

TABLE OF CONTENTS

This Winter	1
Community Services Department	2
Recreation & Aquatic Facilities	2
Winter Highlights	4
Part-time Employment	7
REGISTRATION	
EazyReg Information.....	3
Access to Recreation/Jumpstart	5
COMMUNITY DEVELOPMENT	
Community Development Workshops.....	6
Sports Hall of Fame.....	7
Family Day Fun	8
True Sport.....	9
FITNESS PROGRAMS	
Courtice Fitness Training Facility	14
Membership Services	15
Pool & Squash Admission & Membership Fees	15
Dryland	17
Squash.....	17
Group Fitness Class Descriptions.....	18
Winter Group Fitness Schedule.....	19
Learn to Run/Lacrosse FIT	21
Fitness Holiday Schedule.....	20
Fitness Programs	21
RECREATION PROGRAMS	
Older Adult Programs	23
Recreation Programs.....	28
At a Glance.....	30
March Break Programs.....	34
High Five Program	31
Early Years.....	33
AQUATIC PROGRAMS	
Winter Registration Dates	40
Private/Semi Private Lessons	41
Red Cross Swim Preschool Levels.....	44
Red Cross Swim Preschool Lessons	45
Red Cross Swim Kids Levels.....	48
Red Cross Swim Kids Lessons.....	49
Adult Swim Programs	51
Lifesaving, Leadership & First Aid Programs.....	52
Aquafit.....	54
General Aquatic Facility & Swim Information	55
Admission Standards/Swim Descriptions	55
Winter Swim Schedule	57
FACILITIES	
Banquet/Meeting Facilities.....	61
Eating Smart in Clarington Facilities	60
Facility Rental Rates.....	62
Bowmanville Indoor Soccer.....	62
Winter Skating Schedules	63
Walking in our Facilities	66
Facility Sports Partners.....	64
Community Halls	65
LEISURE	
The Firehouse Youth Centre	64
Clarington Older Adult Association.....	68
Clarington Public Library.....	70
Clarington Museums & Archives.....	72
The Visual Arts Centre	74
Community Directory.....	78
Index of Advertisers.....	80

Clarington



WINTER



Learn to Run with our "Extreme Winter Edition" of this popular running program or join a Group Fitness Class for a variety of body and mind conditioning classes. Make sure to check our Holiday Fitness Schedule during the Christmas Season. See the Fitness Section for details.

Grade 5 Students, remember to Activate your Grade 5 Action Pass. Your family will be entitled to Free and Unlimited access to public swimming and skating. See page 21 for details.

The Clarington Older Adult Association is partnering with Community Services to offer "Ballroom and Latin Dancing" lessons at the Newcastle & District Recreation Complex. See page 23 for further details.

Get the children involved in "Glee Club", "Guitar Lessons" or "Hip Hop" and then come out to cheer them on at the "Winter Session Showcase" on Wednesday, March 21st.

Have fun taking the family skating at any one of five local arenas in Bowmanville, Courtice, Hampton, Newcastle and Orono. The Christmas Holiday Skate and Youth Shiny schedule is on page 63.

Sign up for a Community Development Workshop - find out how to "Get More Life Out of Your Time" by examining how you currently manage your time. Or promote responsible alcohol beverage service by taking "Smart Serve". This workshop is ideal for volunteers involved with bar operations and fundraising involving alcohol.

If you have any questions with regards to our programs or services, we would be pleased to assist you. Please call the administrative office at 905-623-3379.

Community Services Recreation Facilities

HOLIDAY CLOSURES - ALL FACILITIES

Christmas Eve December 24	All Facilities Closed at 12 Noon
Christmas Day December 25	All Facilities Closed
Boxing Day December 26	All Facilities Closed
New Years Eve December 31	All Facilities Closed at Noon
New Years Day January 1, 2012	All Facilities Closed
Family Day February 20	Open 12:00 - 5:00 PM Rickard Recreation Complex South Courtice Arena Newcastle & District Recreation Complex Courtice Community Complex All Other Facilities Closed

Community Services Department

Director
Joseph Caruana
905-623-3379

Administrative Assistant
Wendy Gorniak
905-623-3379

Facilities Manager
George Acorn
905-623-3379

Recreation Services Manager
Sharon Meredith
905-623-3379

Facilities Supervisor - NDRC
Dan Welsh
905-987-5667 ext. 226

Facilities Supervisor - SCA/BIS
Len Hunter
905-435-1061 ext. 222

Facilities Supervisor - RRC/DSC
Ken Ferguson
905-623-5728 ext. 630

Facilities Supervisor - CCC/CFC
Mark Sutherland
905-404-1525 ext. 22

Food Services Co-ordinator
Evelyn Mayhew
905-623-5728 ext. 628

Community Service Co-ordinator
Skip Crosby
905-623-5728 ext. 621

Aquatic Co-ordinator
Tracey Leonard
905-987-5667 ext. 225

Fitness Co-ordinator
Erica Mittag
905-404-1525 ext. 28

Recreation Co-ordinator
Stephen Myers
905-435-1061 ext. 230

ARENAS

Darlington Sports Centre (DSC)

2276 Taunton Rd, Hampton 905-263-2906 or call Rickard Recreation Complex 905-623-5728

Amenities: • Single ice pad • Vending areas
• Heated viewing area • Accessible



Garnet B. Rickard Recreation Complex (RRC)

2440 Highway 2, Bowmanville 905-623-5728

Amenities: • Double ice pads • Heated viewing area
• Proshop • Concession & Vending areas
• Accessible • Multi-purpose & meeting rooms available



South Courtice Arena (SCA)

1595 Prestonvale Rd, Courtice 905-435-1061

Amenities: • One NHL size ice pad • One Olympic size ice pad • Gymnasium
• Proshop • Community meeting room • Concession & Vending areas
• Heated viewing area • Program rooms • Accessible
YEAR ROUND ICE!



INDOOR SOCCER/LACROSSE BOWL

2375 Baseline Rd, Bowmanville 905-697-6263

To book this facility please call the South Courtice Arena 905-435-1061

Bowmanville Indoor Soccer Facility (BIS)

Amenities: • Artificial turf playing field 180' x 100'
• Concession & Vending areas
• Viewing area
• Can be converted to two mini fields
• Community meeting room
• Field level spectator seating
• Darlington Soccer Club office
• Accessible



Outdoor Lacrosse Bowl (BIS) (April to October)

Amenities: • 180' x 80' playing surface
• Amphitheatre style seating for spectators
• Fully lighted for night play

AQUATIC FACILITIES

Courtice Community Complex (CCC)

2950 Courtice Rd N, Courtice 905-404-1525

Amenities: • 25m/6 lane leisure pool
• Co-ed whirlpool & sauna
• Pool & banquet hall for rental
• Vending area
• Splash area & amusement slide
• Fitness Training Facility
• Accessible



Clarington Fitness Centre (CFC)

49 Liberty St N, Bowmanville 905-623-3392

Amenities: • 25m/6 lane pool & viewing area
• Co-ed whirlpool & sauna
• Vending area
• 2 international squash courts
• Pool & viewing area for rental

NOTE: There are no family changerooms at this facility.

Newcastle & District Recreation Complex (NDRC)

1780 Rudell Rd, Newcastle 905-987-5667

Amenities: • 25m/6 lane leisure pool
• Meeting room
• Co-ed whirlpool & sauna
• Vending areas
• Pool & amusement slide (available for private rental)
• Full size gymnasium - can be separated into two mini gyms
• Large teaching pool
• Activity/Program rooms
• Accessible



GENERAL INFORMATION

Using our EazyReg system allows you to register by phone 905-623-3299 (touch tone required) or online www.claringtoneazyreg.ca. All from the comfort of your own home!

Registration for Recreation, Fitness and Adult, Lifesaving and Leadership Aquatic Courses Available Now!

PLEASE NOTE: ONCE A COURSE HAS STARTED YOU WILL NOT BE ABLE TO REGISTER USING THE EAZYREG SYSTEM

New Registrant

You will need to have a Personal Barcode for each person registering and one "Family Account Number" that is shared by your family. To obtain your Family Account Number and Personal Barcode(s) please contact:
Clarington Fitness Centre905-623-3392
South Courtice Arena905-435-1061
Rickard Recreation Complex905-623-5728
Courtice Community Complex.....905-404-1525
Newcastle Recreation Complex905-987-5667
communityservices@clarington.net

Third Child Discount

Third and subsequent children (immediate family only) are eligible for a 50% reduction in their rate, applied to the lowest rate. When using EazyReg please contact the facility to arrange for the adjustment.

65 + Rates

Registration Fees for general recreational programs are reduced 50% for senior residents of the Municipality of Clarington, 65 years of age and over. Programs developed specifically for older adults in partnership with the Clarington Older Adult Association have been priced accordingly. Senior discounts will not be available for these programs. Please have suitable ID (including proof of age and residency) ready to show at the time of registration.

Registering in Person

To register in person for any program, please visit any of the municipal facilities or the Community Services Department at the Municipal Administrative Centre, 40 Temperance Street, Bowmanville 905-623-3379.

If paying by cheque, please make payable to: Municipality of Clarington.

Applicable Taxes

All pricing in this guide excludes applicable taxes. The required tax amount will be calculated at the point of sale.

Program Cancellations and Waiting Lists

The Community Services Department reserves the right to cancel any class/program that does not achieve the established minimum registration requirements. Where possible, cancelled classes/programs will be replaced by classes/programs having a waiting list. In the case of a program cancellation or change which the Community Services Department is responsible for, a full refund will be issued to all registrants. Please note that only classes cancelled by the Community Services Department will be rescheduled when possible.

Program Refund Policy

If you wish to cancel registration in a program, a cancellation fee of \$10.00 + HST per registration will apply. The Community Services Department must receive all requests for cancellation and/or refund in writing. **Requests for refunds for specialty classes (Aquatic Leadership, First Aid, CPR and High Five-Principles of Healthy Child Development and DayCamps) must be received by the Community Services Department a minimum of 3 business days prior to the first class.** With the exception of specialty classes as described above any approved cancellation/refund requests will be pro-rated and will be provided if received prior to the second class. Medical refund requests will be assessed on an individual basis, upon receipt of medical note and program cancellation form.

Non-Residents

Non-residents add a 10% surcharge to program and facility fees. Registration for non-residents occurs 1 week after published registration dates.

Age Pre-requisite for Programs

Please note where age is a pre-requisite for a program, participants must be the correct age to register. Consideration will be given to participants who turn the correct age by the second lesson and registration must be in person.



How Do I Use EazyReg?


1 You will need a Personal Barcode and Family Account Number. If you have never registered for a course before see the New Registrant section.

2 Find the barcode number for the program you wish to register for. After you have selected your program you will be prompted to enter your "LOGIN ID" (Personal Barcode) and then you will be prompted to enter your Family Account Number.

3 A valid Visa or Mastercard is required to register through EazyReg. Phone 905-623-3299 or go online and visit: www.claringtoneazyreg.ca to access the EazyReg system. Follow the instructions given.

4 Do we have your current email address? If not, please contact one of our facilities to have your account information updated.

CHILDREN'S FITNESS TAX CREDIT

The Government of Canada will provide a tax credit on amounts of up to \$500 paid by parents to register a child in an eligible program of physical activity. The credit applies to children up to 16 years of age. For more information, please visit: www.cra-arc.gc.ca/fitness  Eligible programs are marked with a Maple Leaf as shown.

WINTER HIGHLIGHTS

RECREATION - starts on page 28

CREATIVE KIDS has moved from Saturdays to Mondays

CAMPS

Winter Break Camp - January 2 - 6
Courtice Community Complex



House League Hockey Camp - January 2 - 6
Garnet B. Rickard Recreation Complex

P.A. Day Camp - Friday, February 3
Courtice Community Complex

March Break Camps - March 12 - March 16
Newcastle & District Recreation Complex
South Courtice Arena
Garnet B. Rickard Recreation Complex



Check out the Recreation Section starting on page 28 for all the exciting details.

COMMUNITY DEVELOPMENT - starts on page 6

WORKSHOPS

Smart Serve
Wednesday, February 8 \$35.00
Garnet B. Rickard Recreation Complex



Getting More Life Out of Your Time

Thursday, February 23
\$25.00
Garnet B. Rickard Recreation Complex



FITNESS - starts on page 14

Learn to Run "Extreme Winter Edition"
Don't hibernate this winter! Come on out to the winter session.

Survivor Clarington is Back!
Do you have what it takes to be the Ultimate Fitness Survivor?



AQUATICS - starts on page 40

Swimming Lessons are **9 Weeks This Winter!**

If you haven't heard.... **Registration now begins on Thursdays at 7:00 AM!**

Try **Aqua Zumba** for a new and exciting water workout. Aqua Zumba workouts provide tremendous benefits for the body and are also fun and invigorating. Splash, dance and get your body moving.



ACCESSIBLE INCLUSIVE RECREATION

The Municipality of Clarington strives to provide an inclusive environment for people of all abilities to participate together in programs and services. Our goal is to promote and facilitate the inclusion of those with special needs in recreation programs of their choosing. For our purposes, "special needs" includes intellectual or physical disabilities, attention and behavioral difficulties, vision and hearing impairments, learning disabilities, allergies and medical conditions.

A Little Assistance Goes A Long Way!

Everyone should enjoy the benefits of participating in recreational activities. The Municipality of Clarington would like to ensure that residents have the opportunity to access recreation programs and services. If individuals with special needs require assistance to participate in a recreation program or service, a support person will be admitted to the program or activity at no charge.

We Apologize For the Inconvenience! ~ Notice of Service Disruption ~

From time to time services and facilities may be unavailable due to preventative maintenance or equipment failure. The Community Services Department will provide as much notice as possible to the public when facilities or services are disrupted on the Municipality of Clarington blog <http://clarington.wordpress.com>

Access to Recreation

The Municipality of Clarington, Community Services Department is committed to increasing access and participation opportunities for Clarington residents experiencing financial challenges. The following financial assistance programs are in place to support individuals and families who require assistance.

Financial Assistance Program

The Community Services Department provides a 50% fee subsidy for Municipality of Clarington programs and services to residents of Clarington who are participants of Ontario Works or the Ontario Disability Support Program.

Membership Access Program

In order to increase recreation opportunities for persons with a permanent disability, Clarington residents who meet the age criteria for Municipality of Clarington facility memberships will be eligible for the Membership Access Program. Eligible participants will benefit in the following ways:

Adults (18+ years) with a permanent disability are eligible to:

- Purchase a fitness centre membership (any term) at the "senior rate"

Youth (15 - 17 years) and Seniors (65+ years) with a permanent disability are eligible to:

- Purchase a fitness centre membership (any term) with a 20% discount

CANADIAN TIRE JUMPSTART

The Municipality of Clarington is a proud partner with the Canadian Tire Foundation for Families in the Canadian Tire JumpStart program. This program provides financially disadvantaged children in Canada (4 - 18 years) with the opportunity to participate in sports and active recreation activities. This program is available for both Municipality of Clarington programs (swimming lessons, youth programs etc.) as well as a community association programs (hockey, soccer, baseball).



Further information and application forms are available at any Municipality of Clarington Recreation Facility or at www.clarington.net

Community DEVELOPMENT

Smart Serve

The Smart Serve program is designed to promote responsible alcohol beverage service. Learn what your legal responsibilities and obligations are as a server and how to recognize the signs of intoxication.

The Smart Serve workshop is ideal for volunteers involved with bar operations and fundraisers involving alcohol.

This certification is a requirement for anyone serving alcohol at public functions. Participants will receive a workbook for future reference and Smart Serve certification upon successful completion of course.

Wednesday, February 8, 2012

6:30 - 9:30 PM

Rickard Recreation Complex

Cost: \$35.00 Barcode 131477

Maximum Class of 30



Getting More Life Out of Your Time

Effective time management will help you to increase your productivity in all areas of your life - home, work and community!

It can also:

- ◆ help you enhance the quality of your life
- ◆ help you relieve stress in your life
- ◆ provide a sense of personal satisfaction and accomplishment

During this workshop you will examine how you currently manage your time, identify ways that you use time effectively and determine specific ways for you to improve your time management. Each participant will receive a TIME MASTERY PROFILE workbook which will assist you in managing your time effectively into the future!

Thursday, February 23, 2012

6:30 - 9:30 PM at Rickard Recreation Complex

Cost: \$25.00 Barcode 31476

Maximum Class of 20

