

ACTIVE CLARINGTON

Fall Program Snapshot

New this fall, Clarington offers Swim for Life programs.

Clarington

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Be prepared for online registration.

Register for fall programs starting on Wednesday, September 7, at 7 a.m.
To register online, visit www.clarington.net/BeActive.

It only takes a few minutes to prepare for registration day and avoid unexpected delays.
We've put together some tips that will help you be registration-ready.



Scan the QR code with your smartphone or tablet to browse our programs.

Tip #1 Review and update your account information.

Save time on registration morning by updating your account ahead of time.

- Make sure your contact information and family members are up-to-date.
- Add a credit card to your account to speed up payment.

Tip #2 Filter your search results.

Browse our programs ahead of time so you don't have to search on registration day.

- Search using a keyword, program name or course code.

- Use the search filters to narrow down your search results.

Tip #3 Add your favourites to your Wish List.

Verify program dates, times and locations ahead of time so you're ready to register on September 7.

- Add activities to each family member's wish list, by clicking on the heart icon to save them for later. Adding activities to your wish list does not mean that you are holding the spot.
- On registration day, add each program to your cart and pay with your saved credit card.

Clarington offers Swim for Life Programs.



The Municipality is now offering swim programs set out by the Lifesaving Society focused on practicing skills and strokes in the water. We've now transitioned away from the Red Cross aquatic programming. This means that our program names and levels have changed. Look at this quick guide we've created to determine what program you should register in. The guide outlines the former Red Cross program names and the new corresponding Swim for Life programs we now offer. The guide is easy to use and shows the different age groups for our lessons.

Remember that you're never too young to learn and never too old to start swimming – Swim for Life offers a

range of lessons for young children, youth and adults. Don't miss out. Register this fall.

Registration for fall programs begins on Wednesday, September 7, at 7 a.m. Programs start September 24.

Scan the QR code with your smartphone or tablet to browse our programs.



Screening

Come to any public swim and a certified instructor will assess your child's swimming ability and suggest an appropriate level. Parents of preschool children are required to enter the water with their child.

Review this guide that shows you the previous swim program levels offered by Red Cross Swim and the corresponding new program levels you need to register for provided by the Lifesaving Society.



Previous Level	→	Register for
Starfish		Parent & Tot 1 (4 to 12 months)
Duck		Parent & Tot 2 (12 to 24 months)
Sea Turtle		Parent & Tot 3 (2 to 3 years)
Sea Otter		Preschool 1 (3 to 5 years)
Salamander		Preschool 2
Sunfish		Preschool 3
Crocodile		Preschool 4
Whale		Preschool 5
Swim Kids 1		Swimmer 1 (6 to 13 years)
Swim Kids 2		Swimmer 2
Swim Kids 3		Swimmer 3
Swim Kids 4/5		Swimmer 4
Swim Kids 6		Swimmer 5
Swim Kids 7		Swimmer 6
Swim Kids 8		Swimmer 7 / Rookie Patrol
Swim Kids 9		Swimmer 8 / Ranger Patrol
Swim Kids 10		Swimmer 9 / Star Patrol
-		Teen Program (14 to 17 years)

Learn more at
www.clarington.net/SwimLessons.



Join our aquatic team!

We are looking for enthusiastic and energetic lifeguards and swim instructors.

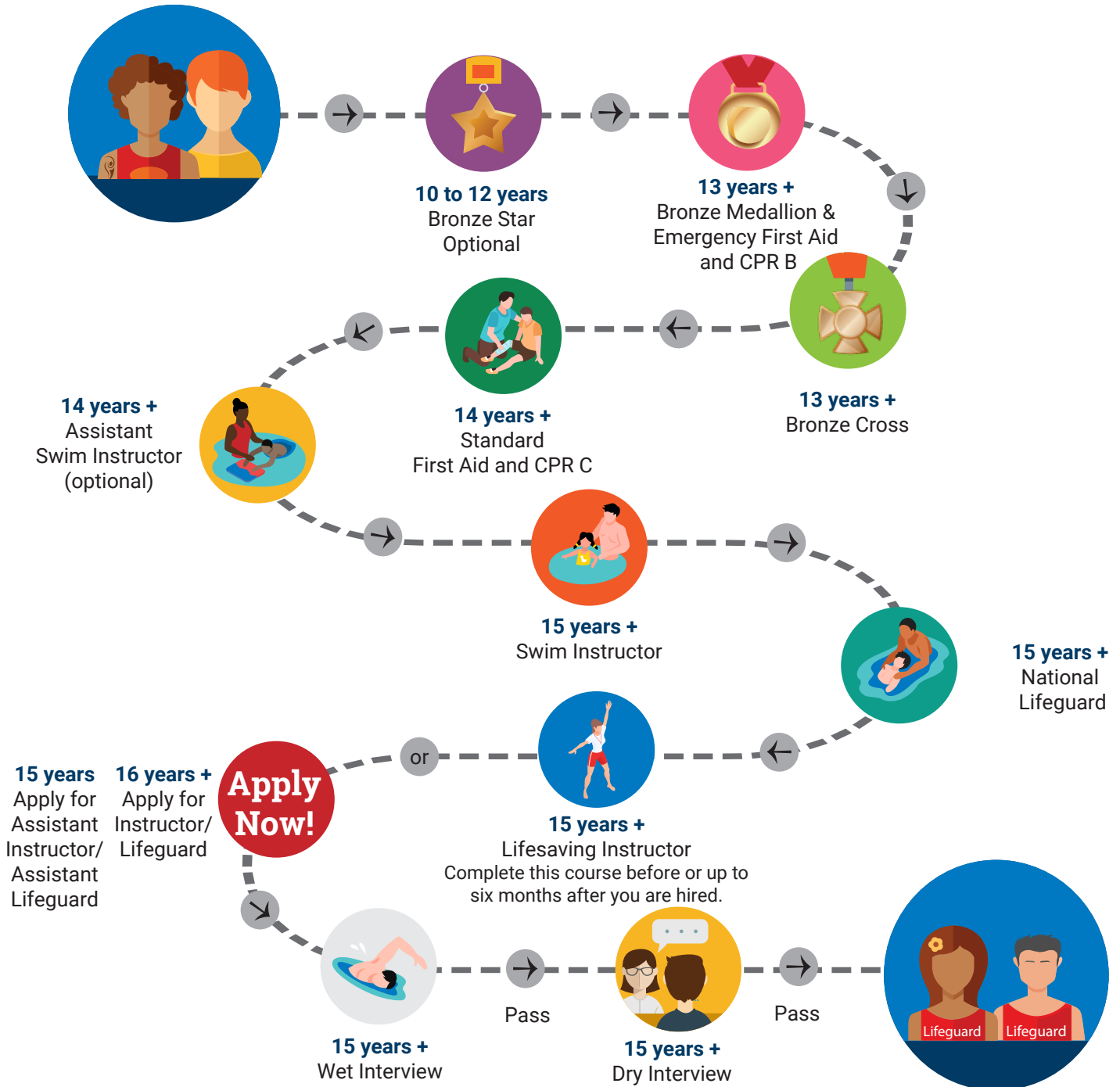
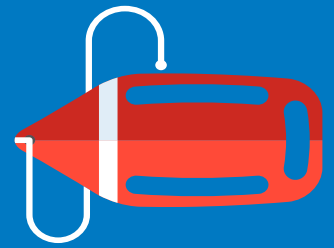
Clarington offers courses for those interested in becoming a lifeguard or swimming instructor or for those who want to enhance their water safety knowledge and basic lifesaving and first

aid skills in various aquatic environments.

If you're looking for a job with flexible work hours and plenty of opportunities for growth, consider joining our team today.

Visit www.clarington.net/Careers to view our current job postings.

Join our team and become a Clarington swim instructor or lifeguard. Here are the steps.



For more information, contact lifeguarding@clarington.net.

Get personal: Build connections to help you meet your goals.

Invest in your health today by joining our Fitness Training Centre. We are ready to help you on your active lifestyle journey.

Our supportive and knowledgeable staff at the Fitness Training Centre can help you set and meet your fitness goals. Reach out and build connections. We can help motivate you and keep you on track. You're more likely to stick to your program if you have a friend keeping you on track. Get to know our fitness staff and take advantage of their knowledge and expertise. If you need help with learning a new routine, using a workout machine or just need someone to check in with, we're here for you.

We strive to create a sense of community that you won't find anywhere else. We know personal connections will not only help you stay the course, but they will also help you reach your goals*. Consider starting your journey with small group training to learn the basics and form relationships with like-minded people.

From there, you'll be able to motivate and encourage each other on the days you just don't feel like coming to the gym.

To learn more about our membership and personal training options, visit www.clarington.net/Fitness.

We can't wait to meet you!



* <https://www.participaction.com/en-ca/blog/5-reasons-why-you-should-be-getting-active-with-the-people-around-you>

Healthy living workshops.

Each session we provide some informative and entertaining workshops to set you off on the right path, teach new skills or highlight an important aspect of health and fitness. This fall you can look forward to

- Meal prep 101 and nutrition workshops
- Exercising while pregnant
- Yoga retreat and advanced yoga poses.

Visit www.clarington.net/BeActive to find out more.



Scan the QR code with your smartphone or tablet to browse our programs.

New this fall: Check out our program highlights.

Starting a new routine can be overwhelming, but starting small with a single class can help you set realistic goals when you're just starting out. Our fall program highlights are a great place to start. Here's what we're offering this fall:

- Group personal training
 - Learn the basics
 - Teen weight training
 - Weight loss training
- Triathlon training
- Prenatal pilates and yoga
- Learn to run
- Caregiver and baby boot camp and stroller fit

Visit www.clarington.net/BeActive to register.

Meet our fitness community.

Join us on Customer Appreciation Day to meet the staff, explore the programs and services we offer at the Fitness Training Centre.



Join us on Wednesday September 21 from 6 a.m. to 9 p.m. for a free day of workshops, classes, tours, demonstrations and prizes. Light refreshments will be provided. No registration or membership is required. Learn more at www.clarington.net/Fitness.

Schedule

6 to 10 a.m.

Q & A with a certified personal trainer

6:15 to 6:45 a.m.

Morning Energizer Class

8 to 8:30 a.m.

TRX Demonstration
- Introduction to suspension training

10 to 10:30 a.m.

Woodway Treadmill Demonstration

11:30 a.m. to noon

Spin Bike Demonstration

Noon to 1 p.m.

Lunch & Learn - bring your own lunch

3 to 3:30 p.m.

Healthy Knees Workout

4:30 to 5 p.m.

Spin Bike Demonstration

5 to 7 p.m.

Nutrition & Weight Loss Workshop

5:30 to 6 p.m.

Cardio Kick Boxing Class

6:30 to 7 p.m.

Core Conditioning Circuit

6 to 9 p.m.

Live DJ in the gym.
Workout to the rhythm of DJ Ed.

Meet Tracy: Certified personal trainer and group fitness instructor.



*"If it
doesn't
challenge
you, then
it doesn't
change
you."*

I believe in enjoying your life to the fullest. Staying active and healthy allows you to participate in most of life's planned and unplanned (spontaneous) activities.

My passion for fitness started when I began teaching fitness classes. I am a certified fitness trainer, having graduated from the Fitness and Health Promotion Program at

Loyalist College. I worked as a Fitness & Sports Instructor for CFB Trenton and progressed to fitness coordinator.

I moved to Durham Region over 10 years ago. Since then, I have been involved in house league hockey, virtual classes, personal training and various fitness classes.

Take a class with Tracy.

Scan the QR code to take a class with Tracy. Use the search filters to find Tracy's classes.





Seniors' Barbecue and Open House.

Join us for a free barbecue and open house, and enjoy an exciting day of food, fun and friendship with entertainment by Deirdre Francois.

Learn about 55+ Active Adults programs and events, tour the facility and talk to staff and volunteers to learn about the programs and services available to seniors in our community.

Tuesday, September 13
11 a.m. to 2 p.m.

Location:
Courtice Community Complex
2950 Courtice Road North, Courtice

Fee: Free

Visit www.clarington.net/BeActive
and use code 33022 to register.

Sign up today for our 55+ Active Adult and fitness programs.

We offer great activities as described by our regular clients, Rick and Mary-Ann.

"The fitness classes I have been taking have made a huge difference in my quality of life. I had given up a few times due to cancer, vertigo and two spine surgeries. After deciding to come back to classes, I have improved greatly. I have gained strength, balance, and overall health. I can't say enough about the instructors and Katie in particular, who is so encouraging and positive." **Rick**

"I have enjoyed many different activities with Clarington's recreation and fitness programs over the last few years. From yoga to strength training, aerobics, and wellness workshops, I always meet great people and learn new things. The staff and instructors provide a positive community atmosphere, and they demonstrate various levels of intensity so I always feel confident participating." **Mary-Ann**

55+ Active Adults expanding to rural Clarington.

Join us at Orono Town Hall and Haydon Community Hall for our expanded programs.

Visit www.clarington.net/BeActive to register.



Scan the QR code with your smartphone or tablet to browse our programs.

New program space at 181 Liberty Street South.

We have a new program space located at 181 Liberty Street South. This building used to house our Visitor Centre and has now been repurposed for program space.

This facility is the perfect space for socializing, fitness classes, art programs and workshops.

Register for programs at this location by visiting www.clarington.net/BeActive and using the 'Location' subcategory to view 181 Liberty Street South programs and classes.



Discover Clarington

When visiting our community centres, look for our iconic pins and wall murals to locate our community information boards that contain information on local tourism businesses, attractions, coupons and community news. Speak to our customer service staff about community events and local attractions to help you Discover Clarington.



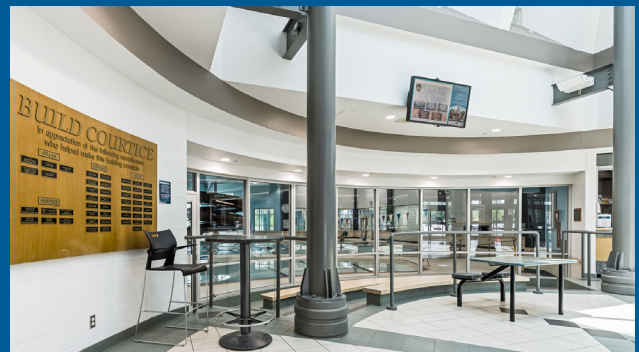
Diane Hamre Recreation Complex lobby

Commitment to cleanliness

Our community facilities are functional, clean, and safe spaces for the community to gather, connect and participate in recreation and leisure activities. Our staff work hard to ensure that all our facilities are clean and ready for use.

Although COVID-19 restrictions have lifted, we continue to go above and beyond to keep our indoor community spaces clean and disinfected.

Please be patient and treat staff with respect. If you see an area that needs cleaning, please notify the customer service desk and a staff member will address your concern as soon as they are able.





Community Services Department

905-623-3379 ext. 2552 | communityservices@clarington.net

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Clarington