

55+ Active Adults Program Directory

SUMMER 2025



Take a look inside for our 55+ Active Adults programs, workshops and special events.

Clarington



General Interest Programs

Register for Summer Programs

Browse our summer programs to find activities, workshops, and special events that appeal to you.

Registration for residents opens **Wednesday, June 11, 2025, at 7 a.m.**

Non-resident registration begins **Wednesday, June 18, 2025, at 7 a.m.**

Programs begin the week of June 30, 2025. No programs July 1 and August 4.

To register online, visit www.clarington.net/BeActive.

For assistance, contact communityservices@clarington.net or 905-623-3379.

Class	Day	Start	Weeks	Time	Location	Fee	Code
Quilting	Thu	Jul 3	9	12:30 to 3:30 p.m.	Courtice Community Complex	\$112.35	50514



Celebrate cultural heritage with new 55+ seasonal programming

From art and music to dancing, cooking and storytelling, connect with our welcoming community and explore inspiring new seasonal experiences.

Learn more at www.clarington.net/ActiveAdults.

Class	Day	Start	Weeks	Time	Location	Fee	Code
History of Reggae	Thu	Jul 17	1	5:30 to 7:30 p.m.	Courtice Community Complex	\$10.77	50586
Learn to Play Cricket	Sat	Jul 19 and Aug 16	2	12 to 2 p.m.	Courtice Memorial Park	Free	51314

Canada 

Made possible thanks to funding from the Government of Canada's New Horizons for Seniors Program.

Drop-in Sports

Programs at **Garnet B. Rickard Recreation Complex** run from June 30 to July 31, 2025.
No programs on July 1 and July 11.

Programs at **Diane Hamre Recreation Complex** run from June 30 to September 21, 2025.
No programs July 1, August 4 and September 1.

Programs cost \$2.72 plus HST.

Program	Day	Time	Location
Adult Pickleball	Mon	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Adult Pickleball	Mon	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard Recreation Complex
Adult Pickleball	Tue	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Adult Pickleball	Tue	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard Recreation Complex
Adult Pickleball	Tue	8:15 to 10 p.m.	Diane Hamre Recreation Complex
Adult Pickleball	Wed	1 to 3 p.m.	Garnet B. Rickard Recreation Complex
Adult Pickleball	Thu	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Adult Pickleball	Thu	10:35 a.m. to 12:30 p.m.	Garnet B. Rickard Recreation Complex
Adult Badminton	Thu	8:15 to 10 p.m.	Diane Hamre Recreation Complex
Adult Badminton	Fri	8:15 to 10 p.m.	Diane Hamre Recreation Complex



Drop-in Programs

General Interest Drop-in Programs

Programs run from June 30 to September 21, 2025, unless otherwise noted.

No programs July 1, August 4, and September 1. Programs cost \$1.97 plus HST.

Program	Day	Time	Location
Open Activity	Mon	10 a.m. to 12 p.m.	Courtice Community Complex
Euchre	Mon	6 to 8 p.m.	Courtice Community Complex
Bid Euchre	Tue	12 to 2 p.m.	Courtice Community Complex
Open Activity	Wed	10 a.m. to 12 p.m.	Courtice Community Complex
Mexican Train Dominoes	Wed	1 to 3 p.m.	Courtice Community Complex
Book Chats *Last Wednesday of the month	Wed	1 to 3 p.m.	Courtice Community Complex
Euchre	Wed	6 to 8 p.m.	Courtice Community Complex
Euchre/Mexican Train Dominoes	Fri	1 to 3 p.m.	Courtice Community Complex



Fitness Programs

Classes run from June 30 to September 21, 2025, unless otherwise noted.

No programs July 1, August 4, and September 1.

Visit www.clarington.net/BeActive for program descriptions, instructors, and to register.

Program	Day	Time	Location	Fee	Code
Strong and Sculpted	Mon	8:30 to 9:25 a.m.	Diane Hamre Recreation Complex	\$33.15	50486
20-20-20	Mon	8:30 to 9:25 a.m.	Courtice Community Complex	\$33.15	50454
Yoga	Mon	10:15 to 11:10 a.m.	Courtice Community Complex	\$33.15	50493
Yoga	Mon	10:40 to 11:35 a.m.	Diane Hamre Recreation Complex	\$33.15	50495
Strong and Functional	Tue	9:15 to 10:10 a.m.	Diane Hamre Recreation Complex	\$36.47	50484
Flex and Tone	Tue	8:30 to 9:25 a.m.	Courtice Community Complex	\$36.47	50480
Cardio Dance	Tue	9:30 to 10:25 a.m.	Courtice Community Complex	\$36.47	50476
20-20-20	Tue	10:30 to 11:25 a.m.	Courtice Community Complex	\$36.47	50462
Arthritis Fitness	Tue	1 to 1:55 p.m.	Courtice Community Complex	\$36.47	50474
Active Cardio and Weights	Wed	9 to 9:55 a.m.	Courtice Community Complex	\$39.78	50472
20-20-20	Wed	10 to 10:55 a.m.	Diane Hamre Recreation Complex	\$39.78	50464
Chair Yoga	Wed	1 to 1:55 p.m.	Courtice Community Complex	\$39.78	50478
20-20-20	Thu	8:15 to 9:10 a.m.	Courtice Community Complex	\$39.78	50460
Stretch and Sculpt	Thu	9:15 to 10:10 a.m.	Courtice Community Complex	\$39.78	50482

Program	Day	Time	Location	Fee	Code
Yoga	Thu	10:30 to 11:25 a.m.	Courtice Community Complex	\$39.78	50497
20-20-20	Thu	11:20 a.m. to 12:15 p.m.	Diane Hamre Recreation Complex	\$39.78	50456
20-20-20	Thu	1 to 1:55 p.m.	Courtice Community Complex	\$39.78	50458
Active Cardio and Weights	Fri	8:30 to 9:25 a.m.	Courtice Community Complex	\$39.78	50466
Yoga	Fri	9:45 to 10:40 a.m.	Courtice Community Complex	\$39.78	50491
20-20-20	Fri	11 to 11:55 a.m.	Courtice Community Complex	\$39.78	50452
Yoga	Fri	10:30 to 11:25 a.m.	Diane Hamre Recreation Complex	\$39.78	50489
Active Weights and Cardio	Sat	9:30 to 10:25 a.m.	Courtice Community Complex	\$39.78	50470





Specialty Fitness Programs

Classes run for 10 weeks beginning June 30, 2025, unless otherwise noted.
No programs July 1, August 4, and September 1.

Program	Day	Start	Weeks	Time	Location	Fee	Code
Intermediate/ Advanced Argentine Tango	Tue	Jul 8	8	6:30 to 8 p.m.	Courtice Community Complex	\$88.80	50515
Growing Stronger - Strength Training for Seniors	Wed	Jul 9	10	10:30 to 11:30 a.m.	Courtice Community Complex	\$150.46	51302
Yoga	Wed	Jul 2	12	7 to 8 p.m.	Haydon Community Hall	\$39.78	50589
Yoga	Thu	Jul 3	12	9:30 to 10:30 a.m.	Haydon Community Hall	\$39.78	50590
Restorative Yoga	Thu	Jul 3	12	6:30 to 8 p.m.	Courtice Community Complex	\$59.67	46487
Tai Chi	Fri	Jul 14	9	11:20 a.m. to 12:20 p.m.	Courtice Community Complex	\$43.29	51303

Visit www.clarington.net/BeActive for program descriptions and to register.
Stay tuned for information on snowshoeing workshops!

Program	Day	Time	Location	Fee	Code
Know Your Numbers	Jul 21	12 to 1 p.m.	Courtice Community Complex	\$6.46	51312
Paint Day	Aug 9	1 to 3 pm.	Courtice Community Complex	\$25.82	51481
Flexibility, Balance and Functional Movement	Aug 18	12 to 1:30 p.m.	Courtice Community Complex	\$9.68	51313



Specialty Events

Visit www.clarington.net/BeActive for program descriptions and to register.

Program	Day	Time	Location	Fee	Code
Strawberry Social	Jul 8	12 to 1:30 p.m.	Courtice Community Complex	\$10.77	45072
Bowling	Jul 15	2 to 3 p.m.	Volt Raceway, Bowmanville	\$7.23	51566
History of Reggae	Jul 17	5:30 to 7:30 p.m.	Courtice Community Complex	\$10.77	50586
Ice Cream Social	Jul 24	2 to 3 p.m.	Courtice Community Complex	\$6.11	50587
Axe Throwing	Aug 13	2 to 3 p.m.	Volt Raceway, Bowmanville	\$19.55	51567
Euchre Tournament	Aug 15	1 to 3:30 p.m.	Courtice Community Complex	\$10.18	50508
Card Bingo	Aug 19	1:30 to 3 p.m.	Courtice Community Complex	\$6.11	50501
Poker Walk	Aug 21	11 a.m. to 1 p.m.	Rotary Park, Bowmanville	\$10.77	50576
Corn Roast	Aug 26	12 to 1:30 p.m.	Courtice Community Complex	\$10.77	45049
Euchre Tournament	Sep 10	6 to 8:30 p.m.	Courtice Community Complex	\$10.18	50507
Bingo Party	Sep 18	12 to 1:30 p.m.	Courtice Community Complex	\$6.11	50499

Clarington

www.clarington.net

Community Services

905-623-3379

communityservices@clarington.net

Municipality of Clarington

40 Temperance Street,
Bowmanville, ON, L1C 3A6