

ADULT PROGRAMS

HST applies for ages 15+

MOBILITY, STABILITY & MINDFULNESS

Join Jillian Le Gros in a low-impact 45-minute workout that will help you stretch and build strength and flexibility, so your muscles and joints can reach your physical goals. Please bring a mat, mini band (optional), water, notebook & pen. **Note:** This workout is complementary to, or a great cool down for, the Bootcamp Basics class that is prior.

Sept 13 - Nov 8 | Tues 6:15 pm - 7:15 pm | École élémentaire catholique Saint-Louis | \$66

BOOTCAMP BASICS

45min of alternating short, high intensity, foundational movements with less intense recovery periods and a warm-up and cool down. Each week Jillian Le Gros will guide you to challenge yourself with more weight/resistance &/or more intensity. Please bring a Mat, 2 Medium Weights, 2 Light Weights & 2 Heavy Weights (optional), Mini Band (optional), Water, Paper or Notebook & Pen/Pencil

Sept 13 - Nov 8 | Tues 5:00 pm - 6:00 pm | École élémentaire catholique Saint-Louis | \$66

YOGA WITH CHRIS

Accessible yoga for all body types. No experience is needed. Come breather, stretch and relax. Wear comfortable clothing, bring a mat and if needed your water bottle.

Sept 13 - Nov 8 | Tues 6:45pm - 7:45pm | Penetanguishene Memorial Community Centre | \$66

KETTLEBELL FIT

This class is for you if you want to tone up, blast fat, and improve your fitness level! Featuring a combination of Kettlebell exercises & circuit training to target multiple body parts and deliver fast results (strength, endurance & muscle toning). Appropriate for all levels. Bring your own Kettlebell (8-15 lbs depending on your ability), yoga mat, and water bottle.

Sept 15 - Nov 10 | Thurs 5:30pm - 6:30pm | Discovery Harbour Pavilion/Canadian Martyrs School | \$66

ADULT ZUMBA

Zumba is a fun aerobic workout that mixes dance moves with different genres of music. It's a great way to get your daily exercise while meeting new people. Come ready to sweat and JOIN THE PARTY!

Sept 15 - Nov 10 | Thurs 5:50 pm - 6:50 pm | École élémentaire catholique Saint-Louis | \$66

ZUMBA TONING

Join Holly for Zumba Toning which blends body-sculpting techniques and specific Zumba® moves into one calorie-burning, strength-training experience using light weights. You will need 1-2 lb hand weights (please no wrist weights), water and a towel. You are going to sweat!

Sept 15 - Nov 10 | Thurs 7:00 pm - 8:00 pm | École élémentaire catholique Saint-Louis | \$66

GENTLE YOGA WITH SHERRI

Please Join Sherri, Certified YT 500+120 Hour Trauma Sensitive Yoga Instructor for an hour of relaxation and slow flow yoga. Learning to let our breath lead our gentle movements as we have some fun along the way. Modifications will be offered for this mat-based class.

Sept 15 - Nov 10 | Thurs 6:30 pm - 7:30 pm | Penetanguishene Memorial Community Centre (Lounge) | \$66

ADULT TENNIS

Serve it up! Tennis sessions will begin with a 5 to 6-minute warm-up emphasizing footwork and mobility drills. Tennis fundamentals will be presented and adapted for players depending on their ability. These include grip, ready position, split step, contact zone, follow through, and recovery. Lessons will emphasize 'touches on the ball', practice drills, and games focusing on doubles tennis strategy and court position. Throughout the sessions forehand, backhand, volley, and serves will be addressed. Join us for tennis skill development, game strategy, and most importantly, let's have fun!

August 31 - Oct 5 | 5 sessions on Mon 5:00 pm - 6:00 pm, 1 session on Wed 5:00pm - 6:00 pm | Memorial Park | \$66

YOUTH PROGRAMS

BEGINNER BUCKET DRUMMING: AGES 9 - 14

If you haven't seen bucket drumming before, check it out on YouTube! Kids will have a great time playing games to learn about note reading and using that knowledge to create their own music using a variety of techniques on their drums! Join us for lots of noise, music, and rhythmic fun!

Sept 14 - Nov 9 | Wed 5:30 pm - 6:25 pm | École élémentaire catholique Saint-Louis | \$76

LOVE TO SING! : AGES 8+

Participants will have the opportunity to choose songs to work on as a group. Through the music we are working on, participants will learn many common musical terms and symbols, basic musical notation, and important vocal techniques to improve their individual abilities, as well as gain a deeper understanding of how to effectively sing as a group.

Sept 14 - Nov 9 | Wed 4:30 pm - 5:25 pm | École élémentaire catholique Saint-Louis | \$71

YOUTH CROCHET: AGES 9+

With guided instruction, have fun learning to crochet basic stitches and read simple patterns! Through the session we will work on small projects starting with a necklace and working up to a bookmark, a phone case, a headband, and even slippers!

Sept 14 - Nov 9 | Wed 6:30 pm - 7:25 pm | École élémentaire catholique Saint-Louis | \$71

ART ATTACK CLASS #1: AGES 8 - 12

With the guidance of a professional Quest Art instructor, young artists will explore a range of techniques including drawing, painting, printmaking, sculpture, and collage.

Sept 17 - Nov 12 | Saturday 10:30 am - 12:00 pm | Penetanguishene Memorial Community Centre | \$66

ART ATTACK CLASS #2: AGES 8 - 12

With the guidance of a professional Quest Art instructor, young artists will explore a range of techniques including drawing, painting, printmaking, sculpture, and collage.

Sept 17 - Nov 12 | Saturday 1:00 pm - 2:30 pm | Penetanguishene Memorial Community Centre | \$66

ART ATTACK, KINDER KAMP: AGES 3-7

Have fun creating exciting art projects and there may be stories as well. **All children MUST be accompanied by an adult.**

Sept 17 - Nov 12 | Saturday 9:00 pm - 10:00 pm | Penetanguishene Memorial Community Centre | \$66

YOUTH TENNIS: AGES 8 - 14

First week's session we will teach the basics of serving, followed by positioning on the court and basic rules and scoring during a match. The primary goal in the second week will be practicing the forehand and backhand shot. The fourth week we will continue with serves, forehand shots and backhand shots in-game settings. We will continue practicing these aspects throughout the program. Throughout each session, we will be playing games and introducing the competitiveness of the sport. Please bring your own tennis racket.

August 31 - October 5 | Mon 4:00 pm - 5:00 pm, with 1 Wednesday session 4:00 pm - 5:00pm | Memorial Park | \$66

BABYSITTING COURSE WITH CERT: AGES 10-14

If your child is thinking about becoming a babysitter then this course is a must! Learn the basic responsibilities of caring for young children, first aid skills and safety knowledge.

Please Bring: Peanut-free snacks & lunch, a doll, and a pencil/pen to class.

Sunday Oct 2 OR Oct 23 | 9am - 4pm | Age 10+
Penetanguishene Memorial Community Centre | \$45

HOME ALONE COURSE WITH CERT: AGES 8-14

This program prepares youth for the step of being Home Alone. This course is designed to give youth information about the responsibility of being alone & share information about household hazards such as fire, home & internet safety, basic first aid & the importance of knowing the dangers of strangers.

Sunday Sept 18 OR Oct 16 | 9am - 12pm | Age 8+
Penetanguishene Memorial Community Centre | \$40

SENIOR PROGRAMS

SENIOR CIRCUIT TRAINING

This “curves type” class is a combination of strength, stretch and breathing exercises. It is offered at different stations in the room. Every class will help you to improve your strength, flexibility and balance at a gentle pace which can be increased at your own pace. The class ends with mediation. This is a great class for those with restricted mobility. Some exercise will be offered in a chair.

Sept 12 - Oct 31 | Mon 10:20am - 11:20am | Penetanguishene Memorial Community Centre | \$60

NORDIC POLE WALKING

Nordic walking is a total body version of walking that can be enjoyed both by non-athletes as a health-promoting physical activity and athletes alike. The activity is performed with specially designed walking poles similar to ski poles.

Sept 12 - Oct 31 | Mon 12:15pm - 1:30 pm | Penetanguishene Memorial Community Centre | \$60

SENIOR GENTLE STRETCH

You are invited to join Sherri, YT500+ 120 Hour Trauma Sensitive Yoga Instructor for an hour of relaxation and refreshing exercises on the mat. We will be working with pelvic floor-friendly positions, bringing a full-body movement experience to help gently strengthen and stretch our bodies. Practicing balance poses will be included. We will learn breathing techniques for energizing or calming effects for our nervous systems. We will be up and down on our mat positions, and on hands and knees. Modifications will be available.

Sept 13 - Nov 8 | Tues 10:00am - 11:00am | Penetanguishene Memorial Community Centre | \$66

BODY FRIENDLY CHAIR YOGA

Please join Sherri, YT500+120 Hour Trauma Sensitive Yoga Instructor for an hour of relaxation, strengthening and stretching using a chair. “If you are breathing, you are doing yoga.” We will incorporate some balance poses, and simple asanas to enhance a full body awakening with our gentle movement.

Sept 15 - Nov 10 | Thurs 10:00am - 11:00am | Penetanguishene Memorial Community Centre | \$66

BY THE BAY RUG HOOKERS

In this class, not only will we do primitive rug hooking but knit, crochet and other various crafts. We as a group would willingly teach those who would like to join and learn! Note: This class does not have an instructor.

Ongoing throughout the year | Wed 10:00am - 12:00pm | Penetanguishene Memorial Community Centre | \$20 *New: Participants must register online*

VON SMART EXERCISES

A gentle exercise program designed for ages 55+ to help improve and maintain balance, strength, flexibility and mobility. **Residents must call to register: 705-355-2200**

Ongoing throughout the year, Tuesdays 1:00 - 1:45 and Fridays 1:00 pm - 1:45 pm
Penetanguishene Memorial Community Centre | Free Program

SHUFFLEBOARD

Session #1: October 3rd – December 19th | Monday
12:45 pm - 1:45 pm | Penetanguishene Memorial
Community Centre | \$10

Session #2: October 5th – December 21st |
Wednesday 2:00 pm - 3:00 pm | Penetanguishene
Memorial Community Centre | \$10

PICKLEBALL PROGRAMS

1. YOUTH INTRO PROGRAM
2. ADULT/SENIOR INTRO PROGRAM
3. ADULT/SENIOR PICKLEBALL LEAGUE



For a description and details of each of the pickleball programs, please visit top.recdesk.com