

Clarington

ACTIVE CLARINGTON

Winter Program Snapshot

Register for
programs
beginning
December 7!

Look inside for our
winter programs,
memberships, and
special events.



Winter program registration

View our winter programs starting November 16. Registration begins on Wednesday, December 7 at 7 a.m., with programs beginning the week of January 9.

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

For assistance, contact 905-623-3379 ext. 2552 or communityservices@clarington.net.



CP Holiday Train

Tuesday, November 29
1:45 to 2:30 p.m.

Scugog Street Railway Crossing, Bowmanville

Give back this holiday season by supporting Clarington's local food banks. Drop off non-perishable food items at the CP Holiday Train event.

Musical performances by Tenille Townes and Aysanabee.





Support persons & personal support workers

Support persons and external personal support workers are welcome to 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, trained support worker or social worker. Support persons must be at least 16 years old.

We may request personal information from the support person for emergency purposes. For child, youth and camp programs, families providing their own support worker must complete the Outside Worker Release Form before starting the program or camp.

All support workers must comply with Clarington's rules and regulations. Support workers may participate with the participant so that inclusion is fulfilled.

For more information, please connect with us at InclusionServices@clarington.net or 905-623-3379 ext. 2566.



Fitness

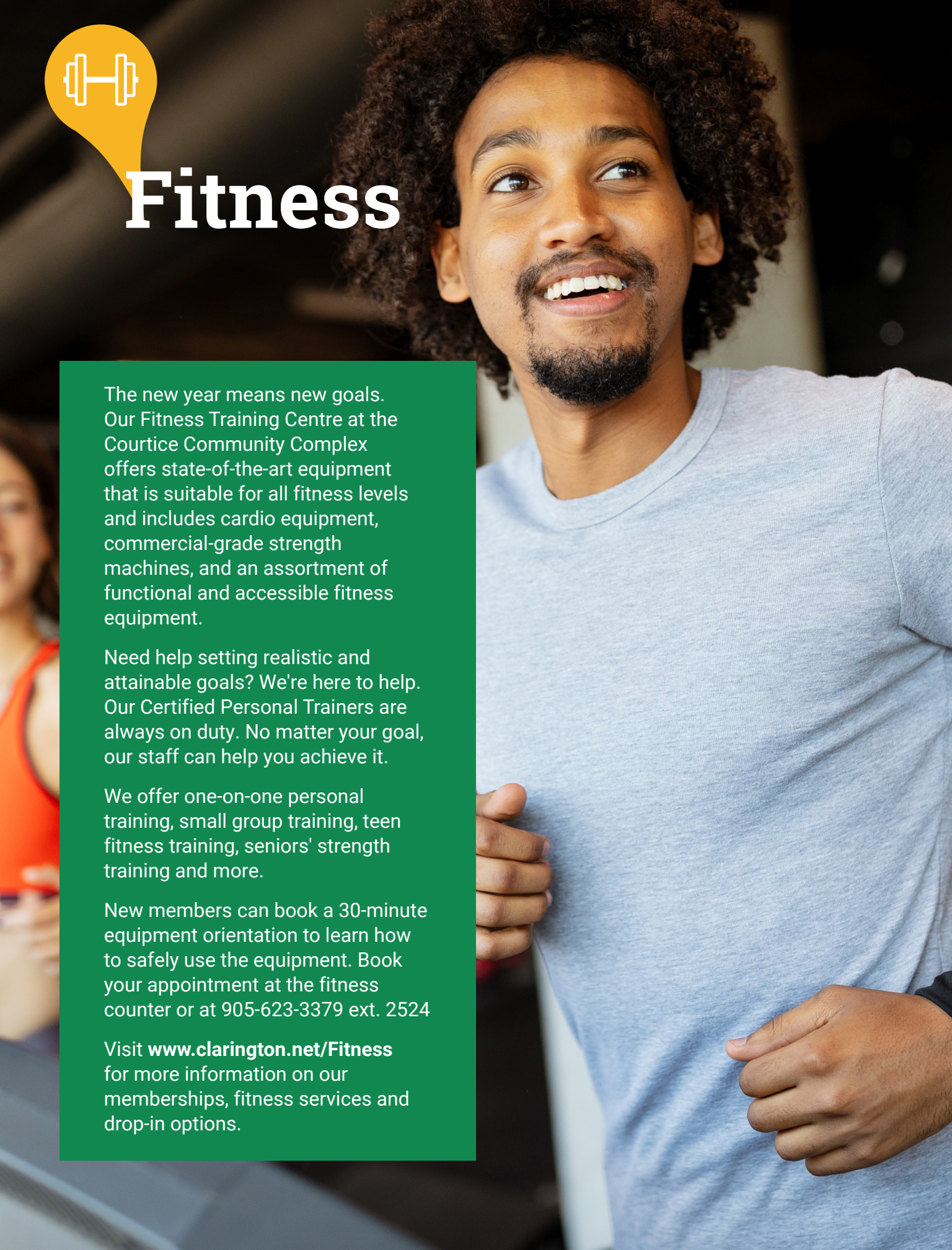
The new year means new goals. Our Fitness Training Centre at the Courtice Community Complex offers state-of-the-art equipment that is suitable for all fitness levels and includes cardio equipment, commercial-grade strength machines, and an assortment of functional and accessible fitness equipment.

Need help setting realistic and attainable goals? We're here to help. Our Certified Personal Trainers are always on duty. No matter your goal, our staff can help you achieve it.

We offer one-on-one personal training, small group training, teen fitness training, seniors' strength training and more.

New members can book a 30-minute equipment orientation to learn how to safely use the equipment. Book your appointment at the fitness counter or at 905-623-3379 ext. 2524

Visit www.clarington.net/Fitness for more information on our memberships, fitness services and drop-in options.



Group fitness

If you prefer group fitness classes, we've got you covered. With a variety of cardio, muscle conditioning, strength and stretch classes, there is something for everyone.

To view our group fitness classes, visit www.clarington.net/BeActive.

Winter program overview

- Yoga - new locations in Hampton Community Hall and 181 Liberty Street South
- Spin
- Yoga Retreat
- Stroller Fit
- High-Intensity Interval Training (H.I.I.T.)
- Low-Intensity Interval Training (L.I.I.T.)
- Caregiver and Baby Bootcamp and Zumba®
- And more!

Small group training

Get the benefits of working with a Certified Personal Trainer in a small group setting.

With a maximum of six participants, our low-ratio training will give you the motivation and training variety to get results.

Program topics include:

- Weight loss training
- Triathlon training
- Seniors' strength training
- 30-minute cardio intervals
- TRX Suspension Training



7-Day Free Trial

Your one-week free pass includes unlimited access to the Fitness Training Centre.

You must be a Clarington resident over the age of 18 to participate. Previous members are not eligible. Sign up in person at a Clarington recreation facility.



Visit www.clarington.net/fitness for Fitness Training Centre hours.



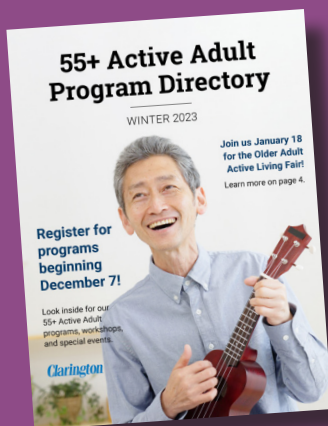
For more information, contact the Fitness Training Centre at 905-623-3379 ext. 2524.

55+

55+ Active Adults

This winter, we've got over 90 programs, workshops and special events to help older adults stay connected and keep active. We provide a variety of programs ranging from fitness, general interest and recreational activities. We also provide tablets through our tablet loan program, and staff are available by email or phone to help with technical support.

Visit www.clarington.net/BeActive beginning November 16 to view our winter programs.



For our full program listing, pick up our 55+ Active Adult Program Directory from any of our recreation facilities.



55+

Winter program overview

- Aquafit
- Acrylic Painting
- Book Chats
- Drop-in Euchre
- Drumming
- Paint Day
- Pickleball
- Ukulele
- 20/20/20
- Body Sculpt
- NIA
- Stretch & Sculpt
- Yoga
- Bingo
- Ballroom Dance
- Quilting
- Drop-in Table Tennis
- And more!



Scan the QR code with your smartphone or tablet to browse our programs or visit www.clarington.net/BeActive.



Older Adult Active Living Fair

Join us for interactive displays, informative presentations, and complimentary refreshments.



Wednesday, January 18
9 a.m. to 1 p.m.

Location:

Garnet B. Rickard Recreation Complex
2440 Highway 2, Bowmanville

Fee: Free.

Registration:

Visit www.clarington.net/BeActive.
Use code 34479.

For more information, call
905-623-3379 ext. 2526.



Older Adult Active Living Fair Itinerary

Time	Workshop
9 to 10 a.m.	Learn about dementia and other brain health issues as you age with the Alzheimer Society of Durham Region.
10 to 10:30 a.m.	Learn about gender diversity and the PRIDE Community with PFLAG Durham.
10:30 to 10:45 a.m.	Watch our very own drumming students as they show off some fun rhythms they've been working on.
10:45 to 11:15 a.m.	Nutrition for Healthy Aging with Registered Dietitian, Nicole Osinga.
11:15 to 11:30 a.m.	Enjoy a few songs performed by some of our drop-in Ukulele participants.
11:30 a.m. to noon	Ontario's Ministry of Transportation will share tips for safe winter driving and discuss the over 80 licence renewal process.
Noon to 12:15 p.m.	Enjoy a demonstration of some of the dances you can learn in our ballroom courses.
12:15 to 1 p.m.	Safety and Security Talk for Older Adults with Special Constable Darryl Rice of Durham Regional Police Services.

Sponsored by the Government of Ontario and the Older Adult Centres' Association of Ontario (OACAO).

Funding provided by:



Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



Learn to swim at any age.

Learn to swim this year with Clarington's Learn-to-Swim program for all ages. Swimming is an essential skill that can help children, teens and adults stay safe for life.

We believe everyone should have the opportunity to learn to swim. Our swimming lesson program doesn't leave anyone out. We offer age-appropriate progressive lessons starting with infants as young as four months up to adults of any age.

Registration for winter swimming lessons will begin on December 7.

Visit www.clarington.net/SwimmingLessons to view the winter swimming lesson schedule or call 905-623-3379 ext. 2552 for more information.

Clarington's Learn-to-Swim program for all ages.



Ages four months to three years

Parent & Tot 1
Four to 12 months

Parent & Tot 2
12 to 24 months

Parent & Tot 3
Two to three years



Ages three to five years

Preschool 1

Preschool 2

Preschool 3

Preschool 4

Preschool 5

Ages six to 13

Swimmer 1

Swimmer 2

Swimmer 3

Swimmer 4

Swimmer 5

Swimmer 6

Swimmer 7
Rookie Patrol

Swimmer 8
Ranger Patrol

Swimmer 9
Star Patrol

When swimmers turn six, they move to the Swimmer levels.

If they have completed all five preschool levels, start in Swimmer 2. If not, start in Swimmer 1.

It's never too late to learn a new skill. Try our teen or adult levels to learn to swim at any age.

Ages 14 to 17

Teen 1

Teen 2

Teen 3

Ages 18+

Adult 1

Adult 2

Adult 3



Get on the path to becoming a lifeguard or swim instructor

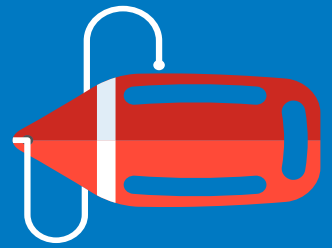
We offer courses for those interested in becoming a lifeguard or swimming instructor or for those who want to enhance their water safety knowledge and basic lifesaving and first-aid skills in various aquatic environments.

Swimmers 13 years and up can get on the path to becoming a Clarington lifeguard or swim instructor. Follow the path on the next page to find out what courses you need to take to join our team.

We offer aquatic certification courses throughout the year. Visit www.clarington.net/BeActive for course dates, times and prices.



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



For more information, contact lifeguarding@clarington.net.



Frosty Freeze Winter Break Camp

A teeth-chattering way to spend your winter break for kids ages four to 12 years. Sign up for one week or two, and experience something different each day, including sports, games, arts and crafts, skating and more!

Campers should bring a nut-free lunch, with two snacks, plenty of drinks, warm outdoor clothing, and indoor shoes each day.

Participants will have the opportunity to skate every day and should bring warm clothing (gloves/mitts, long pants, and a sweater/jacket), skates and must bring a CSA-approved hockey helmet with chin strap.

Camps run Tuesday, December 27 to Friday, December 30, 2022, and Monday, January 2 to Friday, January 6, 2023, from 9 a.m. to 4:30 p.m. at South Courtice Arena.

Flex drop-off and pick up is available between 8:30 to 9 a.m. and 4:30 to 5 p.m. at no additional cost.





Save the date: Clarington March Break Camps are returning!

View our popular March Break Camps online January 4, 2023. Registration opens January 18, 2023, for residents and January 25, 2023, for non-residents.

Don't miss out on an amazing March Break experience for children ages four to 14 years. We offer a wide variety of camp options for every child's interest, including arts, sports, STEAM, and more. Camps run from 9 a.m. to 4:30 p.m. Extended Care is available at select camp locations for an additional fee. Extended Care hours are 7 to 9 a.m. and 4:30 p.m. to 6 p.m.



Community events.

CP Holiday Train

November 29, 2022
1:45 to 2:30 p.m.

Scugog Street Railway
Crossing, Bowmanville

Older Adult Active Living Fair

January 18, 2023
9 a.m. to 1 p.m.

Garnet B. Rickard
Recreation Complex

Mayor's Levee

January 8, 2023

Newcastle Village
Community Hall

Family Day

February 20, 2023

Various locations

Scan the QR code for a full
list of event details and to
stay up-to-date on all our
community events.



Community Services Department

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

Municipality of Clarington
40 Temperance Street,
Bowmanville, ON L1C 3A6

Clarington