in partnership with Elevation Athletics, sessions focus on developing core volleyball skills through structured drills and gameplay, with an emphasis on technique, consistency, and game awareness in a positive, high-energy environment.

Open to all Grade 7 and 8 students — no school affiliation required.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Wed | Jan 13 | 4:10pm - 5:00pm | $136.00/8 |

## Volleyball with Elevation Athletics

Participants will develop the fundamental skills of volleyball through focused drills, structured gameplay, and high-energy training sessions.

Led in partnership with Elevation Athletics, this program emphasizes skill progression, technique, and game strategy in a supportive and challenging environment.

**Age: 10 to 12 years**

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Wed | Jan 13 | 5:30pm - 6:20pm | $136.00/8 |

**Age: 8 to 10 years**

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Wed | Jan 13 | 6:30pm - 7:20pm | $136.00/8 |

# Sport Programs

## Pickleball League with Elevation Athletics

**Age: 18+ years**

Offered in partnership with Elevation Athletics Association, this weekly pickleball league is a fun and developmental doubles format where no partner is required. Each week, players will be matched for games and compete to earn individual points toward overall league standings. Paddles are available for participants who do not have their own.

***No Class: February 15**

### BEGINNERS

For players who may be new to the sport.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Mon | Jan 18 | 6:00pm - 7:30pm | $153.00/9 |

### INTERMEDIATE

For competitive play with level 3.0 - 4.0 players.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Thu | Jan 21 | 6:00pm - 7:30pm | $170.00/10 |

## Pickleball Lessons - BEGINNER with Elevation Athletics

**Age: 18+ years**

Offered in partnership with Elevation Athletics Association, players will learn and improve upon pickleball basics and be able to play with confidence at the end of the 8-week program. Coaches will cover the fundamentals of serving, return and volley. All players will be assessed based on the Canadian Pickleball Rating system on the last day. All abilities and skill levels are welcome. Players are welcome to bring their own paddles however; paddles will be available for those who do not have one.

***No Class: January 27**

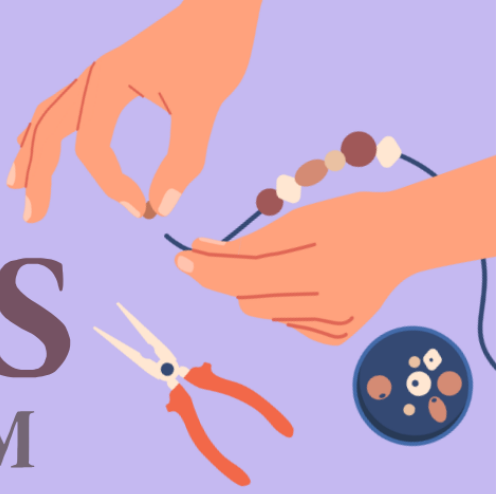
| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 19 | 6:00pm - 7:00pm | $117.00/8 |
| Tue | Jan 19 | 7:00pm - 8:00pm | $117.00/8 |
| Wed | Jan 13 | 6:00pm - 7:00pm | $117.00/8 |
| Wed | Jan 13 | 7:00pm - 8:00pm | $117.00/8 |



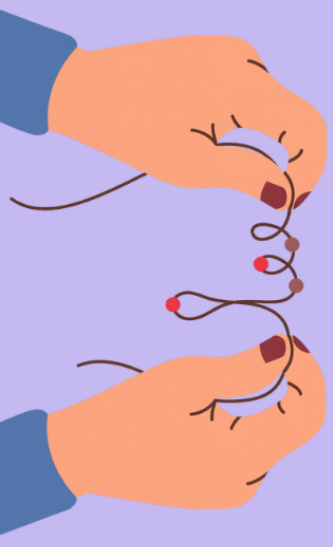

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 8:00am - 9:30am | | | | | |
| | 9:45am - 11:15am | | 9:45am - 11:15am | | 9:45am-11:15am |
| | 11:30am - 1:00pm | | 11:45pm - 1:30pm | | 11:30am - 1:00pm |
| | | 8:00pm - 9:30pm | | 8:00pm - 9:30pm | |

# JEWELRY WORKSHOPS

## THURSDAY'S 1:30PM - 3:30PM



**Explore your creativity and create and take home a beautiful handmade piece of jewelry in these fun workshops. Led by Katie, she will provide all the tools, materials, and guidance needed to bring your project to life. No experience required.**



| WORKSHOP | DATES | FEE/CLASS |
|---|---|---|
| **Daisy Chain** | Jan 21 | $32.50/1 |
| **Wire Wrapping Earings** | Jan 28 | $39.00/1 |
| **Beaded Bouquet** | Feb 4 | $45.50/1 |
| **Pearl Knotting** | Feb 11 | $78.00/1 |
| **Wire Twist Choker** | Feb 18 | $45.50/1 |
| **Double Strand Woven Tiger Tail Necklace** | Feb 25 | $52.00/1 |
| **French Beaded Flower Ring** | Mar 4 | $45.50/1 |
| **Leather Cord Twist Necklace** | Mar 11 | $52.00/1 |











# WATERCOLOUR WORKSHOPS

**Explore the beauty of watercolour in these relaxed, beginner-friendly workshops. Each two week session focuses on a specific theme, guiding participants through simple techniques and step-by-step instruction. Learn how to build colour, create texture, and develop confidence with this versatile medium. Ages 18+**

| WORKSHOP | DAY | DATES | TIME | FEE/CLASS |
|---|---|---|---|---|
| **Winter Landscapes for Beginners** | Sun | Jan 17 & Jan 24 | 11:30 a.m. - 1:30 p.m. | $78.00/2 |
| **Creating Mood with Dramatic Skies** | Tue | Feb 9 & Feb 16 | 1:30 p.m. - 3:30 p.m. | $78.00/2 |
| **Birch Trees and The Forest** | Sun | Feb 21 & Feb 28 | 11:30 a.m. - 1:30 p.m. | $78.00/2 |
| **Misty Landscapes for Beginners** | Tue | March 2 & March 9 | 1:30 p.m. - 3:30 p.m. | $78.00/2 |







# Fitness Programs (18+)

## Total Body Strength with Elisa

This full-body workout targets major muscle groups through a mix of resistance training, functional movements, and strength-building circuits. Using weights, bands, and bodyweight exercises, participants will improve endurance, tone muscles, and boost overall strength.

***No Class: February 15***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Mon | Jan 18 | 6:00am - 6:50am | $69.55/9 |
| Wed | Jan 20 | 7:00am - 7:50am | $77.25/10 |
| Fri | Jan 22 | 6:00am - 6:50am | $69.55/9 |

## Arms, Abs & Glutes with Elisa

Sculpt, strengthen, and tone in this targeted full-body workout designed to focus on the arms, core, and glutes. Each class combines strength-training exercises and functional movements to help build muscle, improve endurance, and boost overall fitness. This energizing workout will leave you feeling stronger and more confident from head to toe.

***No Class: February 15***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Mon | Jan 18 | 7:00am - 7:50am | $69.55/9 |
| Fri | Jan 22 | 7:00am - 7:50am | $69.55/9 |

## Yoga - The Pose Lab with Laurie

Each class is a journey with a destination. Through targeted mobility work, strength-building sequences, and skill-focused practice, we'll work toward a featured peak pose, uncovering the techniques and body awareness that make challenging postures more accessible and fun. This class uses creative drills, mobility exercises, and strength work to build the skills needed to access poses you may have thought were out of reach! Whether you're new to yoga or chasing advanced poses, options are provided every step of the way to support your practice.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 19 | 6:00am - 6:50am | $77.25/10 |

## Practice Makes Possible with Laurie

Each class is a journey with a destination. Through targeted mobility work, strength-building sequences, and skill-focused practice, we'll work toward a featured peak pose, uncovering the techniques and body awareness that make challenging postures more accessible and fun. This class uses creative drills, mobility exercises, and strength work to build the skills needed to access poses you may have thought were out of reach! Whether you're new to yoga or chasing advanced poses, options are provided every step of the way to support your practice.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 19 | 7:00am - 7:50am | $77.25/10 |



# Fitness Programs (18+)

## Gut Buster with Elisa

In this killer core workout you're going to feel the fire through your midsection. This workout will challenge you with resistance, body weight, and dumbbells to create tension around your abdominal cavity. This is a moderately intense workout that will help you strengthen your core to improve everyday balance and stability.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Wed | Jan 20 | 6:00am - 6:50am | $77.25/10 |

## Yoga HIIT with Andrea

Build strength, improve cardiovascular fitness, and increase flexibility with an energizing combination of high-intensity interval training and yoga. Short bursts of low- or high-impact exercise are balanced with grounding yoga flows, mobility work, and a relaxing cool-down. Options are provided for different fitness levels.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Thu | Jan 21 | 6:00am - 6:50am | $77.25/10 |

## Circuit Training with Andrea

Start your Thursday strong with this fun, energizing, low-impact circuit workout! Using dumbbells, resistance bands, and bodyweight exercises, this full-body class focuses on building strength, improving cardiovascular fitness, balance, and endurance. With modifications offered throughout, participants can work at their own pace in a supportive and motivating environment. All fitness levels welcome!

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Thu | Jan 21 | 7:00am - 7:50am | $77.25/10 |

## Yoga for Pickleball with Andrea

Keep moving, stay active and enjoy the game you love! Perfectly scheduled around our pickleball drop-ins, Yoga for Pickleball is designed to help you improve flexibility, balance, mobility and strength to support comfortable, confident movement on the court. Through gentle stretches, balance exercises and accessible yoga poses, participants will work on maintaining range of motion, easing muscle tension and improving stability for everyday activities and pickleball. All levels are welcome, and no previous yoga experience is necessary.

*****No Class: March 17***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Wed | Jan 20 | 9:00am - 9:50am | $69.55.00/9 |
| Sun | Jan 23 | 10:00am - 10:50am | $77.25/10 |

## Yoga for Beginners with Andrea

Curious about yoga but not sure where to start? This welcoming, beginner-friendly class is designed to take the mystery out of yoga in a relaxed, supportive environment. Learn the basics of yoga, explore common asanas (yoga poses), and discover how to move, breathe, and stretch safely at your own pace. We'll also cover yoga etiquette and what to expect in a yoga class, helping you feel comfortable and confident. No previous experience or flexibility is required—just bring your curiosity and a willingness to try something new!

*****No Class: March 17***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Wed | Jan 20 | 10:00am - 10:50am | $69.55/9 |
| Sun | Jan 23 | 9:00am - 9:50am | $77.25/10 |

# Fitness Programs (18+)

### Mommy & Me Fitness with Elisa

A strength-focused fitness class designed for moms looking to build muscle, improve endurance, and increase overall fitness while their little ones enjoy interactive toys and age-appropriate play. This welcoming environment allows you to focus on yourself without needing childcare, while still keeping your child close. Exercises can be modified for all fitness levels, making it a great option whether you're returning to exercise or continuing your fitness journey.

***No Class: March 16 & 18***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 19 | 9:00am - 9:50am | $69.55/9 |
| Thu | Jan 21 | 9:00am - 9:50am | $69.55/9 |

### Womens Cardio Kick with Elisa

Designed exclusively for women, this energizing class combines strength circuits with bursts of cardio to improve cardiovascular fitness, build lean muscle, and increase endurance. Every workout features a variety of functional exercises that keep you moving while helping you become stronger and more confident. Suitable for all fitness levels, with options to challenge beginners and experienced participants alike.

***No Class: March 16 & 18***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 19 | 10:00am - 10:50am | $69.55/9 |
| Thu | Jan 21 | 10:00am - 10:50am | $69.55/9 |

### Strength Bootcamp with Elisa

Build total-body strength through challenging circuit-style workouts that combine resistance training, functional movements, and conditioning exercises. Each class is designed to improve muscular strength, endurance, and overall fitness with a variety of equipment and training formats to keep workouts engaging. Suitable for all fitness levels, with modifications and progressions offered throughout the class.

***No Class: March 16 & 18***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 19 | 12:00pm - 12:50pm | $69.55/9 |
| Thu | Jan 21 | 12:00pm - 12:50pm | $69.55/9 |

**FITNESS DROP-INS**

CLASSES WILL RUN ONLY IF SUFFICIENT REGISTRATION IS ACHIEVED.

PROGRAMS THAT DO NOT MEET THE MINIMUM REGISTRATION REQUIREMENTS WILL BE **CANCELLED**.

FOR CLASSES THAT PROCEED, **DROP-IN** PARTICIPATION WILL BE AVAILABLE BEGINNING IN THE **SECOND WEEK** OF PROGRAMMING, SPACE PERMITTING.

WE ENCOURAGE PARTICIPANTS TO **REGISTER** TO HELP ENSURE THEIR DESIRED CLASSES RUN.

# Fitness Programs (18+)

## Step and Sculpt with Sandi

A fun traditional Step class using basic steps linked together to build simple but challenging combinations followed by a few body sculpting exercises using body-weight, dumbbells and/or bands. It is a great way to incorporate more cardiovascular training into your weekly program. All exercises can be done on or off the step and are suitable for beginner to advanced exercisers.

***No Class: March 17 & 19**

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Wed | Jan 20 | 11:30am - 12:20pm | $69.55/9 |
| Fri | Jan 22 | 11:30am - 12:20pm | $69.55/9 |

## Piloga with Sandi

Blend the core-strengthening principles of Pilates with the flexibility of Yoga for a balanced, low-impact workout. Focus on improving balance and posture, building core stability, enhancing flexibility, and reducing stress with an invigorating Yoga Flow followed by a selection of Pilates exercises and a final stretch.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Thu | Jan 21 | 5:00pm - 5:50pm | $77.25/10 |
| Sat | Jan 16 | 10:00am - 10:50am | $77.25/10 |

## Aerobics Balance & Core with Sandi

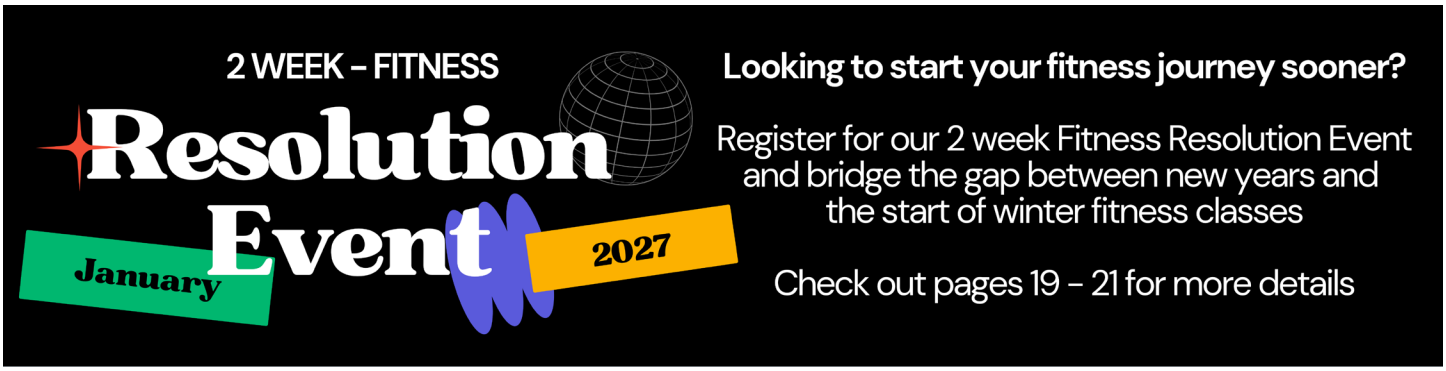
Conquer the ABCs with this class that will help to boost your immune system, improve your heart and lung capacity, and increase your overall stamina, balance and stability. This low impact, high energy cardio training class incorporates fun and easy to follow athletic movements and choreographed dance-based exercises followed by targeted balance and core movements.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Thu | Jan 21 | 6:00pm - 6:50pm | $77.25/10 |
| Sat | Jan 16 | 11:00am - 11:50am | $77.25/10 |

## Refit with Angela

Don't know how to dance? Me neither. A positive dance workout experience for everyBODY. Feel the music, find your strength, and have fun while you move! REFIT® is a dynamic dance fitness class that blends cardio, toning, balance, and flexibility into one energizing workout. Set to upbeat music and designed for all fitness levels, REFIT® focuses on building community as much as breaking a sweat.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Thu | Jan 21 | 7:00pm - 7:50pm | $77.25/10 |



# Fitness Programs (18+)



## Yoga Sculpt with Crystal

Combining Vinyasa flow with resistance training, this class uses hand weights, bands, and bodyweight exercises to build strength and flexibility. Get ready to elevate your heart rate and challenge your body before winding down with gentle stretches and a soothing savasana to leave you feeling perfectly balanced. Designed for all fitness levels and suitable for beginners, every movement focuses on safe alignment.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 19 | 6:00pm - 6:50pm | $77.25/10 |

## Classic Yoga with Crystal

A gentle, traditional practice that links breath with movement through a sequence of poses designed to build strength, flexibility, and balance. Each class ends with a period of relaxation and personal reflection. This class is suitable for all levels and offers a calm, supportive environment where participants can move at their own pace while enhancing balance, reducing stress, and promoting overall well-being.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 19 | 7:00pm - 7:50pm | $77.25/10 |

2 WEEK – FITNESS

# Resolution Event

January 2027

## SATURDAY

| | |
|---|---|
| JAN 2&9 | **9 AM Yoga** with Laurie |
| JAN 2&9 | **10 AM Piloga** with Sandi |
| JAN 2&9 | **11 AM Aerobics, Balance & Core** with Sandi |

## SUNDAY

| | |
|---|---|
| JAN 3&10 | **9 AM Yoga for Beginners** with Andrea |
| JAN 3&10 | **10 AM Yoga for Pickleballers** with Andrea |

2 WEEK – FITNESS

# Resolution Event

January 2027

## MONDAY

| | |
|---|---|
| JAN 7<br>4 | **6 AM Total Body Strength**<br>with Elisa |
| JAN<br>4 | **7 AM Arms, Abs & Glutes**<br>with Elisa |

## TUESDAY

| | |
|---|---|
| JAN<br>5&12 | **5 PM Evening Yoga**<br>with Laurie |
| JAN<br>5&12 | **6 PM REFIT**<br>with Angela |

## WEDNESDAY

| | |
|---|---|
| JAN<br>6&13 | **11 AM Aerobics, Balance & Core**<br>with Sandi |
| JAN<br>6&13 | **12 PM Step Class**<br>with Sandi |

2 WEEK – FITNESS

# Resolution Event

January 2027

## THURSDAY

| | |
|---|---|
| JAN 7 | **6 AM Total Body Strength** with Elisa |
| JAN 7 | **7 AM Arms, Abs & Glutes** with Elisa |

## FRIDAY

| | |
|---|---|
| JAN 8&15 | **6 PM Yoga HIIT** with Andrea |
| JAN 8&15 | **7 PM Restorative Yoga** with Andrea |

**Register Today**





# Senior Specific Programs (55+)

## Senior Fitness with Sandi

Stay strong, active, and confident with this welcoming fitness class designed specifically for older adults. Focused on building strength, balance, and mobility to support everyday activities and help you move through life with ease.

Exercises are adaptable to individual needs, with modifications always available to accommodate different abilities, past injuries, and comfort levels. Whether you're new to fitness or looking to keep moving, this class is a great way to support your health, build confidence, and enjoy staying active together.

***No Class: February 15, March 15 & 17**

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Mon | Jan 18 | 12:30pm - 1:20pm | $61.80/8 |
| Wed | Jan 20 | 12:30pm - 1:20pm | $69.55/9 |

## Chair Dance Fit with Sandi

Stay active, improve mobility, and have fun through the power of music and movement! This low-impact fitness class is designed for older adults and features dance-inspired exercises performed entirely from a seated position. Participants will work on cardiovascular fitness, coordination, flexibility, and range of motion in a safe and supportive environment. No dance experience is necessary.

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Fri | Jan 22 | 12:30pm - 1:20pm | $69.55/9 |

## Senior Games & Social

Have fun, connect, and enjoy some friendly competition in this welcoming program for older adults. It's the perfect way to spend your afternoon playing a variety of card and board games, sharing laughs, and making new connections. Scheduled immediately following our seniors fitness classes, this program offers a natural transition from movement to connection with light refreshments provided.

Participants can register for the full session or take advantage of convenient drop-in options.

***No Class: February 15**

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Mon | Jan 18 | 1:30pm - 3:00pm | $13.00/7 |
| Wed | Jan 20 | 1:30pm - 3:00pm | $14.85/8 |

## Senior Sneakers with Elisa

Stay active and maintain your independence with this full-body strength and functional fitness class designed specifically for older adults. Using low-impact exercises in a circuit-style format, participants will improve strength, balance, mobility, coordination, and cardiovascular endurance to support everyday activities. Exercises are adaptable to individual abilities, creating a safe, welcoming environment where everyone can build confidence and stay active.

***No Class: March 16 & 18**

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Tue | Jan 19 | 11:00am - 11:50am | $69.55/9 |
| Thu | Jan 21 | 11:00am - 11:50am | $69.55/9 |

# PA Days & Holiday Breaks

### PA Day Fun

**Age: 4 to 12 years**

Looking for a fun way to spend your day off school? Join us at the SWCC for a fun PA Day program, packed with exciting activities to keep kids active and engaged! Participants will enjoy crafts, games, gym time, and—weather permitting—outdoor play, so please bring weather appropriate clothing and indoor shoes. It's a full day of creativity, movement, and fun with friends!

***Note: Drop-off time is from 8:30am to 9:00am. Pickup time is from 4:00pm to 5:00pm.***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| Fri | Jan 29 | 8:30am - 5:00pm | $50.00/1 |

### Spring Break Kids Club

**Age: 4 to 12 years**

Looking for a fun and engaging way to spend the spring break? Join us for our Kids Club, designed to keep kids active, social, and having fun while school is out! Each day is packed with a variety of activities including crafts, games, sports, gym time, and—weather permitting—outdoor play. Participants should come dressed for the weather and bring indoor shoes. It's a great way to stay busy, make new friends, and enjoy some springtime fun!

***Note: Drop-off time is from 8:30am to 9:00am. Pickup time is from 4:00pm to 5:00pm.***

| DAY | DATE | TIME | FEE/CLASS |
|---|---|---|---|
| M-F | Mar 15 - 19 | 8:30am - 5:00pm | $250.00/5 |





# Drop-Ins

## Drop-In Ages and Details

**Adult (18+): Pickleball, Basketball, Volleyball, Tennis, Badminton and Dance**

**Senior (55+): Pickleball**

**Preschool (Ages 0-5):** Children must be accompanied by a supervising adult (16+) is required. Supervising adults are free and can attend with a maximum of 3 participants.

**Youth (Ages 13-17):** Open to teens only.

**Family (Ages 6+):** A participating adult (16+) is required. Maximum of 3 participants per guardian. Guardians must pay the program fee.

| Drop-In Fees: Single Admission & 10 - Punch Passes | | |
|---|---|---|
| The Township of Oro-Medonte offers both single visit admission as well as 10-visit punch pass options for both Drop-in Gym times and Fitness Classes. | | |
| **Single Visit / 10-Visit Pass** | | |
| | Fitness/Dance Classes | Gym Drop-Ins |
| Children (12yrs & Under) | - | $2.15 / $20.00 |
| Youth (13yrs - 17yrs) | - | $3.15 / $30.00 |
| Adult (18yrs+) | $6.00 / $50.00 | $3.75 / $35.00 |
| Senior (55yrs+) | $5.25 / $42.50 | $2.00 / $17.50 |
| Special Needs Adult | $5.25 / $42.50 | $2.00 / $17.50 |
| Family* | | $9.50 / $92.00 |
| *Family Pass includes up to 5 family members (2 adults and up to 3 children/youth or 1 adult and up to 4 children/youth) living at the same address. Additional Children can be added for standard pricing. | | |

# Drop-Ins

## Pre-School Drop-Ins
### Under 5yrs accompanied by an adult

**Open Gym**

| Day(s) | Time |
|---|---|
| Sat | 8:00am - 9:30am |
| Tue/Thu | 9:45am - 11:15am |

**Playroom**

| Day(s) | Time |
|---|---|
| Mon/Fri | 9:30am - 11:00am |

## Family Drop-Ins

**Open Gym**

| Day(s) | Time |
|---|---|
| Sat | 10:00am - 11:30am |

## Youth Drop-Ins
### 13-17 years

**Open Gym**

| Day(s) | Time |
|---|---|
| Fri | 6:00pm - 7:30pm |

**Basketball**

| Day(s) | Time |
|---|---|
| Sun | 10:00am - 11:30am |
| Mon | 6:00pm - 7:30pm |



## Adult Drop-Ins
### 18 years+

**Basketball**

| Day(s) | Time |
|---|---|
| Mon | 7:45pm - 9:15pm |
| Sat | 11:15am - 12:45pm |

**Pickleball**

| Day(s) | Time |
|---|---|
| Sun | 8:00am - 9:30am |
| Mon/Wed/Fri | 9:45am -11:15am |
| Mon/Fri | 11:30am - 1:00pm |
| Wed | 11:45am - 1:15pm |
| Tue/Thu | 8:00pm - 9:30pm |

**Tennis**

**Played on the pickleball courts.*

| Day(s) | Time |
|---|---|
| Wed | 1:30pm - 3:00pm |
| Wed | 8:00pm - 9:30pm |
| Sat | 11:15am - 12:45pm |

**Badminton**

| Day(s) | Time |
|---|---|
| Thu | 8:00pm - 9:30pm |

## Senior Drop-Ins
### 55 years+

**Pickleball**

| Day(s) | Time |
|---|---|
| Tue/Thu | 11:45am - 1:15pm |

**Please note: Schedules are subject to change. Please check www.oro-medonte.ca for the most up-to-date drop-in times.*

# Community Halls



## Carley Hall

**396 Warminster Side Rd**

**Booking Information:** carleycommunityhall.com

Perfect for:

- Meetings
- Weddings
- Parties



## Eady Hall

**73 Eady Station Road**

**Booking Information:** eadycommunityhall@gmail.com

Perfect for:

- Meetings
- Gatherings
- Parties



## Edgar Hall

**1167 Old Barrie Road West**

**Booking Information:** lorijchalmers@gmail.com

Perfect for:

- Meetings
- Bridal Showers
- Parties



## Hawkestone Hall

**3 Allen Street**

**Booking Information:** hawkestonehall@gmail.com

Perfect for:

- Meetings
- Parties




## Jarratt Hall

**837 Horseshoe Valley Road**

**Booking Information:** evelynlawlor60@gmail.com

Perfect for:

- Meetings
- Gatherings
- Parties

## Additional Information

For more information regarding our facilities, availability, and rental pricing, please visit our website at: oro-medonte.ca/facilities




# FACILITY RENTALS

Great for community groups, sport organizations, private events, parties, meetings and more







For more info email **recreation@oro-medonte.ca**