



# RECREATION & LEISURE GUIDE

Fall & Winter  
2019/20

FITNESS | AQUATICS | PROGRAMS | SPECIAL EVENTS | FACILITIES



**Fall Registration:**  
Starts Aug. 22 at 6 p.m.  
See page 3 for details.

[CityofKingston.ca/Recreation](http://CityofKingston.ca/Recreation)





## Your guide...

In this guide you will find programs and activities for all ages, skill levels and interests.

### Our goal

Our goal is to provide you with a safe and enjoyable experience. We provide a high level of service by having well trained employees and an effective ratio of instructors to participants for all programs. Programs are categorized by age group, however, many programs are open to a broad age range (i.e. 13 years and up). Please look at all sections for programs that may interest you.

### Register for fall & winter programs!

See page 3 for details

- ➔ **Questions?** Call 613-546-4291, ext.1900/1800/1700 or [ContactUs@CityofKingston.ca](mailto:ContactUs@CityofKingston.ca).
- ➔ **Accessibility information?** Call 613-546-0000 M-F, 8 a.m. to 5 p.m. or [ContactUs@CityofKingston.ca](mailto:ContactUs@CityofKingston.ca).

#### Note:

- Drop-in and 12-visit passes include HST. All other fees in this guide do not include HST unless otherwise stated.
- Program information (dates/times/fees/days) can change or may be adjusted at time of registration.
- Please call the service provider directly about the community programs listed in the back section of this guide.

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## Leisure news

### PLAY – New online recreation software

Earlier this year, the City launched the new online recreation system [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

This system allows residents to access and pay for online recreation services conveniently, anytime, from anywhere! To register online, you will need a PLAY account, and creating an account is quick and simple.

To create your account or browse the list of programs and services, visit [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

### Get Involved!

There are many exciting Recreation and Leisure projects underway and upcoming including;

- Parks and Recreation Master Plan update
- Belle Park Master Plan
- Kingston East Community Centre
- Various parks development projects

Stay up to date on the latest details, public engagement opportunities, new projects and provide input by visiting [GetInvolved.CityofKingston.ca](http://GetInvolved.CityofKingston.ca)

➔ **Leash-free dog parks** are fully fenced areas where you can take your dog to exercise and play. Find a location near you at [CityofKingston.ca/Offleash](http://CityofKingston.ca/Offleash)



Kingston Memorial Centre, 303 York St.

## Park enhancement highlights

The City is always working on developing new parks and revitalizing existing ones. A few of our park improvement projects are highlighted below:

- New neighbourhood park on **Jade Avenue** – construction 2019
- New additional park adjacent to **Churchill Park** – construction 2019-20
- New community park on **Wheathill Street** – construction 2020
- New small craft dock at **Rotary Park** – completed
- **McBurney Park** wading pool conversion to splash pad – construction 2020
- Playground improvements at **Bayridge Park, James Nelson Park, Meadowbrook Park, and West Park Hemlock Downs Park and Champlain Park** – construction 2019

Kingston has more than 200 parks for the enjoyment of urban and rural residents. For maps of the City's urban park locations and a few other major parks, visit [CityofKingston.ca/Parks](http://CityofKingston.ca/Parks)

get ready to play!

Our new online service has simplified access to recreation services. Create your new account today!

[CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)



# Registration information

## Registration simplified

### 1. Browse and select your City recreation program

- Online at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)
- In this Recreation & Leisure Guide

### 2. Choose your registration method

#### a) Online [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

- Begins at 6 p.m., Aug. 22 (Fall) and Dec. 5 (Winter)
- Create your own account  
**You require:**
  - A valid email address
  - A valid payment card (VISA, VisaDebit, MasterCard or American Express)

#### b) In person

- Begins at 6 p.m. Aug. 22 (Fall) and Dec. 5 (Winter)  
**Locations:**
  - Artillery Park Aquatic Centre, 382 Bagot St.
  - INVISTA Centre, 1350 Gardiners Rd.
  - Rideau Heights Community Centre & Library, 85 MacCauley St.

➔ **Additional registration information on pages 4 & 67**

## When to register

**View programs online**

Monday, August 12

**Registration begins**

**Fall:** Thursday, August 22, 6 p.m.

**Winter:** Thursday, December 5, 6 p.m.

**Guide delivery**

In the *Kingston This Week* Thursday, August 15<sup>th</sup> edition

## Contact us:

**Phone:**

613-546-0000

**TTY (teletypewriter service):**

613-546-4889

**Address:**

City Hall, 216 Ontario St.,  
Kingston, ON K7L 2Z3

[CityofKingston.ca/Recreation](http://CityofKingston.ca/Recreation)



/TheCityofKingston



@cityofkingston



/city.of.kingston



/TheCityofKingston



**Registration simplified!**

- Create and update your own account
- Search for programs by age or activity

*Optimized viewing on tablets and smart phones.*

➔ [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

# Inclusion & special-needs services

→ The City welcomes and encourages all residents to participate in our recreation programs and services. Every effort is made to ensure programs are accessible and inclusive.



## Support workers

Support workers are always welcome and may be required to attend programs. Support persons accompanying participants are admitted to municipal programs or facilities at no cost.

A support person may be:

- a support worker that is provided by a social service agency or the family
- a family member or friend that is familiar with the participants needs and abilities
- a caregiver that is familiar with the participants needs and abilities, i.e. nanny/babysitter

Registered service animals are welcome in all City-owned and operated facilities open to the public.

## Before registering

Contact us to discuss the suitability of the program you are considering, any special requirements, support options and to review the **Adapted Integration Form**.

→ Call 613-546-4291 ext. 1706 or email [clivingston@CityofKingston.ca](mailto:clivingston@CityofKingston.ca)

## Register early

See page 3 for the registration method that is most convenient for you. Online registration is available 24 hours/day at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

Download and complete the **Adapted Integration Form** a minimum one week prior to the program start date to allow adequate time to assess and determine if any program modifications are required. Download the form at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

## Inclusion program highlights

- **Aqua Arthritis** – for those who suffer from chronic conditions such as arthritis, rheumatoid arthritis, fibromyalgia, osteoporosis and Parkinson's disease and who would benefit from warm-water movement and exercise. (Page 48)
- **Private Aquatic Lessons** – one-on-one swim instruction. (Page 62)
- **Choir for the Blind** – with a focus on participation and inclusion participants work on pitch and mastering control of vocals. (Page 25)
- **Exercise and Falls Prevention Program** – designed to help older adults maintain their independence. Sessions incorporate both an educational and exercise component. Offered in partnership with VON. (Page 39 & 40)
- **Hearts in Action Cardiac Rehab Support** – post-cardiac rehabilitation membership with supervision on cardio and strength training equipment. (Page 40)
- **Leisure Connections** – year-round social/recreation program for independent or one-to-one supported adults. (Page 26)
- **Therapeutic Swim** – pool time available for those who want to work with a health practitioner/trainer or individually on prescribed exercises in a warm, therapeutic pool. (Page 47)
- **Therapeutic Pilates for Back Pain** – addresses the underlying structural imbalances in the body that lead to back pain. (Page 34)

# My Kingston



## Affordable transit pass

Discounted monthly bus passes for eligible Kingstonians.

### Transit Employment Program



A free two-month Kingston Transit pass

for recently-hired Kingston residents who need assistance getting to and from work. Applications are accepted at Employment Ontario offices in Kingston.

## Grand OnStage performances

Making entertainment more available to everyone! My Kingston participants can receive reduced-cost tickets to Grand Theatre OnStage (Go) performances at the Grand Theatre.



## Museum admission

Receive 50% off admission at the PumpHouse Museum as a My Kingston Participant!



## Responsible pet ownership

A voucher to assist with the cost to have a pet spayed or neutered.

## Kingston The Municipal Fee Assistance Program for low-income Kingstonians

**My Kingston** makes transit, recreation programs, museums, entertainment and responsible pet ownership more affordable for eligible Kingstonians in low-income households. Funding is available on a first-come, first-served basis until the annual program funds are spent.

## Additional details & application forms:

Available at:

 [CityofKingston.ca/  
Fee-Assistance](http://CityofKingston.ca/Fee-Assistance)

**Or pick up an application at one of these locations:**

- Artillery Park Aquatic Centre, 382 Bagot St.
- Housing and Social Services, 362 Montreal St.
- INVISTA Centre, 1350 Gardiners Rd.
- Rideau Heights Community Centre and Library, 85 MacCauley St.

## SPARK (Subsidy Program for Affordable Recreation in Kingston)

Funding for increased access to municipally-run recreation and arts programs, camps, fitness memberships and drop-in activities.



## Extended Health Benefits Program

Allows residents who have low incomes, and are not supported by Ontario Works or the Ontario Disability Support Program, to access adult dental care, and prescription medications.





# 2019/20 Fall & Winter Municipal Events



**Recreation Program Registration Day**  
6 p.m. | Rideau Heights Community Centre  
INVISTA Centre & Artillery Park Aquatic Centre  
[CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

AUG  
22



**Kingston Gets Active Month**  
FREE City-wide activities  
[KingstonGetsActive.ca](http://KingstonGetsActive.ca)

SEPT



**Summer's End Doggie Dip**  
5 p.m. | Outdoor Aqua Park  
[CityofKingston.ca/FeatureEvents](http://CityofKingston.ca/FeatureEvents)

SEPT  
17



**Fitness Frenzy**  
Sample our fall fitness class lineup FREE all week at  
Artillery Park Aquatic Centre & INVISTA Centre  
[CityofKingston.ca/FeatureEvents](http://CityofKingston.ca/FeatureEvents)

SEPT  
16-22



**Culture Days 2019**  
Tett Centre for Creativity & Learning  
[tettcentre.org/events/culture-days-2019](http://tettcentre.org/events/culture-days-2019)

SEPT  
27-29



**Remembrance Day**  
Cross of Sacrifice Cenotaph (at King at George Street)  
[CityofKingston.ca/FeatureEvents](http://CityofKingston.ca/FeatureEvents)

NOV  
11

Visit [CityofKingston.ca/FeatureEvents](https://CityofKingston.ca/FeatureEvents) to get all the details and updates on upcoming events!



NOV  
30

### WinterLight

10 a.m. to 5 p.m. | MacLachlan Woodworking Museum

[WoodworkingMuseum.ca](https://WoodworkingMuseum.ca)



DEC  
6

### Snow Much Fun

Springer Market Square  
(King St. & Market St.)

[CityofKingston.ca/FeatureEvents](https://CityofKingston.ca/FeatureEvents)



DEC  
7-8

### All Aboard for the Holidays

→ Stay Tuned! All Aboard After Hours (19 yrs+)

**PumpHouse** [KingstonPumpHouse.ca](https://KingstonPumpHouse.ca)



DEC  
31

### K-Town Countdown

Leon's Centre & Springer Market Square

[CityofKingston.ca/FeatureEvents](https://CityofKingston.ca/FeatureEvents)



FEB  
17

### Family Day Fun

Swim, skate and be active on Family Day  
at your municipal recreation centres.

[CityofKingston.ca/FeatureEvents](https://CityofKingston.ca/FeatureEvents)



UNTIL OCT  
13

### City Hall Tours

**FREE Guided Tours Until Oct. 13. Self-Guided Tours Year-Round.** Discover Kingston City Hall's fascinating history & artifacts.

[CityofKingston.ca/Explore/Culture-History/History/City-hall](https://CityofKingston.ca/Explore/Culture-History/History/City-hall)



# Community recreation centres

→ [CityofKingston.ca/Facilities](http://CityofKingston.ca/Facilities) 613-546-4291 ext. 1900/1800/1700



Artillery Park Aquatic Ce

## Artillery Park Aquatic Centre 382 Bagot St.

- Two pools, fitness centre, gymnasium, meeting space



## INVISTA Centre 1350 Gardiners Rd.

- Four arenas, fitness centre, track & field facility, meeting space



## Cataraqui Community Centre 1030 Sunnyside Rd.

## Centre 70 Arena 100 Days Rd.

## Kingston Memorial Centre 303 York St.

## Portsmouth Olympic Harbour 53 Yonge St.

## Rideau Heights Community Centre and Library 85 MacCauley St.

- Gymnasium, large hall, meeting space, teaching kitchen and public library  
[CityofKingston.ca/RHCC](http://CityofKingston.ca/RHCC)



## Leon's Centre 1 The Tragically Hip Way

- Box Office: 1-877-554-8399  
Ice Rentals: 613-546-4291 ext. 1804

Arena, meeting space, restaurant



**Community recreation centres** are the heart of our community providing programming, hosting sport tournaments, community meetings and events. Whether you're dropping in for an activity, attending a meeting or looking for a space to book a workshop, you are sure to find a venue perfect for your needs. Call or visit one of our community recreation centres today.

# Facility bookings

☎ Call us to book your next meeting, game or event at 613-546-4291 ext. 1900/1800/1700.

The City rents/issues permits for:

- Community meeting rooms and halls
- Pools – both indoor and outdoor
- Ice and arena floor
- Park and picnic areas
- Sports fields: ball diamonds, soccer fields, BMX track, CaraCo Home Field



**BOOKING OFFICE**  
**INVISTA Centre:**  
1350 Gardiners Rd.



🔍 Find out more about our facilities at [CityofKingston.ca/Facilities](http://CityofKingston.ca/Facilities)

For availability & rental fees, contact [FacilityBooking@CityofKingston.ca](mailto:FacilityBooking@CityofKingston.ca) or 613-546-4291 ext. 1900, 1800 or 1700. Checking ice availability is easy at [CityofKingston.ca/Arenas](http://CityofKingston.ca/Arenas)

## Special event bookings

☎ Call us to book your events and equipment at 613-546-4291 ext. 1801.

Equipment available to rent:

- Mobile stage
- Fold-and-go portable bleachers
- Outdoor movie screen and projector

**NOTE:** Permits will be issued for all bookings and must be signed and payments made before the booking date.

For availability and rental fee information, email [astephenson@CityofKingston.ca](mailto:astephenson@CityofKingston.ca) or call 613-546-4291 ext. 1801.



# Fitness facilities

## INVISTA Fitness & Wellness Centre

### Features:

- Cardio and strength-training equipment, spin bikes
- Youth Fit Zone – recumbent bikes and a strength training circuit
- Free admission to INVISTA Centre public skating with Wellness membership
- Fitness Studio
- Drop-in fitness classes, seven days a week
- Personal training options

**Fully accessible equipment and change rooms:** double-action ergometer, cable crossover, free-motion dual cable crossover, Krankcycle and free weights.



**INVISTA CENTRE**  
1350 Gardiners Rd.  
613-546-4291 ext.1891



### Fall/winter hours: (Sept. 3 to June 14)

- Monday to Friday: 6 a.m.-10 p.m.
- Saturday: 7 a.m.-8 p.m.
- Sunday: 8 a.m.-8 p.m.



**ARTILLERY PARK**  
382 Bagot St.  
613-546-4291 ext.1700



## Artillery Park Aquatic Centre

### Features:

- Two salt-water pools – lap pool and a leisure/therapy pool with a bubble bench and spray features (both with accessible ramp entry)
- Family/unisex change room with family-sized day lockers
- Men's and women's change rooms with day lockers and spin dryers for your bathing suit
- Dry sauna on the pool deck
- Cardio and strength-training equipment with cardio-theatre, spin bikes
- Drop-in fitness classes, seven days a week
- Personal training options

**Fully accessible fitness equipment and change rooms:** double-action ergometers, Krankcycle, free weights and cable machine.

### Fall/winter building hours:

- Monday to Friday: 6 a.m. - 9:30 p.m.
- Saturday & Sunday: 8 a.m. - 8 p.m.

Fitness room closes 30 mins. prior to building closure.

**NOTE:** While every effort is made to ensure information is accurate at the time of printing, we reserve the right to alter, change or cancel programs and services as required. HST is extra on all fees unless otherwise stated.

## Closures/Changes

### ➤ Artillery Park Aquatic Centre and INVISTA Centre

Sept. 2 – Labour Day  
Oct. 14 – Thanksgiving  
Dec. 24 – Christmas Eve (closes at 1:30 p.m.)  
Dec. 25 – Christmas Day  
Dec. 26 – Boxing Day  
Dec. 31 – New Year's Eve (closes at 1:30 p.m.)  
Jan. 1, 2020 – New Year's Day  
Feb. 17, 2020 – Family Day, limited hours  
Apr. 10, 2020 – Good Friday  
Apr. 13, 2020 – Easter Monday

### ➤ Artillery Park Aquatic Centre facility maintenance shutdown: Sept. 2-15 – building and pool closed, reception desk open M-F, 9 a.m.-4 p.m.

🔍 See Outdoor Aqua Park post-season schedule  
[CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)



# Facility memberships

## Fit pass All-inclusive pass

The Fit Pass offers access to INVISTA Fitness & Wellness Centre, Artillery Park Aquatic Centre, all municipal arena public skates, Outdoor Aqua Park and Belle Park Driving Range.<sup>†</sup>

**Includes:** Cardio/weight room, gymnasium, member fitness and aqua fit classes, recreational swims, public skating at municipal arenas and limited access to Belle Park Driving Range.<sup>†</sup>

<sup>†</sup>Five large buckets of balls with an individual membership.

	ANNUAL COST
Adult	\$546
Senior/Youth	\$435
Child	\$325
Parent & Child(ren)	\$905

## Wellness pass

The Wellness Pass offers access to both the INVISTA Centre and the Artillery Park Aquatic Centre.

**Includes:** Pools, sauna, gymnasium, cardio/weight room, member fitness and aqua fit classes.

	1 YEAR	6 MONTH	1 MONTH	12 VISIT*	DROP-IN*
Adult	\$424	\$242	\$50	\$115.50	\$10.50
Senior/Youth	\$339	\$194	\$40	\$93.50	\$8.50
Child	\$254	\$145	\$30	\$63.25	\$5.75
Parent & Child(ren)	\$653	\$407	\$100	N/A	\$6.50pp

**Gym or pool pass** Artillery Park Aquatic Centre or INVISTA Centre (single facility membership)

**Includes:** Cardio/weight room OR pool

	1 YEAR	6 MONTH	1 MONTH	12 VISIT*	DROP-IN*
Adult	\$234	\$140	\$34	\$63.25	\$5.75
Senior/Youth	\$187	\$112	\$28	\$52.25	\$4.75
Child (Gym Only)	\$135	\$80	\$20	\$33.75	\$3.25
Parent & Child(ren)	\$438	\$260	\$68	N/A	\$3.50pp**

## Age categories

**Tots:** 2 years and under  
**Child:** 3-12 years  
**Youth:** 13-24 years  
**Adult:** 25-64 years  
**Senior:** 65+ years

**Parent(s) & Child(ren):** Maximum two adults with their dependent children 24 years of age and under.

**NOTE:** Children 2 years and under are admitted at no charge.

## Personal training

One-on-one instruction and motivation available for beginners and those training for a sport-specific event. Personal trainers assess your current fitness level and prescribe a customized exercise plan to meet your goals. Purchase one-on-one sessions or buddy-up with a friend. [CityofKingston.ca/PersonalTraining](http://CityofKingston.ca/PersonalTraining).

## Fitness centre orientations

Book an orientation with our fitness centre personal trainers and learn how to use the cardio and weight equipment safely and effectively. Maximize your workout and get started with confidence. Orientation times may vary. Pre-registration is required. Orientations are only \$17.50 and include three free visits! Orientations are free with a Gym or Wellness membership purchase. Reserve your spot by calling 613-546-4291 ext. 1891 or 1700.

## Gifting fitness

Convenient and affordable! Fitness gift certificates are a popular gift idea available in any amount. Pick one up at one of our recreation centres.

## Membership refunds

Withdrawal/refund requests made on or after 50 per cent of the membership period has elapsed will be processed for medical reasons only, for the time remaining on the membership, and must be accompanied by a doctor's note. Requests will be processed as of the date of notification and cannot be backdated.

\*Drop-in and 12-visit passes include HST

\*\*Parent(s) and child(ren) per person (pp.) rate for Artillery Park Aquatic Centre Gym Pass includes gymnasium access only, does not include cardio/weight room.

# Get the most of your workout

## Personal training



Our certified trainers will guide you into a new workout routine or fine-tune your existing workout. A wide variety of packages are available.

**Start-up package** (one hour assessment/three hours training) **Cost:** \$214

**Ongoing sessions:** 1 hour session **Cost:** \$64

**Q Find out more about personal training at**  
[CityofKingston.ca/PersonalTraining](http://CityofKingston.ca/PersonalTraining)  
 613-546-4291 ext. 1803

## Fitness centre orientation

If you are looking to get started with weight and cardio equipment, ask about our fitness centre orientation. A certified personal trainer will give you the tips to get started on a safe, balanced and effective workout. Fitness orientation is free with a membership purchase, or for just \$17.50 you get an orientation and three visits!

### Join our fitness team!

**Personal Trainers, Aqua fit  
and Fitness Instructors**

**Contact Niamh at 613-546-4291 ext. 1803  
or [nnicholas@CityofKingston.ca](mailto:nnicholas@CityofKingston.ca)**

## Drop-in programs **Q** [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

### Drop-in and play

Whether you want to work out in a fully equipped weight room, take a group fitness class, reach your potential through personal training or drop-in for ball hockey we've got you covered seven days a week. Drop-in schedules at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

## Fitness & yoga

Cyclefit, yoga, aqua fit, bootcamp and Zumba, etc. at INVISTA Fitness & Wellness Centre and Artillery Park Aquatic Centre.

## Sports and open gym

Ball-hockey, badminton, pickleball, Karate, Shinny hockey, open gym, etc.

## Swimming

Recreational swims: lane, leisure, family, parent & tot, therapeutic, women's only, etc.

## Skating

Recreational skates: public skates, senior skates, Parent & tot, figure skating and Shinny hockey.

## Fitness centres

Our fitness centres offer a full range of cardio and strength equipment. Drop-in or purchase one of our memberships. **See page 11.** Minimum 16 years of age (ID required). Consult your doctor prior to beginning a fitness program.

## Fit Zone (kids & youth)

The INVISTA Fitness & Wellness Centre features a youth strength-training circuit and exercise bikes. Strength equipment is designed for participants 10-15 years. An orientation is required prior to equipment use. Details available by calling 613-546-4291 ext. 1891.

## Grade 5 & 9 ActivPass

Grade 5 and 9 students get in free to public swims, skates and open gym times at municipal recreation centres. Get the scoop at [KingstonGetsActive.ca](http://KingstonGetsActive.ca)

# Preschool programs

## Arts/Interest

### Muck and Mess

Who doesn't love making a mess? Join us for an hour of supervised, fun, and creative mess-making! Your little one will get an apron, but old clothing and short sleeve t-shirts are recommended. Participants will work with a variety of mediums including shaving cream, paint, slime, and more! Clean-up is on us!

**Age:** 4-6 yrs

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Nov 14, Th	4:45-5:30 p.m.	\$50/4	8513
Jan 9, Th	4:45-5:30 p.m.	\$50/4	8514

## Wellness

### Yoga for Children

Adana (postures), pranayama (breathing), and meditation done in a fun way. Yoga done through songs and stories, instilling a love of yoga at an early age.

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

**Age:** 2-3 yrs

DATE, DAY	TIME	COST/CLASSES	CODE
Sep 16-Nov 4, M	9:15-9:45 a.m.	\$49.80/6	8444
Nov 11-Dec 16, M	9:15-9:45 a.m.	\$49.80/6	8445
Jan 6-Feb 24, M	9:15-9:45 a.m.	\$58.10/7	8459
Mar 2-Apr 27, M	9:15-9:45 a.m.	\$58.10/7	8460

**Age:** 4-6 yrs

DATE, DAY	TIME	COST/CLASSES	CODE
Sep 19-Oct 31, Th	4-4:45 p.m.	\$58.10/7	8456
Nov 7-Dec 19, Th	4-4:45 p.m.	\$58.10/7	8457
Jan 9-Feb 27, Th	4-4:45 p.m.	\$66.40/8	8461
Mar 5-Apr 30, Th	4-4:45 p.m.	\$66.40/8	8462

*Note: No class Oct 14, 21, Feb 17, March 19*

## Get active with your baby

- ➔ **Baby & Me Aqua Fit**, page 48
- ➔ **Boot Camp – Mom & Baby**, page 28
- ➔ **Parent & Tot Swims**, page 47
- ➔ **Parent & Tot Skating**, page 42



Muck and Mess program fun!

## Sport



Get an early start on developing sports skills for children ages 2 to 6 with Sportball. These programs are focused on having fun and building the foundational skills for sport enjoyment. Visit [Sportball.ca](http://Sportball.ca) for more information. Children should wear indoor running shoes and clothing appropriate for getting active.

### Parent and Child Multi-Sport

Sportball Parent & Child programs help preschoolers refine motor skills, such as balance and coordination – and develop social skills, such as confidence, following instructions, turn-taking and sharing. A new sport is introduced each class. **NOTE:** A parent must attend with the child. Due to space limitations and program format, only one parent may be in the program room with the child at a time.

**Age:** 2-3 yrs

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Sep 21-Nov 2, Sa	10:15-11a.m.	\$111/6	8550
Nov 9-Dec 14, Sa	9:15-10 a.m.	\$111/6	8548
Jan 18-Mar 7, Sa	9:15-10 a.m.	\$148/8	8549

*Note: No class Oct 12*

**Location:** INVISTA Centre, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/CLASSES	CODE
Sep 21-Nov 2, Sa	3:30-4:15 p.m.	\$111/6	8545
Nov 9-Dec 14, Sa	3:30-4:15 p.m.	\$111/6	8546
Jan 18-Mar 7, Sa	3:30-4:15 p.m.	\$148/8	8547

*Note: No class Oct 12*



## Multi-Sport

Sportball Multi-Sport programs expose children to a different sport each class. Under the guidance of trained, certified coaches, children learn the basics of six popular sports. Children learn values such as teamwork, independence, and playing for the love of the game. **NOTE:** Due to space limitations and program format, parents/spectators may not be in the program room during the program.

**Age:** 3-5 yrs

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 21-Nov 2, Sa	9:15-10:15 a.m.	\$111/6	8529
Nov 9-Dec 14, Sa	10-11 a.m.	\$111/6	8530
Jan 18-Mar 7, Sa	10-11 a.m.	\$148/8	8531
<i>Note: No class Oct 12</i>			

**Location:** INVISTA Centre, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 21-Nov 2, Sa	2:30-3:30 p.m.	\$111/6	8533
Nov 9-Dec 14, Sa	2:30-3:30 p.m.	\$111/6	8534
Jan 18-Mar 7, Sa	2:30-3:30 p.m.	\$148/8	8537
<i>Note: No class Oct 12</i>			

**Age:** 5-7 yrs

**Location:** INVISTA Centre, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 21-Nov 2, Sa	4:15-5:15 p.m.	\$111/6	8538
Nov 9-Dec 14, Sa	4:15-5:15 p.m.	\$111/6	8539
Jan 18-Mar 7, Sa	4:15-5:15 p.m.	\$148/8	8540
<i>Note: No class Oct 12</i>			

## Ball Hockey

Sportball's Ball Hockey programs introduce children to the fundamental concepts of the game in a fun, supportive, non-competitive environment. Coaches zero-in on skills like passing, shooting basic positioning, stick handling and goal tending in fun, exciting, skill-focused play.

**Age:** 5-7 yrs

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 21-Nov 2, Sa	11-12 p.m.	\$111/6	8541
Nov 9-Dec 14, Sa	11-12 p.m.	\$111/6	8542
Jan 18-Mar 7, Sa	11-12 p.m.	\$148/8	8543
<i>Note: No class Oct 12</i>			

## Skating

### Preschool Little Blades

This program focuses on balance, starting, stopping and turns. We encourage all participants to practice their skating skills during our Parent & Tots Public skates.

**Beginner:** No previous skating experience.

**Intermediate:** Stands on skates on ice.

Hockey helmets with protective screens and neck guards are mandatory. No bicycle helmets permitted. Mitts and snow pants are recommended. We encourage all participants to practice their skating skills during our Parent & Tots public skates.

**Age:** 2-4 yrs

**Location:** INVISTA Centre, 1350 Gardiners Rd.

#### Beginner Class

DATE, DAY	TIME	COST/ CLASSES	CODE
Jan 8-Mar 11, W	10:30-10:55 a.m.	\$107/10	7709
Jan 8-Mar 11, W	10:55-11:20 a.m.	\$107/10	7708

#### Intermediate Class

DATE, DAY	TIME	COST/ CLASSES	CODE
Jan 8-Mar 11, W	10-10:25 a.m.	\$107/10	7706
Jan 8-Mar 11, W	11:25-11:50 a.m.	\$107/10	7707

➔ **See Little Blades (ages 4-12 yrs),** page 20

➔ **Power Skating (ages 5-8 yrs),** page 20

## Kingston Gets Active in Sept.

City-wide **FREE** activities for the whole family all month long.

🔍 **Activity details at**  
[KingstonGetsActive.ca](http://KingstonGetsActive.ca)



Free PLAY Library kits are available to borrow at Rideau Heights Community Centre! They are bursting with activities to play at home and age-appropriate equipment – all for free! [KingstonGetsActive.ca](http://KingstonGetsActive.ca)



## Family Day Activities

**A play date for the family. Join us for a skate, swim or active fun.** 🔍 [CityofKingston.ca/FeatureEvents](http://CityofKingston.ca/FeatureEvents)

# Children's programs

## P.A. Day Drop-in activities

🔍 Visit [CityofKingston.ca/SchoolBreak](https://www.cityofkingston.ca/SchoolBreak)

**DATES:** Sept. 27, Nov. 1, 29, Jan 31, Apr 3.

**Skating:** INVISTA Centre, 1350 Gardiners Rd.

### Junior Shinny Hockey

Ages 7-9 10-10:50 a.m.

Ages 10-12 11-11:50 a.m.

### Parent & Tot Skating/Stick & Puck (split ice)

6 yrs & under 10:30-11:50 a.m.

### Public Skating

All ages 1-2:45 p.m.

### Swimming:

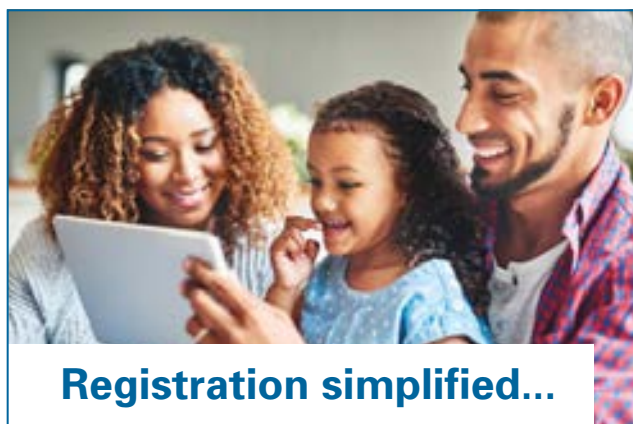
Artillery Park Aquatic Centre, 382 Bagot St.

### Leisure Swim

All ages 1:30-2:55 p.m.

## More drop-in fun...

➔ Anytime is a good time to be active



## Registration simplified...

**We've improved our online registration experience**

- Create and update your own account
- Search for programs by age or activity
- Optimized viewing on tablets and smart phones

➔ [CityofKingston.ca/PLAY](https://www.cityofkingston.ca/PLAY)



Junior Bootcamp, 9-12 yrs, page 19

## Toonie Swims & Skates

### \$2 Leisure Swims

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

**Time:** Thursdays, 7-8:25 p.m.

**Dates:** Oct. 10, Nov. 14, Dec. 12, Jan. 9, Feb. 13, Mar. 12

### \$2 Public Skates

**Location:** Kingston Memorial Centre, 303 York St.

**Time:** Wednesdays, 5-5:50 p.m.

**Dates:** Oct. 23, Dec. 18, Feb. 19

**Location:** Centre 70, 100 Days Rd.

**Time:** Thursdays 4-4:50 p.m.

**Dates:** Nov. 19, Jan. 21, Mar. 24

## Open Gym – Family

Drop-in and traverse the climbing wall or shoot some hoops with your family. Open Gym is your time to pick up and play. **NOTE:** Ball Hockey is not permitted during this open gym time.

**Ages:** All

**Location:** Artillery Park Aquatic Centre, Matthew Cahill Gymnasium, 382 Bagot St.

**Time:** Saturdays, 6:30-8 p.m.

**Dates:** Sept. 21 to March 28

<b>Cost:</b> Adults	\$5.75/visit
Children	\$3.25/visit
Youth/Senior 65+	\$4.75/visit
Parent(s) & Child(ren)	\$3.50 pp

Free with your Gym or Wellness Pass membership

➔ **More Open Gym,** [CityofKingston.ca/DropInSports](https://www.cityofkingston.ca/DropInSports)

➔ **Skating,** page 42

➔ **Swimming,** page 47

## March Break Camp

March 16-20

Laugh, play, and have fun. Enjoy sports, games, crafts, swimming and local outings. Friday includes trip to the Boiler Room Climbing Gym. Daily and weekly options available. **NOTE:** Extended supervision is available from 8 to 9 a.m. and 4 to 5:30 p.m. and must be registered for separately.

**Age:** 6-12 yrs

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

### Full Week Camp

Monday to Friday, 9 a.m.-4 p.m.

**Cost:** \$162/5      **Code:** 8508

### Full Week Extended Supervision

8-9 a.m. and 4-5:30 p.m.

**Cost:** \$37.50      **Code:** 8510

### Daily Camp (includes extended supervision)

Monday to Friday, 8 a.m.-5:30 p.m.

**Cost:** \$46.50/day      **Code:** 8512

## Attention parents!

### Food allergies

If your child suffers from life-threatening allergies, please download and fill in the Medication Administration Request and Allergy/Anaphylaxis Emergency Plan forms to accompany your program registration. The forms are required for each child who may need them.



 Find them at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

Information will be provided to recreation staff and shared with your child's instructor as appropriate.



**HIGH FIVE®** is Canada's only quality assurance standard for organizations providing recreation and sport programs to children 6 to 12.

As a HIGH FIVE-registered organization, the City of Kingston is committed to implementing HIGH FIVE's safety and quality measures for its children's recreation programs.

## Leadership

### Home Alone – Canada Safety Council

Provide your children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. This program will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Program focus: small group discussions, problem solving, role-playing, and instructor-led demonstrations.

**Age:** 10 yrs and up

**Location:** Artillery Park Aquatic Centre, Poolside room, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Sept 26, Th	5-7:30 p.m.	\$25/1	10028
Nov 9, Sa	9-11:30 a.m.	\$25/1	10029
Jan 25, Sa	9-11:30 a.m.	\$25/1	10030
Mar 7, Sa	9-11:30 a.m.	\$25/1	10031

**Location:** INVISTA Centre, Downstairs Hall A, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/CLASSES	CODE
Oct 10, Th	5-7:30 p.m.	\$25/1	10032
Dec 19, Th	5-7:30 p.m.	\$25/1	10033
Feb 13, Th	5-7:30 p.m.	\$25/1	10034

## Looking for your first job?

 **Babysitting Course**, page 22

### NEW! Bronze Star & Swim Sports

Lifesaving Society Bronze Star combined with the Red Cross Swim Sports program. This combination provides excellent preparation for success in Bronze Medallion as well as the building blocks for several aquatic sports. Participants develop problem-solving and decision-making skills both individually and in partners, increase endurance and aquatic physical literacy. This course includes a 400-metre timed swim/endurance challenge.

**Age:** 8 yrs and up

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Sep 29-Nov 24, Su	4-6:30 pm	\$150/8	8567
Jan 19-Mar 8, Su	4-6:30 pm	\$150/8	9545

*Note: No class Oct 13*



## Arts/Interest

### Art and Crafting with Majella

Kids that enjoy creating with their hands will love these classes led by an instructor with more than 20 year of experience. Each class will encourage children to explore their creativity through the use of interesting materials and techniques. These classes are too much fun to miss. Tell your friends to sign up too!

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

#### Children's Woodworking Level 1

A great opportunity to learn basic wood working skills and build sweet little projects. We will build an adorable wooden bird, a delightful flower pot, a jointed squirrel and two small boats. Wear your messy cloths and bring a water bottle. This course is offered in association with the MacLachlan Woodworking Museum.

**Age:** 6-12 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 15-Nov 5, Tu	6-7:30 p.m.	\$70/4	8478
Jan 15-Feb 5, W	6-7:30 p.m.	\$70/4	8483

#### Children's Woodworking Level 2

This woodworking class is a little more challenging than level 1. Some basic experience with hammer, nails, and screwdrivers is required. On the menu: a treasure box, a cool wooden vehicle and a lovely boat. Children will be very proud of what they will create. This course is offered in association with the MacLachlan Woodworking Museum.

**Age:** 9-12 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Feb 12-Mar 4, W	6-7:30 p.m.	\$70/4	8484

#### 1 2 3 Origami

The instructor for this class is CRAZY for origami and wants to share many folding techniques and lovely Japanese paper with any child who loves paper crafts. Many cool and interesting pieces will be made over the four classes. Bring your water bottle and a little patience and learn to make amazing works of art with just a sheet of paper.

(1 2 3 Origami continued in next column)

**Age:** 6-12 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Jan 14-Feb 4, Tu	6-7:30 p.m.	\$70/4	8486

#### Mix 'n Match Art

Each week children will be introduced to a few cool tools (scissor die cutter, guillotine, embosser, etc. to create one of a kind works of art. You'll be surprised at what you can make with several unusual items. All materials are supplied so just bring your water bottle and your messy cloths.

**Age:** 6-12 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 16-Nov 6, W	6-7:30 p.m.	\$70/4	8480
Feb 11-Mar 3, Tu	6-7:30 p.m.	\$70/4	8485



**K-TOWN  
birthday  
PARTIES**

CityofKingston.ca/Birthday  
Call to book:  
**613-546-4291,**  
ext. 1700 or 1800

**Big Splash Pool Party**  
public or private -  
indoor or outdoor

**Sports of all Sorts  
Gym Party**

**Ice Skating Party**  
public or private



## Arts/Interest (continued)

### Get Crafty

There is nothing like good old arts and crafts to bring out children's creative side. In this 4 week program participants will complete a different craft each week, creating unique works of art they can take home to display.

**Age:** 6-12 yrs

**Location:** Artillery Park Aquatic Centre, Pool side room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 28-Nov 18, M	6:30-7:30 p.m.	\$40/4	8489
Jan 20-Feb 10, M	6:30-7:30 p.m.	\$40/4	8490

### Woodworking Programs

Explore woodworking and craft with traditional hand tools at the MacLachlan Woodworking Museum. Spend a day at the museum and take home a finished masterpiece!

**Location:** MacLachlan Woodworking Museum, 2993 Highway 2 East

#### Sword and Shield

Looking for a unique costume? Design and shape your own wooden sword, and then build a traditional shield to protect yourself! Once finished, become a sword master with our special guest instructor. Participants learn safety and basic sparring instruction while having the time of their lives!

**Age:** 6-12 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 25, F	10 a.m.-4 p.m.	\$60/1	7757

#### Pumpkin Carving Workshop

Design and carve the surface of your own pumpkin! Learn basic relief carving techniques in a safe environment to create depth and visual interest. Group size is limited to a maximum of 4 individuals; group must include one adult.

**Age:** 5 yrs+

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 26, Sa	10 a.m.-12:30 p.m.	\$25/1	7758
Oct 26, Sa	1:30-4 p.m.	\$25/1	7759

### Children's Hip Hop

Learn the basics of Hip Hop dancing from an experienced instructor. Participants will choose a song as a group and will learn a routine to perform for family and friends during the final class. Offered for Junior and Senior age groups to match the instruction to the developmental stage of participants.

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

**Age:** 6-9 yrs – Junior

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 28-Dec 16, M	6:30-7 p.m.	\$55.04/8	8491
Jan 13-Mar 9, M	6:30-7p.m.	\$55.04/8	8493

*Note: No class Feb 17*

**Age:** 8-12 yrs – Senior

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 28-Dec 16, M	7-8 p.m.	\$80/8	8492
Jan 13-Mar 9, M	7-8 p.m.	\$80/8	8494

*Note: No class Feb 17*

### Children's Jazz

Learn the basics of Jazz dance with a focus on learning basic techniques of the various styles of Jazz. Children will learn fun and trendy dance steps in an upbeat music environment. Offered for Junior and Senior age groups to match the instruction to the developmental stage of participants.

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

**Age:** 6-9 yrs – Junior

DATE, DAY	TIME	COST CLASS	CODE
Sep 18-Oct 23, W	6-6:30 p.m.	\$40.02/6	8496
Jan 11-Feb 15, Sa	6-6:30 p.m.	\$40.02/6	8499

**Age:** 8-12 yrs – Senior

DATE, DAY	TIME	COST CLASS	CODE
Sep 18-Oct 23, W	6:30-7:30 p.m.	\$60/6	8498
Jan 11-Feb 15, Sa	6:30-7:30 p.m.	\$60/6	8500

### KIDS CREATIVITY CLUB AT THE TETT CENTRE

Saturday morning drop-in art program at the Tett Centre for Creativity & Learning. It is an opportunity for children and their families to experience the arts together. Each week participants can enjoy a variety of hands-on, creative arts activities with local artists and volunteers. Come and explore, create, and be inspired at the Tett! [TettCentre.org/events/kids-creativity-club-22](http://TettCentre.org/events/kids-creativity-club-22)  
Saturdays, 10 a.m.-12 p.m., September – May  
Ages: 1-10 (Adult supervision required)



 Register online for courses 24/7 at  
[CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

## Musical Theatre Classes with Blue Canoe Productions

For the last 10 years, Blue Canoe has been the major theatre hub for youth ages 13-30. Blue Canoe successfully launched Launch Point Academy, a theatre arts education program for children ages 5-15. Blue Canoe's focuses on giving youth in Kingston theatre opportunities that are fun, educational and inclusive.

Our musical theatre performance class will look at singing and acting for musicals in a fun, engaging way and is open to those of all skill levels. Instructors will teach young actors to become triple-threat performers in singing, dancing, and acting through weekly classes.

**Age:** 8-15 yrs

**Location:** The Spire (82 Sydenham St).

COST/CLASSES	CODE	→ Visit us at: <a href="http://CityofKingston.ca/PLAY">CityofKingston.ca/PLAY</a> for dates and times
\$60/4	8516	
\$60/4	8517	

## Fitness

### Boot Camp – Junior

Using the specialized youth equipment at the INVISTA Fitness Centre, a certified instructor will take participants through a complete full-body strength-training circuit that focuses on improving their strength and abilities while learning and understanding the importance of safe and proper technique.

**Age:** 9-12 yrs

**Location:** INVISTA Centre, Kidz Fit Zone, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/CLASSES	CODE
Sep 21- Nov 2, Sa	10-10:45 a.m.	\$56/7	8185
Nov 9- Dec 21, Sa	10-10:45 a.m.	\$56/7	8186
Jan 11- Feb 29, Sa	10-10:45 a.m.	\$64/8	8187
Mar 7- Apr 25, Sa	10-10:45 a.m.	\$64/8	8188

## Cross Training for Youth Sports Teams

Cross training is an essential part of any sports team training regimen. Certified trainers will take your team through a sport specific workout designed to help improve your team's performance on the ice, in the field or on the court. Our training includes spin classes, strength, speed and agility classes as well as circuit training and flexibility classes.

**Ages:** 10-17

**Location:** INVISTA Centre, 1350 Gardiners Rd. and Artillery Park Aquatic Centre, 382 Bagot St.

**Cost:** \$87/45 minute session for a maximum 17 participants

**Contact:** Niamh for information and booking at 613-546-4291 ext. 1803

## Sport

### Dodgeball Boot Camp

Dodgeball is a fast-paced sport that is played across the world. Being a good Dodgeball player means that you can accurately throw and hit a moving target; a difficult skill for children to master. Join us for Dodgeball Boot Camp to start your Dodgeball training! Classes will include a warm-up, skills development, and different Dodgeball variations each week!

**Age:** 6-12 yrs

**Location:** Artillery Park Aquatic Centre, Matthew Cahill Gymnasium, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Oct 19-Nov 9, Sa	3:30-4:30 p.m.	\$40/4	8487
Feb 15-Mar 7, Sa	3:30-4:30 p.m.	\$40/4	8488

### Karate for Children & Youth

Karate is a fun way to get fit, improve strength, coordination, concentration, self-esteem and relieve stress. Our Karate program offers high-quality instruction at the lowest possible price. **NOTE:** Wear comfortable clothing suitable for being active. We offer both children and youth age groups to match the instruction to the developmental stage of participants.

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

(Karate for Children & Youth continued on next page)



## Gifting fun!

Recreation gift certificates are great for birthdays or any occasion!

- ✓ Gift memberships, swimming lessons, fitness classes, personal training & more.
- ✓ Available in any denomination.
- ✓ Pick one up at any City recreation centre!



(Karate for Children & Youth continued from previous page)

### Children's Karate

A great introduction to Karate.

**Age:** 7-9 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 30-Dec 18, W	6-6:30 p.m.	\$42/8	8501
Jan 22-Mar 11, W	6-6:30 p.m.	\$42/8	8503

### Youth Karate

A great introduction to Karate.

**Age:** 9-14 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 30-Dec 18, W	6-6:30 p.m.	\$68/8	8502
Jan 22-Mar 11, W	6:30-7:30 p.m.	\$68/8	8504

## Active fun in the water

➔ **Water Polo (6-12 yrs) & Swim Sports (7-12 yrs), page 49**

## Avoid Head Injury Play Safe!



Concussions are potentially serious head injuries and can occur during sports and recreational activities. Concussion symptoms may go unnoticed; however, repeat concussions that occur before the brain has a chance to recover can increase the chances you will suffer long-term effects.

Learn about the signs, symptoms and prevention of concussions and be better prepared to prevent, identify and manage them.

**Let's work together to prevent concussions and make Kingston a safer place to play.**



🔍 Visit [CityofKingston.ca/PlaySafe](http://CityofKingston.ca/PlaySafe)

## Little Blades – Skating Lessons

This learn-to-skate program focuses on balance, stopping, moving forward, backwards and turns. During the first class, participants are assessed on their skating abilities and placed into groups. Instructor ratios: 1:10. Before registering your children for the first time in Little Blades, we recommend you them to the ice through our public skating program. It will give them more confidence on the ice before beginning formal instruction. Hockey helmets with protective screens and neck guards are mandatory. No bicycle helmets permitted. Mitts and snow pants are recommended.

**Age:** 4-12 yrs

**Location:** INVISTA Centre, Selkirk Lifestyle Homes Ice Pad, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 1-Dec 3, Tu	4:30-4:55 p.m.	\$107/10	7548
Oct 1-Dec 3, Tu	5:00-5:25 p.m.	\$107/10	7549
Oct 1-Dec 3, Tu	5:25-5:50 p.m.	\$107/10	7550
Oct 1-Dec 3, Tu	5:55-6:20 p.m.	\$107/10	7551

## Power Skating K-Town

Improve your stride, edges, crossovers, agility and speed. This 5 week program is designed skaters that have participated in organized hockey or ringette. Participants must wear full hockey equipment and bring their own hockey/ringette stick. Participants must know how to skate. This program is not for beginners.

**Location:** INVISTA Centre, Selkirk Lifestyle Homes Ice Pad, 1350 Gardiners Rd.

**Ages:** 5-8 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Mar 24-Apr 21, Tu	4:30-5:20 p.m.	\$110/5	7570

**Ages:** 9-12 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Mar 24-Apr 21, Tu	5:30-6:20 p.m.	\$110/5	7572

## Always looking for instructors...

Skating, interest courses, fitness instructors and more.

Contact us at: [Recreation@CityofKingston.ca](mailto:Recreation@CityofKingston.ca)

## Skateboarding Lessons

Learn to shred from experienced skateboard coaches. Children can learn this popular sport for the first time or expand their abilities. Classes available in two age groups and three skill levels.

- Mini Boarders and Beginner's classes are for those who are new to skateboarding.
- Intermediate level is for those able to ride on a board and ready to move on to basic tricks.

**NOTE:** For safety reasons, this program can only run in dry weather. In the case of rain or wet ground, the class will be cancelled and rescheduled. All participants must wear proper safety equipment to the class including: skateboard, helmet, wrist guards, elbow and knee pads.

"New School" twin tailed skateboards are required. Skateboards and other equipment can be provided as required.



➔ **Check out Kingston's Skate Parks at**  
[CityofKingston.ca/SkateParks](http://CityofKingston.ca/SkateParks)

**Location:** Polson Skate Park, 153 Robert Wallace Dr.  
(parking off of Portsmouth Ave.)

**Mini Boarders Age:** 5-7 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 14-Oct 5, Sa	9-9:45 a.m.	\$62/4	8523
Sep 14-Oct 5, Sa	10-10:45 a.m.	\$62/4	8524

**Beginners Age:** 7-12 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 14-Oct 5, Sa	9-10 a.m.	\$67/4	8525
Sep 14-Oct 5, Sa	10-11a.m.	\$67/4	8526

**Intermediate Age:** 7-12 yrs

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 14-Oct 5, Sa	11 a.m.-12 p.m.	\$67/4	8527

## Sports of 4 Sorts



Children will get active playing a different recreational sport each week. Each class will cover some of the fundamental skills of the featured sport followed by a pickup game with a focus on having fun and getting active. Sports will include basketball, floor hockey, soccer and badminton/volleyball.

**Age:** 6-12 yrs

**Location:** Artillery Park Aquatic Centre,  
Matthew Cahill Gymnasium, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Nov 16-Dec 7, Sa	3:30-4:30 p.m.	\$40/4	8552
Jan 18-Feb 8, Sa	3:30-4:30 p.m.	\$40/4	8553

## Drop-in to play

- ➔ Slide into the rink for a skate, page 42
- ➔ Jump into the pool for a swim, page 44

## Grade 5 & 9 ActivPass

Get in **FREE** to public swims, skates and open gym times at municipal recreation centres.

Students: show your grade 5 or 9 ActivPass/  
student ID at each visit to gain entry.

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

**Kingston Gets Active – raising awareness  
of the benefits of physical activity.**



# Youth programs

## Y2K – Youth 2 Kingston

Y2K offers young people an opportunity to volunteer or gain work experience with their peers working on projects, events, and/or issues they find important. We are creating opportunities for youth to take leadership roles in their community through the creation of various youth councils. These councils focus on a variety of topics including, but not limited to politics, mental health, the arts, and diverse populations. Anti-racism and LGBTQ+ working groups have been created by youth, for youth, that aim to better Kingston's inclusive practices for all young people, and we are always looking to add new voices to the conversations.

Y2K coordinates regular community action meetings, Youth Week in May, and a Youth Forum in December. We welcome partnerships from youth serving organizations to better their outreach to young people.

**To learn more or to get involved, contact our Network Coordinator, Amber Lockwood** ([amber@studentscommission.ca](mailto:amber@studentscommission.ca)), and follow us on all social media platforms (@Youth2Kingston), and visit our website [KFLAyouth.ca](http://KFLAyouth.ca)

## City of Kingston is proud to be a youth-friendly community

This designation was achieved through demonstrating commitment to providing young people with opportunities to play, participate in and contribute to their community.



**PLAY WORKS**  
Partnership for Active and Engaged Youth



Youth Wellness or Gym Memberships, so much for so little, page 11

## Leadership

### Babysitting Course – Canada Safety Council

This course has special training for young people interested in babysitting including: rights and responsibilities, child development and behavioral problems, nutrition, safety and basic first aid, handling emergencies, children with special needs and more. **NOTE:** Bring lunch to class and bring a stuffed animal or toy.

**Age:** 12 years of age or older

**Location:** INVISTA Centre, Downstairs Hall A, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/CLASSES	CODE
Nov 29, F	9 a.m.-5 p.m.	\$85/1	10020
Jan 31, F	9 a.m.-5 p.m.	\$85/1	10022

**Location:** Artillery Park Aquatic Centre, Pool Side Room, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Sept 27, F	9 a.m.-5 p.m.	\$85/1	10023
Nov 1, F	9 a.m.-5 p.m.	\$85/1	10026

**Location:** Rideau Height Community Centre, Room A, 85 MacCauley St.

DATE, DAY	TIME	COST/CLASSES	CODE
Apr 3, F	9 a.m.-5 p.m.	\$85/1	10027

## Resume Building...

- ➔ **Lifeguarding** – develop leadership skills and become a lifeguard. Sign up for Aquatic Leadership Courses, page 64
- ➔ **First aid training is a requirement for many student jobs.** Sign up page 66



## Art/Interest

### Photography Fundamentals: My SLR

A course for those who own an SLR camera and would like to learn to use it to its full potential. Get the best photos possible from your digital camera by learning the capabilities and settings used by professional photographers. Topics include: aperture settings, shutter speed, lenses and sensors, as well as basic strategies for getting that perfect shot.

**Age:** 13 yrs and up

**Location:** Artillery Park Aquatic Centre, Boardroom, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Jan 20- 27, M	6-8 p.m.	\$40/2	8518

### Women's Self-Defense Clinic for Youth and Adults

Over the two classes participants will learn the basics of self-defense from an experienced martial arts instructor. Focus will be on both situational awareness and learning several easy to remember techniques for defending against an attacker. **NOTE:** There are two weeks between classes.

**Age:** 13 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Sept 24 & Oct 8, Tu	8-9:30 p.m.	\$38/2	8520

➔ **Travelling abroad?** Get some tips – Conversational Spanish! page 26

➔ **Musical Theatre Classes with Blue Canoe Productions,** page 18



### Registration simplified...

**We've improved our online registration experience**

- Optimized viewing on tablets and smart phones
- View drop-in schedules
- Search for programs by age or activity
- Create and update your own account

➔ [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

# the tett

## AFTER-SCHOOL MAKERS

Wednesdays, 3:30pm-5:30pm  
September 18th - October 23rd

Grades 7-12 FREE  
Pre-Registration required  
Register for individual sessions below!  
[www.tettcentre.org](http://www.tettcentre.org)

A new weekly teen art program!

## Fitness

### Boot Camp – Youth

Using the specialized youth equipment at the INVISTA Fitness Centre, a certified instructor will take participants through a complete full-body strength-training circuit that focuses on improving their strength and abilities while learning and understanding the importance of safe and proper technique.

**Age:** 13-15 yrs

**Location:** INVISTA Centre, Kidz Fit Zone, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/CLASSES	CODE
Sep 21-Nov 2, Sa	11-11:45 a.m.	\$56/7	8275
Nov 9-Dec 21, Sa	11-11:45 a.m.	\$56/7	8276
Jan 11-Feb 29, Sa	11-11:45 a.m.	\$64/8	8277
Mar 7-Apr 25, Sa	11-11:45 a.m.	\$64/8	8278

### Cross Training for Youth Sports Teams

Cross training is an essential part of any sports team training regimen. Certified trainers take your team through a sport-specific workout designed to help improve your team's performance on the ice, in the field or on the court. Training includes spin classes, strength, speed and agility classes as well as circuit training and flexibility classes.

**Ages:** 10-17 yrs

**Location:** INVISTA Centre, 1350 Gardiners Rd. and Artillery Park Aquatic Centre, 382 Bagot St.

**Cost:** \$87/45 minute session for a maximum 17 participants

**Contact:** Niamh for information and booking at 613-546-4291 ext. 1803

### Youth Membership\* Get Active This Fall

**Artillery Park Aquatic Centre or INVISTA Fitness & Wellness Centre**

Gym or Pool memberships: \$16/mth  
(Based on one-year membership)

\*Youth memberships: 13-24 years old.

**Q Visit [CityofKingston.ca/Fitness](http://CityofKingston.ca/Fitness)**

## Sport

### Karate – Beginners

This class is designed to accommodate beginner youth and adults in progress through the practice of traditional martial arts training in Kata and Kumite.

**Ages:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Oct 30-Dec 18, W	7:30-8:30 p.m.	\$70/8	8506
Jan 22-Mar 11, W	7:30-8:30 p.m.	\$70/8	8507

### Drop-in programs

At Artillery Park Aquatic Centre, 382 Bagot St.  
Drop-in fees include HST.

### \$2 Friday Night Swim & Gym

Jump in the pool and/or shoot some hoops or enjoy other gym activities every Friday night.

**Ages:** 13-24 yrs

**Day:** Fridays

**Dates:** Sept 16 – March 31

**Time:** 8-9:30 p.m.

**Cost:** \$2/person. Free with your Gym pass or Grade 9 ActivPass.

### Youth Open Gym Drop-In

Head to the gym after-school for pick-up sports and gym activities.

**Ages:** 10-24 yrs

**Days:** Monday to Friday

**Dates:** Sept 20 – March 29

**Time:** 3-5 p.m.

*No class: Oct. 14, Dec. 25, 26, Jan. 1*

**Cost:** \$4.75/person or Free with your Gym membership or Grade 5 & 9 ActivPass

### Grade 9 ActivPass

**FREE** public swims, skates and open gym times!  
Show your grade 9 student ID at municipal recreation centres for access.

**Q [KingstonGetsActive.ca](http://KingstonGetsActive.ca)**

**Kingston Gets Active initiative raises awareness of the benefits of physical activity.**

**Get there by bus!** High school students ride **FREE** on Kingston Transit with a Student Transit Pass.

**Q [KingstonTransit.ca](http://KingstonTransit.ca)**

# Adult programs

## Arts/Interest

### Choir (for the low vision & the blind)

Join Eric Voice, a four-time Canadian and American Native Music Award nominee, in a fun, social and creative music environment! It's all about participation and inclusion as we work on pitch and mastering control of vocals!

**Age:** 18 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Dec 10, Tu	10:30-11:30 a.m.	\$104/13	7931

### Photography Fundamentals: My SLR

A course for those who own an SLR camera and would like to learn to use it to its full potential. Get the best photos possible from your digital camera by learning the capabilities and settings used by professional photographers. Topics include: aperture settings, shutter speed, lenses and sensors, as well as basic strategies for getting that perfect shot.

**Age:** 13 yrs and up

**Location:** Artillery Park Aquatic Centre, Boardroom, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Jan 20-27, M	6-8 p.m.	\$40/2	8518

### Photography – Tour De Kingston Photography Group

Fun, social and active, this group will explore and get to know various Kingston historical sites, buildings, parks, waterfront locations and compile a collage of photos at the end of course!

**Age:** 18 yrs and up

**Location:** Outdoors – Various Locations

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 28-Oct 19, Sa	10-11 a.m.	\$64/4	7992



Mind & Body programs, page 33-35

## Woodworking Programs

Explore woodworking and craft with traditional hand tools at the MacLachlan Woodworking Museum. Spend a day at the museum and take home a finished masterpiece! **NOTE:** Lunch is not supplied, but picnics are welcome.

**Location:** MacLachlan Woodworking Museum, 2993 Highway 2 East

### Charcuterie Board

Leave the power sanders at home and use handplanes, handsaws, and cabinet scrapers to convert a rough-sawn piece of live-edge walnut into a stunning food display board! The workshop wraps up with finishing and oiling the surface.

**Age:** 18 yrs and up

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 5, Sa	10 a.m.-4 p.m.	\$60/1	7756

### Winter Wreath Making Workshop

Add a touch of homemade charm to your front door this holiday season! Learn how to craft your own stunning winter wreath with natural materials and your choice of finishing decorations. The workshop includes the wreath ring, guided instruction, greenery, berries and other natural accents.

**Age:** 16 yrs and up

DATE, DAY	TIME	COST/ CLASSES	CODE
Nov 16, Sa	10 a.m.-12:30 p.m.	\$45/1	7760
Nov 16, Sa	1:30-4 p.m.	\$45/1	7761

➔ **Optimize tablet & smartphone use at Re-Connect, page 38**



## Spanish Conversational Intro

This course provides an introduction to the basics you'll need for most conversations. You'll also learn numbers, colours, days of the week, months of the year and telling time. Included are cultural tips to help prevent misunderstandings for example, if travelling.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Boardroom, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 19-Oct 31, Th	6-7 p.m.	\$58.10/7	7998
Nov 7-Dec 19, Th	6-7 p.m.	\$58.10/7	8000
Jan 9-Feb 27, Th	6-7 p.m.	\$66.40/8	8002
Mar 5-Apr 23, Th	6-7 p.m.	\$66.40/8	8004

## Spanish Conversational Level 1

Review the basics you'll need for most conversations and enhance the conversation-building skills learned in our introductory program. Practice speaking, add to your vocabulary and learn the grammar and verbs used when talking about routine activities. Topics include meeting people, introducing yourself, being on vacation, being at a restaurant and at the store, favourite things, vocabulary relating to hobbies and being at home.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Boardroom, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 19-Oct 31, Th	7-8 p.m.	\$58.10/7	8007
Nov 7-Dec 19, Th	7-8 p.m.	\$58.10/7	8008
Jan 9-Feb 27, Th	7-8 p.m.	\$66.40/8	8009
Mar 5-Apr 23, Th	7-8 p.m.	\$66.40/8	8010

## Woman's Self-Defense Clinic for Youth & Adults

Over the two classes participants will learn the basics of self-defense from an experienced martial arts instructor. Focus will be on both situational awareness and learning several easy to remember techniques for defending against an attacker. **NOTE:** There are two weeks between classes.

**Age:** 13 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sept 24 & Oct 8, Tu	8-9:30 p.m.	\$38/2	8520

➔ **Be prepared...First Aid courses, page 66**

## Leisure Connections Program

Leisure Connections is a year-round social/recreation program for independent or one-to-one supported adults. Adults of mixed abilities participate in weekly coordinated recreation activities, events and excursions such as bowling, swimming, Karaoke, community events, dancing, crafts, movie nights, game nights, sports and more.

**Requirements:** Participants are responsible for their own self-care needs (transportation, medication, toileting and feeding). Those who are not independent in all self-care skills must provide their own one-to-one support person to meet their needs.

**Cost:** \$84 annual membership fee.

Participants are responsible for pay-as-you-go admissions or participation costs.

**Location:** Artillery Park Aquatic Centre, 382 Bagot St. and various locations depending on activity.

**Call:** 613-546-4291, ext. 1706 for registration information.

## Fitness



### Fitness Frenzy Week

September 16-22

Sample our fall fitness class lineup during Fitness Frenzy Week. This is your opportunity to try before you buy! Free classes are offered at both INVISTA Centre and Artillery Park Aquatic Centre. Try Bollywood Dance Fitness, Yoga, Zumba, Dance Fitness, strength training and a variety of other classes. Spaces are limited and participants must sign in at the front desk 20 minutes before the class begins.

➔ **Fitness Frenzy Week schedule:**  
[CityofKingston.ca/FeatureEvents](http://CityofKingston.ca/FeatureEvents)

## 15-15-15

15 minutes of strength training, 15 minutes of cardio and 15 minutes of core.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Matthew Cahill Gymnasium, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 18-Oct 30, W	12:15-1 p.m.	\$56/7	8153
Sep 20-Nov 1, F	12:15-1 p.m.	\$56/7	8155
Nov 6-Dec 18, W	12:15-1 p.m.	\$56/7	8154
Nov 8-Dec 20, F	12:15-1 p.m.	\$56/7	8156
Jan 8-Feb 26, W	12:15-1 p.m.	\$64/8	8157
Jan 10-Feb 28, F	12:15-1 p.m.	\$64/8	8159
Mar 4-Apr 29, W	12:15-1 p.m.	\$64/8	8158
Mar 6-May 1, F	12:15-1 p.m.	\$56/7	8160

*Note: No classes Mar 18, Mar 20, Apr 10*

## Bollywood Dance Fitness

Change up your everyday fitness routine by adding some Bollywood music. This Indian dance inspired workout will have you doing moves you never knew you could!

**Age:** 15 yrs and up

**(Bollywood Dance Fitness continued in next column)**

**Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 18-Oct 30, W	5-5:45 p.m.	\$56/7	8162
Nov 6-Dec 18, W	5-5:45 p.m.	\$56/7	8163
Jan 8-Feb 26, W	5-5:45 p.m.	\$64/8	8164
Mar 4-Apr 29, W	5-5:45 p.m.	\$64/8	8165

*Note: No class Mar 18*

➔ Jump in the pool for **Aqua Arthritis**, page 48

## Body Sculpt & Core

Join our revved up class where intervals of traditional body weight resistance and aerobic exercises are designed to challenge and sculpt! Classes may incorporate drills to improve agility, power, strength, balance and reaction time. Class is suitable for all levels of ability. **Age:** 15 yrs and up

**Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 21-Nov 2, Sa	11-11:45 a.m.	\$56/7	8178
Nov 9-Dec 21, Sa	11-11:45 a.m.	\$56/7	8179
Jan 11-Feb 29, Sa	11-11:45 a.m.	\$64/8	8180
Mar 7-Apr 25, Sa	11-11:45 a.m.	\$64/8	8181

open studio

# TETT TUESDAYS

FREE 18+ | RSVP at [www.tettcentre.org](http://www.tettcentre.org) BRING YOUR OWN PROJECT!

@tettcentre
 PAINT DRAW PRINT CONNECT KNIT COLOUR WRITE NETWORK CARVE STAMP  
 WEAVE SEW COLLAGE BUILD LEARN COLLABORATE PRESS FELT QUILT & MORE

## Boot Camp – Mom or Dad & Baby

A total body workout incorporating our babies.

Mats are available, but we encourage participants to bring their own.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 29, Tu	2:30-3:15 p.m.	\$56/7	8190
Sep 18-Oct 30, W	10-10:45 a.m.	\$56/7	8191
Sep 19-Oct 31, Th	2:30-3:15 p.m.	\$56/7	8192
Nov 5-Dec 17, Tu	2:30-3:15 p.m.	\$56/7	8193
Nov 6-Dec 18, W	10-10:45 a.m.	\$56/7	8194
Nov 7-Dec 19, Th	2:30-3:15 p.m.	\$56/7	8195
Jan 7-Feb 25, Tu	2:30-3:15 p.m.	\$64/8	8203
Jan 8-Feb 26, W	10-10:45 a.m.	\$64/8	8205
Jan 9-Feb 27, Th	2:30-3:15 p.m.	\$64/8	8207
Mar 3-Apr 28, Tu	2:30-3:15 p.m.	\$64/8	8208
Mar 4-Apr 29, W	10-10:45 a.m.	\$64/8	8210
Mar 5-Apr 30, Th	2:30-3:15 p.m.	\$64/8	8215

*Note: No classes Mar 17, 18, 19*

**Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 20-Nov 1, F	10:15-11 a.m.	\$56/7	8271
Nov 8-Dec 20, F	10:15-11 a.m.	\$56/7	8272
Jan 10-Feb 28, F	10:15-11 a.m.	\$64/8	8273
Mar 6-May 1, F	10:15-11 a.m.	\$56/7	8274

*Note: No classes Mar 20, Apr 10*



## So much for so little – Wellness Pass

**Two fitness centres for one low price:**

INVISTA Centre      Artillery Park  
1350 Gardiners Rd.      382 Bagot St.

[CityofKingston.ca/Fitness](https://www.cityofkingston.ca/Fitness)

## Boot Camp Rx – Mom or Dad & Baby

New parents, it's time to switch things up. This Boot camp has gone RX, which means we have a new and completely different prescribed workout for you each week. Enjoy kickboxing, circuits, Tabata, Pound fitness, stretching, core work and more. We try to incorporate baby as much as possible but this workout is for you!

**Age:** 15 yrs and up

**Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 4, M	2-2:45 p.m.	\$48/6	8280
Nov 11-Dec 16, M	2-2:45 p.m.	\$48/6	8282
Jan 6-Feb 24, M	2-2:45 p.m.	\$56/7	8284
Mar 2-Apr 27, M	2-2:45 p.m.	\$56/7	8285

*Note: No classes Oct 14, 21, Mar 16, Apr 13, Feb 17*

## Splash into Baby & Me programs

➔ **Baby & Me Aqua Fit**, page 48

➔ **Parent & Tot Swims**, page 47

## Cardio Tone

An aerobics class that will improve your cardio and work your entire body!

**Age:** 15 yrs and up

**Location:** INVISTA Centre, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 4, M	8:30-9:30 a.m.	\$48/6	8299
Sep 18-Oct 30, W	8:30-9:30 a.m.	\$56/7	8301
Nov 6-Dec 18, W	8:30-9:30 a.m.	\$56/7	8302
Nov 11-Dec 16, M	8:30-9:30 a.m.	\$48/6	8300
Jan 6-Feb 24, M	8:30-9:30 a.m.	\$56/7	8303
Jan 8-Feb 26, W	8:30-9:30 a.m.	\$64/8	8305
Mar 2-Apr 27, M	8:30-9:30 a.m.	\$56/7	8304
Mar 4-Apr 29, W	8:30-9:30 a.m.	\$64/8	8306

*Note: No classes Oct 14, 21, Feb 17, Mar 16, 18, Apr 13*

## Cycle Fit

Build endurance and speed on the bike. Develop core muscles and strengthen your lower body. Classes are designed for beginners to experienced participants.

**Age:** 15 yrs and up

(Cycle Fit continued on next page)



**Location:** Artillery Park Aquatic Centre,  
Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 29, Tu	6:15-7 p.m.	\$56/7	8076
Sep 18-Oct 30, W	12:15-1 p.m.	\$56/7	8078
Sep 20-Nov 1, F	12:15-1 p.m.	\$56/7	8081
Nov 5-Dec 17, Tu	6:15-7 p.m.	\$56/7	8077
Nov 6-Dec 18, W	12:15-1 p.m.	\$56/7	8079
Nov 8-Dec 20, F	12:15-1 p.m.	\$56/7	8082
Jan 7-Feb 25, Tu	6:15-7 p.m.	\$64/8	8087
Jan 8-Feb 26, W	12:15-1 p.m.	\$64/8	8086
Jan 10-Feb 28, F	12:15-1 p.m.	\$64/8	8085
Mar 3-Apr 28, Tu	6:15-7 p.m.	\$64/8	8083
Mar 4-Apr 15, W	12:15-1p.m.	\$64/8	8084
Mar 6-May 1, F	12:15-1p.m.	\$56/7	8088

**Location:** INVISTA Centre, Cycle Fit Gym,  
1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 29, Tu	5:15-6 p.m.	\$56/7	8089
Sep 19-Oct 31, Th	5-5:45 p.m.	\$56/7	8090
Sep 21-Nov 2, Sa	10-10:45 a.m.	\$56/7	8107
Nov 5-Dec 17, Tu	5:15-6 p.m.	\$56/7	8108
Nov 7-Dec 19, Th	5-5:45 p.m.	\$56/7	8109
Nov 9-Dec 21, Sa	10-10:45 a.m.	\$56/7	8110
Jan 7-Feb 25, Tu	5:15-6 p.m.	\$64/8	8112
Jan 9-Feb 27, Th	5-5:45 p.m.	\$64/8	8114
Jan 11-Feb 29, Sa	10-10:45 a.m.	\$64/8	8116
Mar 3-Apr 28, Tu	5:15-6 p.m.	\$64/8	8113
Mar 5-Apr 30, Th	5-5:45 p.m.	\$64/8	8115
Mar 7-Apr 25, Sa	10-10:45 a.m.	\$64/8	8117

*Note: No classes Mar 17, 19*



## Active gifting!

Recreation gift certificates are great for birthdays or any occasion!

- ✓ Gift memberships, swimming lessons, fitness classes, personal training, and more
- ✓ Available in any denomination
- ✓ Pick one up at INVISTA Centre or Artillery Park Aquatic Centre

## Cycle Fit PLUS

Forty-five minutes of cycling drills with an emphasis on improving power and endurance, followed by 30 minutes of stretching and core work.

**Age:** 15 yrs and up

**Location:** INVISTA Centre, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 4, M	5-6:15 p.m.	\$72/6	8118
Nov 11-Dec 16, M	5-6:15 p.m.	\$72/6	8120
Jan 6-Feb 24, M	5-6:15 p.m.	\$84/7	8121
Mar 2-Apr 27, M	5-6:15 p.m.	\$84/7	8122

*Note: No classes Oct 14, 21, Feb 17, Mar 16, 19, Apr 13*

**Location:** Artillery Park Aquatic Centre,  
Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 19-Oct 31, Th	6:15-7:30 p.m.	\$84/7	8123
Sep 21-Nov 2, Sa	10-11:15 a.m.	\$84/7	8125
Nov 7-Dec 19, Th	6:15-7:30 p.m.	\$84/7	8124
Nov 9-Dec 21, Sa	10-11:15 a.m.	\$84/7	8126
Jan 9-Feb 27, Th	6:15-7:30 p.m.	\$96/8	8127
Jan 11-Feb 29, Sa	10-11:15 a.m.	\$96/8	8135
Mar 5-Apr 30, Th	6:15-7:30 p.m.	\$96/8	8128
Mar 7-Apr 25, Sa	10-11:15 a.m.	\$96/8	8138

*Note: No class Mar 19*

## Elginburg Fitness

Workout with Sharon and experience a fun, engaging low-impact way to reach your fitness goals!

**Age:** 18 yrs and up

**Location:** Elginburg Public School, 2100 Unity Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 6, M/W	6:45-7:45 p.m.	\$69.60/12	8312
Nov 11-Dec 18, M/W	6:45-7:45 p.m.	\$69.60/12	8314
Jan 6-Feb 26, M/W	6:45-7:45 p.m.	\$87/15	8315
Mar 2-Apr 29, M/W	6:45-7:45 p.m.	\$87/15	8316

*Note: Oct 14, 21, Feb 17, Mar 16, 18, Apr 13*

➔ **Register online for Fitness courses 24/7 at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)**

➔ **Defeat the Beat** – A new fitness class incorporating drumsticks making this class an incredibly fun and effective workout, page 31

## Fitness @ 5 PM!

A program that offers fitness, fun and variety! Includes boot camps, cardio, core, circuits, step and more!

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre,  
Matthew Cahill Gymnasium, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 4, M	5:15-6 p.m.	\$48/6	8317
Sep 20-Nov 1, F	5:15-6 p.m.	\$56/7	8319
Nov 8-Dec 20, F	5:15-6 p.m.	\$56/7	8320
Nov 11-Dec 16, M	5:15-6 p.m.	\$48/6	8318
Jan 6-Feb 2, M	5:15-6 p.m.	\$56/7	8322
Jan 10-Feb 28, F	5:15-6 p.m.	\$64/8	8324
Mar 2-Apr 27, M	5:15-6 p.m.	\$56/7	8323
Mar 6-May 1, F	5:15-6 p.m.	\$56/7	8325

*Note: No classes Oct 14, 21, Feb 17, Mar 16, 20, Apr 10, 13*

## Foam Roller and Core

Join us on your lunch break for a full body workout specifically targeting your core and lower body!

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre,  
Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 19-Oct 31, Th	12:15-1 p.m.	\$56/7	8366
Nov 7-Dec 19, Th	12:15-1 p.m.	\$56/7	8367
Jan 9-Feb 27, Th	12:15-1 p.m.	\$64/8	8368
Mar 5-Apr 30, Th	12:15-1 p.m.	\$64/8	8369

*Note: No class Mar 19*

## Zumba

Zumba is a Latin inspired, hip shaking dance based workout. Come out and join the party. Get fit while participating in high energy dance classes.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre,  
Matthew Cahill Gymnasium, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 29, Tu	5:15-6 p.m.	\$56/7	8149
Nov 5-Dec 17, Tu	5:15-6 p.m.	\$56/7	8150
Jan 7-Feb 25, Tu	5:15-6 p.m.	\$64/8	8151
Mar 3-Apr 28, Tu	5:15-6 p.m.	\$64/8	8152

*Note: No class Mar 17*

## Fun & Fitness for 50+

Join Sharon for this popular low-impact workout. Lose inches and tone up to great music in a fun, social atmosphere.

**Age:** 50 yrs and up

**Location:** INVISTA Centre, Fitness Studio,  
1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 6, M/W	9:45-10:45 a.m.	\$69.60/12	9460
Nov 11-Dec 18, M/W	9:45-10:45 a.m.	\$69.60/12	9461
Jan 6-Feb 26, M/W	9:45-10:45 a.m.	\$87/15	9462
Mar 2-Apr 29, M/W	9:45-10:45 a.m.	\$87/15	9463

*Note: No classes Oct 14, 21, Feb 17, Mar 16, Apr 13*

## Gentle Stretch

Relax and unwind with this Gentle Stretch class perfect for all levels and abilities. This class focuses on releasing muscle tension, improving flexibility and enhancing balance through a variety of held stretches and positions, while bringing attention and focus to deep breathing.

**Age:** 15 yrs and up

**Location:** INVISTA Centre, Fitness Studio,  
1350 Gardiners Rd.

DATE, DAY	TIME	COST/CLASSES	CODE
Sep 17-Oct 29, Tu	10-11 a.m.	\$56/7	8328
Nov 5-Dec 17, Tu	10-11 a.m.	\$56/7	8329
Jan 7-Feb 25, Tu	10-11 a.m.	\$64/8	8330
Mar 3-Apr 28, Tu	10-11 a.m.	\$64/8	8331

*Note: No class Mar 17*

## Glenburnie Morning Fitness

Start your day off right with a great low-impact workout. This total body exercise program will energize and revitalize you.

**Age:** 18 yrs and up

**Location:** Glenburnie United Church, 1125 Unity Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 31, Tu/Th	9:30-10:30 a.m.	\$81.20/14	8333
Nov 5-Dec 19, Tu/Th	9:30-10:30 a.m.	\$81.20/14	8334
Jan 7-Feb 27, Tu/Th	9:30-10:30 a.m.	\$92.80/16	8335
Mar 3-Apr 30, Tu/Th	9:30-10:30 a.m.	\$92.80/16	8338

*Note: No classes Mar 17, 19*

## Hard Core

A fitness class focusing on strengthening your core muscles! Pair this workout with the Cycle Fit class which takes place immediately before and you've got a full-body workout!

**Age:** 15 yrs and up

**Location:** INVISTA Centre, Fitness Studio,  
1350 Gardiners Rd

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 19-Oct 31, Th	5:50-6:20 p.m.	\$56/7	8339
Nov 7-Dec 19, Th	5:50-6:20 p.m.	\$56/7	8340
Jan 9-Feb 27, Th	5:50-6:20 p.m.	\$64/8	8341
Mar 5-Apr 30, Th	5:50-6:20 p.m.	\$64/8	8342

*Note: No class Mar 19*

## Zumba

Zumba is a Latin inspired, hip shaking dance based workout. Come out and join the party. Get fit while participating in high energy dance classes.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre,  
Matthew Cahill Gymnasium, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 19-Oct 31, Th	5:15-6 p.m.	\$56/7	8343
Nov 7-Dec 19, Th	5:15-6 p.m.	\$56/7	8344
Jan 9-Feb 27, Th	5:15-6 p.m.	\$64/8	8346
Mar 5-Apr 30, Th	5:15-6 p.m.	\$64/8	8347

*Note: No class Mar 19*

## Kickboxing

This action-packed class will teach proper kicking and punching techniques while revving up your cardio and increasing your strength. Combining strength training, cardio and boxing drills, this class is guaranteed to give you an amazing workout.

**Age:** 15 yrs and up

**Location:** INVISTA Centre, Fitness Studio,  
1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 29, Tu	6:15-7:15 p.m.	\$56/7	8349
Nov 5-Dec 17, Tu	6:15-7:15 p.m.	\$56/7	8350
Jan 7-Feb 25, Tu	6:15-7:15 p.m.	\$64/8	8351
Mar 3-Apr 28, Tu	6:15-7:15 p.m.	\$64/8	8355

*Note: No class Mar 17*

## Defeat the Beat

Become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. Using lightly weighted drumsticks this class transforms drumming into an incredibly effective way of working out.

**Age:** 15 yrs and up

**Location:** INVISTA Centre, Fitness Studio,  
1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 19-Oct 31, Th	5-5:45 p.m.	\$56/7	8364
Nov 7-Dec 19, Th	5-5:45 p.m.	\$56/7	8371
Jan 9-Feb 27, Th	5-5:45 p.m.	\$64/8	8372
Mar 5-Apr 30, Th	5-5:45 p.m.	\$64/8	8373

*Note: No class Mar 19*

## Pure Strength

An athletic based workout using dumbbells, bars and balls to strengthen and tone every major muscle group. Come experience a full-body workout that will challenge your strength, power and endurance.

**Age:** 15 yrs and up

**Location:** INVISTA Centre, Fitness Studio,  
1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 18-Oct 3, W	6:15-7 p.m.	\$56/7	8374
Nov 6-Dec 18, W	6:15-7 p.m.	\$56/7	8375
Jan 8-Feb 26, W	6:15-7 p.m.	\$64/8	8376
Mar 4-Apr 29, W	6:15-7 p.m.	\$64/8	8377

*Note: No class Mar 18*

## Quick Fit 4 Lunch – Cardio

Lunch time fitness with a focus on improving your Cardio.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre,  
Matthew Cahill Gymnasium, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 4, M	12:15-1 p.m.	\$48/6	8378
Nov 11-Dec 16, M	12:15-1 p.m.	\$48/6	8379
Jan 6-Feb 24, M	12:15-1 p.m.	\$56/7	8380
Mar 2-Apr 27, M	12:15-1 p.m.	\$56/7	8381

*Note: No classes Oct 14, 21, Feb 17, Mar 16, Apr 13*



## So you think you CAN'T dance?

Get fit while participating in high energy dance classes. You can! Join Carole for a cardio dance workout, learn a choreographed routine, have fun and discover the dynamite dancer in you!

**Age:** 18 yrs and up

**Location:** Glenburnie United Church, 1125 Unity Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 20-Nov 1, F	9:30-10:30 a.m.	\$56/7	8142
Nov 8-Dec 20, F	9:30-10:30 a.m.	\$56/7	8144
Jan 10-Feb 28, F	9:30-10:30 a.m.	\$64/8	8145
Mar 6-May 1, F	9:30-10:30 a.m.	\$56/7	8147

*Note: No classes Mar 20, Apr 10*

## Strength Training for Older Adults

Strength training specifically designed for older adults to assist in increasing overall strength and the development of healthier bones.

**Age:** 50 yrs and up

**Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 20-Nov 1, F	11:15 a.m.-12 p.m.	\$56/7	8463
Nov 8-Dec 20, F	11:15 a.m.-12 p.m.	\$56/7	8465
Jan 10-Feb 28, F	11:15 a.m.-12 p.m.	\$64/8	8466
Mar 6-May 1, F	11:15 a.m.-12 p.m.	\$56/7	8467

*Note: No classes Mar 20, Apr 10*

**NEW Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 20-Nov 1, F	10-10:45 a.m.	\$56/7	8468
Nov 8-Dec 20, F	10-10:45 a.m.	\$56/7	8469
Jan 10-Feb 28, F	10-10:45 a.m.	\$64/8	8470
Mar 6-May 1, F	10-10:45 a.m.	\$56/7	8471

*Note: No classes Mar 20, Apr 10*

## Tabata & Core

Come join Sam using the highly effective Tabata protocol to work up a sweat. Short bursts of hard work followed immediately by recovery will leave you feeling stronger than ever. To make the most of each session we end our time focusing purely on strengthening the core.

**Age:** 15 yrs and up

**(Tabata & Core continued in next column)**

**Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 4, M	6:15-7 p.m.	\$48/6	8382
Nov 11-Dec 16, M	6:15-7 p.m.	\$48/6	8383
Jan 6-Feb 24, M	6:15-7 p.m.	\$56/7	8384
Mar 2-Apr 27, M	6:15-7 p.m.	\$56/7	8385

*Note: No classes Oct 14, 21, Feb 17, Mar 16, Apr 13*

## TNT (Tight & Toned)

Join Linda at LaSalle and experience the vitality, energy and variety of her great aerobic workouts!

**Age:** 15 yrs and up

**Location:** LaSalle Secondary School, Small Gymnasium, 733 Highway 15

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 31, Tu/Th	7-8 p.m.	\$81.20/14	8386
Nov 5-Dec 19, Tu/Th	7-8 p.m.	\$81.20/14	8387
Jan 7-Feb 27, Tu/Th	7-8 p.m.	\$92.80/16	8388
Mar 3-Apr 30, Tu/Th	7-8 p.m.	\$92.80/16	8389

*Note: No classes Mar 17, Mar 19*

## Weekend Warrior

An aerobics class that will improve your cardio and work your entire body. **Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 21-Nov 2, Sa	11:30-12:15 p.m.	\$56/7	8390
Nov 9-Dec 21, Sa	11:30-12:15 p.m.	\$56/7	8391
Jan 11-Feb 29, Sa	11:30-12:15 p.m.	\$64/8	8393
Mar 7-Apr 25, Sa	11:30-12:15 p.m.	\$64/8	8394

## Wobble Board Cardio

Cardio class designed around the wobble board, helping you increase your core strength and balance.

**Age:** 15 yrs and up

**Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 20-Nov 1, F	8:50-9:50 a.m.	\$56/7	8399
Nov 8-Dec 20, F	8:50-9:50 a.m.	\$56/7	8400
Jan 10-Feb 28, F	8:50-9:50 a.m.	\$64/8	8401
Mar 6-May 1, F	8:50-9:50 a.m.	\$56/7	8402

*Note: No classes Mar 20, Apr 10*

(Wobble Board Cardio continued from previous page)

**Location:** Artillery Park Aquatic Centre,  
Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 29, Tu	12:15-1 p.m.	\$56/7	8395
Nov 5-Dec 17, Tu	12:15-1 p.m.	\$56/7	8396
Jan 7-Feb 25, Tu	12:15-1 p.m.	\$64/8	8397
Mar 3-Apr 28, Tu	12:15-1 p.m.	\$64/8	8398

Note: No class Mar 17

## Drop-in Fitness

Seven days-a-week

➔ **Artillery Park Aquatic Centre &  
INVISTA Fitness & Wellness Centre**  
[CityofKingston.ca/Fitness](http://CityofKingston.ca/Fitness)

➔ **Hearts in Action Cardiac Rehab Membership,**  
page 40

### Personal Training

One-on-one coaching and motivation for both the beginner and those training for a sport-specific event. Let us assess your current fitness level and prescribe a customized exercise plan to meet your goals. Both one-on-one and our popular buddy-up sessions are available.

🔍 [CityofKingston.ca/PersonalTraining](http://CityofKingston.ca/PersonalTraining)  
613 546-4291 ext. 1803

## We're looking for fitness instructors

Personal trainers, Aqua fit instructors,  
Yoga instructors, Spin instructors and more...

**Contact Niamh at: 613-546-4291 ext. 1803 or**  
[nnicholas@CityofKingston.ca](mailto:nnicholas@CityofKingston.ca)

## Mind & Body

### Wellness Workshop Series

One-hour workshops designed to fit into your busy lifestyle.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Boardroom,  
382 Bagot St.

(Wellness Workshop Series continued in next column)

### Self-Awareness & Work-Life Balance

Feeling like there is never enough time or that you are always behind at work, in life or both? Let's explore strategies for better self-awareness, mindfulness and time management to create a more positive and balanced lifestyle. Find your optimal formula for personal wellness and live it!

DATE, DAY	TIME	COST/CLASSES	CODE
Oct 5, Sa	12:15-1:15 p.m.	\$15/1	8013

### Holiday Stress Management Tips

Feeling the Holiday Stress? Learn specific stress management techniques and coping skills for common holiday concerns. A few strategies for managing financial and family concerns are included.

DATE, DAY	TIME	COST/CLASSES	CODE
Dec 7, Sa	12:15-1:15 p.m.	\$15/1	8012

### Habit Hacking

Consider habits as our internal software/our operating system for living each day. Are you running on outdated software? Do you need to be refreshed? Come join us for this proactive approach to optimizing yourself! Learn how a habit is formed and by navigating your life by choice vs. chance; learn what your habits are and how to hack them!

DATE, DAY	TIME	COST/CLASSES	CODE
Feb 8, Sa	12:15-1:15 p.m.	\$15/1	8015

### Ba Gua Qi Gong

Ba Gua Qi Gong is a moving meditation practice derived from the Trigrams of the I Ching. It uses circle-walking and mindful breathing to promote relaxation, good health, and longevity. Participants will first learn basic Ba Gua stepping and turning methods in straight lines and on the circle in both directions. Each class will introduce one posture of the Eight Change Walking Meditation with ample time for practice and review.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 22-Nov 3, Su	7:30-8:30 a.m.	\$58.10/7	7918
Nov 10-Dec 22, Su	7:30-8:30 a.m.	\$58.10/7	7919
Jan 12-Mar 1, Su	7:30-8:30 a.m.	\$66.40/8	7920
Mar 8-Apr 26, Su	7:30-8:30 a.m.	\$66.40/8	7921

➔ **Tip!** Discover and enjoy Kingston's,  
over 200, parks. [CityofKingston.ca/Parks](http://CityofKingston.ca/Parks)

## Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

**Age:** 15 yrs and up

**Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 20-Nov 1, F	5-6 p.m.	\$91/7	8403
Nov 8-Dec 20, F	5-6 p.m.	\$91/7	8404
Jan 10-Feb 28, F	5-6 p.m.	\$104/8	8405
Mar 6-May 1, F	5-6 p.m.	\$91/7	8407

*Note: No classes Mar 20, Apr 10*

## Pilates – Therapeutic Pilates for Back Pain

Therapeutic Pilates addresses the underlying structural imbalances in the body that lead to back pain. Issues like lack of core support, pelvic instability, muscular imbalances, poor posture, and lack of body awareness all affect back health. Pilates exercises, done with attention to alignment, create uniform muscle use and development, allowing movement to flow through the body in a natural way. **Age:** 15 yrs and up

**NEW Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 4, M	11-11:45 a.m.	\$78/6	8408
Nov 11-Dec 16, M	11-11:45 a.m.	\$78/6	8409
Jan 6-Feb 24, M	11-11:45 a.m.	\$91/7	8410
Mar 2-Apr 27, M	11-11:45 a.m.	\$91/7	8411

*Note: No classes Oct 14, Oct 21, Feb 17, Mar 16, Apr 13*

## Tai Chi Level 1

An introduction to Chen-style Tai Chi. Chen is characterized by lively and relaxed spiral movements which improve energy levels, coordination, balance and flexibility all the while reducing stress levels.

Over the course several sessions (from September to July), participants will learn the entire Chen First Form at a pace that balances continuous learning with retention. Instruction will include silk reeling exercises to work a variety of Tai Chi core principles. New members are welcome to join in any session, but as the instruction is ongoing, those joining in later sessions will pick up the form from the point where they join.

(Tai Chi Level 1 continued in next column)

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 21-Nov 2, Sa	9-10 a.m.	\$58.10/7	7906
Nov 9-Dec 21, Sa	9-10 a.m.	\$58.10/7	7907
Jan 11-Feb 29, Sa	9-10 a.m.	\$64.40/8	7908
Mar 7-Apr 25, Sa	9-10 a.m.	\$64.40/8	7909

## → Tai Chi Level 2, page 41

## Yoga – Baby & Me

A fun and safe class for you and baby, to help adjust and move. No previous yoga experience needed.

**NOTE:** Bring your own yoga mat.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 4, M	10-10:45 a.m.	\$49.80/6	8412
Nov 11-Dec 16, M	10-10:45 a.m.	\$49.80/6	8413
Jan 6-Feb 24, M	10-10:45 a.m.	\$58.10/7	8414
Mar 2-Apr 27, M	10-10:45 a.m.	\$58.10/7	8415

*Note: No classes Oct 14, Oct 21, Feb 17, Mar 16, Apr 13*

## → Aqua Fit – Baby & Me, page 34

## Hatha Yoga

A multi-level hatha yoga class where stretches will be slow-paced with simple breathing exercises. This is a great place to learn, master and surpass beginners yoga poses and relaxation techniques. Each class gets more challenging as you start to become comfortable with basic poses. **NOTE:** Bring your own yoga mat.

**Age:** 15 yrs and up

**Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 22-Nov 3, Su	9:30-10:15 a.m.	\$58.10/7	9464
Nov 10-Dec 22, Su	9:30-10:15 a.m.	\$58.10/7	9466
Jan 12-Mar 1, Su	9:30-10:15 a.m.	\$66.40/8	9468
Mar 8-Apr 26, Su	9:30-10:15 a.m.	\$66.40/8	9469



## Morning Yoga

Wake up and start your day with yoga. Learn traditional yoga poses and sequences designed to energize your body and mind. Discover the balance between strength and flexibility, effort and relaxation. Progressively gets more challenging. **NOTE:** Bring your own yoga mat.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 29, Tu	7-8 a.m.	\$58.10/7	8416
Sep 19-Oct 31, Th	7-8 a.m.	\$58.10/7	8418
Sep 20-Nov 1, F	7-8 a.m.	\$58.10/7	8420
Nov 5-Dec 17, Tu	7-8 a.m.	\$58.10/7	8417
Nov 7-Dec 19, Th	7-8 a.m.	\$58.10/7	8419
Nov 8-Dec 20, F	7-8 a.m.	\$58.10/7	8421
Jan 7-Feb 25, Tu	7-8 a.m.	\$66.40/8	8424
Jan 9-Feb 27, Th	7-8 a.m.	\$66.40/8	8425
Jan 10-Feb 28, F	7-8 a.m.	\$66.40/8	8426
Mar 3-Apr 28, Tu	7-8 a.m.	\$66.40/8	8427
Mar 5-Apr 30, Th	7-8 a.m.	\$66.40/8	8429
Mar 6-May 1, F	7-8 a.m.	\$58.10/7	8430

*Note: No classes Mar 19, 20, Apr 10*

## Yoga for All Levels

This class is perfect for the beginner yoga enthusiast as well as for those wishing to challenge their current yoga abilities. No experience necessary! **NOTE:** Bring your own yoga mat. **Age:** 15 yrs and up

**NEW Location:** Rideau Heights Community Centre Multi-Purpose Room, 85 MacCauley St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 29, Tu	6:30-7:15 p.m.	\$58.10/7	8439
Nov 5-Dec 17, Tu	6:30-7:15 p.m.	\$58.10/7	8440
Jan 7-Feb 25, Tu	6:30-7:15 p.m.	\$66.40/8	8441
Mar 3-Apr 28, Tu	6:30-7:15 p.m.	\$66.40/8	8443

*Note: No class Mar 17*

**Location:** INVISTA Centre, Fitness Studio, 1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 19-Oct 31, Th	10-11 a.m.	\$58.10/7	8435
Nov 7-Dec 19, Th	10-11 a.m.	\$58.10/7	8436
Jan 9-Feb 27, Th	10-11 a.m.	\$66.40/8	8437
Mar 5-Apr 30, Th	10-11 a.m.	\$66.40/8	8438

*Note: No class Mar 19*

## Yoga – Power Yoga

Prepare to work hard in this class combining strength and flexibility for a vigorous workout! Perfect for those who enjoy exercising and for those who like to break a sweat while improving their mind-body connection! Breathing, toning, strengthening, balancing and much more will have you feeling cleansed and renewed.

**NOTE:** Bring your own yoga mat.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 18-Oct 30, W	5-5:50 p.m.	\$58.10/7	8431
Nov 6-Dec 18, W	5-5:50 p.m.	\$58.10/7	8432
Jan 8-Feb 26, W	5-5:50 p.m.	\$66.40/8	8433
Mar 4-Apr 29, W	5-5:50 p.m.	\$66.40/8	8434

*Note: No class Mar 18*

➔ **Aqua Yoga** – experience it in our salt-water pool, page 49

## Sports

### Badminton – Recreational Co-ed

Join us for a fun-filled evening of badminton and meet new friends. **NOTE:** Bring your racquet. We supply the birds. All doubles play. Protective eye wear/sport goggles are recommended.

**Age:** 16 yrs and up

**Location:** Artillery Park Aquatic Centre, Matthew Cahill Gymnasium, 382 Bagot St.

**Level:** All levels of play

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 23-Dec 16, M	6:30-8 p.m.	\$63/12	7542
Jan 6-Apr 27, M	6:30-8 p.m.	\$63/14	7544

*Note: No classes Oct 14, Feb 17, Mar 16, Apr 13*

**Location:** LaSalle Secondary School, large gymnasium, 773 Highway 15

**Level:** Intermediate. Designed for players with previous badminton experience.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 25-Dec 11, W	7:30-9 p.m.	\$63/12	7543
Jan 8-Apr 29, W	7:30-9 p.m.	\$63/14	7545

*Note: No classes Jan 22, Jan 29, Mar 18*

## Karate – Beginners

This class is designed to accommodate beginner youth and adults in progress through the practice of traditional martial arts training in Kata and Kumite.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 30-Dec 18, W	7:30-8:30 p.m.	\$70/8	8506
Jan 22-Mar 11, W	7:30-8:30 p.m.	\$70/8	8507

## Volleyball – Recreational Co-ed

Great exercise, social and fun. Players are divided up at the start of the evening and teams rotate throughout the night.

**Age:** 16 yrs and up

**Location:** LaSalle Secondary School, large gymnasium, 773 Highway 15

**Level:** All levels of play

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 24-Dec 10, Tu	7:30-9 p.m.	\$63/12	7546
Jan 7-Apr 28, Tu	7:30-9 p.m.	\$63/14	7547

*Note: No classes Jan 28, Feb 4, Mar 17*

## Drop-in Sports

Drop-in fees include applicable taxes.

### Hit the Ice!

➔ **Drop-in skating & Shinny hockey**, page 42

➔ **NEW Recreational Figure Skating** – practice individual skating skills, page 42

➔ **NEW Sticks, Pucks & Rings** – practice your stick handling and shooting skills, page 42

## Badminton – Drop-in

Get active on the court! Bring your own badminton racquets. Birds will be supplied.

**Ages:** 18 yrs and up

**Location:** Artillery Park Aquatic Centre, Matthew Cahill Gymnasium, 382 Bagot St.

**Level:** All levels of play

**Days:** M, W

**Time:** 9-11 a.m.

**Dates:** Sept. 16-March 30

**Cost:** Adults \$5.75/visit  
Seniors 65+ \$4.75/visit  
Free with your Wellness Pass

## Ball Hockey – Drop-in

Non-competitive, pick-up ball hockey. Sticks must have plastic or composite (carbon fiber) blades. Protective eye wear/sport goggles are recommended. Goalies must wear full hockey gear. **Ages:** 18 yrs and up

**Location:** Artillery Park Aquatic Centre, Matthew Cahill Gymnasium, 382 Bagot St.

**Level:** All levels of play

**Days:** Tu, Th **Time:** 12-2 p.m. **Dates:** Sept. 17-March 30

**Days:** Su **Time:** 6:30-8 p.m. **Dates:** Sept. 22-March 29

**Cost:** Adults \$5.75/visit or Free with your Wellness Pass

## Pickleball – Drop-in

Growing in popularity, Pickleball is similar to tennis with a slower, larger ball. Bring your own Pickleball paddles. Balls will be supplied. **Ages:** 18 yrs and up

**Level:** All levels of play

**Location:** Artillery Park Aquatic Centre, Matthew Cahill Gymnasium, 382 Bagot St.

**Days:** M **Time:** 1:15-3 p.m. **Dates:** Sept. 16-Mar 30

**Days:** Tu, Th **Time:** 9-11 a.m. **Dates:** Sept. 17-Mar 30

**Cost:** Adults \$5.75/visit  
Seniors 65+ \$4.75/visit  
Free with your wellness pass

## Open Gym – Family

Drop-in and traverse the climbing wall or shoot some hoops with your family. Open Gym is your time to pick up and play. **NOTE:** Ball Hockey is not permitted during this open gym time **Ages:** All

**Location:** Artillery Park Aquatic Centre, Matthew Cahill Gymnasium, 382 Bagot St.

**Days:** Sa **Time:** 6:30-8 p.m. **Dates:** Sept 21-March 28

**Cost:** Adults \$5.75/visit  
Seniors 65+ \$4.75/visit  
Parent(s) & Child(ren) \$3.50 pp  
Free with your wellness pass

## Open Gym

Drop-in and enjoy pick up activities. **NOTE:** Ball Hockey is not permitted during this open gym time. **Ages:** All

**Location:** Artillery Park Aquatic Centre, Matthew Cahill Gymnasium, 382 Bagot St.

**Days:** M-F **Time:** 7-8:45 a.m. **Dates:** Sept 16-Mar 27  
Su **Time:** 10-11:45 a.m. **Dates:** Sept 22-Mar 29

**Cost:** Adults \$5.75/visit  
Seniors 65+ \$4.75/visit  
Parent(s) & Child(ren) \$3.50 pp  
Free with your wellness pass

## Splash in...

➔ **Lane, Leisure and Family Swims**, page 47

# Senior & older adult programs

## Health & wellness resources

### Kingston Recreation & Leisure Services

Q CityofKingston.ca/Recreation

☎ 613-546-4291 ext. 1900, 1800 or 1700

### Seniors Association Kingston Region

Q SeniorsKingston.ca

☎ 613-548-7810

### Kingston Gets Active

Q KingstonGetsActive.ca

### Kingston Community Health Centres

Q KCHC.ca

☎ 613-549-1440

### KFL&A Public Health

Q KFLAPublicHealth.ca

☎ 613-549-1232

### Immigrant Services Kingston

Q ImmigrationKingston.ca

☎ 613-544-4661

### Dial 211 Service Directories

Helping you connect with community resources



## Wellness memberships

### → So much for so little

Swimming, aqua fit, land fit, recreational sports and more. Enhance your fitness, stay healthy. Call 613-546-4291 ext. 1900, 1800 or 1700 for details.



Make active living part of your daily routine with yoga, dance fitness or Tai Chi, see page 39-41

### → Travelling abroad? Conversational Spanish! page 26

## Arts/Interest

### Charcuterie Board

Leave the power sanders at home and use handplanes, handsaws, and cabinet scrapers to convert a rough-sawn piece of live-edge walnut into a stunning food display board! The workshop wraps up with finishing and oiling the surface.

**Age:** 18 yrs and up

**Location:** MacLachlan Woodworking Museum, 2993 Highway 2 East

DATE, DAY	TIME	COST/CLASSES	CODE
Oct 5, Sa	10 a.m.-4 p.m.	\$60/1	7756

### → More woodworking programs, page 38

### → Wellness Workshop Series, page 33

### ReConnect: Tablets & Cell Phones

This is a beginner's course which will show you how to use your Android tablet or cell phone. Learn how to install and manage apps, navigate screens, and learn how to email, customize your setting and take photos. You will also learn how to browse the internet, use Facebook and more. Not experienced? Not to worry everyone is welcome. Participants are required to bring their own device(s).

**Age:** 45 yrs and up

**Location:** Artillery Park Aquatic Centre, Boardroom, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Sep 21-Oct 12, Sa	9:30-11:30 a.m.	\$64/4	8724
Nov 9-Nov 30, Sa	9:30-11:30 a.m.	\$64/4	8725
Jan 11-Feb 1, Sa	9:30-11:30 a.m.	\$64/4	8726
Mar 7-Mar 28, Sa	9:30-11:30 a.m.	\$64/4	8727



## More to discover!

The City is working with the Seniors Association to bring you a variety of interest programs.

### Quilling

Quilling or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Decorate cards, picture frames, or even be made into 3D stand-alone art pieces.

**Age:** 45 yrs and up

**Location:** Seniors Centre West, 1300 Bath Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 3-Oct 8, Tu	10 a.m.-12 p.m.	\$72/6	10813

### Tarot Card Reading

The Tarot is a deck of 78 cards that has been used for centuries to reveal hidden truths. Learn how to read the cards, including modern Tarot tricks, and unlock your natural intuition and inner wisdom.

**Age:** 45 yrs and up

**Location:** Seniors Centre, 56 Francis St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 4-Nov 6, W	11:45 a.m.- 1:15 p.m.	\$72/10	10815

### Understanding Dreams

Have you woken up with a dream so vivid that it stays with you? You can easily recall the details and how you felt. Is there a reoccurring dream that plagues you? What do they mean? Come and learn the parabolic language of dreams and how they speak to us.

**Age:** 45 yrs and up

**Location:** Seniors Centre, 56 Francis St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 4-Oct 2, W	1-2:30 p.m.	\$60/5	10814

## The Aging Brain

We're all getting older every day, and scientific research has shown that starting in our twenties, some brain functions begin a linear decline. Is old age all doom and gloom? Are we destined for senescence once we're barely out of adolescence? Enjoy this online facilitated course.

**Age:** 45 yrs and up

**Location:** Seniors Centre, 56 Francis St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 3-Nov 5, Tu	10:15-11:45 a.m.	\$48/10	10812

### Salsa

Popularized in Cuba, Salsa dancing is all about rhythm and timing, as well as techniques in leading and following. You will learn basic footwork, dance positions and connections between partners. No dance experience required.

**Age:** 45 yrs and up

**Location:** Seniors Centre West, 1300 Bath Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 3-Nov 5, Tu	10-11 a.m.	\$61/10	10303
Nov 19-Feb 4, Tu	10-11 a.m.	\$61/10	10304

### Swing Dance

Step back in time to the late 1930's and the Harlem-born Lindy Hop. Swing is an ideal social dance – easy enough that you can be having fun the day you start, rich enough to interest and captivate for a lifetime. Partners not necessary to join.

**Age:** 45 yrs and up

**Location:** Seniors Centre, 56 Francis St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 5-Nov 7, Th	5-6 p.m.	\$86/10	10810
Nov 21-Feb 6, Th	5-6 p.m.	\$86/10	10811

## Calling all shutter bugs!

➔ **Photography Fundamentals:  
My SLR & Tour De Kingston  
Photography Group**, page 25

## Grand OnStage

Opening night of the 2019/20 Grand OnStage season with Rufus Wainwright

**Date:** Saturday, September 28, 7:30 p.m.

**Location:** Grand Theatre, 218 Princess St.

🔍 [KingstonGrand.ca](http://KingstonGrand.ca)



## Chronic Pain Self-Management Program

**Hosted by the Hotel Dieu Hospital site of Kingston Health Sciences Centre**

In partnership with the Artillery Park Aquatic Centre, the Hotel Dieu Hospital site of Kingston Health Sciences Centre is running a 12-session Chronic Pain Self-Management Program. This group takes an interprofessional approach and emphasizes non-pharmacological pain management strategies. The focus is on adults who are living with pain. Our goal is to improve participants' understanding and management of pain versus elimination or cure. We look forward to working with you to better manage your pain!

To participate in this program, have your primary care provider send a referral to the Chronic Pain Clinic at the Hotel Dieu Hospital site of Kingston Health Sciences Centre. The referral form can be found online at [HotelDieu.com/programs-and-departments/chronic-pain-clinic](http://HotelDieu.com/programs-and-departments/chronic-pain-clinic).

## Fitness

### ➔ Make a splash while getting fit.

Aqua Fit and Aqua Yoga programs, page 48

### Aqua Arthritis

Warm water movement and exercise. Recommended for individuals who suffer from chronic conditions such as arthritis, rheumatoid arthritis, fibromyalgia, osteoporosis and Parkinson's disease that would benefit from warm water movement and exercise. Taught by an experienced instructor educated in safe movements and the program will help improve quality of life. Takes place in warm Therapeutic pool.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Leisure Pool, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 4, M	2:30-3:30 p.m.	\$49.80/6	7813
Sep 19-Oct 31, Th	2:30-3:30 p.m.	\$58.10/7	7814
Nov 11-Dec 16, M	2:30-3:30 p.m.	\$49.80/6	7816
Nov 7-Dec 19, Th	2:30-3:30 p.m.	\$58.10/7	7817
Jan 6-Feb 24, M	2:30-3:30 p.m.	\$58.10/7	7876
Jan 9-Feb 27, Th	2:30-3:30 p.m.	\$66.40/8	7877
Mar 2-Apr 27, M	2:30-3:30 p.m.	\$58.10/7	7878
Mar 5-Apr 30, Th	2:30-3:30 p.m.	\$66.40/8	7879

*Note: No classes Oct 14, 21, Feb 17, Mar 16, 19, Apr 13*

## Exercise and Falls Prevention Program

Get energized and maintain your independence with our seniors exercise and falls prevention program! A FREE 12-week program that will help you stay strong, on your feet, healthy and injury-free. Each class includes an educational component (with topics such as footcare/wear, nutrition, mobility aids, hearing and vision loss and more) and an exercise component (focusing on strength, balance and flexibility exercises geared to personal functional ability). This program is sponsored by the Ministry of Health & Long Term Care and the Southeast LHIN and delivered by the VON.

**NOTE:** In-person registration only.

**Age:** 65 yrs and up

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 20-Dec 6, F	1:30-3 p.m.	\$0/12	7923
Jan 10-Apr 3, F	1:30-3 p.m.	\$0/12	7926

*Note: No class Mar 20*

## Falls Prevention Starts With You – Workshop

Trained KFL&A ambassadors share evidence-based information on falls prevention with older adults in KFL&A. We continue to promote this program because we know that there is an increased risk of falls as we age. One in three older adults over the age of 65, and one in two over the age of 80, will have a fall each year. Most falls cause broken or fractured bones and increase the need for caregiver support and add pressure to the health care system. The good news is that most falls are predictable and preventable. This is an important message for people to understand. Whether people are looking after aging parents or want to be proactive and prevent themselves from falling, they will benefit from this 60 minute presentation.

**Age:** 65 yrs and up

**Location:** Rideau Heights Community Centre, 85 MacCauley

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 30, M	8:30-9:30 a.m.	\$0/1	9451
Nov 25, M	8:30-9:30 a.m.	\$0/1	9452

## Fun & Fitness for 50+

Join Sharon for this popular low-impact workout. Lose inches and tone up to great music in a fun, social atmosphere.

**Age:** 50 yrs and up

**(Fun & Fitness for 50+ continued on next page)**

(Fun & Fitness for 50+ from previous page)

**Location:** INVISTA Centre, Fitness Studio,  
1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 6, M/W	9:45-10:45 a.m.	\$69.60/12	9460
Nov 11-Dec 18, M/W	9:45-10:45 a.m.	\$69.60/12	9461
Jan 6-Feb 26, M/W	9:45-10:45 a.m.	\$87/15	9462
Mar 2-Apr 29, M/W	9:45-10:45 a.m.	\$87/15	9463

*Note: No classes Oct 14, 21, Feb 17, Mar 16, Apr 13*

## Dance Fitness for 50+

Enjoy a fun dance class while getting a great workout.

**Age:** 50 yrs and up

**NEW Location:** Artillery Park Aquatic Centre,  
Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 18-Oct 30, W	1-2 p.m.	\$56/7	8307
Nov 6-Dec 18, W	1-2 p.m.	\$56/7	8308
Jan 8-Feb 26, W	1-2 p.m.	\$64/8	8309
Mar 4-Apr 29, W	1-2 p.m.	\$64/8	8310

*Note: No class Mar 18*

## Hearts in Action Cardiac Rehab Membership

Are you a graduate of the Hotel Dieu Cardiac Rehabilitation program (HDCR) and looking for a safe, comfortable facility where you can continue your workouts? Certified personal trainers at the INVISTA Fitness & Wellness Centre will take you through an orientation of the gym and introduce you to our strength and cardio machines. Our personal trainers will provide blood pressure and heart rate monitoring if needed, offer a modified beginner program and slowly introduce strength and cardio training based on your prescribed exercise program.

**Prerequisite:** Referral/fitness sheet from Hotel Dieu Cardiac Rehabilitation Centre

**Location:** INVISTA Fitness & Wellness Centre,  
1350 Gardiners Rd.

**Cost:** \$59/1 mth membership

**Details:** 613-546-4291 ext. 1803

## Personal Training

Gain strength and flexibility with a customized workout program. One-on-one instruction and motivation for beginners and fitness fanatics. Personal trainers assess your fitness level and prescribe a customized exercise plan to meet your goals. Purchase one-on-one sessions or our popular buddy-up option. Contact Niamh at 613-546-4291 ext. 1803.

➔ **Energize your mind & body with Yoga**, page 34

## Strength Training for Older Adults

Strength training specifically designed for older adults to assist in increasing overall strength and the development of healthier bones. **Age:** 50 yrs and up

**Location:** INVISTA Centre, Fitness Studio,  
1350 Gardiners Rd.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 20-Nov 1, F	11:15 a.m.-12 p.m.	\$56/7	8463
Nov 8-Dec 20, F	11:15 a.m.-12 p.m.	\$56/7	8465
Jan 10-Feb 28, F	11:15 a.m.-12 p.m.	\$64/8	8466
Mar 6-May 1, F	11:15 a.m.-12 p.m.	\$56/7	8467

*Note: No classes Mar 20, Apr 10*

**NEW Location:** Artillery Park Aquatic Centre,  
Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 20-Nov 1, F	10-10:45 a.m.	\$56/7	8468
Nov 8-Dec 20, F	10-10:45 a.m.	\$56/7	8469
Jan 10-Feb 28, F	10-10:45 a.m.	\$64/8	8470
Mar 6-May 1, F	10-10:45 a.m.	\$56/7	8471

*Note: No classes Mar 20, Apr 10*

➔ **Change it up! Try Bollywood Dance Fitness**, page 27

## Tai Chi Level 1

An introduction to Chen-style Tai Chi. Chen is characterized by lively and relaxed spiral movements which improve energy levels, coordination, balance and flexibility all the while reducing stress levels. Over the course several sessions (from September to July), participants will learn the entire Chen First Form at a pace that balances continuous learning with retention. Instruction will include silk reeling exercises to work a variety of Tai Chi core principles. New members are welcome to join in any session, but as the instruction is ongoing, those joining in later sessions will pick up the form from the point where they join.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre,  
Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Sep 21-Nov 2, Sa	9-10 a.m.	\$58.10/7	7906
Nov 9-Dec 21, Sa	9-10 a.m.	\$58.10/7	7907
Jan 11-Feb 29, Sa	9-10 a.m.	\$66.40/8	7908
Mar 7-Apr 25, Sa	9-10 a.m.	\$66.40/8	7909



## Tai Chi Level 2

Continuing from Tai Chi Level 1, this class will encourage further refinement of the Chen First Form with focus on precision of movement, classical Tai Chi Principles, and internal harmonies. Cooperative, two-person, Push Hands practice and the dynamic Chen Second Form "Cannon Fist" will be introduced.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Multi-Purpose Room, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 21-Nov 2, Sa	7:30-8:30 a.m.	\$58.10/7	7910
Nov 9-Dec 21, Sa	7:30-8:30 a.m.	\$58.10/7	7911
Jan 11-Feb 29, Sa	7:30-8:30 a.m.	\$66.40/8	7913
Mar 7-Apr 25, Sa	7:30-8:30 a.m.	\$66.40/8	7915

## Sport

### Badminton – Recreational Co-ed

Register now for evening badminton, Mondays at 6:30 p.m. at Artillery Park Aquatic Centre, 382 Bagot St. See page 35 for details.

### Active opportunities

- ➔ Recreational swimming, page 47
- ➔ Recreational figure skating, page 42
- ➔ Sticks, Pucks & Rings, page 42

## Sport drop-ins

### Badminton – Drop-in

Get active on the court! Bring your own badminton racquets. Birds will be supplied.

**Ages:** 18 yrs and up

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

**Levels:** All levels of play

**Days:** M, W **Time:** 9-10:50 a.m.

**Dates:** Sept 16-Mar 30

**Cost:** Adults \$5.75/visit

Seniors 65+ \$4.75/visit

Free with your Gym or Wellness Pass

### Pickleball – Drop-in

Growing in popularity, Pickleball is similar to tennis with a slower, larger ball. Bring your own Pickleball paddles. Balls will be supplied.

**Ages:** 18 yrs and up

**Location:** Artillery Park Aquatic Centre, Matthew Cahill Gymnasium, 382 Bagot St.

**Levels:** All levels of play

**Days:** M **Time:** 1:15-3 p.m. **Dates:** Sept 16-Mar 30

**Days:** Tu,Th **Time:** 9-10:50 a.m. **Dates:** Sept 17-Mar 30

**Cost:** Adults \$5.75/visit

Seniors 65+ \$4.75/visit

Free with your Gym or Wellness Pass



## Walk On is a free, indoor walking program.

Walk On provides a safe, social, and accessible environment for people of all ages and abilities to walk indoors. Trained volunteers are on site to lead walks. No registration required.

Visit our website for the full schedule:

[www.kflaph.ca/WalkOn](http://www.kflaph.ca/WalkOn)

For more information, call 613-549-1232, ext. 1180.

Volunteers needed to lead indoor walks!

Contact 613-549-1232, ext. 1159 for information.

In partnership with: City of Kingston  
and Limestone District School Board



# Recreational skating

→ Come to a City arena to learn to skate, play hockey or just have fun. To accommodate special events and tournaments, skating programs are occasionally impacted. Reminders will be placed in facilities well in advance of such changes. Please check [CityofKingston.ca/Skating](http://CityofKingston.ca/Skating) for updates and cancellations.

## Drop-in skating

### Parent & Tot Skate

**Children 0-6 yrs.** Introduce your tot to skating in a comfortable setting. Caregiver must accompany child on the ice. Skating aids are permitted for this skate. No hockey sticks.

### Parent & Tot Stick & Puck

**Children 0-6 yrs.** Enjoy stick and puck skill-building with your tot. Hockey sticks and soft rubber pucks or balls are permitted; no hard rubber pucks. A CSA-certified helmet with face screen and full hockey equipment are required for children. Caregiver must be on the ice surface with a helmet and skates. **NOTE:** No hard pucks.

### Public Skating

**All ages.** Enjoy a leisure skate with friends and family. No sports equipment or skating aids are permitted. Skate Patrol is on the ice during this skate.

### NEW! Recreational Figure Skating

**18 yrs and up.** A public skating program solely for recreational figure skaters wishing to practice individual skating skills, freestyle and stroking elements. This time is not intended for beginner level skaters. Skills that require picking the ice are not permitted i.e. footwork jumps such as stag jumps, toe loops, flip and lutz jumps. **NOTE:** CSA certified helmets are required. No headsets, cell phones or handheld electronic devices are to be used while skating. Public Skating admission applies. **Maximum:** 30 skaters on the ice.

### NEW! Sticks, Pucks & Rings

**All ages.** Bring your stick and puck or ring and work on your stick handling and shooting skills. 18 yrs + are required to wear a CSA certified helmet, gloves, long-sleeved shirt and pants at minimum. Participants 17 years and under must wear full hockey equipment. **NOTE:** No organized games or raised sticks/pucks/rings permitted. Public Skating admission applies. **Maximum:** 30 skaters on the ice.

### Senior/Adult Skate

**18 yrs and up.** Treat yourself to a mid-day break. Perfect for seniors and those with flexible schedules. Protective CSA-certified helmet is highly recommended.

## Shinny Hockey

Pick-up hockey. CSA-certified helmet and full equipment required for all players.

### Adult & Women's Shinny

**18 yrs and up.** Full face shield or protective screen is strongly recommended. Maximum 20 skaters and three goalies. Prepay before accessing ice. **INVISTA Centre:** Wristband must be worn as proof of payment. Skaters can sign up onsite one hour in advance of the game. Goalies can sign in two hours in advance of the game by calling 613-546-4291 ext.1800.

### Supervised Junior Shinny

**Children 7-12 yrs.** A CSA-certified helmet with face screen is required. On-ice staff will determine teams (based on skills), referee the activity and encourage team play. Proof of age may be required. Adults must remain in the stands and away from players' benches. Offered on P.A. days and school breaks. **Maximum:** 20 skaters and three goalies.

### Ice Skating Parties

You supply the cake, we supply the fun.  
[CityofKingston.ca/Birthday](http://CityofKingston.ca/Birthday)

### Ice Bookings

Check ice availability at [CityofKingston.ca/Arenas](http://CityofKingston.ca/Arenas)  
Call 613-546-4291 ext.1800 or email  
[FacilityBooking@CityofKingston.ca](mailto:FacilityBooking@CityofKingston.ca)

## More stick & blade programs...

- **Skating Lessons & Power Skating**, page 20
- **Drop in Adult Ball Hockey**, page 36
- **Toonie Skates**, page 15

## CSA-Certified Helmets

CSA-certified helmets are mandatory for skaters 10 and under, for ice skating lessons and for all hockey programs. It is strongly recommended that all participants wear a CSA-certified helmet during public skating. Children under 8 require on-ice supervision by a caregiver age 16 or over.



## Schedules – September to March

**NOTE:** Program-specific equipment requirements are outlined below. CSA-approved helmets with screens are required for all skaters ages 10 and under and strongly recommended for all skaters. Find the most up-to-date schedule online. Find the most up-to-date schedule online [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

**Q Cancellations?** [CityofKingston.ca/Skating](http://CityofKingston.ca/Skating)

### Public Skating

**Location: INVISTA Centre, 1350 Gardiners Rd.**

M 6:30-7:20 p.m. Sept 16  
Sa 2-3:45 p.m. Sept 14

**Location: Centre 70, 100 Days Rd.**

Tu, Th 4-4:50 p.m. Oct 8  
F 7-8:45 p.m. Oct 11

**Location: Memorial Centre, 303 York St.**

W 5-5:50 p.m. Oct 9  
Su 12-1:45 p.m. Oct 13

### Senior/Adult Skating

**Location: INVISTA Centre, 1350 Gardiners Rd.**

M-F 8:30-10:20 a.m. Sept 9

### Parent & Tot Skating (children 6 & under)

**Location: INVISTA Centre, 1350 Gardiners Rd.**

M,W 10:30-11:50 a.m. Sept 9  
Su 11-11:50 a.m. Sept 15

### Parent & Tot Stick & Puck\* (children 6 & under)

**Location: INVISTA Centre, 1350 Gardiners Rd.**

Th 10:30-11:50 a.m. Sept 12

### NEW! Recreational Figure Skating (18 yrs +)

**Location: INVISTA Centre, 1350 Gardiners Rd.**

Th 12-12:50 p.m. [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

### NEW! Sticks, Pucks & Rings

**Location: INVISTA Centre, 1350 Gardiners Rd.**

Th 12-12:50 p.m. [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

### Shinny Hockey\* (18 yrs +)

**Location: INVISTA Centre, 1350 Gardiners Rd.**

M, W, Th 12-1:20 p.m. Sept 16

**Location: Memorial Centre, 303 York St.**

F 12-1:20 p.m. Oct 11

**Cataraqi Community Centre, 1030 Sunnyside Rd.**

M 10-11:20 p.m. Sept 23

### Shinny Hockey Women's\* (18 yrs +)

**Location: INVISTA Centre, 1350 Gardiners Rd.**

Th 12-12:20 p.m. Sept 19

\*Full hockey equipment required

## Fees

	Skating		Shinny	
	/VISIT	12 VISIT	/VISIT	12 VISIT
Adult	\$4.50	\$49.50	\$8.75	\$96.25
Senior/Youth	\$3.75	\$41.25	N/A	N/A
Child	\$2.75	\$30.25	\$7.25	N/A
Parent(s) & Child(ren)*	\$3pp	N/A	N/A	N/A

\*Maximum two adults with their dependent children 24 years of age and under. Applicable taxes are included in drop-in and 12-visit passes.

## Arenas & ice rentals

**Q** [CityofKingston.ca/Arenas](http://CityofKingston.ca/Arenas)

Why not make your next party an ice-skating party or book ice to get in some extra practice time?

### Three ways to check availability:

**Online** at [CityofKingston.ca/Arenas](http://CityofKingston.ca/Arenas)

**Call** 613-546-4291 ext 1800

**Email** [FacilityBooking@CityofKingston.ca](mailto:FacilityBooking@CityofKingston.ca)

## Arena locations

*Cataraqi Community Centre*

1030 Sunnyside Rd.

*Kingston Memorial Centre*

303 York St.

*Centre 70 Arena*

100 Days Rd.

*Leon's Centre,*

1 The Tragically Hip Way

*INVISTA Centre*

1350 Gardiners Rd.

## Outdoor skating rinks

**Q** [CityofKingston.ca/OutdoorRinks](http://CityofKingston.ca/OutdoorRinks)

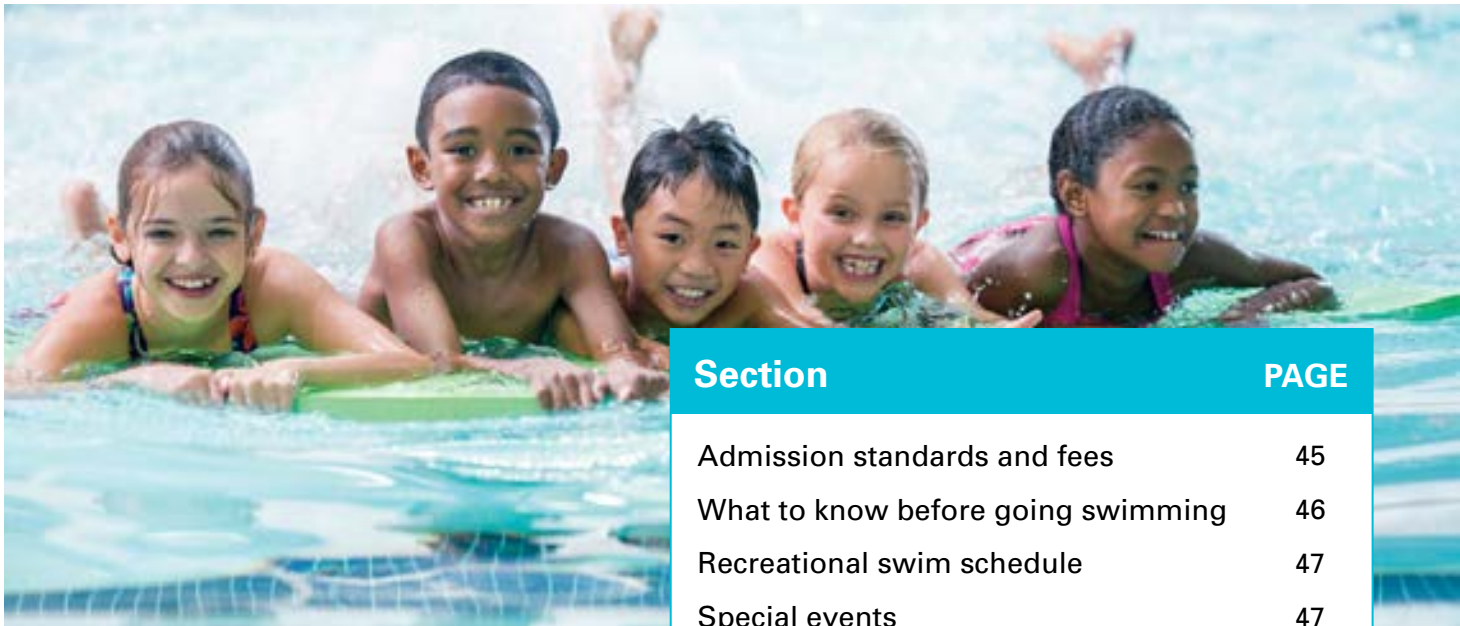
Skating is a popular winter activity at the many outdoor rinks located across the city. Visit the City's website to find a rink near you.

Lace-up your skates and head to historic Springer Market Square for a memorable outdoor skate to great music. This refrigerated rink, while still weather-dependent, typically opens in December and features skate rentals during the winter holidays and Febfest.

**➔ P.A. Day, holiday skates & Junior Shinny, page 15**



# Aquatics



## Artillery Park Aquatic Centre

382 Bagot St.

- Open year-round
- Saltwater treatment
- 25-metre lane pool
- Leisure/therapy pool
- Diving board
- Spray features
- Sauna
- Bubble bench
- Family change rooms
- Accessible ramp entry
- Day lockers

## Boys & Girls Club West End Hub

1300 Bath Rd. (Frontenac Mall)

The City offers swimming lessons and recreational swims at the Boys & Girls Club. **NOTE:** No diving at this location.

➔ Look for details in the **Swim Lesson** and **Recreational Swim** sections of this guide or online at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

## Annual Pool Maintenance Shutdown Sept. 2-15

**Shutdown office hours:** M-F 8 a.m.-4 p.m.  
(Saturday & Sunday closed)

🔍 See the Outdoor Aqua Park September swim schedule at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

## Section

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## Registration simplified...

### Registration start dates:

**Fall:** Th Aug. 22, 6 p.m.    **Winter:** Th Dec 5, 6 p.m.

Register early to avoid disappointment. Use waitlists if programs are full as additional classes are added where possible.

**Create your own account & register 24/7**

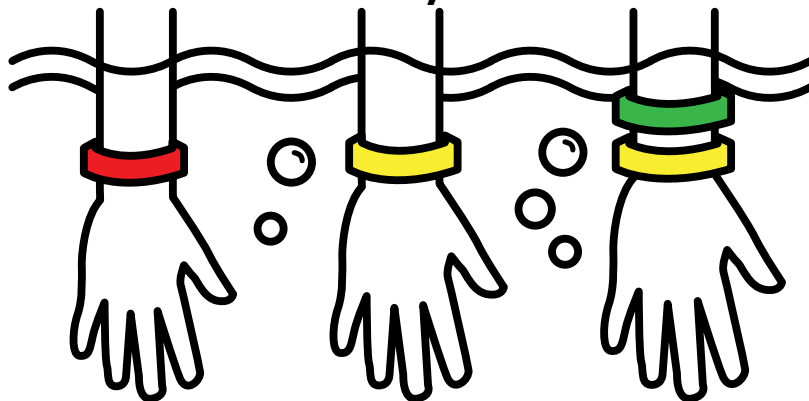


[CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

## City of Kingston – swim admission standards

### Age/Supervision Requirements

#### Pool Wristband Policy **Unsure? Be sure!**



Red Wristband	Yellow Wristband	Yellow & Green Wristband
<ul style="list-style-type: none"> <li>Ages: 3 - 6*</li> <li>Must swim with a guardian (16yrs+)</li> <li>Must be within arms' reach at all times.</li> </ul>	<ul style="list-style-type: none"> <li>Ages: 7 - 9*</li> <li>Must swim with a guardian (16yrs+).</li> <li>Active supervision at all times.</li> </ul>	<ul style="list-style-type: none"> <li>Ages: 7 - 9*</li> <li>Passes swim test†.</li> <li>Guardian (16yrs+) must be in pool enclosure at all times.</li> </ul>
<b>No Wristband</b> Ages: 10 and up. May swim alone.		

\* 1 Guardian: 3 children (Maximum).

† Swim test includes, but is not limited to, swimming 2 widths of the pool. Required for all Leisure and Family swims.

### Pool admission fees

Each admission fee entitles you to one recreational swim.

Artillery Park Aquatic Centre, 382 Bagot St.

	CHILD	YOUTH/SENIOR	ADULT	PARENT & CHILD(REN)
Drop-in*	\$3.25	\$4.75	\$5.75	\$3.50/person
12-visit*	\$35.75	\$52.25	\$63.25	N/A
1 month	\$20	\$28	\$34	\$68
6 month	\$80	\$112	\$140	\$260
1 year	\$135	\$187	\$234	\$438

Boys & Girls Club, 1300 Bath Rd.

Access swims with your Wellness or Fit Pass membership.

	CHILD	YOUTH/SENIOR	ADULT	PARENT & CHILD(REN)
Drop-in*	\$3.25	\$4.75	\$5.75	\$3.50/person

\*Drop-in and 12-visit fees include applicable tax.

### Admission Standard & Swim Test

The swim admission standard applies to all recreational swims and pool rentals. Lifeguards may ask for a demonstration of swim ability if the swimmer's safety is in question. Those who cannot pass the swim test must remain in shallow water.

To successfully pass the facility swim test swimmers must:

- Demonstrate comfort in water
- Swim a minimum of two widths continuously on their front in shallow water without touching the bottom or stopping at the side

🔍 For more information, [CityofKingston.ca/Aquatics](http://CityofKingston.ca/Aquatics)



### Age categories

**Tots:** 2 years and under

**Child:** 3-12 years

**Youth:** 13-24 years

**Adult:** 25-64 years

**Senior:** 65+ years

**Parent(s) & Child(ren):** Maximum two adults with their dependent children 24 years of age and under.

**NOTE:** Children 2 and under are admitted at no charge.

**Pool rentals** Artillery Park Aquatic Centre pools are available to rent for private functions.

📞 Please call 613-546-4291 ext. 1700/1800 for information and bookings.

➔ Drop-in Swim Schedules, page 47

# What to know before going swimming

## Recreational swims

### Family Swim

Spend family time together in our warm-water leisure pool. Those 15 years and under must be accompanied by a caregiver 16+. Adults are welcome to attend without children. The diving board is not open.

### Lane Swim

Lanes available for length swimming (slow, medium and fast) and open swimming for water walking, jogging or general exercise. Lane etiquette and requests by lifeguards to change lanes based on pace, must be followed.

### Leisure Swim

All ages welcome. Diving board is open at Artillery Park Aquatic Centre during 'both pools' (BP) swims only.

### Leisure/Lane Swim (Female Only)

Designed for females only with an all-female staff. Where applicable, all viewing windows and doors will be covered for privacy.

### Parent & Tot Swim

The leisure pool is open for unstructured play time for preschool children. Ages 6 and under, accompanied by a caregiver.

### Older Adult Swim (Ages 55+)

Enjoy an opportunity to exercise, socialize or relax in the water (no formal class instruction, shared pool space).

### Therapeutic Swim

Individuals work with their health practitioner/trainer or individually on their prescribed exercises in a warm therapeutic pool (no formal class instruction, shared pool space).

## Safety & supervision

### Admission Standard: Swim Test

The swim admission standard applies to all swims and pool rentals. Lifeguards may ask for a demonstration of swimming ability if there is a question of a swimmer's safety. **See page 45 for details.**

### Family/Gender Neutral Change Room Policy

If you are accompanying a child of the same gender please use the gender-specific change rooms. Persons 10 years of age and older please use the change room stalls for dressing/changing.

### Cellphone & Electronics Policy

The use of electronic recording devices capable of capturing a photograph or video are prohibited in the fitness rooms, change rooms, washrooms or on pool decks in all City of Kingston facilities.

### Food & Drink

Only water in a plastic container is permitted on the pool deck. Bring a reusable drinking container or you can purchase one at the front desk.

### Lane Etiquette

Lane swim etiquette is provided to help swimmers avoid conflict and make everyone's swimming experience more enjoyable. Lane etiquette is posted on deck or can be reviewed at [CityofKingston.ca/Aquatics](http://CityofKingston.ca/Aquatics)

### Personal Belongings and Lockers

Keep your belongings safe: use a locker and lock. Change room lockers are for day use only; locks and contents will be removed if left overnight. You may purchase locks at the front desk. **NOTE:** The City is not responsible for lost or stolen items.

## Help Prevent Pool Closures

- 1) Refrain from eating large meals or feeding children immediately prior to entering the pool.
- 2) Always visit the washroom before entering the pool.
- 3) Don't enter the pool if you or your child feels ill.
- 4) Swim diapers are required for children who are not toilet trained and adults with incontinence. Both adult and child swim diapers are available for sale at the front desk.
- 5) Always shower prior to pool entry to remove contaminants including dead skin, dirt, sweat, body oils and feces from entering the pool.

## Sauna

You must be 16+ to use the sauna. Swimmers must shower after using the sauna before re-entering the pool. The sauna is open during all recreational swim programs.

## Serious Medical Conditions

Those with serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision. Your medical doctor should be consulted before swimming.

## Swimming Attire

You must wear appropriate bathing attire on the pool deck. No street clothes are permitted. Children who are not toilet trained must wear swim diapers. Child and adult swim diapers are available for purchase at the front desk.

## Need it? We've Got you Covered!

The front desk has locks, goggles, swim caps and swim diapers available for purchase.

# Recreational swim schedules

(LP) = Leisure Pool  
(VKP) = Vicki Keith Pool  
(BP) = Both Pools



## Artillery Park Aquatic Centre → Sept. 16, 2019 – March 29, 2020

Last entry into the facility is 30 minutes prior to closing. All patrons must exit facility within 30 minutes after closing.

### Family Swim (LP)

**Time:** 11:30 a.m.-1:25 p.m. **Days:** M-F  
**Time:** 11:45 a.m.-1:25 p.m. **Days:** Sa/Su  
**Time:** 7:30-9:30 p.m. **Days:** M/Tu/W

### Lane Swim (VKP) \*six lanes

**Time:** 6-6:55 a.m. **Days:** M/W/F\*  
**Time:** 7-8:50 a.m. **Days:** M-F  
**Time:** 8-8:55 a.m. **Days:** Su  
**Time:** 11:30 a.m.-1:25 p.m. **Days:** M-F  
**Time:** 11:45 a.m.-1:25 p.m. **Days:** Sa/Su  
**Time:** 8:30-9:25 p.m. **Days:** M/W  
**Time:** 7:30-9:25 p.m. **Days:** Tu

### Leisure/Lane – Female only (BP)

**Time:** 8:30-9:30 p.m. **Days:** Th

### Leisure Swim \*2 lanes

**Time:** 2-3:55 p.m. **Days:** Sa/Su (BP)  
**Time:** 3:30-4:55 p.m. **Days:** M/Tu/W/F (LP)  
**Time:** 3:30-6:55 p.m. **Days:** Th (LP)  
**Time:** 7-8:25 p.m. **Days:** Th (BP)\*  
**Time:** 8-9:25 p.m. **Days:** F (BP)

### Parent & Tot Swim (LP)

**Time:** 9-9:55 a.m. **Days:** M-F  
**Time:** 10:45-11:40 a.m. **Days:** Sa/Su

### Older Adult Swim (VKP)

**Time:** 11-11:25 a.m. **Days:** M-F  
**Therapeutic & Older Adult Swim (LP)**  
**Time:** 10-10:55 a.m. **Days:** M-F

### Therapeutic Swim (LP)

**Time:** 6-8:50 a.m. **Days:** M/W/F  
**Time:** 7-8:50 a.m. **Days:** Tu/Th

## Boys & Girls Club West End Hub

→ Sept. 3, 2019 – March 29, 2020

### Family Swim/Lane Swim (2 lanes)

**Time:** 10:30 a.m.-12:30 p.m. **Days:** W  
**Time:** 11 a.m.-12:30 p.m. **Days:** Sa  
**Time:** 6-7:30 p.m. **Days:** Tu/F  
Drop-in & Wellness/Fit Pass access.

- **Annual Pool Maintenance Shutdown:** Sept. 3-15
- **Shutdown office hours:** M-F 8 a.m. to 4 p.m.  
Closed Saturday and Sunday
- 🔍 See the Outdoor Aqua Park September swim schedule at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

# Special events & activities

## Artillery Park Aquatic Centre → 382 Bagot St.

In addition to our regular drop-in recreation swim schedule, we offer these special swims and programming.

### P.A. Days – Leisure Swims (BP)

**Time:** Fridays, 1:30-2:55 p.m.  
**Dates:** Sept. 27 Jan. 31  
Nov. 1 Apr. 3  
Nov. 29

### Toonie Swims – \$2 Leisure Swims (BP)

**Time:** 7-8:25 p.m.  
**Date:** 2<sup>nd</sup> Thursday of each month  
**Dates:** Oct. 10 Jan. 9  
Nov. 14 Feb. 13  
Dec. 12 Mar. 12

### Winter Break – Leisure Swims (BP)

**Time:** 1:30-2:55 p.m.  
**Dates:** Dec. 23, 27, 30 & Jan. 2-3

### Family Day

**Date:** Monday, Feb. 17  
**Times:** 10:30-11:25 a.m. Parent & Tot Swim (LP)  
10:30-11:25 a.m. Family Aqua Fit (VKP)  
11:30 a.m.-1:25 p.m. Lane & Family Swim (BP)  
1:30-3:25 p.m. Leisure Swim (BP)  
3:30-4:25 p.m. Parent & Tot Swim (LP)  
3:30-4:25 p.m. Swim Sports (VKP)  
4:30-5:55 p.m. Lane & Family Swim (BP)  
6:30-7:25 p.m. Aqua Fit (VKP)  
6:00-7:25 p.m. Leisure Swim (LP) & Gym

### March Break – Leisure Swims (BP)

**Dates:** Mar. 16-20 **Times:** 1:30-2:55 p.m.

- **More March Break Fun**, page 16
- **More P.A. Day activities**, page 15
- **Make your party a big splash!** See pages 49 & 17



# Aquatics programs

## Fitness (drop-in)

### Aqua Energy

A full body water based workout with low-impact exercises designed to improve cardiovascular capacity. This non-stop class incorporates aqua weights and pool noodles to give a full body energizing workout.

**Day:** M/W/F **Time:** 9-9:55 a.m. and 10-10:55 a.m.

**Day:** M/W **Time:** 7:30-8:25 p.m.

**Day:** Sa/Su **Time:** 10:45-11:40 a.m.

### Aqua Zumba

We are bringing the Zumba fitness experience to the water by adapting the Latin moves to an aqua fitness class. Cardiovascular training will tone your muscles while you enjoy all of the fun!

**Day:** Tu **Time:** 9-9:55 a.m.

### Aqua Resistance

This Aqua fit class uses the pool noodle for added resistance throughout the workout; engaging and challenging your core with every exercise.

**Day:** Tu **Time:** 10-10:55 a.m.

### Aqua Intensity

A full body water based workout with exercises designed to improve flexibility, muscular endurance and overall strength. Aqua weights and pool noodle use adds extra resistance to exercises to challenge and improve your fitness level.

**Day:** Th **Time:** 9-9:55 a.m. and 10-10:55 a.m.

### Aqua Fit Fees

	ADULT 25-64 YRS	SENIOR 65+ YOUTH 13-24 YRS
Drop-in*	\$10.50	\$8.50
12 Visit*	\$115.50	\$93.50
1 Month	\$50	\$40
6 Month	\$242	\$194
1 Year	\$424	\$339

\*Drop-in and 12 visit passes include HST

## Fitness

### Aqua Arthritis

Recommended for individuals who suffer from chronic conditions such as arthritis, rheumatoid arthritis, fibromyalgia, osteoporosis and Parkinson's disease that would benefit from warm water movement and exercise. Taught by an experienced instructor educated in safe movements and the program will help improve quality of life. Takes place in warm Therapeutic pool.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Leisure Pool, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 16-Nov 4, M	2:30-3:30 p.m.	\$49.80/6	7813
Sep 19-Oct 31, Th	2:30-3:30 p.m.	\$58.10/7	7814
Nov 7-Dec 19, Th	2:30-3:30 p.m.	\$58.10/7	7817
Nov 11-Dec 16, M	2:30-3:30 p.m.	\$49.80/6	7816
Jan 6-Feb 24, M	2:30-3:30 p.m.	\$58.10/7	7876
Jan 9-Feb 27, Th	2:30-3:30 p.m.	\$66.40/8	7877
Mar 2-Apr 27, M	2:30-3:30 p.m.	\$58.10/7	7878
Mar 5-Apr 30, Th	2:30-3:30 p.m.	\$66.40/8	7879

*Note: No classes Oct 14, 21, Feb 17, Mar 16, 19, Apr 13*

### Aqua Fit – Baby & Me

An aqua fit class for new moms and dads! Classes are focused on increasing fitness levels while baby is either held or placed in a dolphin float.

**Age:** Babies up to 24 months and parent

**Location:** Artillery Park Aquatic Centre, Leisure Pool, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 17-Oct 29, Tu	1:30-2:15 p.m.	\$56/7	8068
Nov 5-Dec 17, Tu	1:30-2:15 p.m.	\$56/7	8069
Jan 7-Feb 25, Tu	1:30-2:15 p.m.	\$64/8	8071
Mar 3-Apr 28, Tu	1:30-2:15 p.m.	\$64/8	8072

*Note: No class Mar 17*

## Aquatics programs (continued)

### Aqua Yoga

This water-based class is a perfect balance between work and relaxation, combining traditional aqua fitness exercises with aquatic yoga poses.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, Vicki Keith Pool, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 19-Oct 31, Th	2:30-3:30 p.m.	\$58.10/7	8058
Nov 7-Dec 19, Th	2:30-3:30 p.m.	\$58.10/7	8059
Jan 9-Feb 27, Th	2:30-3:30 p.m.	\$66.40/8	8060
Mar 5-Apr 30, Th	2:30-3:30 p.m.	\$66.40/8	8065

*Note: No class Mar 19*

### Sport

#### I Love Water Polo

'I Love Water Polo' (ILWP) is an introductory water polo program for boys and girls ages 6-12. In a learn-to-play environment, similar to swimming lessons, participants discover the game of water polo and the basic skills involved in aquatic sports. ILWP helps enhance participants' swimming, balance and coordination skills. No prior water polo experience is required.

**Pre-requisite:** Participants must be comfortable in deep water.

(I Love Water Polo continued in next column)

**Age:** 6-12 yrs

**Location:** Artillery Park Aquatic Centre, Vicki Keith Pool, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Oct 2-Nov 20, W	6:30-7:30 p.m.	\$90/8	8604
Jan 22-Mar 11, W	6:30-7:30 p.m.	\$90/8	9560

### Swim Sports

Red Cross Swim Sports modules offer you an opportunity to learn the fundamental skills of a variety of sports. The focus is on having fun with your friends and peers and trying new activities. Sports played include: diving, lifesaving sport, triathlon swim, underwater hockey and water polo. **NOTE:** Participants should be comfortable in deep water and Swim Kids Level 6 or higher is recommended.

**Location:** Artillery Park Aquatic Centre, Vicki Keith Pool, 382 Bagot St.

**Age:** 8-12 yrs and up

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 27-Nov 22, F	7:15-8 p.m.	\$90/8	9075

*Note: No class Oct 11*

➔ See Aquatic Leadership courses, page 64

## Big splash pool parties!

You Supply the Cake...We Supply the Fun!

### Indoor Pool Party

**Artillery Park Aquatic Centre, 382 Bagot St.**

- ✓ A great place for pool parties with two pools, a bubble bench and spray features
- ✓ A party room is included to make your birthday party complete
- ✓ Public and private parties available
- ✓ Saturdays and Sundays



### Big splash pool parties

For details and to book a party call 613-546-4291 ext. 1700/1800/1900.

🔍 [CityofKingston.ca/Birthday](http://CityofKingston.ca/Birthday)

# What to know about swimming lessons

## When to Register?

Fall swim lesson registration begins  
**Thursday, August 22, 6 p.m.**

Winter swim lesson registration begins  
**Thursday, December 5, 6 p.m.**

 Go to [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

## What Level Should I Be In?

There are a few options to assist you in finding the right level:

- On-site registration – show staff your child's previous report card with the swim instructor's recommendation.
- Let us assess your child's swim level in advance of registration. Ask the Head Guard during any Family or Leisure Swim.
- Review the swim level descriptions on pages 51, 56, 61.
- Call us at 613-546-4291 ext. 1719/1722

## Private Swim Lessons

Red Cross learn to swim levels are available for private or semi-private lessons for all ages. Private lessons might be right for you to develop swimming skills through personalized coaching or if your child has accomplished all but a few skills in a level.

One-on-one instruction may be tailored to meet the needs of individuals with special needs in a fun learning environment. **NOTE:** Before registering please review the 'Inclusion and special needs services' information on page 4. **Register in private lesson time slots on page 62/63.**

## Semi Private Swim Lessons

For semi-private lessons, participants should be at the same level or within one level for skills. Please register one participant in a private lesson slot to reserve your spot, and then call 613-546-4291 ext. 1700 to modify the lesson to semi-private. Semi-private lessons cost \$154.00 per participant.

## Low Ratio Red Cross Swim Lessons

These are programs with smaller class sizes.

## Wait Lists Work!

Adding your name to a wait list allows us to create new classes when possible and to notify you when spaces become available.

## Watching Swimming Lessons

Caregivers are encouraged to stay and watch their child's swimming lessons from the lobby area or pool deck. **NOTE:** outdoor footwear, beverages, food and cell phones are not allowed on the pool deck.

## Cell Phone & Electronics Policy

The use of electronic recording devices capable of rendering a photograph or video are prohibited in the fitness rooms, change rooms, pool decks and washrooms in all City of Kingston facilities.

## What to Expect from Lessons

The Red Cross swim program allows students to progress comfortably and have tailored programs for their specified age groups. Have realistic expectations so participants do not feel pressured to pass a level or get a badge. The City does not allow age overrides for swim programs.

## Progress Reports

Progress reports are issued on the last day of lessons. Participants must complete all items on the progress report to move to the next level. Mid-term progress reports are provided verbally.

## Help Prevent Pool Closures

- 1) Refrain from eating large meals or feeding children immediately prior to entering the pool.
- 2) Always visit the washroom before entering the pool.
- 3) Don't enter the pool if you or your child feels ill.
- 4) Swim diapers are required for children who are not toilet trained and adults with incontinence. Both adult and child swim diapers are available for sale at the front desk.
- 5) Always shower prior to pool entry to remove contaminants including dead skin, dirt, sweat, body oils and feces from entering the pool.

## Cancellations and Changes to Programs

All programs and services are subject to change without notice. While every effort is made to ensure information is accurate at time of print, we reserve the right to alter, change and/or cancel programs and services as required. Please confirm your contact information is up to date.

## Questions or Concerns

Your feedback is important to us. A head instructor is available during lessons to answer any questions you may have. If you have a concern, speak with a head instructor right away so we can address it and ensure your child has a successful and positive lesson experience. **Questions? Contact our Aquatic Office at 613-546-4291 ext. 1719/1722**

# Learn to swim (Preschool)

## Red Cross Preschool

4 Months to 5 Years

### → Starfish

**Age 4-18 months** – able to hold their head up and participate with a parent or caregiver.

Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.

### → Duck

**1-3 years** – participating with a parent or caregiver.

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.

### → Turtle

**2-5 years** – participating with a parent or caregiver.

Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.



### → Sea Otter

**3-5 years** – Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim one metre upon completion of this level.



**Birthday parties  
with a big splash!**

➔ **More details, page 49**



Swim Lessons

### → Salamander

**3-5 years** – successful completion of the skills in Red Cross Swim Preschool Sea Otter.

Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim two metres upon completion.

### → Sunfish

**3-5 years** – successful completion of the skills in Red Cross Swim Preschool Salamander.

Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim five metres continuously.

### → Crocodile

**3-5 years** – successful completion of the skills in Red Cross Swim Preschool Sunfish.

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.

### → Whale

**3-5 years** – successful completion of the skills in Red Cross Swim Preschool Crocodile.

Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.



# Red Cross Swim Preschool 4 months to 5 years

## Artillery Park Aquatic Centre

→ 382 Bagot St.

### Red Cross Parent Assisted – Starfish

**\$76/30 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sep 28-Nov 23, Sa	8:00 a.m.	8940
Sep 29-Nov 24, Su	8:00 a.m.	8941
Sep 30-Nov 25, M	11:00 a.m.	8944
Oct 1-Nov 19, Tu	5:00 p.m.	8942
Oct 2-Nov 20, W	11:00 a.m.	8945
Oct 2-Nov 20, W	5:45 p.m.	8943
Oct 4-Nov 22, F	11:00 a.m.	8946
Jan 13-Mar 9, M	11:00 a.m.	9921
Jan 18-Mar 7, Sa	8:00 a.m.	9917
Jan 19-Mar 8, Su	8:00 a.m.	9918
Jan 21-Mar 10, Tu	5:00 p.m.	9919
Jan 22-Mar 11, W	11:00 a.m.	9923
Jan 22-Mar 11, W	5:45 p.m.	9920
Jan 24-Mar 13, F	11:00 a.m.	9924

*Note: No class Feb 17*

### Red Cross Parent Assisted – Duck

**\$76/30 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:00 p.m.	8929
Sep 28-Nov 23, Sa	8:45 a.m.	8930
Sep 28-Nov 23, Sa	10:15 a.m.	8931
Sep 29-Nov 24, Su	9:30 a.m.	8932
Sep 30-Nov 25, M	5:45 p.m.	8933
Oct 1-Nov 19, Tu	5:45 p.m.	8934
Oct 2-Nov 20, W	5:00 p.m.	8935
Jan 13-Mar 9, M	5:45 p.m.	9909
Jan 18-Mar 7, Sa	8:45 a.m.	9906
Jan 18-Mar 7, Sa	10:15 a.m.	9907
Jan 19-Mar 8, Su	9:30 a.m.	9908
Jan 21-Mar 10, Tu	5:45 p.m.	9910
Jan 22-Mar 11, W	5:00 p.m.	9911

*Note: No class Feb 17*

→ **Register online for aquatic programs**  
24/7 at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)

### Red Cross Parent Assisted – Duck & Turtle

**\$76/30 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Oct 1-Nov 19, Tu	11:00 a.m.	8937
Oct 3-Nov 21, Th	11:00 a.m.	8938
Jan 21-Mar 10, Tu	11:00 a.m.	9914
Jan 23-Mar 12, Th	11:00 a.m.	9915

### Red Cross Parent Assisted – Turtle

**\$76/30 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:45 p.m.	8948
Sep 28-Nov 23, Sa	9:30 a.m.	8949
Sep 29-Nov 24, Su	8:45 a.m.	8950
Sep 30-Nov 25, M	5:00 p.m.	8951
Oct 1-Nov 19, Tu	6:15 p.m.	8952
Oct 2-Nov 20, W	6:30 p.m.	8953
Jan 13-Mar 9, M	5:00 p.m.	9935
Jan 18-Mar 7, Sa	9:30 a.m.	9931
Jan 19-Mar 8, Su	8:45 a.m.	9933
Jan 21-Mar 10, Tu	6:15 p.m.	9936
Jan 22-Mar 11, W	6:30 p.m.	9937

*Note: No class Feb 17*

### Red Cross Preschool – Sea Otter

**\$76/30 minutes / 8 classes – 5:1 ratio**

DATE, DAY	TIME	CODE
Sept 27-Nov 22, F	1:30 p.m.	9035
Sep 27-Nov 22, F	5:45 p.m.	9026
Sep 28-Nov 23, Sa	9:00 a.m.	9027
Sep 28-Nov 23, Sa	10:15 a.m.	9028
Sep 29-Nov 24, Su	8:30 a.m.	9029
Sep 30-Nov 25, M	5:45 p.m.	9030
Oct 1-Nov 19, Tu	11:00 a.m.	9033
Oct 1-Nov 19, Tu	6:00 p.m.	9031
Oct 2-Nov 20, W	5:00 p.m.	9032
Oct 4-Nov 22, F	11:00 a.m.	9034
Jan 13-Mar 9, M	5:45 p.m.	10117
Jan 17-Mar 13, F	1:30 p.m.	10127
Jan 18-Mar 7, Sa	9:00 a.m.	10110
Jan 18-Mar 7, Sa	10:15 a.m.	10112
Jan 19-Mar 8, Su	8:30 a.m.	10115
Jan 21-Mar 10, Tu	11 a.m.	10471
Jan 21-Mar 10, Tu	6:00 p.m.	10118
Jan 22-Mar 11, W	5:00 p.m.	10125
Jan 24-Mar 13, F	11:00 a.m.	10126
Jan 24-Mar 13, F	5:00 p.m.	10108

*Note: No class Feb 17*

## Red Cross Preschool – Sea Otter (Low Ratio)

\$105/30 minutes / 8 classes – 3:1 ratio

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:00 p.m.	9036
Sep 27-Nov 22, F	6:15 p.m.	9037
Sep 28-Nov 23, Sa	8:00 a.m.	9038
Sep 28-Nov 23, Sa	8:30 a.m.	9039
Sep 28-Nov 23, Sa	9:45 a.m.	9040
Sep 29-Nov 24, Su	8:15 a.m.	9041
Sep 30-Nov 25, M	11:00 a.m.	9048
Sep 30-Nov 25, M	5:00 p.m.	9042
Sep 30-Nov 25, M	6:30 p.m.	9043
Oct 1-Nov 19, Tu	5:00 p.m.	9044
Oct 1-Nov 19, Tu	6:15 p.m.	9045
Oct 2-Nov 20, W	5:45 p.m.	9046
Oct 2-Nov 20, W	6:45 p.m.	9047
Jan 13-Mar 9, M	11:00 a.m.	10154
Jan 13-Mar 9, M	5:00 p.m.	10134
Jan 13-Mar 9, M	6:30 p.m.	10135
Jan 18-Mar 7, Sa	8:00 a.m.	10129
Jan 18-Mar 7, Sa	8:30 a.m.	10130
Jan 18-Mar 7, Sa	9:45 a.m.	10131
Jan 19-Mar 8, Su	8:15 a.m.	10133
Jan 21-Mar 10, Tu	5:00 p.m.	10149
Jan 21-Mar 10, Tu	6:15 p.m.	10150
Jan 22-Mar 11, W	5:45 p.m.	10151
Jan 22-Mar 11, W	6:45 p.m.	10152
Jan 24-Mar 13, F	5:30 p.m.	10128

*Note: No class Feb 17*

## Red Cross Preschool – Salamander

\$76/30 minutes / 8 classes – 5:1 ratio

DATE, DAY	TIME	CODE
Sept 27-Nov 22, F	2:30 p.m.	9001
Sep 27-Nov 22, F	5:15 p.m.	8991
Sep 28-Nov 23, Sa	8:45 a.m.	8992
Sep 29-Nov 24, Su	8:00 a.m.	8993
Sep 29-Nov 24, Su	10:15 a.m.	8994
Sep 30-Nov 25, M	5:45 p.m.	8996
Sep 30-Nov 25, M	6:30 p.m.	8995
Oct 1-Nov 19, Tu	5:15 p.m.	8998
Oct 1-Nov 19, Tu	6:30 p.m.	8999
Oct 2-Nov 20, W	11:00 a.m.	9002
Oct 2-Nov 20, W	5:30 p.m.	9000
Oct 3-Nov 21, Th	11:00 a.m.	9003
Jan 13-Mar 9, M	5:45 p.m.	10044

(Red Cross – Salamander continued in next column)

DATE, DAY	TIME	CODE
Jan 13-Mar 9, M	6:30 p.m.	9946
Jan 17-Mar 13, F	2:30 p.m.	10055
Jan 18-Mar 7, Sa	8:45 a.m.	9942
Jan 19-Mar 8, Su	8:00 a.m.	9943
Jan 19-Mar 8, Su	10:15 a.m.	9944
Jan 21-Mar 10, Tu	5:15 p.m.	10051
Jan 21-Mar 10, Tu	6:30 p.m.	10052
Jan 22-Mar 11, W	11:00 a.m.	10056
Jan 22-Mar 11, W	5:30 p.m.	10053
Jan 23-Mar 12, Th	11:00 a.m.	10057
Jan 24-Mar 13, F	5:30 p.m.	9941

*Note: No class Feb 17*

## Red Cross Preschool – Salamander (Low Ratio)

\$105/30 minutes / 8 classes – 3:1 ratio

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:00 p.m.	9004
Sep 27-Nov 22, F	5:30 p.m.	9005
Sep 28-Nov 23, Sa	8:15 a.m.	9006
Sep 28-Nov 23, Sa	10:00 a.m.	9007
Sep 29-Nov 24, Su	8:45 a.m.	9008
Sep 29-Nov 24, Su	9:15 a.m.	9009
Sep 30-Nov 25, M	11:00 a.m.	9017
Sep 30-Nov 25, M	5:15 p.m.	9010
Sep 30-Nov 25, M	6:00 p.m.	9011
Oct 1-Nov 19, Tu	5:00 p.m.	9012
Oct 1-Nov 19, Tu	5:45 p.m.	9013
Oct 2-Nov 20, W	5:00 p.m.	9015
Oct 2-Nov 20, W	5:15 p.m.	9014
Oct 2-Nov 20, W	6:15 p.m.	9016
Oct 4-Nov 22, F	11:00 a.m.	9018
Jan 13-Mar 9, M	11:00 a.m.	10097
Jan 13-Mar 9, M	5:15 p.m.	10067
Jan 13-Mar 9, M	6:00 p.m.	10069
Jan 18-Mar 7, Sa	8:15 a.m.	10063
Jan 18-Mar 7, Sa	10:00 a.m.	10064
Jan 19-Mar 8, Su	8:45 a.m.	10065
Jan 19-Mar 8, Su	9:15 a.m.	10066
Jan 21-Mar 10, Tu	5:00 p.m.	10071
Jan 21-Mar 10, Tu	5:45 p.m.	10072
Jan 22-Mar 11, W	5:00 p.m.	10095
Jan 22-Mar 11, W	5:15 p.m.	10073
Jan 22-Mar 11, W	6:15 p.m.	10096
Jan 24-Mar 13, F	11:00 a.m.	10100
Jan 24-Mar 13, F	5:00 p.m.	10062

*Note: No class Feb 17*

## Artillery Park Aquatic Centre (cont'd)

→ 382 Bagot St.

### Red Cross Preschool – Sunfish

**\$76/30 minutes / 8 classes – 5:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	6:00 p.m.	9056
Sep 28-Nov 23, Sa	9:15 a.m.	9057
Sep 29-Nov 24, Su	8:15 a.m.	9058
Sep 30-Nov 25, M	5:15 p.m.	9059
Oct 1-Nov 19, Tu	5:15 p.m.	9060
Jan 13-Mar 9, M	5:15 p.m.	10472
Jan 18-Mar 7, Sa	9:15 a.m.	10166
Jan 19-Mar 8, Su	8:15 a.m.	10167
Jan 19-Mar 8, Su	9:45 a.m.	10168
Jan 21-Mar 10, Tu	5:15 p.m.	10169

*Note: No class Feb 17*

### Red Cross Preschool – Sunfish (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:15 p.m.	9061
Sep 28-Nov 23, Sa	8:30 a.m.	9062
Sep 29-Nov 24, Su	9:45 a.m.	9972
Oct 2-Nov 20, W	11:00 a.m.	9064
Oct 2-Nov 20, W	5:15 p.m.	9063
Jan 18-Mar 7, Sa	8:30 a.m.	10171
Jan 22-Mar 11, W	11:00 a.m.	10173
Jan 22-Mar 11, W	5:15 p.m.	10172
Jan 24-Mar 13, F	5:00 p.m.	10170

### Red Cross Preschool – Crocodile

**\$76/30 minutes / 8 classes – 5:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	6:15 p.m.	8576
Sep 29-Nov 24, Su	8:45 a.m.	8581
Oct 1-Nov 19, Tu	5:30 p.m.	8583
Jan 19-Mar 8, Su	8:45 a.m.	9546
Jan 21-Mar 10, Tu	5:30 p.m.	9553

### Red Cross Preschool – Crocodile (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 28-Nov 23, Sa	9:00 a.m.	8586
Oct 2-Nov 20, W	5:30 p.m.	8589
Jan 18-Mar 7, Sa	9:00 a.m.	9556
Jan 22-Mar 11, W	5:30 p.m.	9557

### Red Cross Preschool – Crocodile & Whale

(Low Ratio) **\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Jan 21-Mar 10, Tu	7:00 p.m.	9558

### Red Cross Preschool – Whale (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:30 p.m.	9069
Oct 1-Nov 19, Tu	7:00 p.m.	9070
Oct 2-Nov 20, W	6:00 p.m.	9959

## West End Boys & Girls Club

→ 1300 Bath Rd.

### Red Cross Parent Assisted – Starfish

**\$76/30 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	9:00 a.m.	8947
Jan 19-Mar 8, Su	9:00 a.m.	9925

### Red Cross Parent Assisted – Duck

**\$76/30 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	9:30 a.m.	8936
Jan 19-Mar 8, Su	9:30 a.m.	9913

### Red Cross Parent Assisted – Duck/Turtle

**\$76/30 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Oct 3-Nov 21, Th	4:30 p.m.	8939
Jan 23-Mar 12, Th	4:30 p.m.	9916

### Red Cross Parent Assisted – Turtle

**\$76/30 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sep 30-Nov 25, M	5:30 p.m.	8954
Jan 13-Mar 9, M	5:30 p.m.	9940

*Note: No class Feb 17*

### Red Cross Preschool – Sea Otter

**\$76/30 minutes / 8 classes – 5:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	10:00 a.m.	9050
Sep 30-Nov 25, M	5:30 p.m.	9051
Oct 3-Nov 28, Th	6:00 p.m.	9049
Jan 13-Mar 9, M	5:30 p.m.	10159
Jan 19-Mar 8, Su	10:00 a.m.	10158
Jan 23-Mar 12, Th	6:00 p.m.	10157

*Note: No class Feb 17*

### Red Cross Preschool – Sea Otter (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	9:00 a.m.	9053
Sep 29-Nov 24, Su	11:00 a.m.	9054
Sep 30-Nov 25, M	6:00 p.m.	9055
Oct 3-Nov 28, Th	4:30 p.m.	9052
Jan 13-Mar 9, M	6:00 p.m.	10163
Jan 19-Mar 8, Su	9:00 a.m.	10161
Jan 19-Mar 8, Su	11:00 a.m.	10162
Jan 23-Mar 12, Th	4:30 p.m.	10160

*Note: No class Feb 17*

### Red Cross Preschool – Salamander

**\$76/30 minutes / 8 classes – 5:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	9:00 a.m.	9020
Sep 30-Nov 25, M	5:30 p.m.	9021
Oct 3-Nov 28, Th	5:30 p.m.	9019
Jan 13-Mar 9, M	5:30 p.m.	10103
Jan 19-Mar 8, Su	9:00 a.m.	10102
Jan 23-Mar 12, Th	5:30 p.m.	10101

*Note: No class Feb 17*

➔ **Register online for aquatic programs  
24/7 at [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY)**

### Red Cross Preschool – Salamander (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	9:30 a.m.	9023
Sep 29-Nov 24, Su	10:30 a.m.	9024
Sep 30-Nov 25, M	6:00 p.m.	9025
Oct 3-Nov 28, Th	5:00 p.m.	9022
Jan 13-Mar 9, M	6:00 p.m.	10107
Jan 19-Mar 8, Su	9:30 a.m.	10105
Jan 19-Mar 8, Su	10:30 a.m.	10106
Jan 23-Mar 12, Th	5:00 p.m.	10104

*Note: No class Feb 17*

### Red Cross Preschool – Sunfish

**\$76/30 minutes / 8 classes – 5:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	11:00 a.m.	9065
Sep 30-Nov 25, M	7:00 p.m.	9066
Jan 13-Mar 9, M	7:00 p.m.	10175
Jan 19-Mar 8, Su	11:00 a.m.	10174

*Note: No class Feb 17*

### Red Cross Preschool – Sunfish (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	10:00 a.m.	9068
Oct 3-Nov 28, Th	6:30 p.m.	9067
Jan 19-Mar 8, Su	10:00 a.m.	10177
Jan 23-Mar 12, Th	6:30 p.m.	10176



### More preschool fun

- ➔ **Muck & Mess**, page 13
- ➔ **Yoga for Children**, page 13
- ➔ **Sportball**, page 13
- ➔ **Learn to Skate**, page 14



# Learn to swim (Kids)

## Red Cross Swim Kids

6 to 12 Years

### → Swim Kids 1

**At least 6 years of age, no previous swimming experience required.**

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim five metres.

### → Swim Kids 2

**At least 6 years of age, successful completion of the skills in Red Cross Swim Kids 1.**

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

### → Swim Kids 3

**At least 6 years of age, successful completion of the skills in Red Cross Swim Kids 2.**

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.

### → Swim Kids 4

**At least 6 years of age, successful completion of the skills in Red Cross Swim Kids 3.**

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.

### → Swim Kids 5

**At least 6 years of age, successful completion of the skills in Red Cross Swim Kids 4.**

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.

### → Swim Kids 6

**At least 6 years of age, successful completion of the skills in Red Cross Swim Kids 5.**

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.



### → Swim Kids 7

**At least 6 years of age, successful completion of the skills in Red Cross Swim Kids 6.**

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.

### → Swim Kids 8

**At least 6 years of age, successful completion of the skills in Red Cross Swim Kids 7.**

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

### → Swim Kids 9

**At least 6 years of age, successful completion of the skills in Red Cross Swim Kids 8.**

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.

### → Swim Kids 10

**At least 6 years of age, successful completion of the skills in Red Cross Swim Kids 9.**

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 metres continuously.

# Red Cross Swim Kids 6 to 12 Years

## Artillery Park Aquatic Centre

→ 382 Bagot St.

### Red Cross Level 1

**\$76/30 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:15 p.m.	8684
Sep 28-Nov 23, Sa	8:15 a.m.	8685
Sep 29-Nov 24, Su	8:15 a.m.	8686
Sep 29-Nov 24, Su	9:15 a.m.	9973
Sep 30-Nov 25, M	5:00 p.m.	8688
Oct 2-Nov 20, W	6:15 p.m.	8695
Jan 13-Mar 9, M	5:00 p.m.	9565
Jan 18-Mar 7, Sa	8:15 a.m.	9562
Jan 19-Mar 8, Su	8:15 a.m.	9563
Jan 19-Mar 8, Su	9:15 a.m.	9564
Jan 22-Mar 11, W	6:15 p.m.	9566
Jan 24-Mar 13, F	5:00 p.m.	9561

*Note: No class Feb 17*

### Red Cross Level 1 (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:00 p.m.	8697
Sep 27-Nov 22, F	6:15 p.m.	8698
Sep 28-Nov 23, Sa	9:15 a.m.	8703
Sep 29-Nov 24, Su	8:30 a.m.	8705
Sep 30-Nov 25, M	5:30 p.m.	8706
Oct 1-Nov 19, Tu	5:00 p.m.	8711
Oct 1-Nov 19, Tu	5:45 p.m.	8712
Oct 2-Nov 20, W	5:30 p.m.	8713
Oct 2-Nov 20, W	6:45 p.m.	8714
Jan 13-Mar 9, M	5:30 p.m.	9587
Jan 18-Mar 7, Sa	9:15 a.m.	9585
Jan 19-Mar 8, Su	8:30 a.m.	9586
Jan 21-Mar 10, Tu	5:00 p.m.	9588
Jan 21-Mar 10, Tu	5:45 p.m.	9589
Jan 22-Mar 11, W	5:30 p.m.	9590
Jan 22-Mar 11, W	6:45 p.m.	9591
Jan 24-Mar 13, F	5:30 p.m.	9584

*Note: No class Feb 17*

### Red Cross Level 1 & 2

**\$76/30 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	1:30 p.m.	8723
Jan 17-Mar 13, F	1:30 p.m.	10190

### Red Cross Level 2

**\$76/30 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:45 p.m.	8796
Sep 27-Nov 22, F	6:30 p.m.	8797
Sep 28-Nov 23, Sa	8:30 a.m.	8798
Sep 29-Nov 24, Su	9:45 a.m.	8799
Sep 30-Nov 25, M	5:30 p.m.	8800
Oct 1-Nov 19, Tu	5:30 p.m.	8801
Oct 2-Nov 20 W	5:45 p.m.	8802
Jan 13-Mar 9, M	5:30 p.m.	9604
Jan 18-Mar 7, Sa	8:30 a.m.	9601
Jan 19-Mar 8, Su	9:45 a.m.	9602
Jan 21-Mar 10, Tu	5:30 p.m.	9606
Jan 22-Mar 11, W	5:45 p.m.	9607
Jan 24-Mar 13, F	5:30 p.m.	9600

*Note: No class Feb 17*

### Red Cross Level 2 (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 28-Nov 23, Sa	8:15 a.m.	8803
Sep 28-Nov 23, Sa	9:30 a.m.	8804
Sep 29-Nov 24, Su	8:45 a.m.	8805
Oct 1-Nov 19, Tu	5:15 p.m.	8806
Oct 1-Nov 19, Tu	6:30 p.m.	8807
Oct 2-Nov 20, W	6:30 p.m.	8808
Jan 18-Mar 7, Sa	8:15 a.m.	9608
Jan 18-Mar 7, Sa	9:30 a.m.	9609
Jan 19-Mar 8, Su	8:45 a.m.	9610
Jan 21-Mar 10, Tu	5:15 p.m.	9611
Jan 21-Mar 10, Tu	6:30 p.m.	9613
Jan 22-Mar 11, W	6:30 p.m.	9614
Jan 24-Mar 13, F	5:00 p.m.	9615

## Artillery Park Aquatic Centre (cont'd)

→ 382 Bagot St.

### Red Cross Level 3

**\$76/30 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:30 p.m.	8816
Sep 29-Nov 24, Su	10:00 a.m.	8817
Sep 30-Nov 25, M	7:00 p.m.	8818
Oct 1-Nov 19, Tu	6:00 p.m.	8819
Oct 2-Nov 20, W	6:00 p.m.	8820
Jan 13-Mar 9, M	7:00 p.m.	9629
Jan 19-Mar 8, Su	10:00 a.m.	9628
Jan 21-Mar 10, Tu	6:00 p.m.	9630
Jan 22-Mar 11, W	6:00 p.m.	9689
Jan 24-Mar 13, F	5:30 p.m.	9626

*Note: No class Feb 17*

### Red Cross Level 3 (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	7:00 p.m.	8821
Sep 28-Nov 23, Sa	8:45 a.m.	8822
Sep 29-Nov 24, Su	9:00 a.m.	8823
Sep 30-Nov 25, M	6:15 p.m.	8824
Oct 1-Nov 19, Tu	5:30 p.m.	8825
Oct 2-Nov 20, W	6:45 p.m.	8826
Jan 13-Mar 9, M	6:15 p.m.	10215
Jan 18-Mar 7, Sa	8:45 a.m.	9690
Jan 19-Mar 8, Su	9:00 a.m.	9691
Jan 21-Mar 10, Tu	5:30 p.m.	9693
Jan 22-Mar 11, W	6:45 p.m.	9695

*Note: No class Feb 17*

### Red Cross Level 3 & 4

**\$76/30 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	2:00 p.m.	8832
Jan 17-Mar 13, F	2:00 p.m.	9792

### Red Cross Level 4

**\$76/30 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	5:30 p.m.	8849
Sep 27-Nov 22, F	7:00 p.m.	8833

**(Red Cross – Swim Kids 4 continued in next column)**

DATE, DAY	TIME	CODE
Sep 28-Nov 23, Sa	9:00 a.m.	8834
Sep 28-Nov 23, Sa	9:45 a.m.	8835
Sep 29-Nov 24, Su	10:15 a.m.	9967
Sep 30-Nov 25, M	6:45 p.m.	8838
Oct 2-Nov 20, W	6:00 p.m.	8839
Jan 13-Mar 9, M	6:45 p.m.	10216
Jan 18-Mar 7, Sa	9:00 a.m.	9794
Jan 18-Mar 7, Sa	9:45 a.m.	9795
Jan 19-Mar 8, Su	9:00 a.m.	9796
Jan 19-Mar 8, Su	10:15 a.m.	9797
Jan 22-Mar 11, W	6:00 p.m.	9798
Jan 24-Mar 13, F	5:30 p.m.	9793

### Red Cross Level 4 (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	9:45 a.m.	8841
Sep 30-Nov 25, M	6:00 p.m.	8842
Jan 13-Mar 9, M	6:00 p.m.	9801
Jan 19-Mar 8, Su	9:45 a.m.	9800
Jan 21-Mar 10, Tu	6:00 p.m.	9803
Jan 21-Mar 10, Tu	7:00 p.m.	9805

*Note: No class Feb 17*

### Red Cross Swim Kids 5

**\$82/45 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sep 28-Nov 23, Sa	10:00 a.m.	8850
Oct 1-Nov 19, Tu	6:45 p.m.	8851
Jan 18-Mar 7, Sa	10:00 a.m.	9807
Jan 21-Mar 10 Tu	6:45 p.m.	9808

### Red Cross Level 5 (Low Ratio)

**\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	6:30 p.m.	8852
Sep 29-Nov 24, Su	9:30 a.m.	8853
Sep 30-Nov 25, M	6:45 p.m.	8854
Oct 1-Nov 19, Tu	6:15 p.m.	8855
Oct 2-Nov 20, W	6:00 p.m.	8856
Jan 13-Mar 9, M	6:45 p.m.	9810
Jan 19-Mar 8, Su	9:30 a.m.	9809
Jan 21-Mar 10, Tu	6:15 p.m.	9811
Jan 22-Mar 11, W	6:00 p.m.	9812

**Red Cross Level 5 & 6 (Low Ratio)****\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Sept 27-Nov 22, F	1:30 p.m.	8870
Jan 17-Mar 13, F	1:30 p.m.	9839

**Red Cross Level 6****\$82/45 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sept 27-Nov 22, F	6:30 p.m.	8881
Sept 29-Nov 24, Su	9:00 a.m.	8882
Sept 30-Nov 25, M	6:00 p.m.	8884
Oct 1-Nov 19, Tu	6:00 p.m.	8886
Jan 13-Mar 9, M	6:00 p.m.	9843
Jan 19-Mar 8, Su	9:00 a.m.	9842
Jan 21-Mar 10, Tu	6:00 p.m.	9844

*Note: No class Feb 17***Red Cross Level 6 (Low Ratio)****\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Sept 28-Nov 23, Sa	10:00 a.m.	8887
Sept 29-Nov 24, Su	10:00 a.m.	8888
Jan 18-Mar 7, Sa	10:00 a.m.	9845
Jan 19-Mar 8 Su	10:00 a.m.	9846

**Red Cross Level 7****\$82/45 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Jan 18-Mar 7, Sa	10:00 a.m.	9866
Jan 19-Mar 8, Su	9:15 a.m.	9867

**Red Cross Level 7 (Low Ratio)****\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Jan 13-Mar 9, M	6:15 p.m.	9868
Jan 21-Mar 10, Tu	6:45 p.m.	9869

*Note: No class Feb 17***Red Cross Level 7 & 8 (Low Ratio)****\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Sept 27-Nov 22, F	2:15 p.m.	8903
Jan 17-Mar 13, F	2:15 p.m.	10217

**Red Cross Level 8****\$82/45 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sept 27-Nov 22, F	6:45 p.m.	8910
Sept 28-Nov 23, Sa	9:15 a.m.	8913
Sept 29-Nov 24, Su	10:00 a.m.	8915
Jan 18-Mar 7, Sa	9:15 a.m.	9888
Jan 19-Mar 8, Su	10:00 a.m.	9891

**Red Cross Level 8 (Low Ratio)****\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Oct 1-Nov 19, Tu	6:45 p.m.	8917
Jan 21-Mar 10, Tu	6:45 p.m.	9893

**Red Cross Level 9****\$95/60 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sept 28-Nov 23, Sa	9:00 a.m.	8922
Sept 29-Nov 24, Su	9:00 a.m.	8923
Oct 1-Nov 19, Tu	6:30 p.m.	8924
Jan 18-Mar 7, Sa	9:00 a.m.	9900
Jan 19-Mar 8, Su	9:00 a.m.	9901
Jan 21-Mar 10, Tu	6:30 p.m.	9902

**Red Cross Level 9 (Low Ratio)****\$119/60 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Sept 27-Nov 22, F	6:45 p.m.	8925

**Red Cross Level 9 & 10 (Low Ratio)****\$119/60 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Sept 27-Nov 22, F	2:00 p.m.	8926
Jan 17-Mar 13, F	2:00 p.m.	9895

**Red Cross Level 10****\$95/60 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Sept 27-Nov 22, F	7:00 p.m.	8795
Sept 28-Nov 23, Sa	9:45 a.m.	8793
Sept 29-Nov 24, Su	9:45 a.m.	8794
Jan 18-Mar 7, Sa	9:45 a.m.	9598
Jan 19-Mar 8, Su	9:45 a.m.	9599

**Wait Lists Work!** Use wait lists if programs are full. We add additional classes where possible to accommodate our wait lists.



## West End Boys & Girls Club

→ 1300 Bath Rd.

### Red Cross Level 1

**\$76/30 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	11:30 a.m.	8717
Sep 30-Nov 25, M	6:30 p.m.	8718
Oct 3-Nov 28, Th	4:30 p.m.	8715
Jan 13-Mar 9, M	6:30 p.m.	9594
Jan 19-Mar 8, Su	11:30 a.m.	9593
Jan 23-Mar 12, Th	4:30 p.m.	9592

*Note: No class Feb 17*

### Red Cross Level 1 (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	10:30 a.m.	8719
Sep 30-Nov 25, M	7:30 p.m.	8720
Jan 13-Mar 9, M	7:30 p.m.	9596
Jan 19-Mar 8, Su	10:30 a.m.	9595

*Note: No class Feb 17*

### Red Cross Level 2

**\$76/30 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	9:30 a.m.	8810
Sep 30-Nov 25, M	5:30 p.m.	8811
Oct 3-Nov 28, Th	5:00 p.m.	8809
Jan 13-Mar 9, M	5:30 p.m.	9618
Jan 19-Mar 8, Su	9:30 a.m.	9617
Jan 23-Mar 12, Th	5:00 p.m.	9616

*Note: No class Feb 17*

### Red Cross Level 2 (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	10:00 a.m.	8813
Sep 29-Nov 24, Su	11:30 a.m.	8814
Sep 30-Nov 25, M	6:30 p.m.	8815
Oct 3-Nov 28, Th	6:00 p.m.	8812
Jan 13-Mar 9 M	6:30 p.m.	9624
Jan 19-Mar 8, Su	10:00 a.m.	9620
Jan 19-Mar 8, Su	11:30 a.m.	9621
Jan 23-Mar 12, Th	6:00 p.m.	9619

*Note: No class Feb 17*

### Red Cross Level 3

**\$76/30 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	9:00 a.m.	8828
Sep 30-Nov 25, M	6:00 p.m.	8829
Oct 3-Nov 28, Th	6:30 p.m.	8827
Jan 13-Mar 9, M	6:00 p.m.	9766
Jan 19-Mar 8, Su	9:00 a.m.	9765
Jan 23-Mar 12, Th	6:30 p.m.	9764

*Note: No class Feb 17*

### Red Cross Level 3 (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 30-Nov 25, M	7:00 p.m.	8831
Oct 3-Nov 28, Th	4:30 p.m.	8830
Jan 13-Mar 9, M	7:00 p.m.	9768
Jan 23-Mar 12, Th	4:30 p.m.	9767

*Note: No class Feb 17*

### Red Cross Level 4

**\$76/30 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	9:30 a.m.	8846
Sep 30-Nov 25, M	6:30 p.m.	8847
Oct 3-Nov 28, Th	5:00 p.m.	8845
Jan 13-Mar 9, M	6:30 p.m.	9791
Jan 19-Mar 8, Su	9:30 a.m.	9790
Jan 23-Mar 12, Th	5:00 p.m.	9789

### Red Cross Level 4 (Low Ratio)

**\$105/30 minutes / 8 classes – 3:1 ratio**

DATE, DAY	TIME	CODE
Sep 30-Nov 25, M	7:30 p.m.	8848
Jan 13-Mar 9, M	7:30 p.m.	9806

*Note: No class Feb 17*

### Red Cross Level 5

**\$82/45 minutes / 8 classes – 8:1 ratio**

DATE, DAY	TIME	CODE
Oct 3-Nov 28, Th	5:30 p.m.	8857

### Red Cross Level 5 (Low Ratio)

**\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Jan 23-Mar 12, Th	5:30 p.m.	9813

## West End Boys & Girls Club (cont'd)

→ 1300 Bath Rd.

### Red Cross Level 5 & 6 (Low Ratio)

**\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	11:15 a.m.	8871
Sep 30-Nov 25, M	6:00 p.m.	8872
Jan 13-Mar 9, M	6:00 p.m.	9841
Jan 19-Mar 8, Su	11:15 a.m.	9840

*Note: No class Feb 17*

### Red Cross Level 6 (Low Ratio)

**\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Jan 23-Mar 12, Th	6:15 p.m.	9849

### Red Cross Level 7 (Low Ratio)

**\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Jan 23-Mar 12, Th	5:30 p.m.	9870

### Red Cross Level 7 & 8 (Low Ratio)

**\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	10:30 a.m.	8904
Sep 30-Nov 25, M	6:45 p.m.	8905
Jan 13-Mar 9, M	6:45 p.m.	9887
Jan 19-Mar 8, Su	10:30 a.m.	9886

*Note: No class Feb 17*

### Red Cross Level 8 (Low Ratio)

**\$114/45 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Oct 3-Nov 28, Th	6:15 p.m.	8919
Jan 23-Mar 12, Th	6:15 p.m.	9894

### Red Cross Level 9 & 10 (Low Ratio)

**\$119/60 minutes / 8 classes – 4:1 ratio**

DATE, DAY	TIME	CODE
Sep 30-Nov 25, M	7:00 p.m.	8928
Oct 3-Nov 28, Th	5:00 p.m.	8927
Jan 13-Mar 9, M	7:00 p.m.	9897
Jan 23-Mar 12, Th	5:00 p.m.	9896

*Note: No class Feb 17*

# Lessons & strokes (Teens & Adults)

## Red Cross Swim Lessons & Strokes 13 Years & Up

### → Swim Basics 1

**No previous swimming experience required.** You're never too old to learn how to swim! Swimmers learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted).

### → Swim Basics 2

**Some swimming experience and can perform front swim 10 metres comfortably.** Participation-based program with individual goals.

### → Swim Strokes

**Able to swim front crawl at least 15 metres continuously, back crawl 15 metres and is comfortable swimming in deep water.** Looking to improve your swimming technique? Swimmers choose the stroke(s) they wish to focus on. Increase confidence and water proficiency.

## Artillery Park Aquatic Centre → 382 Bagot St.

### Teen & Adult Swim Basics 1

**\$82/45 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 30-Nov 25, M	6:00 p.m.	9071
Jan 13-Mar 9, M	6:00 p.m.	10185

*Note: No class Feb 17*

### Teen & Adult Swim Basics 2

**\$82/45 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 30-Nov 25, M	6:45 p.m.	9073
Jan 13-Mar 9, M	6:45 p.m.	10187

*Note: No class Feb 17*

### Teen & Adult Swim Strokes

**\$82/45 minutes / 8 classes – 10:1 ratio**

DATE, DAY	TIME	CODE
Sep 30-Nov 25, M	6:45 p.m.	9995
Jan 13-Mar 9, M	6:45 p.m.	10165

*Note: No class Feb 17*

## West End Boys & Girls Club → 1300 Bath Rd.

### Teen & Adult Swim Basics 1

**\$82/45 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	11:15 a.m.	9072
Jan 19-Mar 8, Su	11:15 a.m.	10186

### Teen & Adult Swim Basics 2

**\$82/45 minutes / 8 classes – 6:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	11:00 a.m.	9074
Jan 19-Mar 8, Su	11:15 a.m.	10188

### Teen & Adult Swim Strokes

**\$82/45 minutes / 8 classes – 10:1 ratio**

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	10:30 a.m.	9996
Jan 19-Mar 8, Su	10:30 a.m.	10164

# Private swim lessons

→ Private one-on-one classes allow instructors to customize classes to work with all types of swimmers and develop specific swimming skills through personalized coaching. Red Cross preschool through adult levels are available for private or semi-private lessons. Semi-private lesson details see page 50.

## Artillery Park Aquatic Centre

→ 382 Bagot St.

Private: All Ages

Leisure Pool (shallow water only)

**\$202/30 minutes / 8 classes – 1:1 ratio**

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	7:30 p.m.	9957
Sep 28-Nov 23, Sa	8:00 a.m.	8956
Sep 28-Nov 23, Sa	8:00 a.m.	8955
Sep 28-Nov 23, Sa	8:15 a.m.	8957
Sep 28-Nov 23, Sa	8:30 a.m.	8958
Sep 28-Nov 23, Sa	8:45 a.m.	8959
Sep 29-Nov 24, Su	8:00 a.m.	8960
Sep 29-Nov 24, Su	8:15 a.m.	8961
Sep 29-Nov 24, Su	8:30 a.m.	8962
Sep 29-Nov 24, Su	9:15 a.m.	8963
Sep 29-Nov 24, Su	10:15 a.m.	8964
Sep 30-Nov 25, M	5:00 p.m.	8965
Sep 30-Nov 25, M	5:15 p.m.	8968
Sep 30-Nov 25, M	5:30 p.m.	8967
Sep 30-Nov 25, M	5:30 p.m.	8966
Oct 1-Nov 19, Tu	5:30 p.m.	8969
Oct 2-Nov 20, W	5:00 p.m.	8971
Oct 2-Nov 20, W	5:15 p.m.	8972
Oct 2-Nov 20, W	5:30 p.m.	8970
Oct 2-Nov 20, W	7:00 p.m.	8987
Jan 13-Mar 9, M	5:00 p.m.	9502
Jan 13-Mar 9, M	5:15 p.m.	9505
Jan 13-Mar 9, M	5:30 p.m.	9503
Jan 13-Mar 9, M	5:30 p.m.	9504
Jan 18-Mar 7, Sa	8:00 a.m.	9491
Jan 18-Mar 7, Sa	8:00 a.m.	9489
Jan 18-Mar 7, Sa	8:15 a.m.	9493
Jan 18-Mar 7, Sa	8:30 a.m.	9494
Jan 18-Mar 7, Sa	8:45 a.m.	9495
Jan 19-Mar 8, Su	8:00 a.m.	9496



DATE, DAY	TIME	CODE
Jan 19-Mar 8, Su	8:15 a.m.	9497
Jan 19-Mar 8, Su	8:30 a.m.	9498
Jan 19-Mar 8, Su	9:15 a.m.	9499
Jan 19-Mar 8, Su	10:15 a.m.	9501
Jan 21-Mar 10, Tu	5:30 p.m.	9515
Jan 22-Mar 11, W	5:00 p.m.	9517
Jan 22-Mar 11, W	5:15 p.m.	9518
Jan 22-Mar 11, W	5:30 p.m.	9516
Jan 24-Mar 13, F	5:00 p.m.	9523
Jan 24-Mar 13, F	5:00 p.m.	9520

*Note: No class Feb 17*

## NEW! Private: Mini Session

**Dates: Dec 3-18 Days: M/Tu/W**

**\$202/30 minutes / 8 classes – 1:1 ratio**

DATE, DAY	TIME	CODE
Dec 3-Dec 18, M/Tu/W	5:00 p.m.	10196
Dec 3-Dec 18, M/Tu/W	5:00 p.m.	10197
Dec 3-Dec 18, M/Tu/W	5:00 p.m.	10198
Dec 3-Dec 18, M/Tu/W	5:00 p.m.	10195
Dec 3-Dec 18, M/Tu/W	5:30 p.m.	10201
Dec 3-Dec 18, M/Tu/W	5:30 p.m.	10199
Dec 3-Dec 18, M/Tu/W	5:30 p.m.	10202
Dec 3-Dec 18, M/Tu/W	5:30 p.m.	10200
Dec 3-Dec 18, M/Tu/W	6:00 p.m.	10204
Dec 3-Dec 18, M/Tu/W	6:00 p.m.	10203
Dec 3-Dec 18, M/Tu/W	6:30 p.m.	10205
Dec 3-Dec 18, M/Tu/W	6:30 p.m.	10206
Dec 3-Dec 18, M/Tu/W	7:00 p.m.	10207
Dec 3-Dec 18, M/Tu/W	7:00 p.m.	10208

# Private swim lessons (continued)

Private: All Ages Location: Vicki Keith Pool

\$202/30 minutes / 8 classes – 1:1 ratio

DATE, DAY	TIME	CODE
Sep 27-Nov 22, F	6:00 p.m.	8974
Sep 27-Nov 22, F	6:00 p.m.	8973
Sep 27-Nov 22, F	7:15 p.m.	8975
Sep 27-Nov 22, F	7:30 p.m.	8976
Sep 27-Nov 22, F	7:30 p.m.	8977
Sep 27-Nov 22, F	7:30 p.m.	8978
Sep 28-Nov 23, Sa	9:15 a.m.	8980
Sep 28-Nov 23, Sa	9:30 a.m.	8979
Sep 28-Nov 23, Sa	10:00 a.m.	8981
Sep 30-Nov 25, M	6:15 p.m.	8983
Sep 30-Nov 25, M	7:00 p.m.	8985
Sep 30-Nov 25, M	7:00 p.m.	8984
Oct 1-Nov 19, Tu	7:00 p.m.	8986
Oct 2-Nov 20, W	6:15 p.m.	8988
Jan 13-Mar 9, M	6:15 p.m.	9531
Jan 13-Mar 9, M	7:00 p.m.	9532
Jan 13-Mar 9, M	7:00 p.m.	9533
Jan 18-Mar 7, Sa	9:15 a.m.	9526
Jan 18-Mar 7, Sa	9:30 a.m.	9525
Jan 18-Mar 7, Sa	10:00 a.m.	9527
Jan 19-Mar 8, Su	10:15 a.m.	9530
Jan 21-Mar 10, Tu	7:00 p.m.	9534
Jan 22-Mar 11, W	6:00 p.m.	9535
Jan 22-Mar 11, W	6:15 p.m.	9537
Jan 24-Mar 13, F	5:30 p.m.	9524

Note: No class Feb 17



**Birthday parties  
with a big splash!**

➔ More details, page 49

NEW! Private: Mini Session

Dates: Dec 3-18 Days: M/Tu/W

\$202/30 minutes / 8 classes – 1:1 ratio

DATE, DAY	TIME	CODE
Dec 3-Dec 18, M/Tu/W	6:00 p.m.	10210
Dec 3-Dec 18, M/Tu/W	6:00 p.m.	10209
Dec 3-Dec 18, M/Tu/W	6:30 p.m.	10211
Dec 3-Dec 18, M/Tu/W	6:30 p.m.	10212
Dec 3-Dec 18, M/Tu/W	7:00 p.m.	10214
Dec 3-Dec 18, M/Tu/W	7:00 p.m.	10213

**West End Boys & Girls Club**

➔ 1300 Bath Rd.

Private: All Ages

\$202/30 minutes / 8 classes – 1:1 ratio

DATE, DAY	TIME	CODE
Sep 29-Nov 24, Su	10:00 a.m.	8989
Sep 30-Nov 25, M	7:30 p.m.	8990
Jan 13-Mar 9, M	7:30 p.m.	9540
Jan 19-Mar 8, Su	10:00 a.m.	9539

Note: No class Feb 17





# Aquatic leadership

## NEW! Bronze Star & Swim Sports

Lifesaving Society Bronze Star combined with the Red Cross Swim Sports program. This combination provides excellent preparation for success in Bronze Medallion as well as the building blocks for several aquatic sports. Participants develop problem-solving and decision-making skills both individually and in partners, increase endurance and aquatic physical literacy. This course includes a 400-metre timed swim/endurance challenge.

**Age:** 8 yrs and up

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 29-Nov 24, Su	4-6:30 pm	8/\$150	8567
Jan 19-Mar 8, Su	4-6:30 pm	8/\$150	9545

*Note: No class Oct 13*

## More Leadership Courses

➔ **Babysitting**, page 22 & **Home Alone**, page 16

**Volunteer in aquatics to earn credits towards leadership courses.**

🔍 [CityofKingston.ca/YouthVolunteer](http://CityofKingston.ca/YouthVolunteer)

## Bronze Medallion with Emergency First Aid and CPR-B

Lifesaving Society Bronze Medallion teaches the lifesaving principles embodied in the four components of water-rescue education – judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues. Lifesavers develop stroke efficiency and endurance in a timed 500 metre swim. Bronze Medallion is recognized as the waterfront supervisory certification for Ontario's Recreational Camp Regulation 568. Emergency First Aid provides a general knowledge of first aid principles and the emergency treatment of injuries.

**NOTE:** Mandatory 100 per cent attendance required.

(Bronze Medallion with EFA continued in next column)

**Manuals:** Canadian Lifesaving Manual is included in cost

**Age:** 13 yrs and up or Bronze Star

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 29-Nov 24, Su	3-6 p.m.	\$180/8	8565
Jan 19-Mar 8, Su	3-6 p.m.	\$180/8	9543

*Note: No class Oct 13*

**NOTE:** In-person registration is required for those under 13 years with Bronze Star. Please contact (613)546-4291 extension 1700 for registration information.

## Bronze Cross with Standard First Aid and CPR-C

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Includes a timed 600 m swim. Standard First Aid provides comprehensive training covering all aspects of first aid. Bronze Cross and Standard First Aid are both prerequisites to National Lifeguard.

**NOTE:** Mandatory 100 per cent attendance required.

**Manuals:** Bronze Cross workbook is included, Canadian Lifesaving Manual required (from Bronze Medallion course)

**Prerequisites:** Bronze Medallion and Emergency First Aid certifications (need not be current)

**Age:** 13 yrs and up

**Location:** Artillery Park Aquatic Centre, Vicki Keith Pool, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 29-Nov 24, Su	2-6:30 p.m.	8/\$200	8564
Jan 19-Mar 8, Su	2-6:30 p.m.	8/\$200	9541

*Note: No class Oct 13*

**Need fee assistance?** Are you over the age of 13 and looking for financial assistance to become a lifeguard or swim instructor? SPARK can help!

➔ **See page 5 for details.**

## National Lifeguard Pool Option

National Lifeguard (NL) certification is Canada's professional lifeguard standard. NL training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. The training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed object recovery, 50 m sprint challenge, 50 m rescue drill and 400 m endurance challenge.

**NOTE:** Mandatory 100 per cent attendance required.

**Manuals:** LSS Alert Manual included in cost

**Prerequisites:** Minimum 16 years of age. Bronze Cross certification and Standard First Aid certification (need not be current).

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Nov 29 & Dec 13, F	4-8 p.m.	\$310/6	9948
Nov 30-Dec 1 & Dec 14-15, Sa-Su	9 a.m.-6 p.m.		
Mar 16-20, M-F	11 a.m.-8 p.m.	\$310/5	9950

*Note: No classes Dec 6, 7, 8*

## National Lifeguard Re-Certification

A review of the National Lifeguard (NL) Pool Certification which builds on the fundamental skills, knowledge, and values taught in the NL core content to train lifeguards in safety, supervision and rescue in a pool environment.

**Prerequisites:** Minimum 16 years of age, National Lifeguard Pool certification (need not be current).

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/ CLASSES	CODE
Sep 21, Sa	3-9 p.m.	\$83/1	11748
Jan 5, Sa	3-9 p.m.	\$83/1	11749

## Red Cross Water Safety Instructor (WSI)

The Water Safety Instructor (WSI) Course teaches candidates to focus on strategies to introduce and develop swimming and water safety skills in the Red Cross Swim programs. The course is a four step process:

**Step 1** is a skills assessment and stroke evaluation.

**Step 2** is an online course (20 hours completed independently).

**Step 3** is assigned co-teaching with current Water Safety Instructors (16 hours to be scheduled over current swim session).

**Step 4** is the classroom and pool component.

**NOTE:** Mandatory 100 per cent attendance required.

**Manuals:** (included in cost): Red Cross Water Safety Instructor Manual & Deck Book

**Age:** 15 yrs and up

**Prerequisites:** Ability to perform Red Cross Swim Kids 10 strokes and skills, and one of: Red Cross Assistant Lifeguard, Bronze Cross, or Emergency First Aid (need not be current).

### Session 1

#### Step 1: Skills Assessment & Stroke Evaluation\*

**Location:** Outdoor Aqua Park, 303 York St.

DATE, DAY	TIME
Sep 16, Su	11:30 a.m. -2:30 p.m. (in water screening) 3-4 p.m. (WSIT meet with participants & parents/guardians)

*\*Note: must pass in order to move onto Step 2*

#### Step 2: On-Line Course

#### Step 3: Co-teach Swimming Lessons

Assigned to WSIs for the winter session (8 weeks)

#### Step 4: Classroom & Pool Component

**Location:** Artillery Park Aquatic Centre, Vicki Keith Pool, 382 Bagot St.

DATE, DAY	TIME
Nov 22 & Dec 6, F	5-9 p.m.
Nov 23 & Dec 7, Sa	2-8 p.m.
Nov 24 & Dec 8, Su	2-8 p.m.

COST	CODE
\$365	10263

### Session 2

#### Step 1: Skills Assessment & Stroke Evaluation\*

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME
Jan 12, Su	11:30 a.m.-3:00 p.m. (in water screening) 3-4 p.m. (WSIT meet with participants & parents/guardians)

*\*Note: must pass in order to move onto Step 2*

#### Step 2: On-Line Course

#### Step 3: Co-teach Swimming Lessons

Assigned to WSIs for the winter session (8 weeks)

#### Step 4: Classroom & Pool Component

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME
Mar 6 & Mar 27, F	5-9 p.m.
Mar 7 & Mar 28, Sa	2-8 p.m.
Mar 8 & Mar 29, Su	2-8 p.m.

COST	CODE
\$365	10600

## Red Cross Water Safety Instructor Re-Certification

The Water Safety Instructor Recertification Course is designed to ensure quality and standards are maintained in the field. Recertification provides the opportunity for Water Safety instructors (WSIs) to share ideas, review skills, and address areas of challenge. Certified WSIs must re-certify every two years.

**NOTE:** Mandatory 100 per cent attendance required.

**Prerequisites:** Red Cross Water Safety Instructor Certification within five years.

**Age:** 15 yrs and up

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Sept 22, Su	9 a.m.-1 p.m.	\$83/1	10036
Jan 11, Su	9 a.m.-1 p.m.	\$83/1	10037

## Lifesaving Society Standard First Aid & CPR-C

Lifesaving Society provides comprehensive training covering all aspects of first aid, CPR and AED. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Recognized by the Workplace Safety and Insurance Board.

(Standard First Aid & CPR-C continued in next column)

**NOTE:** Mandatory 100 per cent attendance

**Manual:** Canadian First Aid Manual is included

**Age:** 13 yrs and up

**Location:** Artillery Park Aquatic Centre, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Nov 16-17, Sa-Su	9 a.m.-5 p.m.	\$110/2	10038

## Lifesaving Society Standard First Aid & CPR-C Re-Certification

A review of the Lifesaving Society Standard First Aid Certification Course, which builds on fundamental skills and knowledge. Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society Recertification course just once on a Lifesaving Society SFA Re-Certification course on more than three years from the SFA date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA course. Thereafter, individuals may renew by alternating re-certifications and original courses.

**Location:** Artillery Park Aquatic Centre, Pool Side Room, 382 Bagot St.

DATE, DAY	TIME	COST/CLASSES	CODE
Sept 21, Sa	8 a.m.-4 p.m.	\$90/1	10039

# How to become a LIFEGUARD or INSTRUCTOR

Please check the prerequisites before you register!

### Lifeguard Prerequisites

- **Bronze Star:** 8-12 years of age
- **Bronze Medallion with Emergency First Aid & CPR-B:** 13 years of age OR Bronze Star
- **Bronze Cross with Standard First Aid CPR-C:** Bronze Medallion and Emergency First Aid & CPR-B
- **Standard First Aid & CPR-C:** 13 years of age
- **National Lifeguard:** Bronze Cross, Standard First Aid & CPR-C, 16 years of age

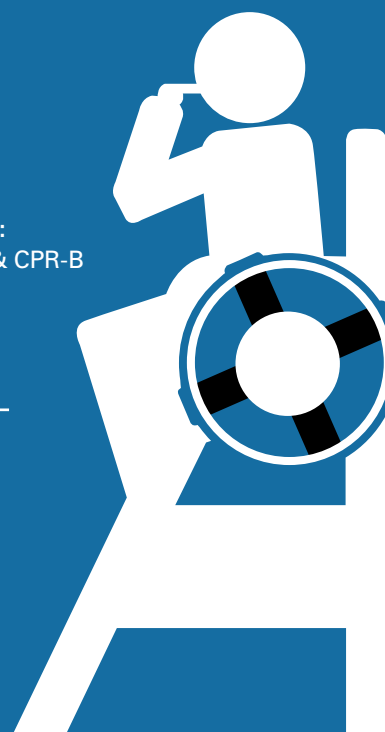
### Instructor Prerequisites

#### Red Cross Water Safety Instructor (WSI):

- 15 years or older, ability to perform Red Cross Swim Kids 10 strokes/ skills, and hold the following certifications (not required to be current): Bronze Cross & Emergency First Aid.

#### Lifesaving Society Instructor (LSI):

- 16 years of age by the end of the course
- Bronze Cross or NL certification (need not be current)



# Registration information

➔ See How to Register, page 3

## Registration and Payment

**Methods of payment:** VISA, MasterCard, AMEX or credit remaining on account. Payment by debit card is available at registration sites.

**Payment required:** At time of registration, before any services are provided.

**Check course availability:** [CityofKingston.ca/PLAY](http://CityofKingston.ca/PLAY) or by calling 613-546-4291 ext. 1900, 1800 or 1700. Availability cannot be guaranteed at time of inquiry – only at time of registration processing.

**Wait lists:** Participants will be contacted only if a space becomes available. You must respond within 48 hours to claim your space.

**Age:** All participants must meet the course age requirements and/or the course prerequisite.

**NSF:** A service charge will be levied for all NSF cheques and returned payments.

## Refunds/Withdrawals

**Before the program start date:** Withdrawals may be made before a program starts and a full credit will be placed on your account. All refund requests are subject to a \$10 administration fee.

**On or after program start, before the third class:** Withdrawal/refund requests received on or after the start date of the program, regardless of class start time, will be pro-rated as of the date of notification and cannot be backdated. Withdrawal/refund requests may be made no later than one business day prior to the third class. A pro-rated credit for the remaining classes can be left on your account for future program registration use. Refund requests will be pro-rated as of date of notification and subject to a \$10 administration fee.

**On or after the third class of the program:** Withdrawal/refund requests made on or after the day of the third class of the program, regardless of class start time, will be processed for medical reasons ONLY for the remaining classes of the program and must be accompanied by a doctor's note. Requests will be processed as of the date of notification and cannot be backdated. Medical requests are not subject to an administrative fee.

**You must submit a request** in writing to the Artillery Park Aquatic Centre, INVISTA Centre, the Rideau Heights Community Centre & Library or by e-mail to [recreation@CityofKingston.ca](mailto:recreation@CityofKingston.ca)

### Aquatic leadership/re-certification courses:

No withdrawals/refunds will be made within 48 hours of the first class except for medical reasons when accompanied by a doctor's note.

**Memberships:** Withdrawal/refund requests made on or after 50 per cent of the membership period has elapsed will be processed for medical reasons only, for the time remaining on the membership, and must be accompanied by a doctor's note. Requests will be processed as of the date of notification and cannot be backdated.

## Cancellation Information

The recreation and leisure department reserves the right to cancel or alter any classes, times, cost or locations outlined in this guide without notice as required due to low enrolment, change of policy, or availability of facilities or instructors. Full refunds will be issued for course cancellations only.

## Missed Classes

In the event a participant is unable to attend a class (including private lessons), make-up classes, refunds or credits for missed classes will not be offered.

## Harmonized Sales Tax (HST)

HST is applicable on programs offered to participants 15 years of age and older. Drop-in and 12 visit passes include HST. All other fees in this guide do not include HST unless otherwise noted.

## Financial Assistance

The City wants all Kingston residents to have access to recreation and leisure services. Recreation fee subsidies are available for municipal programs through **SPARK** (Subsidy Program for Affordable Recreation Kingston).

➔ See page 5 for SPARK information or go to [CityofKingston.ca/FeeAssistance](http://CityofKingston.ca/FeeAssistance)

## Registration simplified!

### We have improved our online registration experience

- Create and update your own account
- Search for programs by age or activity
- Optimized viewing on tablets & smart phones