

ORO-MEDONTE RECREATION GUIDE

FALL
2026

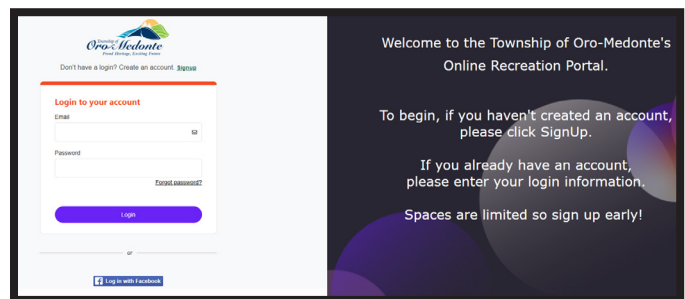


Fall Program Registration Information

Fall Program Registration Date
Wednesday, August 12th, 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!



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

Baby, Toddler & Preschool Programs

Grow & Go Babies

Age: 6m to 18m

Support your baby's early development through intentional play, movement, and connection. Grow & Go Babies is a structured, caregiver-participation program designed to nurture key milestones such as crawling, standing, sensory exploration, and early communication.

Each class follows a consistent routine to help babies feel safe and engaged, including songs and circle time, guided sensory exploration, supported movement activities, and calming connection time. Activities are carefully designed to strengthen motor skills, stimulate the senses, and encourage early social interaction.

Caregivers will also gain simple, practical ideas to support their child's development at home.

8-Week Focus Plan

Week 1: Tummy Time & Core Strength

Reaching, lifting, early crawling skills

Week 2: Sensory Exploration (Textures)

Soft, bumpy, crinkly materials

Week 3: Grasp & Transfer

Holding, passing, cause-and-effect toys

Week 4: Movement & Balance

Supported sitting, rolling, gentle transitions

Week 5: Sound & Communication

Music, rhythm, babbling interaction

Week 6: Crawl & Explore

Tunnels, mats, space navigation

Week 7: Pull to Stand & Cruise

Safe standing and supported walking

Week 8: Connection & Review

Favourite activities and caregiver takeaways

****No Class: October 12 & 26**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	9:45am - 10:45am	\$100.00/8



PRESCHOOL GYM DROP-IN



**STARTS
SEPTEMBER 5TH**

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

**TUESDAYS
& THURSDAYS
9:45am to 11:15am**

Baby, Toddler & Preschool Programs

Little Learners

Age: 18m to 2.5 years

Designed for curious, active toddlers, Little Learners focuses on building independence, coordination, and early social skills through structured, play-based learning.

Each class includes action songs, guided skill stations, movement challenges, and group activities that promote problem-solving, confidence, and interaction with others. Participants will practice following simple instructions, develop fine and gross motor skills, and begin engaging in cooperative play.

This program emphasizes routine, skill-building, and purposeful activity to help toddlers thrive during this busy stage of development.



8-Week Focus Plan

Week 1: Listening & Following Directions

Simple cues, action songs

Week 2: Balance and Coordination

Beams, stepping, body control

Week 3: Fine Motor Skills

Stacking, sorting, grasping tools

Week 4: Climbing & Movement Confidence

Safe obstacle play

Week 5: Cause & Effect Play

Problem-solving toys and activities

Week 6: Early Social Skills

Turn-taking, group play introduction

Week 7: Creativity & Expression

Simple art, movement choices

Week 8: Confidence & Celebration

Favourite circuits and skill showcase

DAY	DATE	TIME	FEE/CLASS
Fri	Sep 25	9:45am - 10:45am	\$100.00/8



Baby, Toddler & Preschool Programs

MonkeyNastix

A fun fitness movement education program focusing on gross and fine motor skills, balance and co-ordination, spatial and body awareness with a variety of safe activities (using specialized equipment) and music.

****No Class: October 11**

Age: 12m to 2 years

DAY	DATE	TIME	FEE/CLASS
Sun	Sep 27	10:00am - 10:30am	\$145.00/8

Age: 2 to 3 years

DAY	DATE	TIME	FEE/CLASS
Sun	Sep 27	10:40am - 11:10am	\$145.00/8

Age: 3 to 4 years

DAY	DATE	TIME	FEE/CLASS
Sun	Sep 27	11:20am - 11:50am	\$145.00/8

Kindergarten Readiness With Curio

Age: 3 to 5 years

Help your child build confidence for their next big step! This fun, play-based program supports the transition from home to school by fostering independence, social skills and early learning foundations.

Children will practice important kindergarten-ready skills such as recognizing their name, managing their snacks and belongings, following routines and building confidence away from caregivers — all while making friends and having fun.

DAY	DATE	TIME	FEE/CLASS
Wed	Sep 23	9:15am - 11:00am	\$367.25/13

Junior Workshop Series

Age: 4 to 6 years

Join us for a magical morning of stories, creativity, and hands-on fun! In our Junior Workshop Series, little artists will listen to a delightful story and then bring it to life with a themed craft each week. From imaginative worlds to everyday wonders, each session is designed to spark curiosity, build confidence, and let creativity shine.

Sign up for just one workshop or register for all six and enjoy the full creative journey!

Week 1: Chika Chika Boom Boom

By Bill Martin, Jr. and John Archambault

Week 2: Don't Let the Pigeon Drive the Bus!

By Mo Willems

Week 3: We Don't Eat Our Classmates!

By Ryan T. Higgins

Week 4: Giraffes Can't Dance

By Giles Andreae

Week 5: Grumpy Monkey

By Suzanne Lang

Week 6: The Bad Seed

By Jory John

DAY	DATE	TIME	FEE/CLASS
Sun	Sep 20	10:15am - 11:00am	\$15.00/1
Sun	Sep 27	10:15am - 11:00am	\$15.00/1
Sun	Oct 4	10:15am - 11:00am	\$15.00/1
Sun	Oct 18	10:15am - 11:00am	\$15.00/1
Sun	Oct 25	10:15am - 11:00am	\$15.00/1
Sun	Nov 8	10:15am - 11:00am	\$15.00/1

Dance

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: October 12 & 26**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	5:30pm - 6:15pm	\$120.00/10
Wed	Sep 23	5:45pm - 6:30pm	\$120.00/10

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: October 12 & 26**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	6:30pm - 7:30pm	\$125.00/10
Wed	Sep 23	6:45pm - 7:45pm	\$125.00/10

The Next Step Dance

Age: Grade 7 & 8

Designed with busy school days in mind, this energetic dance program is the perfect after-school outlet for Grade 7 and 8 students. Timed to align with the end of the school day at Horseshoe Heights Public School, participants have a chance to grab their belongings, enjoy a quick snack, and make their way over before class begins at 4:10 PM. No rush, just the right balance of school and fun.

Dancers will explore a mix of styles while building technique, confidence, and personal style in a supportive, upbeat environment. Whether your child is brand new to dance or already loves to move, this program encourages creativity, teamwork, and self-expression.

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

****No Class: October 12 & 26**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	4:10pm - 5:00pm	\$120.00/10



Dance

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: October 12 & 26**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	7:45pm - 8:45pm	\$125.00/10

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	Sep 23	8:00pm - 9:00pm	\$125.00/10



Sport Programs

Junior Multi-Sport

Age: 4 to 6 years

Get ready for nine weeks of active fun made just for our youngest athletes! This playful, gym-style program introduces children to three exciting sports, with three weeks spent building skills and confidence in each:

- Mini Hoopers (Basketball)
- Little Sluggers (T-Ball)
- Tiny Dribblers (Soccer)

With a focus on basic movements, coordination, and teamwork, kids will explore each sport through games and guided activities in a fun, low-pressure environment. This program is all about trying something new, staying active, and building a love for play through movement.

DAY	DATE	TIME	FEE/CLASS
Sun	Sep 20	8:30am - 9:30am	\$112.50/9



Children's Multi-Sport

Age: 7 to 10 years

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

- Basketball
- Badminton
- Pickleball
- Volleyball
- Handball
- Soccer
- Dodgeball
- Flag football
- 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	Sep 24	6:00pm - 7:00pm	\$112.50/9
Tue	Sep 29	6:00pm - 7:00pm	\$112.50/9

Family Gym Drop-In

SUNDAYS
8:00am to 9:30am

STARTS
SEPTEMBER 5TH



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	Sep 19	8:00am - 8:50am	\$170.00/10

Age: 8 to 10 years

DAY	DATE	TIME	FEE/CLASS
Sat	Sep 19	9:00am - 9:50am	\$170.00/10

Age: 11 to 13 years

DAY	DATE	TIME	FEE/CLASS
Sat	Sep 19	10:00am - 10:50am	\$170.00/10



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	Sep 23	4:10pm - 5:00pm	\$170.00/10

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: 9 to 11 years

DAY	DATE	TIME	FEE/CLASS
Wed	Sep 23	5:30pm - 6:20pm	\$170.00/10

Age: 15 to 17 years

DAY	DATE	TIME	FEE/CLASS
Wed	Sep 23	6:30pm - 7:20pm	\$170.00/10

SWCC

OCT 19-23

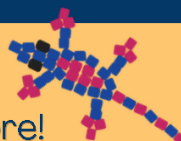


YOUTH TAKEOVER

MONDAY

Key Chain Making

- 6:30pm to 8:30pm
- Make classic pony bead lizards and more!



TUESDAY

Youth Open Forum

- What programs do you want to see?
- Make your feelings heard 7pm to 8pm



WEDNESDAY

3v3 Volleyball Tournament

- 7:30pm to 9:30pm
- Pre-registration required



THURSDAY

Pizza Night

- 6:00pm to 8:00pm grab a slice, on us!
- Cheese and pepperoni options available

FRIDAY

FREE Youth Open-Gym

- Extended gym time 6pm to 9pm
- Play basketball, volleyball, and more



For more details check out oro-medonte.ca/youthtakeover

Sport Programs

Children's Pickleball

Age: 7 to 11 years

Get ready to serve up some fun! This engaging program introduces children to the exciting game of pickleball through a mix of games, drills, and friendly play. Participants will learn the basics —serving, rallying, movement, and scoring — while building coordination, confidence, and court awareness.

DAY	DATE	TIME	FEE/CLASS
Fri	Oct 2	6:00pm - 7:00pm	\$100.00/8

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.

BEGINNERS

****No Class: October 12**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	6:00pm - 7:30pm	\$204.00/12

INTERMEDIATE

For competitive play with level 3.0 - 4.0 players.

DAY	DATE	TIME	FEE/CLASS
Thu	Sep 24	6:00pm - 7:30pm	\$204.00/12

Pickleball Drop-In (18+)



TUESDAYS & THURSDAYS
8:00pm to 9:30pm

STARTS SEPTEMBER 5TH
ALL LEVELS WELCOME

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.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 22	6:00pm - 7:00pm	\$117.00/8
Tue	Sep 22	7:00pm - 8:00pm	\$117.00/8
Wed	Sep 23	6:00pm - 7:00pm	\$117.00/8
Wed	Sep 23	7:00pm - 8:00pm	\$117.00/8

Art Programs

Drawing Workshops

Age: 18+ years

Required Materials:

- Drawing pad (minimum 9" x 12")
- Drawing pencil set (2H to 8B)
- Kneaded eraser and gum eraser
- Reference photo

Portraits for Beginners

Four jam packed sessions perfect for beginning artists who are ready to learn how to draw portraits. You'll learn what messes up our drawings, and the techniques the pros use to create accurate art, including measuring, contour drawing, and all about adding dimension with value and shading. By the end of the course, you should have completed your first accurate portrait drawing.

DAY	DATE	TIME	FEE/CLASS
Thu	Sep 17	1:30pm - 3:30pm	\$117.00/4



Pet Portraits for Beginners

Four jam packed sessions perfect for beginning artists who are ready to learn how to draw portraits. You'll learn what messes up our drawings, and the techniques the pros use to create accurate art, including measuring, contour drawing, and all about adding dimension with value and shading. By the end of the course, you should have completed your first accurate pet portrait drawing.

DAY	DATE	TIME	FEE/CLASS
Thu	Oct 22	1:30pm - 3:30pm	\$117.00/4



Art Programs

Jewelry Making Workshops

Age: 18+ years

Pearl Knotting on Silk Cord

Let's clutch our pearls! Learn the timeless art of knotting both traditional pearls and 'floating' designs. We'll learn about silk thread, how to create consistent secure knots and attach clasps, and why we knot. Take home a beautiful knotted necklace and your own customized knotting tool.

DAY	DATE	TIME	FEE/CLASS
Fri	Oct 2	12:30pm - 3:00pm	\$78.00/1



Double Strand Woven Tigertail Necklace

Work with Tigertail (steel cable coated with nylon) and explore design principles like colour theory, spacing, tension, and working multiple materials into one piece. Take home a finished necklace.

DAY	DATE	TIME	FEE/CLASS
Fri	Oct 9	12:30pm - 3:00pm	\$65.00/1



Leather Cord Twist Necklace

Flex your creativity while working with shells, beads, crystals, and pressed glass. Once you've strung your materials in a simple pattern, we'll learn how to twist them into this stunning one of a kind showstopper. Take home your finished work.

DAY	DATE	TIME	FEE/CLASS
Fri	Oct 16	12:30pm - 3:00pm	\$78.00/1



Intro to Wire Wrapping

Learn the versatile technique of wire wrapping and create a stunning pair of earrings. A deceptively simple process can produce sophisticated elegant results! Clip-ons available, as well as various sizes for those who prefer smaller earrings.

DAY	DATE	TIME	FEE/CLASS
Fri	Oct 23	12:30pm - 3:00pm	\$52.00/1



Art Programs

Watercolour Workshops

Age: 18+ years

Explore the beauty of watercolour in these relaxed, beginner-friendly workshops. Each two-week session (on consecutive Tuesdays) 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.

Watercolour Skies

Learn simple techniques for painting soft clouds, glowing sunsets, and dramatic skies. This workshop explores colour blending and atmospheric effects to help bring your skies to life.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 15	1:30pm - 3:30pm	\$78.00/2

Painting the Forest: Birch Trees

Discover how to create delicate birch trees and soft woodland scenes using approachable watercolour techniques. Focus on texture, layering, and building a peaceful forest composition.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 29	1:30pm - 3:30pm	\$78.00/2

Colour Confidence

A Beginner's Guide to Watercolour Colour Theory Learn the fundamentals of colour theory, and colour mixing in a fun and approachable watercolour workshop.

DAY	DATE	TIME	FEE/CLASS
Tue	Oct 20	1:30pm - 3:30pm	\$78.00/2

Watercolour Essentials

Discover the beauty and spontaneity of watercolour painting. Learn essential techniques such as washes, blending, layering, and brush control. Perfect for beginners or those wishing to refresh their skills.

DAY	DATE	TIME	FEE/CLASS
Tue	Nov 10	1:30pm - 3:30pm	\$78.00/2

Watercolour Holiday Cards

Design and paint your own personalized holiday cards using simple watercolour techniques. A fun and creative way to make something special for family and friends.

DAY	DATE	TIME	FEE/CLASS
Tue	Nov 24	1:30pm - 3:30pm	\$78.00/2



Fitness Programs

Total Body Strength with Elisa

Age: 18+ years

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: October 12**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	6:00am - 6:50am	\$90.00/12
Thu	Sep 24	6:00am - 6:50am	\$97.50/13

Core Cardio with Elisa

Age: 18+ years

Get your heart rate up and strengthen your core with bursts of Cardio followed by “core recovery” blocks to help you burn calories and strengthen your centre.

DAY	DATE	TIME	FEE/CLASS
Thu	Sep 24	7:00am - 7:50am	\$97.50/13

Strength & Stretch with Elisa

Age: 18+ years

Build strength and find balance in this two-part fitness class designed to support posture, stability, and mobility. The first half focuses on low-impact strength training, followed by a calming stretch and relaxation session to help release tension and improve flexibility.

****No Class: October 12**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	7:00am - 7:50am	\$90.00/12

HIIT with Elisa

Age: 18+ years

Push your pace and power up your workout! HIIT is a fast-paced fitness class that combines short bursts of high-intensity movement with brief recovery periods to maximize results.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 22	6:00am - 6:50am	\$97.50/13

Pilates with Elisa

Age: 18+ years

Develop core stability, balance, and muscular endurance with Pilates exercises that support whole-body fitness.

DAY	DATE	TIME	FEE/CLASS
Wed	Sep 23	7:00am - 7:50am	\$97.50/13

Arms, Abs & Glutes with Elisa

Age: 18+ years

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.

****No Class: October 12 & 26**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	8:00am - 8:50am	\$82.50/11
Fri	Sep 25	6:00am - 6:50am	\$97.50/13

Fitness Programs

Yoga with Laurie

Age: 18+ years

Start your day with intention and energy. Morning Yoga is a gentle, grounding class that blends breathwork and movement to awaken the body and calm the mind. Through flowing sequences and mindful stretches, participants will build flexibility, strength, and focus—setting a positive tone for the day ahead. Whether you're easing into your morning or deepening your practice, this class offers a peaceful and refreshing start.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 22	7:00am - 7:50am	\$97.50/13
Wed	Sep 23	6:00am - 6:50am	\$97.50/13
Fri	Sep 25	7:00am - 7:50am	\$97.50/13

Mommy & Me Fitness with Lauren

Age: 18+ years

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.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 22	9:00am - 9:50am	\$97.50/13
Thu	Sep 24	9:00am - 9:50am	\$97.50/13

Womens Cardio Kick with Lauren

Age: 18+ years

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.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 22	10:00am - 10:50am	\$97.50/13
Thu	Sep 24	11:00am - 11:50am	\$97.50/13

Strength Bootcamp with Lauren

Age: 18+ years

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.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 22	12:00pm - 12:50pm	\$97.50/13
Thu	Sep 24	12:00pm - 12:50pm	\$97.50/13

Fitness Programs

Aerobics Balance & Core with Sandi

Age: 18+ years

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.

****No Class: October 12 & 26**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	11:30am - 12:20pm	\$82.50/11
Thu	Sep 24	6:00pm - 6:50pm	\$97.50/13

Step & Sculpt with Sandi

Age: 18+ years

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.

DAY	DATE	TIME	FEE/CLASS
Wed	Sep 23	11:30am - 12:20pm	\$97.50/13
Thu	Sep 24	5:00pm - 5:50pm	\$97.50/13

Piloga with Sandi

Age: 18+ years

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
Sat	Sep 19	10:00am - 10:50am	\$97.50/13

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

Chair Fitness with Crystal

Age: 18+ years

A low-impact class designed to help you build strength, improve flexibility, and enhance balance all with the support of a chair. Perfect for all fitness levels, including beginners, older adults, and those recovering from injury. Enjoy a variety of seated and standing exercises that boost mobility, coordination, with a focus on stretching and overall well-being.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 22	6:00pm - 6:50pm	\$97.50/13

Yoga with Crystal

Age: 18+ years

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	Sep 22	7:00pm - 7:50pm	\$97.50/13

4-3-2-1 Shred with Leigh

Age: 18+ years

A high intensity interval training (HIIT) work out designed to burn fat, build muscle, tone, and improve cardiovascular health! It structures workouts into cycles of 4 minutes strength, 3 minutes of cardio, 2 minutes of abdominal exercises, and 1 minute of recovery. 4 cycles are completed, as well as a warm up and cool down. Options will be provided for all exercises to accommodate beginner, intermediate, and advanced fitness levels.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 22	8:00pm - 8:50pm	\$97.50/13

REFIT with Angela

Age: 18+ years

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	Sep 24	7:00pm - 7:50pm	\$97.50/13
Thu	Sep 24	8:00pm - 8:50pm	\$97.50/13

Fitness Programs

Yoga HIIT Fusion with Andrea

Age: 18+ years

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
Sun	Sep 20	8:00am - 8:50am	\$97.50/13

Reset & Restore with Andrea

Age: 18+ years

Gentle yoga practice featuring calming movement, deep stretching, and relaxation. Leave feeling rested, restored, and ready for the week ahead.

DAY	DATE	TIME	FEE/CLASS
Sun	Sep 20	9:00am - 9:50am	\$97.50/13



Senior Specific Programs

Senior Fitness with Sandi

Age: 55+ years

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: October 12 & 26**

DAY	DATE	TIME	FEE/CLASS
Sat	Sep 19	11:00am - 11:50am	\$97.50/13
Mon	Sep 21	12:30pm - 1:20pm	\$82.50/11
Wed	Sep 23	12:30pm - 1:20pm	\$97.50/13



Senior Games & Social

Age: 55+ years

Have fun, connect, and enjoy some friendly competition in this relaxed and 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: October 12 & 26**

DAY	DATE	TIME	FEE/CLASS
Mon	Sep 21	1:30pm - 3:00pm	\$20.00/12
Wed	Sep 23	1:30pm - 3:00pm	\$20.00/12

Senior Sneakers with Lauren

Age: 55+ years

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.

DAY	DATE	TIME	FEE/CLASS
Tue	Sep 22	11:00am - 11:50am	\$97.50/13
Thu	Sep 24	10:00am - 10:50am	\$97.50/13



Virtual Programs

in partnership with

AYS

Art Your Service is one of Canada's most active daily online communities for older adults — offering virtual fitness, wellness, and creative arts classes every weekday morning.

Your membership will give access to 20+ live weekly classes to keep your body moving, mind sharp, and heart connected. All from the comfort of home.

Register online today!
\$20 annual membership
beginning October 1.

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	Nov 20	8:30am - 5:00pm	\$50.00/1

Holiday Kids Club

Age: 4 to 12 years

Looking for a fun and engaging way to spend the winter break? Join us for our Holiday 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 holiday 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-W	Dec 21 - 23	8:30am - 5:00pm	\$150.00/3
M-W	Dec 28 - 30	8:30am - 5:00pm	\$150.00/3

Home Alone

with St. John's Ambulance

Age: 10+ years

The Home Alone course is for any young person (aged 10 and over) that will be spending short periods of time home alone. This course covers many issues that will help children and their parents feel more confident.

Upon completion, all participants receive a handbook and completion certificate.

DAY	DATE	TIME	FEE/CLASS
Fri	Nov 20	9:00am - 12:30pm	\$70.00/1

Babysitter Basics

with St. John's Ambulance

Age: 11 to 15 years

Babysitting is a job with significant responsibility, and the Babysitting Course helps prospective babysitters learn the skills they need. This course teaches the new babysitter the necessary skills to provide care to children in a variety of situations.

The course emphasizes safety rules, responding to emergencies, and developing leadership skills. Take home Materials: Babysitters Manual, Babysitting Certificate and a small babysitting First aid kit.

DAY	DATE	TIME	FEE/CLASS
Fri	Nov 20	9:00am - 4:00pm	\$75.00/1

Play Club

Play Club

Age: 4 to 11 years

Kickstart the morning or unwind in the afternoon with the Play Club. A vibrant, activity-rich space designed for kids to laugh, move, create, and connect. This unstructured program encourages creativity, movement, and social interaction through a wide range of activities including games, crafts, gym time, and access to outdoor play (weather permitting).

Participants have dedicated space to enjoy snacks if they wish, along with access to a variety of equipment and materials that support free play and self-directed fun. Whether they're looking to be active, creative, or simply spend time with friends, Play Club offers a flexible and engaging environment to suit every interest.

Exception Dates

DAY(S)	DATE	TIME
Mon	October 12	Thanksgiving
Fri	November 20	PA Day
M - F	Dec 21 - Jan 1	Winter Break
Fri	January 29	PA Day
Mon	February 15	Family Day
M - F	March 15 - 19	March Break
Fri	March 26	Good Friday
Mon	March 29	Easter Monday
Fri	April 30	PA Day
Mon	May 24	Victoria Day
Fri	June 4	PA Day

AM – Play Club

DAY	DATE	TIME	FEE/CLASS
M-F	Sep-Jun	7:00am - 9:30am	\$20.00/1 \$3,740.00

PM – Play Club

DAY	DATE	TIME	FEE/CLASS
M-F	Sep-Jun	3:50pm - 5:30pm	\$14.00/1 \$2,618.00

Payment Plan Options

Option A

100% Due at time of registration

Option B

20% (approx. 2 months) Due at time of registration

10% (approx. 1 month) Due at the first of every month starting October 1st

Option B for AM – Play Club

\$748.00 Due at time of registration

\$374.00 Due at the first of every month starting October.

Option B for PM – Play Club

\$523.60 Due at time of registration

\$261.80 Due at the first of every month starting October.

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

Family Drop-Ins

Open Gym

Day(s)	Time
Sun	8:00am - 9:30am

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/Fri	7:45pm - 9:15pm

Pickleball

Day(s)	Time
Sat	10:00am - 11:30am
Mon/Wed/Fri	9:45am - 11:15am
Mon/Wed	11:30am - 1:00pm
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

Badminton

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

Senior Drop-Ins

55 years+

Beginner Pickleball

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

Intermediate Pickleball

Day(s)	Time
Fri	11:30am - 1:00pm

*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

Community Arena & Banquet Hall



FACILITY RENTALS

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



SWCC Gymnasium



Multi-Purpose Room

For more info email recreation@oro-medonte.ca