

# ACTIVE CLARINGTON

## Spring Program Snapshot

Reap the benefits of recreation  
this spring.

Register for spring  
programs starting  
March 23.

*Clarington*

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# How to register.

Registration for spring programs begins on Wednesday, March 23, at 7 a.m. Programs begin the week of April 2.

To register online, visit [www.clarington.net/BeActive](http://www.clarington.net/BeActive). You will be prompted to enter your username, password and course code.

If you are a new client, select “Create an Account.”

For assistance, contact [communityservices@clarington.net](mailto:communityservices@clarington.net) or 905-623-3379 ext. 2552.

## Learn more at our in-person program information sessions

Program information sessions will be a one-stop-shop to gather information on our spring recreation programs and registration process. A member of our Community Services team will be there to answer all of your recreation program questions. They will occur at Tyrone Community Centre, Kendal Community Centre, Orono Town Hall and Hampton Community Hall. More information will be available at [www.clarington.net/Recreation](http://www.clarington.net/Recreation) or by phone at 905-623 3379 ext 2552.







# Reap the benefits of recreation this spring.

Spring is a time for renewal and new beginnings. As the weather gets warmer, it's important to establish new routines that support our health and well-being. Sign up for our spring programs, get outside and get active to help you realize your goals and reap the benefits of recreation.

"You can start slowly by joining one class to build your stamina and endurance. Once you increase your fitness level, you will find that you have more strength and energy to do other things with your friends or loved ones," advises Katie McKenna, Fitness Programmer.

Being active reduces the risk of heart disease and stroke, prolongs independent living in seniors, teaches us new skills and provides increased quality of life for everyone,

according to Parks and Recreation Ontario.<sup>1</sup>

But let's not forget the impact that recreation can have on our mental health. Making connections with our community, building confidence and self-esteem, all while developing a life-long love of trying new things is crucial to our well-being.

Throughout this guide, we will highlight our spring programs that will keep you active, engaged in our community, and your own physical and mental well-being

<sup>1</sup>[https://www.prontario.org/public/policy/Benefits\\_Web\\_2009a.pdf](https://www.prontario.org/public/policy/Benefits_Web_2009a.pdf)



## Inclusive recreation

We believe that everyone should be able to access recreation and take advantage of the physical, social, developmental and mental health benefits. To help give everyone the chance to play and learn, support persons and external personal support workers can attend our recreation programs and drop-in activities at no additional cost while supporting another individual. Support can be provided by a family member, friend, a trained support worker or social worker. Support persons must be at least 16 years old.

For more information, please connect with us at [diversity@clarington.net](mailto:diversity@clarington.net) or 905-623-3379 ext. 2563.



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





# Fun for the whole family.

Being active can become a way of life, and teaching kids to embrace programs and activities at a young age can help foster healthy lifestyles. Our Community Centres welcome entire families to get active and have fun. We offer recreation programs for children, parents, and grandparents with opportunities to get moving, learn something new, and spend time together. Enjoy these activities together and make memories that last a lifetime.



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

## Make a splash

Jump into the deep end, float in the tot pool or slide down the slide. With lots of ways to get active in the water, families can have fun and become comfortable in the water. Aquafit is an excellent way to exercise in the water and is open to teens and adults age 14 and up. You don't have to be a swimmer; non-swimmers are welcome. A certified instructor will lead you through a series of exercises for flexibility, muscular strength, cardiovascular health and stretching.

Swimming lessons start with water safety and getting young children comfortable in the water. Parents or grandparents can sign up with a child aged four months to three years. Bond with your child or grandchild while you spend time in the water.



## Strap on your skates

Glide across the ice at one of our arenas. Our drop-in skating program has scheduled times for tots, families and seniors, including parent and tot skate, parent & tot stick and puck, public skate and youth shinny.

## Create healthy habits

Creating good habits by making exercise a routine part of your week is integral to a healthy lifestyle. You can start by exercising together with your teenagers. Have them complete the Teen Orientation to access our Fitness Training Centre. The orientation is geared for teens aged 13 to 17 years. Work out together and learn about proper form and technique from our friendly and knowledgeable fitness staff.

Visit [www.clarington.net/Fitness](http://www.clarington.net/Fitness) to learn more about the Fitness Training Centre.

Clarington's group fitness classes are open to participants ages 13 and up. So bring your teen to try yoga, Zumba or bootcamp! Our energetic instructors make classes fun and offer modifications to make exercises accessible for people of all abilities.

## Spend time with your grandchildren

Our 55+ Active Adults programs offer grandparents the ability to spend time with their grandchildren like our intergenerational paint day!

Grandparents can also take part in any parent and tot recreation and swimming programs. Make memories with your grandchildren while finding a common interest. Visit [www.clarington.net/BeActive](http://www.clarington.net/BeActive) to browse our programs.

For detailed program information, visit [www.clarington.net/BeActive](http://www.clarington.net/BeActive). Once you're there you can view our drop-in and registered programs, add items to your wish list and sign up starting Wednesday, March 23, 2022.







# Top three reasons to visit the Fitness Training Centre as part of your daily routine.

1. We can help you set achievable and realistic goals to make exercise enjoyable and part of your daily routine. We have personal trainers that are knowledgeable and can help answer questions, demonstrate proper form, and teach gym etiquette. New members can book an orientation session to get the most out of their membership. Our staff are the heart of our operation and provide excellent customer service to make your visit enjoyable.
2. Find people who motivate you and push you to do better. You're more likely to achieve your goals when you've got someone keeping you accountable. Whether you find support on the gym floor, in a fitness class or running group, or with one of our personal trainers, developing friendships, while you exercise, makes you more likely to succeed.
3. Our Fitness Training Centre has state-of-the-art equipment suitable for all fitness levels, including cardio equipment and commercial-grade strength machines. We also provide an assortment of functional and accessible fitness equipment to keep you interested while offering various workout options.



# June is Recreation and Parks Month

There are plenty of ways to participate on your own, or join in a planned activity with our Clarington recreation staff.

## Explore Clarington on your own

- Hike, walk or bike a Clarington trail. Learn more at [www.clarington.net/Trails](http://www.clarington.net/Trails).
- Spend the day at the beach.
- Visit a park or playground.
- Drop in for swimming or skating.
- Test your skills at the skate park.







## Celebrate with us

Visit [www.clarington.net/JRPM](http://www.clarington.net/JRPM) to see our full list of events throughout the month of June, including:

- Seniors' Month events
- Free Fitness Fridays at the Fitness Training Centre
- Family fitness in the park
- Opening weekend at Orono Park Pool
- Water safety information and displays during Water Safety Week from June 4 to 11
- National Health and Fitness Day family activity
- And much more!



# Stories from the pool deck.



Clarington's Aquatic Team works and trains hard to keep our community safe during drop-in swim times and teaching swimming lessons. They are passionate about water safety and take pride in teaching others skills that will last a lifetime. Get to know some of our lifeguards and instructors and learn about what motivates them on the pool deck and why they love their jobs.

*"I have learned to adapt and to succeed when I'm out of my comfort zone in new situations. These skills have helped me with my job but will be useful throughout my future education, other jobs and my future career. Overall, I am grateful for all I have learned and the opportunities I have gained. I cannot wait to learn more and use it in my future education and career."*

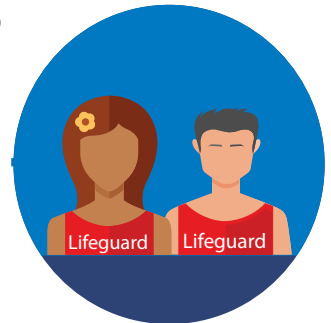
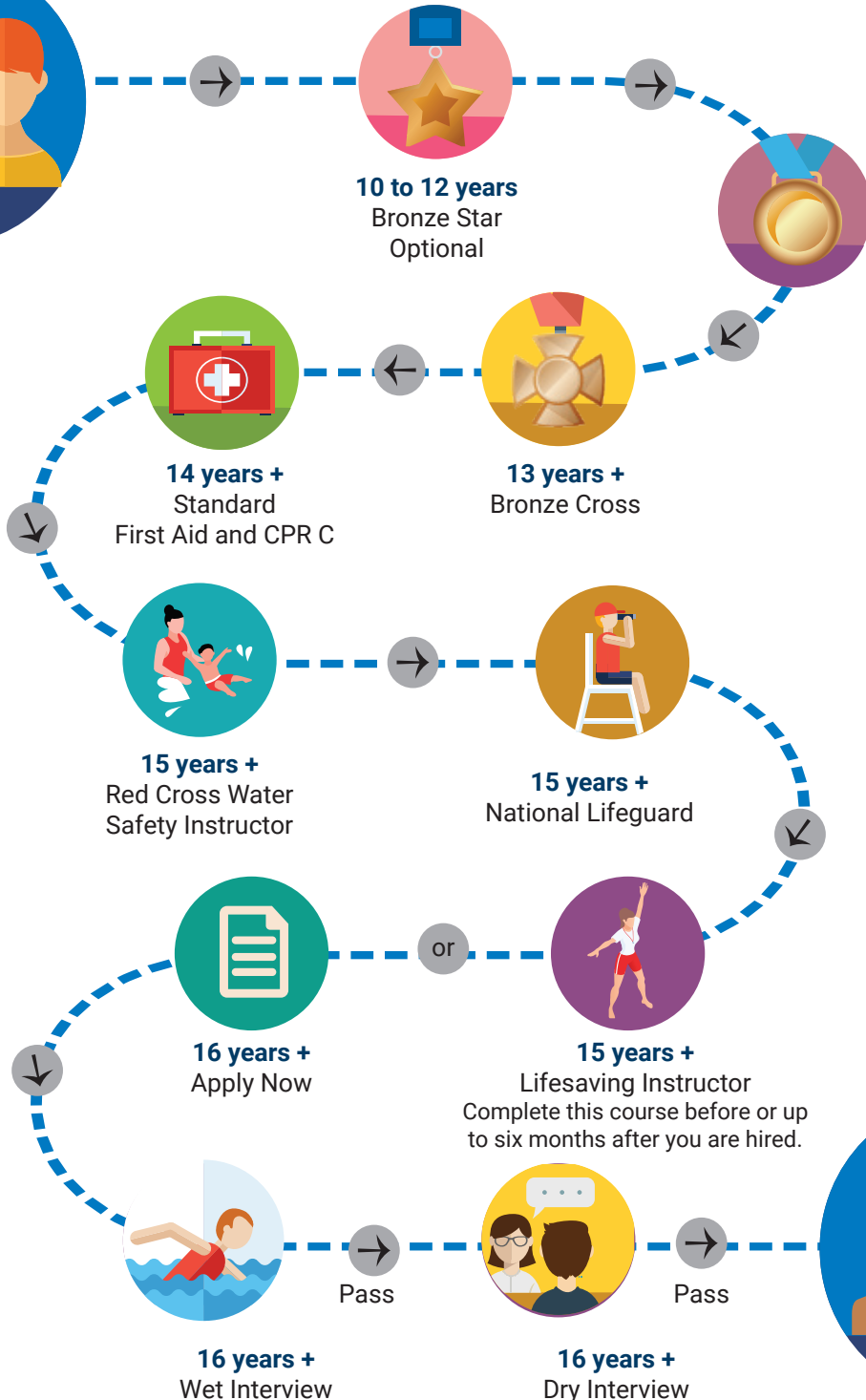
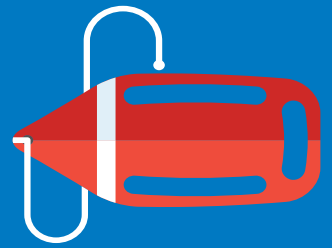
Chloe G. is a lifeguard and swim instructor and has been part of our team for two years.

*"The most rewarding part of my job is teaching invaluable life skills to swimmers of all ages and abilities. It is wonderful when a swimmer accomplishes a goal that they have worked so hard to achieve and it is so rewarding to know that it is a skill they might need to save their life. I am so fortunate to work with a group of hardworking staff, that are passionate about making a positive impact on the community, with the common goal of teaching swimmers to swim!"*

Charlotte V. is a lifeguard and swim instructor and has been part of our team for five years.



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



For more information, contact [lifeguarding@clarington.net](mailto:lifeguarding@clarington.net).



# Recreation for all ages

It's never too early or too late to sign up for a recreation program. We offer a wide range of programming for participants of all ages and skill levels.

## Preschool

We offer dynamic and engaging preschool programs for infants and children, five years old and younger. Our programs focus on physical, social and creative development.

We also offer various programs that promote school readiness and active courses that enhance both fine and gross motor skills.

## Children and Youth

Our children's programs offer children a positive play and learning experience and are supervised by qualified and caring staff. Our staff receive High Five training in healthy child development to continually enhance and maintain a high level of quality programming for the children in our community.

We recognize the importance of investing in youth. Whether it is volunteer hours, a leadership course, or taking some time for drop-in basketball, we offer many ways to engage our kids and young adults





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

## Adults

The best way to stay active is to do something you enjoy. We offer a variety of aquatic, fitness and recreation activities that are perfect for anyone with a busy schedule.

We often offer drop-in basketball, badminton and volleyball, ballroom dance lessons, pickleball and quilting.

## Older Adults

It is important for people of all ages to lead a healthy lifestyle and stay active and engaged. We offer fitness, swimming and recreation programs that encourage our residents, including older adults, to get out, get active and make connections.

We are excited to have dedicated staff to provide a variety of programs and services for all adults aged 55+.

## How to register

Visit [www.clarington.net/BeActive](http://www.clarington.net/BeActive) on March 2 to view our spring programs. Browse and add the programs that interest you to your wish list.

Registration begins March 23 at 7 a.m. and programs begin the week of April 2.



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