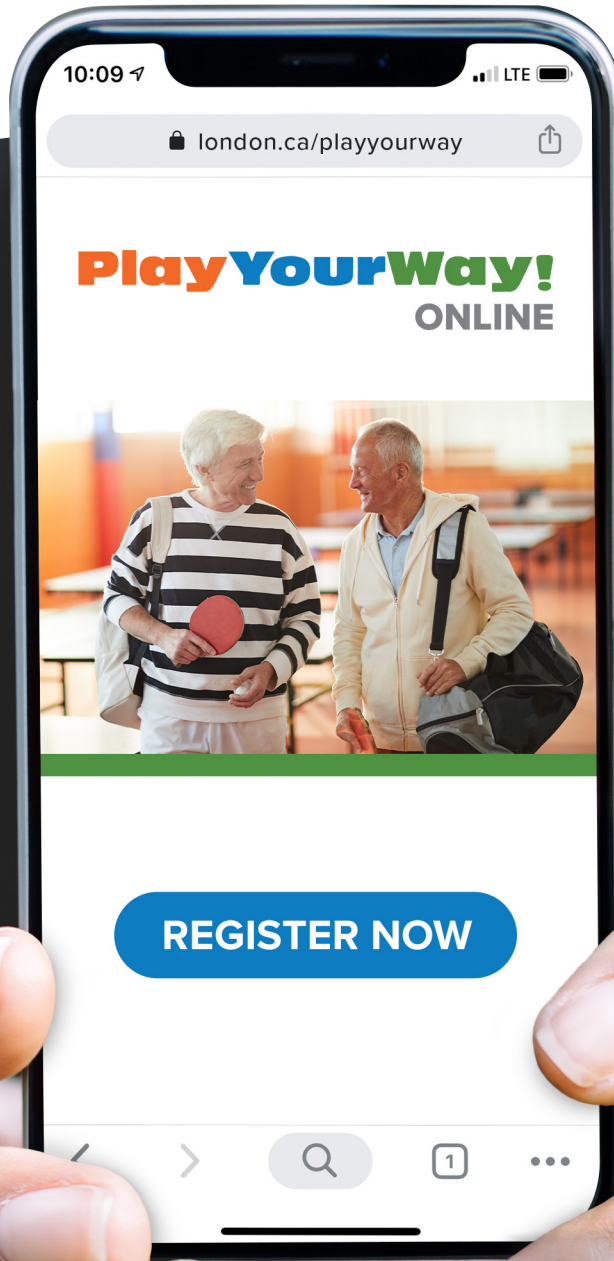


CITY OF LONDON

RECREATION

ADULT 55+ PROGRAM GUIDE

WINTER 2024



See page 2 for
more information

[LONDON.CA/PLAYYOURWAY](https://london.ca/playyourway)



London
CANADA



WINTER

2024

WELCOME!

YOUR GUIDE TO RECREATION AND LEISURE ACTIVITIES

The City of London makes it easy for you to register for Recreation programs. Choose the best registration method as shown below for you and your family.



ONLINE

What you need:

- Your email address and password to access your account
- Visa, Mastercard
- Barcode or name of program

What to do:

- Access our online registration site by visiting london.ca/PlayYourWay



PHONE

What you need:

- Visa, Mastercard
- Barcode or name of program

What to do:

Call 519.661.5575

Monday 8:30am-4:30pm

Tuesday-Friday 8:30am-6:00pm

Saturday 8:30am-4:30pm

To speak to a Customer Service Representative



IN-PERSON

What you need:

- Cash, Cheque, Debit, Visa, Mastercard
- Barcode or name of program

What to do:

Visit one of our customer service locations listed on Page 3.

Adult 55+ Course Registration Begins **TUESDAY, NOVEMBER 28, 2023 AT 8:30AM**

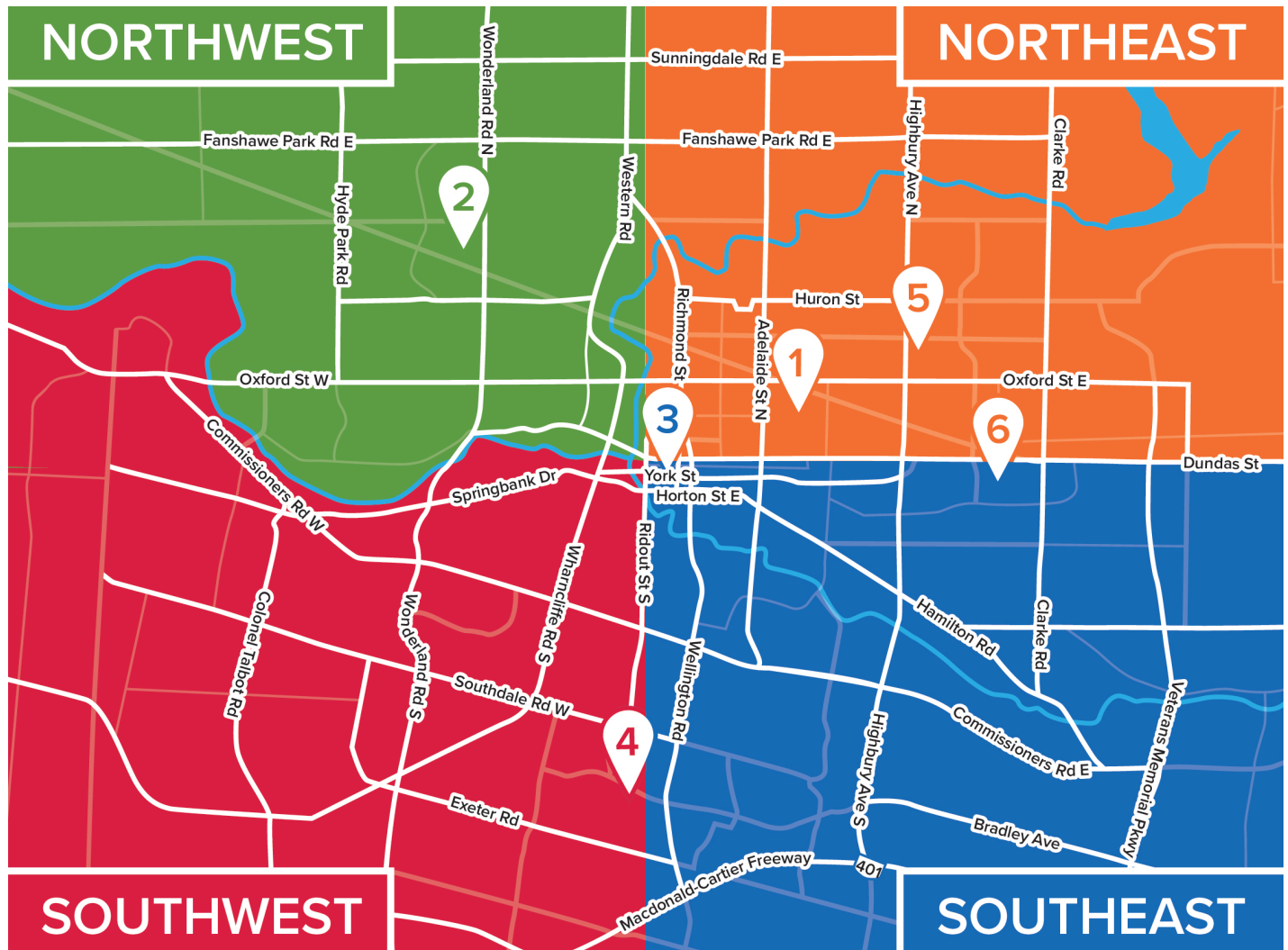
General Course Registration Begins **WEDNESDAY, NOVEMBER 29, 2023 AT 8:30AM**

Aquatics Course Registration Begins **THURSDAY, NOVEMBER 30, 2023 AT 8:30AM**

facebook.com/LondonOnRecreation • london.ca/PlayYourWay

CUSTOMER SERVICE LOCATIONS

For personal service, please call 519.661.5575 Monday-Friday 8:30am-6:00pm and Saturday 8:30am-4:30pm. Please refer to website for locations offering extended walk-in hours. All locations are colour coded according to their geographic location in the city. Refer to map below when choosing your program to ensure it is the closest to your location.



- 1 CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE
656 Elizabeth Street, N6A 4L9
- 2 CANADA GAMES AQUATIC CENTRE
1045 Wonderland Road North, N6G 2Y9
- 3 CITI PLAZA
355 Wellington Street, Suite 248, 2nd Floor, N6A 3N7

- 4 SOUTH LONDON COMMUNITY CENTRE
1119 Jalna Boulevard, N6E 3B3
- 5 NORTH LONDON OPTIMIST COMMUNITY CENTRE
1345 Cheapside Street, N5V 3N9
- 6 EAST LIONS COMMUNITY CENTRE
1731 Churchill Avenue, N5W 4X3

PROGRAM LOCATIONS

NORTHWEST

ARENAS

Medway Arena – 119 Sherwood Forest St.
Kinsmen Arena – 20 Granville St.
Oakridge Arena / Park – 852 Valetta St.

COMMUNITY CENTRES

Medway C.C. – 119 Sherwood Forest Sq.
Kinsmen Rec. Centre – 20 Granville St.
Kiwanis Seniors C.C. – 78 Riverside Dr.

LIBRARIES

Cherryhill – 301 Oxford St. W.
Sherwood – 1225 Wonderland Rd. N.

POOLS

Canada Games Aquatic Centre –
1045 Wonderland Rd. N.
Gibbons Outdoor Pool – 2B Grosvenor St.
Oakridge Outdoor Pool – 825 Valetta St.

COMMUNITY SITES

Family Centre Fox Hollow – 2435 Buroak Dr.

SCHOOLS

Clara Brenton P.S. – 1025 Saint Croix Ave.
Oakridge S.S. – 1040 Oxford St. W.
Masonville P.S. – 25 Hillview Blvd.
Sir Arthur Currie P.S. – 2435 Buroak Dr.
Sir Frederick Banting S.S. – 125 Sherwood Forest Sq.
St. Thomas Aquinas C.S. – 1360 Oxford St. W.
Wilfrid Jury P.S. – 950 Lawson Rd.

SPECIALTY PARKS

Gibbons Park – Grosvenor St. W.

NORTHEAST

ARENAS

Carling Arena – 675 Grosvenor St.
Stronach Arena – 1221 Sandford St.

COMMUNITY CENTRES

Boyle Memorial C.C. – 530 Charlotte St
Carling Heights Optimist C.C. – 656 Elizabeth St.
North London Optimist C.C. – 1345 Cheapside St.
Stoney Creek C.C., YMCA & Library –
920 Sunningdale Rd. E.
Stronach Rec. Centre – 1221 Sandford St.

GOLF COURSES

Fanshawe Golf Courses – 2835 Sunningdale Rd. E.

LIBRARIES

Beacock – 1280 Huron St.
East London – 2016 Dundas St.
Masonville – 30 North Centre Rd.
Stoney Creek – 920 Sunningdale Rd. E.

POOLS

Carling Heights Optimist C.C. – 656 Elizabeth St.
Northeast Outdoor Pool – 1050 Victoria St.
Northridge Outdoor Pool – 25 Mclean Dr.
Stoney Creek C.C., YMCA & Library –
920 Sunningdale Rd. E.
Stronach Outdoor Pool – 1221 Sandford St.

COMMUNITY SITES

Family Centre Carling-Thames – 335 Belfield St.
Family Centre Fanshawe – 1800 Cedarhollow Blvd.

SCHOOLS

Cedar Hollow P.S. – 1800 Cedarhollow Blvd.
Hillcrest P.S. – 1231 Fuller St.
Jack Chambers P.S. – 1650 Hastings Dr.
Knollwood P.S. – 70 Gammage St.
Lucas S.S. – 656 Tennent Ave.
Montcalm S.S. – 1350 Highbury Ave.
Northbrae P.S. – 35 Belfield St.
Northridge P.S. – 25 McLean Dr.
Old North P.S. – 940 Waterloo St.

ARENAS

Argyle Arena – 1948 Wavell St.
Silverwood Arena – 50 Sycamore St. at Pine St.

COMMUNITY CENTRES

East Lions Community Centre – 1731 Churchill Ave.
Hamilton Road Sr. C.C. – 525 Hamilton Rd.

LIBRARIES

Carson – 465 Quebec St.
Central – 251 Dundas St.
Crouch – 550 Hamilton Rd.
Glanworth – 2960 Glanworth Dr.
Pond Mills – 1166 Commissioners Rd.

POOLS

East Lions Community Centre – 1731 Churchill Ave.
Silverwood Outdoor Pool – 36 Sycamore St.
Westminster Outdoor Pool – 650 Osgoode Dr.

COMMUNITY SITES

Chalmers Presbyterian Church – 342 Pond Mills Rd.
Family Centre Argyle – 1990 Royal Cres.
Family Centre Nshwaasnangong – 449 Hill St.
Family Centre Westminster – 690 Osgoode Dr.
Junction Climbing Centre – 1030 Elias St.
London Tourist Information Centre – 696 Wellington Rd.

SCHOOLS

Arthur Stringer P.S. – 43 Shaftesbury Ave.
Central S.S. – 509 Waterloo St.
Clarke Road S.S. – 300 Clarke Rd.
East Carling P.S. – 814 Quebec St.
Glen Cairn P.S. – 53 Frontenac Rd.
Sir Wilfrid Laurier S.S. – 450 Millbank Dr.
London South Collegiate Institute –
371 Tecumseh Ave. E
Lord Nelson P.S. – 1990 Royal Cres.
St. Pius X C.S. – 255 Vancouver St.
Wheable S.S. – 70 Jacqueline St.
Wilton Grove P.S. – 626 Osgoode Dr.

SPECIALTY ATTRACTIONS

Wolseley Skate Park – 656 Elizabeth St. at McMahan

SPECIALTY PARKS

Kiwanis Park Skatepark – 1475 Brydges St.
Victoria Park – Wellington Rd. at Dufferin Ave.

ARENAS

Bostwick Arena – 501 Southdale Rd. W.
Earl Nichols Arena – 799 Homeview Ave.
Farquharson Arena – 411 Tecumseh Ave. E.
Lambeth Arena – 7112 Beattie St. W.

COMMUNITY CENTRES

Byron Optimist C.C. – 1308 Norman Ave.
Civic Gardens Complex – 625 Springbank Dr.
Earl Nichols Rec Centre – 799 Homeview Ave.
Lambeth C.C. – 7112 Beattie St. W.
South London C.C. – 1119 Jalna Blvd.
Springbank Gardens C.C. – 205 Wonderland Rd. S.
StarTech.com CC, YMCA & Library –
501 Southdale Rd. W.

GOLF COURSES

Thames Valley Golf Course – 850 Sunninghill Ave.

LIBRARIES

Bostwick – 501 Southdale Rd. W.
Byron – 1295 Commissioners Rd W
Jalna – 1119 Jalna Blvd.
Lambeth – 7112 Beattie St
Landon – 167 Wortley Rd.

POOLS

Byron Outdoor Pool – 1330 Brock Ln.
Southcrest Outdoor Pool – 15 Hazelwood Ave.
South London Community Pool – 585 Bradley Ave.
StarTech.com C.C., YMCA, & Library –
501 Southdale Rd. W.
Thames Outdoor Pool – 15 Ridout St.

COMMUNITY SITES

Extreme Martial Arts South –
4056 Meadowbrook Rd. Unit 107/108
Family Centre Westmount – 1019 Viscount Rd.
Family Centre White Oaks – 565 Bradley Ave Olympic
Martial Arts – 725 Notre Dame Dr.

SCHOOLS

Arthur Ford P.S. – 617 Viscount Rd.
Byron Somerset P.S. – 175 Whisperwood Cres.
Jeanne Sauve P.S. – 215 Wharncliffe Rd. N.
Saunders S.S. – 941 Viscount Rd.
W. Sherwood Fox P.S. – 660 Steeplechase Dr.
Westminster S.S. – 230 Baseline Rd. W.
Westmount P.S. – 1011 Viscount Rd.
West Oaks F.I. P.S. – 1050 Plantation Rd.
White Oaks P.S. – 585 Bradley Ave.

SPECIALTY ATTRACTIONS

Storybook Gardens – 1958 Storybook Lane

SPECIALTY PARKS

Harris Park – Dufferin Ave. at Fullarton
Springbank Park – Commissioners Rd. at Springbank
Thames Park – Ridout St.
White Oaks Optimist – 560 Bradley Ave.

PROGRAM INFORMATION

The City of London provides affordable, accessible and equitable opportunities for you and your family members to try new activities that we hope will interest and engage you.

It's About Participation! The City of London provides introductory, affordable and accessible programming for all ages with goals of increasing participation and improving quality of life.

Inclusion and Accessibility The City of London is committed to providing access to services and activities for all persons and abilities. Participants who require extra support to attend a program are welcome to bring a volunteer/support worker at no additional cost. Please feel free to speak with the Program Supervisor to discuss how we can accommodate your needs.

Financial Assistance Policy Any City of London resident unable to cover the full costs of recreation programs can apply for financial assistance. Approval is based on family household income and documentation is required. Assistance may cover up to 100% of the program costs up to a maximum of \$300 per person for 12 months from the date of approval. Please call 519.661.5575 or email recreation@london.ca to speak with our customer service staff for more information on how to apply.

Age Policy We specify age requirements across our programs to ensure the ability of participants and course content is balanced. We will accept registration of a participant if they will be turning the required age during the course.

RZone Our RZone policy emphasizes respect and responsible behaviour while participating in City of London programs or visiting one of our recreation facilities with the goal of maintaining a positive environment for everyone. To learn more, visit our website at london.ca/PYWOnline.

Passes & Memberships We offer a number of different passes for City of London Recreation Facilities including pools, golf courses, senior centres, and Storybook Gardens, as well as certain programs. Please call 519.661.5575 or email recreation@london.ca to speak with our customer service staff for more information.

Photographic Devices Please be advised that use of cellular phones, digital cameras, or other video recording devices is not permitted in our change room and bathroom facilities. We request that members of the public report immediately to staff any individual who is using this equipment in these areas.

Health and Welfare We ask for your assistance in supporting our efforts to provide a safe environment for everyone to participate in. If you have a communicable condition/health concern (ex. head lice, chicken pox, etc.) please do not attend your program until you have recovered. In addition, all City of London facilities are peanut-free/scent-free environments for the safety of those with severe allergies.

If you are unsure of your ability to participate, please consult a physician before enrolling in physical activity programs and be aware of your limits and required modifications.

Program Fees Please note that program fees may vary based on the session selected. Prices listed online via Play Your Way are accurate.

Program Cancellations In poor weather, Recreation & Sport programs will be cancelled if London Transit Commission is unable to provide public transportation. There may be other instances where programs must be cancelled due to pre-emption of program space, instructor illness or other circumstances beyond our control. In such cases, we will make every effort to contact you about the cancellation and will either make up the class or compensate participants for lost time.

Withdrawal & Refund Procedure If the City of London cancels a recreation program a full credit or refund will be issued. The effective date of the withdrawal is the date the withdrawal request is received by Recreation & Sport Customer Service, regardless of whether or not the participant attended the program.

To read the full Withdrawal & Refund Policy for general programs, drop-in programs, and leadership programs, please visit <https://london.ca/living-london/recreation/programs-courses-registration>.

Lost and Damaged Personal Property The City of London is not responsible for lost, damaged, or stolen items belonging to participants or spectators. Please secure your items and leave valuables at home.

You can find additional Adult 18+ programs, across city facilities on our website london.ca/PlayYourWay

The Recreation Program Guide is published by the Corporation of the City of London
300 Dufferin Ave, London ON N6A 4L9,
519.661.5575, www.london.ca

This Recreation Guide is published by the Corporation Arcane Digital Inc.

Content We make every effort to ensure the information in the Recreation Guide is accurate and up to date. We acknowledge that occasional errors occur and we retain the right to amend information and fees.

ADULT 55+

PROGRAMS

Why are there two fees showing under the fee column (ie. 45-50)?

The fee range of the program indicated a reduced program for those who are members of the Hamilton Road and Kiwanis Seniors' Centres.

Do I need to bring anything to the program or wear anything specific for the program?

Art: Unless stated in the description/alert and or confirmation text all supplies will be extra. You will be contacted (by phone or email) by your instructor prior to the first class to connect about needed supplies for the class. Fees for supplies will vary by class chosen.

Fitness and Yoga: Please bring your own mat.

Sports: For all racquet sports please bring your own racquet when possible. Please wear comfortable clothing and indoor-non-marking running shoes.

Music: Please bring your own instrument based on the class you registered for.

Will my outdoor fitness program run if it is raining?

Programs will run rain or shine unless the weather is severe. Participants will be contacted if the program is cancelled.

What is the Fitness Flex Pass and how do I use it?

The Fitness Flex Pass provides flexibility for participants who do not want to commit to a multi-week program. Programs with a **Flex Pass Option** notation are classes with this service.

PLEASE NOTE: The City of London is not responsible for lost, damaged, or stolen items belonging to participants or spectators. Please secure your items and leave valuables at home.

Winter 2024

NOTE: These programs are pre-registered drop-ins, with programs opening for registration the third Friday of the month prior. Fitness Flex Pass holders may use their pass to pre-register.

Flex Pass Option (60 Minutes)

Day	Activity Name	Price	Facility	Starts	Ends
Mo	Cardio & Strength	\$3.96	Byron CC (Gym)	1/8/2024 9:00 AM	3/25/2024 10:00 AM
Mo	Gentle Fit	\$3.96	Byron CC (Gym)	1/8/2024 10:15 AM	3/25/2024 11:15 AM
Tu	Cardio & Strength	\$3.96	Byron CC (Gym)	1/9/2024 8:30 AM	3/26/2024 9:30 AM
Tu	Cardio & Strength	\$3.96	Byron CC (Gym)	1/9/2024 9:45 AM	3/26/2024 10:45 AM
We	Cardio & Strength	\$3.96	Byron CC (Gym)	1/10/2024 9:00 AM	3/27/2024 10:00 AM
Th	Cardio & Strength	\$3.96	Byron CC (Gym)	1/11/2024 8:30 AM	3/28/2024 9:30 AM
Th	Cardio & Strength	\$3.96	Byron CC (Gym)	1/11/2024 9:45 AM	3/28/2024 10:45 AM
Fr	Cardio & Strength	\$3.96	Byron CC (Gym)	1/12/2024 9:00 AM	12/22/2023 10:00 AM

ARTS

Acrylics - FLOWERS

This course is recommended for those looking to learn brush techniques and colour mixing while creating paintings using a variety of subject matter. **(2 Hours)**

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 11	Th	1:00pm	\$92/\$102	12	125410

Acrylics Introductory

This introductory course is recommended for anyone new to painting and will cover the basics of acrylic painting. Learn brush techniques and colour mixing while creating paintings using a variety of subject matter. **(2 Hours)**

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 11	Th	10:00am	\$92/\$102	12	125409

Drawing Intermediate

This intermediate course is recommended for anyone who has taken a drawing class before or familiar with the basics of the art. Expand your knowledge on drawing depth, human portraits and landscapes. **(2 Hours)**

Carling Heights Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	10:00am	\$94	11	127033

Drawing Introductory

Learn the basic skills of how to draw. Class is suitable for beginners but everyone is welcome. **(2 Hours)**

Hamilton Road Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	10:00am	\$92/\$102	12	127040

Watercolour - LANDSCAPES

This course is recommended for anyone interested in learning brush techniques and colour mixing while creating paintings using a variety of subject matter. **(2 Hours)**

Carling Heights Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 10	We	10:00am	\$92/\$102	12	127034

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 10	We	2:00pm	\$92/\$102	12	125179

Watercolour Introductory

This introductory course is recommended for anyone new to painting and will cover the basics of watercolour painting. Learn brush techniques and colour mixing while creating paintings using a variety of subject matter. **(2 Hours)**

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 10	We	10:00am	\$92/\$102	12	125178

DANCE

Line Dancing Recreational 1

This program is for those who already know the basic steps and are interested in some recreational dance. Moderate dances will be performed. **(60 Minutes)**

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	9:30am	\$37/\$47	11	124788
Jan 09	Tu	1:30pm	\$41/\$51	12	124862

Line Dancing Recreational 2

This program is for those who already know the basic steps and are interested in some recreational dance. Moderate dances will be performed. **(60 Minutes)**

Hamilton Road Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	1:30pm	\$37/\$47	11	127025

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	10:45am	\$37/\$47	11	124790
Jan 09	Tu	2:30pm	\$41/\$51	12	124863
Jan 12	Fr	9:30am	\$37/\$47	11	125843
Jan 12	Fr	10:45am	\$37/\$47	11	125844

Line Dancing Recreational 3

This program is for those who already know the basic steps and are interested in some recreational dance. Moderate dances will be performed. **(60 Minutes)**

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	12:00pm	\$37/\$47	11	124793
Jan 09	Tu	3:30pm	\$41/\$51	12	124864
Jan 12	Fr	12:00pm	\$37/\$47	11	125845

FITNESS

20/20/20 Fitness

This class involves 20 minutes of cardio, 20 minutes of strength based Pilates and 20 minutes of yoga. A great way to get a full body workout in! **(60 Minutes)**

Carling Heights Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	1:00pm	\$48	12	126909

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 10	We	10:15am	\$38/\$48	12	125181

Cardio Beat

This program will have you working up a sweat, drumming out your stress and leave you feeling recharged. Large exercise balls used as the drums. **(60 Minutes)**

Hamilton Road Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 10	We	2:00pm	\$64/\$74	12	125232

Cardio Strength 1

A cardio, strength, balance and flexibility workout ideal for everyone. Beginners welcome. **(60 Minutes)**

Earl Nichols Recreation Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo/We/Fr	10:15am	\$135	34	126242

East Lions Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 15	Mo	9:00am	\$40	10	124812

Hamilton Road Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 10	We	12:00pm	\$38/\$48	12	126915

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	10:15am	\$38/\$48	12	124859
Jan 10	We	2:30pm	\$38/\$48	12	125191
Jan 11	Th	1:15pm	\$38/\$48	12	125412

Medway Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu/Th	1:00pm	\$95	24	126268

Cardio Strength 2

A cardio, strength, balance and flexibility workout ideal for those who have maintained a physical fitness routine and are looking to challenge themselves. **(60 Minutes)**

Earl Nichols Recreation Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo/We/Fr	9:00am	\$135	34	126240

Medway Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu/Th	2:15pm	\$95	24	126270

Cardio Strength Express

A cardio, strength, balance and flexibility workout ideal for everyone. This class is taught by a CCAA SFIC certified instructor. **(45 Minutes)**

Medway Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	9:15am	\$33	11	125355

CCAA & City of London Senior Fitness Level 1



This level 1 partnered exercise program with the **Canadian Centre for Activity and Aging (CCAA)** is designed for older adults who have not engaged in an exercise routine recently or feel that their mobility is challenged. This is a 60-minute group exercise class designed to address areas of functional fitness (strength, cardiovascular conditioning/stamina, flexibility, and balance). **(60 Minutes)**

Canada Games Aquatic Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo/We/Fr	9:00am	\$115	29	126243

Carling Heights Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo/We/Fr	2:15pm	\$135	34	126908

Lambeth Arena and Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo/We/Fr	12:15pm	\$135	34	126250

CCAA & City of London Senior Fitness Level 2



This level 2 partnered exercise program with the **Canadian Centre for Activity and Aging (CCAA)** is designed for older adults who have not engaged in an exercise routine recently or feel that their mobility is challenged. This is a 60-minute group exercise class designed to address areas of functional fitness (strength, cardiovascular conditioning/stamina, flexibility, and balance). **(60 Minutes)**

Canada Games Aquatic Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo/We/Fr	10:15am	\$115	29	126245

Carling Heights Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo/We/Fr	1:00pm	\$135	34	126907

Fit for Bones

A cardio, strength, balance and flexibility workout ideal for everyone. Beginners welcome. **(60 Minutes)**

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	11:15am	\$38/\$48	12	124860

Nia Introductory

Through a combination of fitness, martial arts, and dance, Nia can help you develop flexibility, strength and endurance while moving to an inspiring mix of music. **(60 Minutes)**

East Lions Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 19	Fr	10:30am	\$59	10	125850

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	9:00am	\$61/\$71	12	124857
Jan 11	Th	9:30am	\$61/\$71	12	125400

Pilates 60 Minute

Pilates is a strengthening and lengthening form of exercise that focuses on your core (stabilizing) muscles while also training your arms and legs.

NOTE: This class is well suited to those new to mat Pilates. *(60 Minutes)*

Byron Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 11	Th	11:45am	\$106	12	126041

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 10	We	9:00am	\$96/\$106	12	125180

Strength Training

Strength training done regularly builds bone and muscle while helping to preserve independence and increase energy. Exercises are safe and effective for women and men of all ages. *(60 Minutes)*

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	12:15pm	\$61/\$71	12	124861

Strengthen Core

This program includes exercises to strengthen the core, lengthen the spine, increase muscle strength, body awareness, and balance. *(60 Minutes)*

East Lions Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 15	Mo	10:15am	\$59	10	124814

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 11	Th	2:30pm	\$61/\$71	12	125416

Tai Chi for Arthritis

For those who want to de-stress and improve balance, core strength and flexibility. The warm-up exercises and the focus on safe, natural movement will help even people with restrictions to regain balance and mobility in comfort. *(60 Minutes)*

Carling Heights Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 12	Fr	9:30am	\$62	11	127153

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	12:00pm	\$58/\$68	12	124858

Tai Chi Intermediate Short Form

For those working on improving their Short Form technique. *(60 Minutes)*

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 12	Fr	2:15pm	\$52/\$62	11	125846

Yoga 60 Minutes

Improve your muscle tone and increase flexibility. Class will focus on muscle stretching and poses combined with breathing and relaxation techniques. Great for all fitness levels. *(60 Minutes)*

East Lions Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 17	We	1:15pm	\$70	11	125253

Hamilton Road Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	11:00am	\$60/\$70	11	124809
Jan 10	We	12:00pm	\$66/\$76	12	125227
Jan 12	Fr	11:00am	\$60/\$70	11	125849

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	1:15pm	\$60/\$70	11	124795
Jan 08	Mo	2:30pm	\$60/\$70	11	124796
Jan 10	We	12:00pm	\$66/\$76	12	125183
Jan 10	We	1:15pm	\$66/\$76	12	125187

Yoga Seated

Focusing on gentle stretching, relaxing and balance, this course is appropriate for individuals recovering from injury or with restricted joint flexibility. **(60 Minutes)**

Hamilton Road Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 12	Fr	9:45am	\$60/\$70	11	125848

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 11	Th	12:00pm	\$66/\$76	12	125408

Zumba 60 Minutes

Inspired by traditional Latin dance including salsa and merengue with a fusion of Hip-Hop thrown in for fun! Zumba Fitness is an exhilarating dance fitness class guaranteed to get your heart pumping!

NOTE: No dance experience needed. (60 Minutes)

Kiwanis Seniors Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 25	Th	10:45am	\$32/\$42	10	125407

MUSIC

Guitar - Beginner Foundations

Learn some chord shapes and strumming patterns as you work towards playing some popular songs. This class is for those with little to no experience in guitar playing. **(60 Minutes)**

Hamilton Road Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	9:30am	\$60/\$70	11	124805

Guitar - Next Steps

Learn finger picking & alternate chord progressions strumming patterns as you work towards playing some popular songs. **(2 Hours)**

Hamilton Road Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 12	Fr	9:30am	\$82/\$92	11	125847

SPORTS

Pickleball Beginner Recreational

For Beginners to play with BEGINNERS. This program provides no formal instruction but instructor is available to offer advice and assist with play and organization. Participants should understand the rules of the game but this class is for BEGINNER players to practice with fellow beginners. **(2 Hours)**

Carling Heights Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	12:30pm	\$51	10	125861
Jan 11	Th	12:30pm	\$51	10	125865

Pickleball Introductory

This program will include 1.5 hours of formal lesson on various techniques followed by a half hour of recreational play. This program is tailored to beginner pickleball players. **(2 Hours)**

Carling Heights Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	12:30pm	\$53	10	125859
Jan 11	Th	12:30pm	\$53	10	125864

East Lions Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 17	We	11:00am	\$53	10	127011
Jan 19	Fr	11:00am	\$48	9	126984

Lambeth Arena and Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	2:45pm	\$58	11	126066
Jan 09	Tu	12:00pm	\$63	12	126085

Pickleball Recreational

This program provides no formal instruction, but instructor is available to assist with play and organization. Participants should understand the rules of the game. Please expect mandatory rotation of players. *(Various Durations)*

Boyle Memorial Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	6:45pm	\$46	12	125149

Byron Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	11:45am	\$56	11	125381
Jan 10	We	10:30am	\$46	12	125736
Jan 11	Th	12:45pm	\$46	12	125992
Jan 12	Fr	12:15pm	\$42	11	126238

Carling Heights Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	10:30am	\$51	10	125858
Jan 12	Fr	10:30am	\$51	10	125855

East Lions Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 15	Mo	11:00am	\$46	9	124817
Jan 16	Tu	1:00pm	\$38	10	124888
Jan 17	We	1:00pm	\$38	10	127012
Jan 18	Th	1:00pm	\$38	10	125531
Jan 19	Fr	1:00pm	\$34	9	125852

Lambeth Arena and Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 12	Fr	8:30am	\$42	11	126252
Jan 12	Fr	10:15am	\$42	11	126254
Jan 12	Fr	1:45pm	\$42	11	126255

South London Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 08	Mo	9:30am	\$38	10	125325
Jan 10	We	9:30am	\$42	11	125685
Jan 11	Th	10:00am	\$42	11	125980
Jan 11	Th	11:45am	\$42	11	125880

Tennis Recreational - Mixed Doubles

Enjoy a recreational game of mixed doubles tennis for those who are already familiar with play. Number of players will depend on those who attend. Even numbers cannot be guaranteed. Player rotation to be expected. *(90 Minutes)*

North London Optimist Community Centre

Begins	Day	Time	Fee	Classes	Code
Jan 09	Tu	7:15pm	\$73	12	125168
Jan 11	Th	7:15pm	\$73	12	125838

ICE SKATING FOR 55+

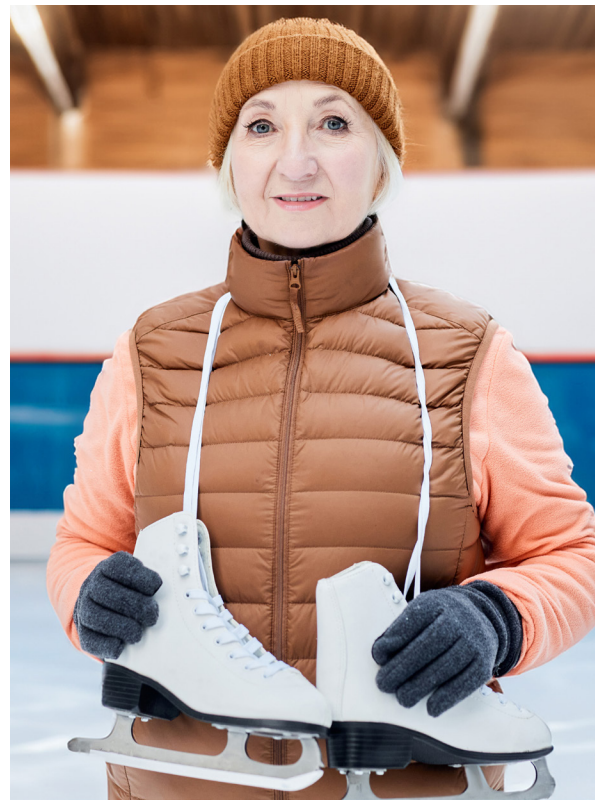
SENIOR ICE SKATING

Adults (55+) are invited to enjoy music and exercise. There will be a flood of the ice halfway through the skate. Skating around the ice is only activity permitted. No routines or skating as partners.

SENIOR FREE STYLE ICE SKATING

This skate is for adults (55+) who are interested in performing basic figure skating moves including but not limited to backwards skating, turns and ice dancing as well as hockey skating moves including but not limited to backwards skating and tight turns. There will be a flood of the ice halfway through the skate.

Visit www.london.ca/living-london/recreation/skating for a full listing of skating opportunities.



AQUATICS FOR 55+



AQUATICS FOR 55+

Please join us for some fun in the pool! We offer drop in programs including lane swimming, aquafit (both deep and shallow water) and recreation swimming. We also offer adult swim lessons and private swim lessons for those who want to learn to swim or just improve their strokes. These programs are offered at locations including the Canada Games Aquatic Centre, Carling Heights Optimist Community Centre, East Lions Community Centre and South London Community Pool.

For more information, please visit www.london.ca/aquatics or call **519-661-5575**.

SENIORS' SATELLITES

MEMBERSHIP:

Membership to each Satellite is **\$10.56 + HST per person for one location or \$29.67 + HST for all locations**, per year! Membership to any Satellite is open to anyone aged 55 & over. Memberships can be purchased online at **london.ca/senior-recreation**, at one of the City's Customer Service Centres, or by calling Customer Service at 519-661-5575.

PROGRAM LOCATIONS

- East London Library – 2016 Dundas St.
- Chalmers Presbyterian Church – 342 Pond Mills Rd.
- Boyle Memorial Community Centre – 530 Charlotte St.
- Byron Optimist Community Centre – 1308 Norman Ave.
- East Lions Community Centre – 1731 Churchill Ave.
- Earl Nichols Recreation Centre – 799 Homeview Rd.
- Medway Community Centre – 119 Sherwood Forest Sq.
- Stronach Recreation Centre – 1221 Sandford St.

SENIORS' COMMUNITY CENTRE RECREATION PROGRAMS

SENIORS' CENTRE MEMBERSHIPS

A Seniors' Centre membership entitles you to take part in various programs and activities. Stay connected with your community, meet new friends and discover new hobbies and interests through regular activities. Membership cost is **\$48.51 + HST per person for one location or \$61.65 + HST for both locations**, per year.

KIWANIS SENIORS' COMMUNITY CENTRE

78 Riverside Drive, London, ON N6H 1B4
Front Desk & General Inquiries: 519-661-5740

HAMILTON ROAD SENIORS' COMMUNITY CENTRE

525 Hamilton Road, London, ON N6Z 1S5
Front Desk & General Inquiries: 519-661-5758

Activity brochures are available to pick up in person at each location, or visit **london.ca/senior-recreation** to learn more.



Beck Hearing is a sponsor of the City of London Adult 55+ recreation programs.