



Fall 2021 55+ Drop-in Schedule

Sport Drop-in run September 7 to December 23.

Drop-in programs run September 27 to December 23.

Participants can use 55+ 10 ticket drop-in pass or pay-as-you-go with the drop-in fee.

- Schedules are subject to change without notice.
- Visit www.clarington.net/ActiveAdults for the most up-to-date schedule.
- Class attendance is based on a first-come, first-served basis. Each participant must sign-in in person up to 30 minutes before the start of class. Others cannot write your name for you.
- Participants will need to wear their masks when entering and to exit class and while in changerooms. However, masks are not required during the exercise portion of the class.
- All patrons entering a Municipality of Clarington facility will be required to undergo COVID-19 screening and show proof of vaccination.
- The Municipality has launched an electronic COVID-19 self-screening form for those wishing to enter Clarington's community centres and complete the screening in advance. You can access the COVID-19 Self-Screening at www.clarington.net/RecreationScreening, or by using the posted QR code at the facility entrance or in-person with facility staff.

Program specific guidelines

Open Activity: Participants must wear masks at all times. Participants will be allowed to bring their own coffee and snacks. Masks can be removed at that time but must be put back on afterwards. Sharing food is prohibited. Chairs and tables will be placed two metres apart for participants to sit on.

Table Tennis: When playing doubles, participants will keep their masks on. You can remove your mask during single play. Participants will receive two balls (a white one and a coloured one), which they will handle exclusively. Each game will use one ball exclusively, and the owner of that ball will retrieve it throughout its use. Participants may mark their balls to avoid confusion with others. After each game, the tennis table must be sanitized. Masks will remain on while walking around the room.

Pickleball: Doubles—Players will remain on the same side of the court and avoid changing ends. Exercise caution with pickleballs and avoid touching them as much as possible. After playing, place balls in a sanitizing bin and grab a new set of balls. Participants keep their paddles throughout the entire session. Participants will wear a mask when sitting on the side. Keep a two-metre distance from other players. Avoid all physical contact, for example shaking hands or tapping paddles with other players. Avoid touching your face after touching the ball. Stay on your side of the court. Only use sanitized balls and change to another freshly sanitized ball after each game. All participants must bring their own paddle. Although players can remove their masks while playing, masks must be put back in once they are finished.

Euchre: Participants must wear masks at all times. Participants will be allowed to bring their own coffee and snacks. You may remove your mask to drink or eat but must put it back on afterwards. Sharing food is prohibited. Tables will be spaced two metres apart. Each table will have dividing plexiglass on top. Tables, chairs, playing cards and pencils will be disinfected by staff. Before and after play, participants are required to sanitize their hands. Hand sanitizer will be provided. After each game, two participants from each table will move to the next table. The participants that change tables will be required to sanitize their hands in between. A new deck of cards will be used as the tables change players. Used cards will be bagged and reused again after 48 hours.

Volleyball: Participants must wear a mask when moving around the gym or sitting on the sides but can remove their mask once the game is in play. Avoid all physical contact, for example, shaking hands with other players. Avoid touching your face after touching the ball. When a ball goes out of bounds, stay on your side of the court. Once the game is complete, put the ball in the dirty bin and grab a new sanitized ball. Keep two metres distance from other players. Only six active players can be on each side of the court at any given time.

For more information, please contact:
905-404-1525 ext. 2526 or 2525

CCC = Courtice Community Complex
 DHRC= Diane Hamre Recreation Complex

Program	Day	Time	Location
Open Activity	Mon	10 a.m. to 12 p.m.	CCC
Open Ukulele	Mon	2:15 to 3:45 p.m.	CCC
Euchre	Mon	6 to 8 p.m.	CCC
Table Tennis	Mon	1 to 2:30 p.m.	DHRC
Pickleball	Mon	9 a.m. to 12 p.m.	DHRC
Pickleball	Tue	12 to 3 p.m.	DHRC
Book Chats	Tue (last Tuesday of the month)	2 to 3:30 p.m.	CCC
Open Activity	Wed	10 a.m. to 12 p.m.	CCC
Volleyball	Wed	1:30 to 3 p.m.	DHRC
Euchre	Wed	6 to 8 p.m.	CCC
Pickleball	Wed	9 a.m. to 12 p.m.	DHRC
Pickleball	Thu	12 to 3 p.m.	DHRC
Pickleball	Fri	12 to 3 p.m.	DHRC
Euchre	Fri	1 to 3 p.m.	CCC
Open Jam	Fri	2:30 to 4:30 p.m.	CCC

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