

FALL 2024

PROGRAM GUIDE



REESE MACLEAN

ORC'S NEW SQUASH PRO



Kids Activities

Updated 07/30/2024

Preschool Fit Ages 3 to 4

Run, play and have fun with friends. This clinic is comprised of obstacle courses, racing games, exercise activities and more.

Kinder Fit Ages 5 to 6

Your kindergartener gets to run, jump, throw, catch and play with lots of fun obstacles, game and activities.

Kid Fit Ages 7 to 8

Kids develop hand-eye coordination and perform footwork drills. Kids will play games mixed with exercise.

Junior Fit Ages 9 to 12

Let's start our kids off on the right foot with fitness and being healthy. We will teach your kids fitness and exercise with games and fun. They will always get a great workout every class and have a big smile on their faces.

Kid & Jr Yoga Ages 5 to 12

Learn some yoga poses with fun and interactive cosmic yoga videos. Coaches will also play yoga games with the kids and tell stories through our poses. **No class Oct 14.**

Kid Zumba Ages 5 to 8

Learn some yoga poses with fun and interactive cosmic yoga videos. Coaches will also play yoga games with the kids and tell stories through our poses. **No class Oct 14.**

Program	Clinic	Day	Time	Date	Ends	Price
Preschool Fit Age 3 to 4	F308 Session 1	Tues	4:15 to 5:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F310 Session 1	Thurs	4:15 to 5:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F309 Session 2	Tues	4:15 to 5:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
	F311 Session 2	Thurs	4:15 to 5:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
Kinder Fit Age 5 to 6	F312 Session 1	Wed	5:00 to 6:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F314 Session 1	Thurs	4:00 to 5:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F313 Session 2	Wed	5:00 to 6:00 pm	Oct 30	Dec 11	\$75.00 7 Weeks
	F315 Session 2	Thurs	4:00 to 5:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
Kid Fit Age 7 to 8	F316 Session 1	Thurs	5:00 to 6:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F317 Session 2	Thurs	5:00 to 6:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
Junior Fit Age 9 to 12	F318 Session 1	Tues	5:00 to 6:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F319 Session 2	Tues	5:00 to 6:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
Kid Yoga Age 5 to 8	F334 Session 1	Wed	4:00 to 5:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F335 Session 2	Wed	4:00 to 5:00 pm	Oct 30	Dec 11	\$75.00 7 Weeks
Jr Yoga Age 9 to 12	F336 Session 1	Mon	4:30 to 5:30 pm	Sept 9	Oct 21	\$64.00 6 Weeks
	F337 Session 2	Mon	4:30 to 5:30 pm	Oct 28	Dec 9	\$75.00 7 Weeks
Kid Zumba Age 5 to 8	F340 Session 1	Mon	4:00 to 4:45 pm	Sept 9	Oct 21	\$64.00 6 Weeks
	F341 Session 2	Mon	4:00 to 4:45 pm	Oct 28	Dec 9	\$75.00 7 Weeks
Home Alone	F600.1 Session 2	Tues	4:15 to 5:15 pm	Oct 29	Dec 10	\$75 members \$85 guests

Home Alone Safety For Kids Ages 9 to 12

Is your child ready to stay home alone? The Home Alone Safety for Kids program helps children and their families get ready for their child's first steps towards independence; being without adult supervision for short periods of time. Safety and accident prevention are the common themes throughout the program. The information is relevant and current to today's young learners. Course content includes:

*Street Smarts | Bike Safety | Online Safety
Kitchen Safety | Home Fire Safety
Sibling Rivalry | Preventing Accidents
Basic First Aid Skills | Handling Emergencies
People Safety ("Tricky People" & Safe Strangers)*

Gaming techniques provide a fun and positive learning environment. Engaged participants learn valuable life skills to help them make safer choices when on their own. All participants who attend our program in-class sessions will receive the Home Alone Safety For Kids manual and certificate of attendance.

Registration Start Date

*Sign Up for Session 1 Programs on
Monday August 12th at 10:00 am*

*Sign Up for Session 2 Programs on
Monday October 7th at 10:00 am*

<https://orc.clubautomation.com/>

ORC Family Memberships

Blue Classes Are Complimentary!

All programs listed with a **Blue Title and a Logo** are included with Family Memberships (two per week, per child).



Art Club

Ages 5 to 8

Let's get creative! This clinic gives kids a venue for building and creating art.

Program	Clinic	Day	Time	Date	Ends	Price
Kinder Art Age 5 to 6	F300 Session 1	Tues	5:15 to 6:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F301 Session 2	Tues	5:15 to 6:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
Kids Art Age 7 to 8	F302 Session 1	Thurs	4:00 to 5:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F303 Session 2	Thurs	4:00 to 5:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
Junior Art Age 9 to 12	F304 Session 1	Thurs	5:00 to 6:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F305 Session 2	Thurs	5:00 to 6:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks

OJRC Kids Sports Ages 5 to 8

Your kids will try lots of sports and drills to learn those gross-motor skills to help them be successful at being physically active. Let's get your kids moving and having fun! No class Oct 12 & 14.

OJRC Basketball Ages 5 to 12

Progression drills and games are used for the appropriate age/level. Every week kids get to learn warm ups, drills, skills games and scrimmage. No class Oct 12, 13 & 14.

Babysitter's Course Ages 11 to 15

Does your teen or tween want to care for younger children? Do they want to earn some extra money? In this course, participants learn how to run a small babysitting business, supervising children in a safe and responsible manner. This course covers:

- Caring for Children of All Ages*
- Finding Clients and Making Money*
- Creating Safe Environments | Preventing Accidents*
- Fire Safety | Emergency Situations | Basic First Aid*
- Good Decision-Making | Leadership Skills*

A snack will be provided, participants can also bring their own lunch. Participants take home a Babysitter's Manual and certification card. Contact Agustina at aquiros@ontarioracquetclub.com for any questions.

Clinic	Day	Time	Date	Ends	Price
F602.1 Session 2	Sat	9:00 to 1:00 pm	Nov 9	Nov 16	\$75 Members \$85 Guests

Program	Clinic	Day	Time	Date	Ends	Price
Kinder Sports Ages 5 to 6	F376 Session 1	Sat	10:00 to 11:00 am	Sept 14	Oct 26	\$64.00 6 Weeks
	F377 Session 2	Sat	10:00 to 11:00 am	Nov 2	Dec 14	\$75.00 7 Weeks
Kid Sports Ages 7 to 8	F378 Session 1	Mon	5:00 to 6:00 pm	Sept 9	Oct 21	\$64.00 6 Weeks
	F380 Session 1	Sat	10:00 to 11:00 am	Sept 14	Oct 26	\$75.00 7 Weeks
	F379 Session 2	Mon	5:00 to 6:00 pm	Oct 28	Dec 9	\$64.00 6 Weeks
	F381 Session 2	Sat	10:00 to 11:00 am	Nov 2	Dec 14	\$75.00 7 Weeks
Kinder B-Ball Ages 5 to 6	F342 Session 1	Wed	4:00 to 5:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F344 Session 1	Fri	5:00 to 6:00 pm	Sept 13	Oct 25	\$75.00 7 Weeks
	F346 Session 1	Sun	10:00 to 11:00 am	Sept 15	Oct 27	\$64.00 6 Weeks
	F343 Session 2	Wed	4:00 to 5:00 pm	Oct 30	Dec 11	\$75.00 7 Weeks
	F345 Session 2	Fri	5:00 to 6:00 pm	Nov 1	Dec 13	\$75.00 7 Weeks
	F347 Session 2	Sun	10:00 to 11:00 am	Nov 3	Dec 15	\$75.00 7 Weeks
Kid B-Ball Ages 7 to 8	F348 Session 1	Wed	4:00 to 5:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F350 Session 1	Sun	10:00 to 11:00 am	Sept 15	Oct 27	\$75.00 7 Weeks
	F349 Session 2	Wed	10:00 to 11:00 am	Oct 30	Dec 11	\$64.00 6 Weeks
	F351 Session 2	Sun	10:00 to 11:00 am	Nov 3	Dec 15	\$75.00 7 Weeks
Junior B-Ball Ages 9 to 10	F352 Session 1	Mon	5:00 to 6:00 pm	Sept 9	Oct 21	\$64.00 6 Weeks
	F534 Session 1	Tues	4:00 to 5:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F353 Session 2	Mon	5:00 to 6:00 pm	Oct 28	Dec 9	\$75.00 7 Weeks
	F355 Session 2	Tues	4:00 to 5:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
Pre-Teen B-Ball Ages 11 to 12	F356 Session 1	Wed	5:00 to 6:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F358 Session 1	Sat	11:00 to 12:00 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F357 Session 2	Wed	5:00 to 6:00 pm	Oct 30	Dec 11	\$75.00 7 Weeks
	F359 Session 2	Sat	11:00 to 12:00 pm	Nov 2	Dec 14	\$64.00 6 Weeks



Karate Ages 5 to 16

Sensei Cody Fisher has over 10 years of martial arts experience, including karate, jiu-jitsu and wrestling. Also a math and science teacher, he has achieved a 2nd degree black belt in karate, purple belt in jiu-jitsu and attended national competitions in wrestling.

His karate style includes traditional ways such as kata (karate forms), kihon (the basics), kumite (controlled sparring), and kai (spirit).

Cody will also blend in current practices, allowing students to see how the skills they learn in karate can be applied to real world situations.

Program	Clinic	Day	Time	Date	Ends	Price
Karate Age 5 to 9	F800 Session 1	Thurs	5:30 to 6:15 pm	Sept 12	Oct 24	\$105.00 7 Weeks
	F802 Session 1	Fri	5:30 to 6:15 pm	Sept 13	Oct 25	\$105.00 7 Weeks
	F801 Session 2	Thurs	5:30 to 6:15 pm	Oct 31	Dec 12	\$105.00 7 Weeks
	F803 Session 2	Fri	5:30 to 6:15 pm	Nov 1	Dec 13	\$105.00 7 Weeks
Karate Age 10 to 16	F804 Session 1	Thurs	6:15 to 7:15 pm	Sept 12	Oct 24	\$105.00 7 Weeks
	F806 Session 1	Fri	6:15 to 7:15 pm	Sept 13	Oct 25	\$105.00 7 Weeks
	F805 Session 2	Thurs	6:15 to 7:15 pm	Oct 31	Dec 12	\$105.00 7 Weeks
	F807 Session 2	Fri	6:15 to 7:15 pm	Nov 1	Dec 13	\$105.00 7 Weeks

O/R/C Soccer Ages 5 to 10

Progression drills and games are used for the appropriate age and level. Every week kids get to learn warm ups, drills, skills games and scrimmage.

O/R/C Track & Field Ages 7 to 10

Every sport requires skill in running, jumping and throwing. This clinic will teach your kids how to use proper technique to excel at sports and play. Let's help our kids join the school track and cross country teams!
No class Oct 14

O/R/C Volleyball Ages 11 to 12

Progression drills and games are used for the appropriate age/level. Every week kids learn volleyball warm ups, drills, skills games and scrimmage.

Program	Clinic	Day	Time	Date	Ends	Price
Soccer Age 5 to 6	F366 Session 1	Tues	4:00 to 5:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F368 Session 1	Thurs	5:00 to 6:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F367 Session 2	Tues	4:00 to 5:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
	F369 Session 2	Thurs	5:00 to 6:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
Soccer Age 7 to 8	F370 Session 1	Tues	5:00 to 6:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F372 Session 1	Fri	4:00 to 5:00 pm	Sept 13	Oct 25	\$75.00 7 Weeks
	F371 Session 2	Tues	5:00 to 6:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
	F373 Session 2	Fri	4:00 to 5:00 pm	Nov 1	Dec 13	\$75.00 7 Weeks
Soccer Age 9 to 10	F374 Session 1	Thurs	4:00 to 5:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F375 Session 2	Thurs	4:00 to 5:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
Track Age 7 to 8	F382 Session 1	Mon	4:00 to 5:00 pm	Sept 9	Oct 21	\$64.00 6 Weeks
	F383 Session 2	Mon	4:00 to 5:00 pm	Oct 28	Dec 9	\$75.00 7 Weeks
Track Age 9 to 10	F384 Session 1	Fri	4:00 to 5:00 pm	Sept 13	Oct 25	\$75.00 7 Weeks
	F385 Session 2	Fri	4:00 to 5:00 pm	Nov 1	Dec 13	\$75.00 7 Weeks
Volleyball Age 11 to 12	F386 Session 1	Fri	5:00 to 6:00 pm	Sept 13	Oct 25	\$75.00 7 Weeks
	F387 Session 2	Fri	5:00 to 6:00 pm	Nov 1	Dec 13	\$75.00 7 Weeks



Badminton

Badminton Clinics consist of a round-robin supervised by an NCCP certified pro. We supply birds & racquets.

Program	Clinic	Day	Time	Date	Ends	Price
Jr & Teen Badminton Age 9 to 16	F900 Session 1	Tues	6:00 to 7:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F901 Session 2	Tues	6:00 to 7:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks

Teen Art character Drawing Ages 13 to 16

Let's get creative! A class for all skill levels teaching teens to draw characters. No class Oct 14.

Teen Pilates Ages 13 to 16

Join our energizing Teen Pilates class, where you'll build strength, flexibility, and confidence in a supportive and fun environment. Perfect for all fitness levels, this class helps teens improve posture, core stability, and overall well-being.

Teen Yoga Ages 13 to 16

Teens of all levels experience the calming, rejuvenating benefits of Yoga, designed to enhance flexibility, strength & mindfulness.

Teen Spin Ages 13 to 16

Get ready to ride in our Teen Spin class, a high-energy workout boosting cardiovascular fitness and lower body strength. No class Oct 14.

Teen Basketball Ages 13 to 16

Players can improve their game, stay active, and enjoy friendly competition. Saturday sessions include intramural play. No class Oct 12 or 14.

Teen Volleyball & Intramural Ages 13 to 16

Join this great class for skill-building and fun, featuring intramural play to enhance teamwork & competition. No class Oct 13.

Teen Kickboxing Ages 13 to 16

Get fit and build confidence in our Teen Kickboxing class, combining high-energy workouts with self-defense techniques.

Teen Training Ages 13 to 16

Learn proper use of the cardio machines, weight machines and body weight exercises. After completing all 7 classes, teens can work out independently in the fitness center. We encourage further learning by registering for more teen training clinics to gain knowledge and confidence. No class Oct 12.

Teen Weight Lifting Ages 15 to 16

Learn to lift weights and build strength with proper technique in a guided, age-appropriate manner.

Self Defense for Teens

Join Dragos Mutascu for an empowering self-defense clinic, where you'll learn essential skills for personal safety. This class focuses on identifying dangerous situations, avoiding violence and de-escalating confrontations. You'll be taught efficient self-defense techniques to use when necessary, ensuring your safety. With seven years experience and a first-degree black belt in Shotokan Karate, as well as a Senior Red Sash in Northern Shaolin Kung Fu, Dragos is well-equipped to guide you in building the knowledge and confidence to navigate threats and stay safe. No class Oct 12.

Program	Clinic	Day	Time	Date	Ends	Price
Teen Art	F306 <i>Session 1</i>	Mon	4:30 to 5:30 pm	Sept 9	Oct 21	\$64 6 Weeks
	F307 <i>Session 2</i>	Mon	4:30 to 5:30 pm	Oct 28	Dec 9	\$75 7 Weeks
Teen Pilates	F322 <i>Session 1</i>	Tues	5:30 to 6:30 pm	Sept 10	Oct 22	\$75 7 Weeks
	F323 <i>Session 2</i>	Tues	5:30 to 6:30 pm	Oct 29	Dec 10	\$75 7 Weeks
Teen Yoga	F338 <i>Session 1</i>	Wed	5:00 to 5:50 pm	Sept 11	Oct 23	\$75 7 Weeks
	F339 <i>Session 2</i>	Wed	5:00 to 5:50 pm	Oct 30	Dec 11	\$75 7 Weeks
Teen Spin	F324 <i>Session 1</i>	Mon	4:30 to 5:30 pm	Sept 9	Oct 21	\$64 6 Weeks
	F325 <i>Session 2</i>	Mon	4:30 to 5:30 pm	Oct 28	Dec 9	\$75 7 Weeks
Teen B-Ball	F360 <i>Session 1</i>	Mon	6:00 to 7:00 pm	Sept 9	Oct 21	\$64 6 Weeks
	F362 <i>Session 1</i>	Wed	6:00 to 7:00 pm	Sept 11	Oct 23	\$75 7 Weeks
	F364 <i>+ Intramural Session 1</i>	Sat	11:00 to 12:00 pm	Sept 14	Oct 26	\$64 6 Weeks
	F361 <i>Session 2</i>	Mon	6:00 to 7:00 pm	Oct 28	Dec 9	\$75 7 Weeks
	F363 <i>Session 2</i>	Wed	6:00 to 7:00 pm	Oct 30	Dec 11	\$75 7 Weeks
	F365 <i>+ Intramural Session 2</i>	Sat	11:00 to 12:00 pm	Nov 2	Dec 14	\$75 7 Weeks
Teen Volleyball	F388 <i>Session 1</i>	Thurs	6:00 to 7:00 pm	Sept 12	Oct 24	\$75 7 Weeks
	F390 <i>Session 1</i>	Sun	11:00 to 12:00 pm	Sept 15	Oct 27	\$75 7 Weeks
	F389 <i>Session 2</i>	Thurs	6:00 to 7:00 pm	Oct 31	Dec 12	\$64 6 Weeks
	F391 <i>Session 2</i>	Sun	11:00 to 12:00 pm	Nov 3	Dec 15	\$75 7 Weeks
Teen Kickboxing	F320 <i>Session 1</i>	Wed	4:00 to 5:00 pm	Sept 11	Oct 23	\$75 7 Weeks
	F321 <i>Session 2</i>	Wed	4:00 to 5:00 pm	Oct 30	Dec 11	\$75 7 Weeks
Teen Training	F326 <i>Session 1</i>	Wed	5:00 to 6:00 pm	Sept 11	Oct 23	\$75 7 Weeks
	F328 <i>Session 1</i>	Fri	4:00 to 5:00 pm	Sept 13	Oct 25	\$75 7 Weeks
	F330 <i>Session 1</i>	Sat	10:30 to 11:30 am	Sept 14	Oct 26	\$64 6 Weeks
	F327 <i>Session 2</i>	Wed	5:00 to 6:00 pm	Oct 30	Dec 11	\$75 7 Weeks
	F329 <i>Session 2</i>	Fri	4:00 to 5:00 pm	Nov 1	Dec 13	\$75 7 Weeks
	F331 <i>Session 2</i>	Sat	10:30 to 11:30 am	Nov 2	Dec 14	\$64 6 Weeks
Teen Weightlifting	F332 <i>Session 1</i>	Tues	4:30 to 5:30 pm	Sept 10	Oct 22	\$75 7 Weeks
	F333 <i>Session 2</i>	Tues	4:30 to 5:30 pm	Oct 29	Dec 10	\$75 7 Weeks
Self Defense	F602 <i>Session 1</i>	Sat	1:15 to 2:15 pm	Sept 14	Oct 26	\$64 members \$75 guests

Wellness AT ORC

Improving Sleep For Recovery

This workshop will focus on behavioural changes that can help improve sleep. If you struggle to fall asleep, stay asleep, or get restorative sleep, join us to learn more about possible causes, and the changes you can implement to improve your sleep.

This workshop will be led by Dr. Manisha Verma MD, an experienced family physician with an interest in sleep, and CBT-i (cognitive behavioural therapy for insomnia) provider. She is the founder of Nectar Lifestyle Medicine.

How to Stop Picky Eating ... For Good!

You don't have to "just accept" that your child is picky. It's time to stop dreading dinners and making separate meals for your picky eater. Learn how to raise an adventurous eater without bribes, threats, or hiding food!

Join Registered Holistic Nutritionist Shawna Hughes and discover:

- How to set the scene for adventurous eating before offering new foods.
- Exactly what to say to your picky eater when they refuse new (or old) foods to prevent mealtime battles.
- How to introduce new foods for maximum trying and minimal whining.

You'll walk away from this class knowing your exact first steps to peaceful, connected meals where your kid eats more than white bread.

Understanding Nutrition Labels

Ever wonder when you look at a nutrition label, what it all means? In this workshop Sara Atkinson, ORC's Registered Holistic Nutritionist, will break down each component of a nutrition label, including how to identify and calculate macronutrients, and what to look for and avoid on the ingredient list. This workshop will include an interactive component to truly understand the complexity of nutrition labels.

Got a Friend?

Wellness Workshops are for Everyone!

Improving Sleep For Recovery <i>Session 1</i>	F600	Tues	6:00 to 7:00 pm	Sept 24
60-Min Workshop		\$10/Members, \$15/Guests		
How to Stop Picky Eating For Good <i>Session 1</i>	F601	Tues	4:15 to 5:15 pm	Oct 22
60-Min Workshop		\$10/Members, \$15/Guests		
Nutrition Labels <i>Session 2</i>	F601.1	Thurs	6:00 to 7:00 pm	Nov 21
60-Min Workshop		\$10/Members, \$15/Guests		
Balance Food & Nutrition <i>Session 2</i>	F603.1	Thurs	6:00 to 7:00 pm	Dec 5
60-Min Workshop		\$10/Members, \$15/Guests		

Contact the ORC Health & Wellness Team

Agustina Quiros | Health & Wellness Director
aquiros@ontarioracquetclub.com

Mastering Balance With Food & Nutrition

With the holiday season around the corner, overeating, skipping meals "to save room for later", and feeling guilty for indulging in your favourite dessert is all too common.

Join Sara Atkinson, ORC's Registered Holistic Nutritionist, as she discusses how mindset can play a valuable role in finding balance and provides tips for making it possible. You will learn key elements in creating a balanced meal, why it is so important, and all without eliminating your favourite foods.

Mastering balance is important to ensure you can enjoy the moments that matter, while also supporting your health and wellbeing.

Junior Tennis

Tennis FUNdamentals

An introductory program for kids ages 4 to 6 years old where the goal is to get kids excited about being on a tennis court.

They will learn how to hold the racket, develop their hand/eye and foot coordination and learn the basic fundamentals.

No class on Oct 12.

Progressive Development

Instructional tennis for beginner to intermediate players using modified balls & courts based on age + skill level. The lessons will cover forehand + backhand ground strokes, net play and starting the point skills with serve + return. **No class on Oct 12.**

Teen Drill & Play

A combination of game-based drilling and point play where players will develop new skills in both a singles and doubles context.

This class is for beginners and intermediate players, who will be courted according to experience and skill level. **No class on Oct 12.**

Registration Start Date

*Sign Up for Session 1 Programs On
Monday August 12 at 10:00 am*

*Sign Up for Session 2 Programs On
Monday October 7 at 10:00 am*

Register at <https://orc.clubautomation.com/>

Questions

Want to know more about ORC's Tennis classes, drop-ins or clinics?

Adrian Tollstam | Head of Junior Tennis
atollstam@ontarioracquetclub.com

Kyle Rutherford | Head of Adult Tennis & Academy Coach
krutherford@ontarioracquetclub.com

General Email | All Other Inquiries
info@ontarioracquetclub.com

Program	Clinic	Day	Time	Date	Ends	Price
Tennis FUNdamentals	F100 Session 1	Fri	4:00 to 5:00 pm	Sept 13	Oct 25	\$175 7 Weeks
	F101 Session 1	Fri	5:00 to 6:00 pm	Sept 13	Oct 25	\$175 7 Weeks
	F102 Session 1	Sat	10:30 to 11:30 am	Sept 14	Oct 26	\$150 6 Weeks
	F103 Session 1	Sat	11:30 to 12:30 pm	Sept 14	Oct 26	\$150 6 Weeks
	F104 Session 2	Fri	4:00 to 5:00 pm	Nov 1	Dec 13	\$175 7 Weeks
	F105 Session 2	Fri	5:00 to 6:00 pm	Nov 1	Dec 13	\$175 7 Weeks
	F106 Session 2	Sat	10:30 to 11:30 am	Nov 2	Dec 14	\$175 7 Weeks
	F107 Session 2	Sat	11:30 to 12:30 pm	Nov 2	Dec 14	\$175 7 Weeks
Progressive Development	F108 Session 1	Fri	4:00 to 5:00 pm	Sept 13	Oct 25	\$175 7 Weeks
	F109 Session 1	Fri	5:00 to 6:00 pm	Sept 13	Oct 25	\$175 7 Weeks
	F110 Session 1	Sat	10:30 to 11:30 am	Sept 14	Oct 26	\$150 6 Weeks
	F111 Session 1	Sat	11:30 to 12:30 pm	Sept 14	Oct 26	\$150 6 Weeks
	F112 Session 2	Fri	4:00 to 5:00 pm	Nov 1	Dec 13	\$175 7 Weeks
	F113 Session 2	Fri	5:00 to 6:00 pm	Nov 1	Dec 13	\$175 7 Weeks
	F114 Session 2	Sat	10:30 to 11:30 am	Nov 2	Dec 14	\$175 7 Weeks
	F115 Session 2	Sat	11:30 to 12:30 pm	Nov 2	Dec 14	\$175 7 Weeks
Teen Drill & Play	F116 Session 1	Fri	6:00 to 7:30 pm	Sept 13	Oct 25	\$245.00 7 Weeks
	F117 Session 1	Sat	12:30 to 2:00 pm	Sept 14	Oct 26	\$210.00 6 Weeks
	F118 Session 2	Fri	6:00 to 7:30 pm	Nov 1	Dec 13	\$245.00 7 Weeks
	F119 Session 2	Sat	12:30 to 2:00 pm	Nov 2	Dec 14	\$245.00 7 Weeks

Tennis Academy

ORC's Tennis Academy provides specialized training and playing opportunities for committed young players aged six and up who already have a solid foundation in tennis.

Performance Stream

Designed for athletes seeking a competitive pathway to success at the Collegiate, National, and International levels of competition.

Junior Stream

For players who have a strong foundation of technique and a genuine desire to continually improve and be challenged. This program is not for beginners or recreational players.

Email Coach Adrian for Questions
atollstam@ontarioracquetclub.com

Or Inquire About Joining at
<http://www.orcjrtennis.com/>

Clinic Cancellation Policy

To ensure proper class numbers, please request cancellations at least one week prior to the start of any session. In this case, we will be happy to fully credit or refund you the amount of the clinic. Requesting to be removed after this point will be subject to a prorated credit depending on how far into the session the request was made. Any session that was cancelled due to low enrollment will be automatically credited or refunded.

No credits will be given for any classes missed due to personal reasons. If you know in advance that you'll be away, you are encouraged to give your spot to another member that you know who is at a similar level.

Junior Classes | Email Adrian Tollstam
atollstam@ontarioracquetclub.com

Adult Classes | Email Kyle Rutherford
krutherford@ontarioracquetclub.com

Other Ways to Play

Want to join in? Email coach Kyle Rutherford at krutherford@ontarioracquetclub.com

Men's League

Toronto Men's Winter League

Sunday Evening Matches - Level 4.0+

Ladies' Leagues

WINDOOR Daytime League

Daytime Weekday Matches, Weekly Practice – Level 2.5+

Business League

Saturday Daytime Matches – Level 3.5+

Mixed Doubles Round Robins

Register up to seven days in advance with the ORC Reception Team.

Social Mixed Round Robin

Sundays 12:00 to 1:30 pm | \$20 Per Week

Join us on Sundays from noon to 1:30 pm for fun, friendly organized play for players rated 2.5+. Weekly sign-up seven days in advance via Reception. \$20 per person, including balls.

Competitive Speed Doubles

Fridays 7:00 to 9:00 pm

\$26 Per Week | \$10 One Time Prize Fee

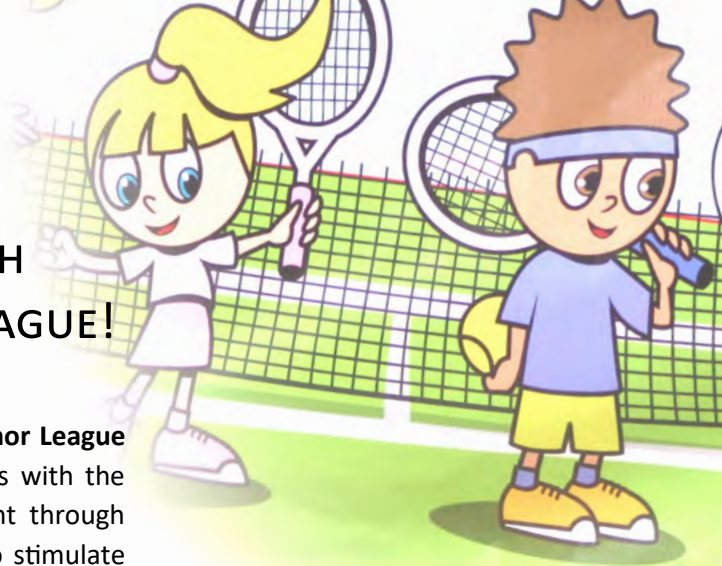
Can you be calm, cool & collected against the clock? Want lots of competitive games and variety of partners and opponents? Want lots of fun and possibly win a gift card? Then Speed Doubles is for you! The only 2-hour organized play program! Recommended for 3.0+ Players. Weekly sign-up seven days in advance via Reception.

Online Mixed Singles Box Ladder

Play competitive matches against players your level and try to work your way up the ladder. There are five players in each box, which means four matches a month to play. The top two in each box move up, bottom two move down and the middle player stays. Cost is \$25 per 12-month (consecutive) period.



FALL 2024 LEARN & PLAY WITH ORC MINOR TENNIS LEAGUE!



Initiated by **Tennis Canada** and **Mississauga Little Aces**, the **ORC Minor League** is an exciting community tennis program that provides participants with the opportunity to practice and play with a focus on skill development through match play. The **Minor League** promotes a game-based approach to stimulate and maintain both excitement and enjoyment for participants. This is not a lesson program for beginners.

Division 1 *(Red Ball - 1/2 Court)*

Participants practice and play matches on 1/2 court with low-compression red balls, in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. Players must have a minimum level of skill but be able to exchange the ball over the net at least 4 times on a 1/2 court. This is not a lesson program for beginners. **Please bring your own racquet. 6 to 8 years. No class on Oct 13.**

Division 1 Red Ball	F980	Sun	1:30 to 3:00 pm	Sept 22	Dec 8
11 Weeks		\$315/Player - Register at ORC			

Division 2 *(Orange Ball - 3/4 Court)*

Participants practice and play matches on a 3/4 court with low-compression orange balls (faster than red balls) in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. Players must be able to rally at least four times on a 3/4 court. This is not a lesson program for beginners. **Please bring your own racquet. Ages 8 to 10 years. No class on Oct 13.**

Division 2 Orange Ball	F981	Sun	3:00 to 4:30 pm	Sept 22	Dec 8
11 Weeks		\$315/Player - Register at ORC			

Division 3 *(Green Dot Ball - Modified Full Court)*

Participants practice and play matches on a modified full court with low-compression green dot balls (faster than orange balls) in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. This program is suitable for those who are proficient in playing with orange balls and are in transition to a full-court. Players must be able to rally at least four times on a modified full court. This is not a lesson program for beginners. **Please bring your own racquet. Ages 8 to 11 years. No class on Oct 13.**

Division 3 Green Dot Ball	F982	Sun	4:30 to 6:00 pm	Sept 22	Dec 8
11 Weeks		\$315/Player - Register at ORC			

**Non-Members are
Welcome to Participate
in ORC Minor League!**

**We are looking for
Parent Coaches & High
School Volunteers!**

Hey Parents! Instead of sitting on the sidelines why not volunteer to be a parent coach?

This is a great opportunity for you to engage with your child's development, and reinforce many of the program benefits and skills with your child. We are also looking for high school volunteers to monitor scores and assist parent coaches. It's a fun, hands-on way to meet your required number of volunteer hours!

Learn the 5 fundamentals of progressive tennis and see how these ideas are applied in the league!

To register please contact:

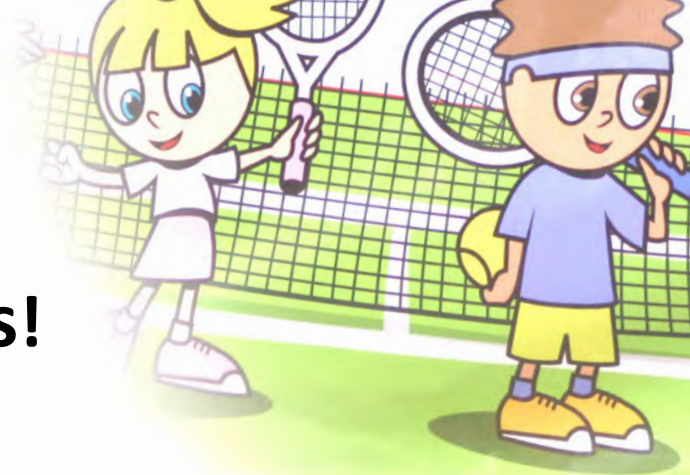
Albert Fong

National Mentor,
Team Tennis Program, Tennis Canada
albert@mississaugalittleaces.com

Please visit mississaugalittleaces.com for more information.



LEARN & PLAY WITH ORC MINOR LEAGUES!



Division 4 *(Green Dot Ball - Full Court)*

Participants practice and play matches on a full-court with low-compression green dot balls (faster than orange balls) in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. Players are expected to serve overhead and rally at least four times from the baseline on a full court. Players should be familiar with regulation scoring. This is not a lesson program for beginners. **Please bring your own racquet. Ages 9 to 11 years. No class on Oct 13.**

Division 4 Green Dot Ball	F983	Sun	4:30 to 6:00 pm	Sept 22	Dec 8
11 Weeks		\$315/Player - Register at ORC			

Division 5 *(Regular Ball - Full Court)*

Participants practice and play matches on a full-court with regular balls in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. Players are expected to serve overhead and rally at least four times from the baseline on a full court. Players must be familiar with regulation scoring. This is not a lesson program for beginners. **Please bring your own racquet. Ages 10 to 12 years. No class on Oct 13.**

Division 5 Regular Ball	F984	Sun	6:00 to 7:30 pm	Sept 22	Dec 8
11 Weeks		\$315/Player - Register at ORC			

Division 6 *(Teen Regular Ball - Full Court)*

Teen participants practice and play matches on a full-court with regular balls in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. Players are expected to serve overhead and rally at least four times from the baseline on a full court. Players must be familiar with regulation scoring. This is not a lesson program for beginners. **Please bring your own racquet. Ages 12 to 16 years. No class on Oct 13.**

Division 6 Regular Ball	F985	Sun	7:30 to 9:00 pm	Sept 22	Dec 8
11 Weeks		\$315/Player - Register at ORC			

Little Aces Wheelchair Tennis

This clinic is suitable for players aged 8 to 18 with physical disabilities. Participants will learn the basics of wheelchair tennis and get better! No previous experience required. Equipment (racquets, balls and sport chairs) provided.

Program	Day	Time	Date	Ends
F986	Sat	4:00 to 5:00 pm	Oct 19	Dec 7
8 Weeks				\$140/player

Adult Wheelchair Tennis

This clinic is suitable for players over 19 years old with physical disabilities. Beginner and intermediate players welcome. Equipment, including racquets, balls and sport chairs will be provided.

Program	Day	Time	Date	Ends
F987	Sat	4:00 to 5:00 pm	Oct 19	Dec 7
8 Weeks				\$140/player

Please visit mississaugalittleaces.com for more information.

Adult Tennis

Learn to Play 1.0 - 1.5

A perfect opportunity for adults with minimal or no exposure to tennis, and who are keen to learn how to play the game. You'll learn the fundamentals for each shot, court positioning and the scoring system. This clinic is also offered to ORC Fitness members two weeks after registration opens for Racquet members. May be taken only once if on a Fitness membership. No class Oct 14.

Clinic	Day	Time	Date	Ends	Price
F120 <i>Session 1</i>	Mon	9:00 to 10:30 am	Sept 9	Oct 21	\$240 6 Weeks
F121 <i>Session 1</i>	Mon	7:30 to 9:00 pm	Sept 9	Oct 21	\$240 6 Weeks
F122 <i>Session 2</i>	Mon	9:00 to 10:30 am	Oct 28	Dec 9	\$280 7 Weeks
F123 <i>Session 2</i>	Mon	7:30 to 9:00 pm	Oct 28	Dec 9	\$280 7 Weeks

Cardio Tennis All Levels

If you're looking for an intense workout while playing tennis at the same time then look no further! Fast-paced feeding drills will get your heart rate up and provide lots of repetitions to groove your shots. No class on Oct 8.

Clinic	Day	Time	Date	Ends	Price
F124 <i>Session 1</i>	Mon	6:30 to 7:30 am	Sept 9	Oct 21	\$144 6 Weeks
F125 <i>Session 1</i>	Wed	6:30 to 7:30 am	Sept 11	Oct 23	\$280 7 Weeks
F126 <i>Session 2</i>	Mon	6:30 to 7:30 am	Oct 28	Dec 9	\$168 7 Weeks
F127 <i>Session 2</i>	Wed	6:30 to 7:30 am	Oct 30	Dec 11	\$280 7 Weeks
F128 Cardio + Liveball Level 2.5+	Fri	9:00 to 10:30 am	Sept 13	Oct 25	\$280 7 Weeks
F129 Cardio + Liveball Level 2.5+	Fri	9:00 to 10:30 am	Nov 1	Dec 13	\$280 7 Weeks

Doubles Shot of the Week 2.5 to 3.0

Each week you will learn the fundamentals for specific shots and apply them to doubles games situations. There's a lot to learn, with an emphasis on net play. Let's get tactical!

Clinic	Day	Time	Date	Ends	Price
F146 <i>Session 1</i>	Thurs	9:00 to 10:30 am	Sept 12	Oct 24	\$280 7 Weeks
F147 <i>Session 2</i>	Thurs	9:00 to 10:30 am	Oct 31	Dec 12	\$280 7 Weeks

Drill & Play Offered at Multiple Levels

You will train specific tactics or technique for 45 minutes and then put what you learned into context afterwards with point play for 45 minutes. This clinic is offered at all levels and playing abilities. No class Oct 14.

LEVEL 1.5 - 2.0 (ADVANCED BEGINNERS)

Clinic	Day	Time	Date	Ends	Price
F130 <i>Session 1</i>	Mon	7:30 to 9:00 pm	Sept 9	Oct 21	\$240 6 Weeks
F131 <i>Session 1</i>	Tues	10:30 to 12:00 pm	Sept 10	Oct 22	\$280 7 Weeks
F132 <i>Session 2</i>	Mon	7:30 to 9:00 pm	Oct 28	Dec 9	\$280 7 Weeks
F133 <i>Session 2</i>	Tues	10:30 to 12:00 pm	Oct 29	Dec 10	\$280 7 Weeks

LEVEL 2.0 - 2.5

Clinic	Day	Time	Date	Ends	Price
F134 <i>Session 1</i>	Wed	10:30 to 12:00 pm	Sept 11	Oct 23	\$280 7 Weeks
F135 <i>Session 1</i>	Wed	7:30 to 9:00 pm	Sept 11	Oct 23	\$280 7 Weeks
F136 <i>Session 2</i>	Wed	10:30 to 12:00 pm	Oct 30	Dec 11	\$280 7 Weeks
F137 <i>Session 2</i>	Wed	7:30 to 9:00 pm	Oct 30	Dec 11	\$280 7 Weeks

LEVEL 2.5 - 3.0

Clinic	Day	Time	Date	Ends	Price
F138 <i>Session 1</i>	Mon	10:30 to 12:00 pm	Sept 9	Oct 21	\$240 6 Weeks
F139 <i>Session 1</i>	Fri	10:30 to 12:00 pm	Sept 13	Oct 25	\$280 7 Weeks
F140 <i>Session 2</i>	Mon	10:30 to 12:00 pm	Oct 28	Dec 9	\$280 7 Weeks
F141 <i>Session 2</i>	Fri	10:30 to 12:00 pm	Nov 1	Dec 13	\$280 7 Weeks

LEVEL 3.0 - 3.5

Clinic	Day	Time	Date	Ends	Price
F142 <i>Session 1</i>	Thurs	10:30 to 12:00 pm	Sept 12	Oct 24	\$280 7 Weeks
F143 <i>Session 1</i>	Thurs	7:30 to 9:00 pm	Sept 12	Oct 24	\$280 7 Weeks
F144 <i>Session 2</i>	Thurs	10:30 to 12:00 pm	Oct 31	Dec 12	\$280 7 Weeks
F145 <i>Session 2</i>	Thurs	7:30 to 9:00 pm	Oct 31	Dec 12	\$280 7 Weeks

Ladies Doubles

House League 2.5 to 3.5

This house league is for intermediate players who enjoy a friendly game. Players are paired up with different partners every 20 minutes after a 10 to 15 minute match play warm-up, followed by doubles play.

Shot of the Week 2.0 to 3.5

Each week you will learn the fundamentals for specific shots and apply them to game situations. We'll cover the topspin forehand & backhand, serve & return, overhead, volley & slice. No class Oct 13.

Singles Bootcamp 2.5 to 3.5+

Ninety minutes of Match Simulation Training: increased offensive and counter-offensive capacity, improved defensive ability, mental toughness. Oh - you'll sweat and have fun, too!

Start the Point Right 2.5 to 3.5+

Struggling to place your serve or to get your return deep? The stats show that the majority of points are ended in the first four shots. Take this class to level up your serve and return game so you can start the point with more confidence!

Doubles Warriors 3.0 to 3.5

This class will help get you there through candid coaching of shot selection tactics, strategic positioning and sweat equity training through almost non-stop point play. Warm up before the clinic, bring lots of fluids and be ready to be "aggressively smart, not aggressively sloppy".

Air Tennis 3.0+

Everything players need to know about when and how to hit balls before the bounce. Solid volleys and crushing percentage-placed overheads with neutralizing lobs and moon balls. The serve is an air ball, too! No class Oct 13.

Adult Academy 4.0+

A unique opportunity to hit with the coaches. Improve your game and conditioning with high volume hitting drills. Each class ends with point play where you can put your skills into context. No class on Oct 12.

	Clinic	Day	Time	Date	Ends	Price
Ladies Doubles HL 2.5 to 3.5	F150 Session 1	Tues	11:00 to 12:30 pm	Sept 10	Oct 22	\$210 7 Weeks
	F151 Session 2	Tues	11:00 to 12:30 pm	Oct 29	Dec 10	\$210 7 Weeks
Shot of the Week 2.0 to 3.5	F156 Level 2.0 to 3.0 Session 1	Sun	10:30 to 12:00 pm	Sep 14	Oct 26	\$240 6 Weeks
	F157 Level 2.0 to 3.0 Session 2	Sun	10:30 to 12:00 pm	Nov 2	Dec 14	\$280 7 Weeks
	F158 Level 2.5 to 3.0 Session 1	Tues	12:30 to 2:00 pm	Sept 10	Oct 22	\$280 7 Weeks
	F159 Level 2.5 to 3.0 Session 2	Tues	12:30 to 2:00 pm	Oct 29	Dec 10	\$280 7 Weeks
	F160 Level 3.5+ Session 1	Tues	7:30 to 9:00 pm	Sept 10	Oct 22	\$280 7 Weeks
	F161 Level 3.5+ Session 2	Tues	7:30 to 9:00 pm	Oct 29	Dec 10	\$280 7 Weeks
Singles Bootcamp 2.5 to 3.5+	F162 Level 2.5 to 3.0 Session 1	Wed	8:30 to 10:00 pm	Sept 11	Oct 23	\$280 7 Weeks
	F163 Level 2.5 to 3.0 Session 2	Wed	8:30 to 10:00 pm	Oct 30	Dec 11	\$280 7 Weeks
	F164 Level 3.5+ Session 1	Thurs	8:30 to 10:00 pm	Sept 12	Oct 24	\$280 7 Weeks
	F165 Level 3.5+ Session 2	Thurs	8:30 to 10:00 pm	Oct 31	Dec 12	\$280 7 Weeks
Start the Point Right 2.5 to 3.5	F166 Session 1	Wed	12:30 to 2:00 pm	Sep 11	Oct 23	\$280 7 Weeks
	F167 Session 2	Wed	12:30 to 2:00 pm	Oct 30	Dec 11	\$280 7 Weeks
Doubles Warriors 3.0 to 3.5	F148 Session 1	Sat	1:00 to 3:00 pm	Sep 14	Oct 26	\$270 6 Weeks
	F149 Session 2	Sat	1:00 to 3:00 pm	Nov 2	Dec 14	\$315 7 Weeks
Air Tennis 3.0+	F152 Session 1	Sun	4:00 to 5:30 pm	Sep 15	Oct 27	\$240.00 6 Weeks
	F153 Session 2	Sun	4:00 to 5:30 pm	Nov 3	Dec 15	\$280.00 7 Weeks
Adult Academy 4.0+	F154 Session 1	Sat	9:00 to 10:30 am	Sep 14	Oct 26	\$270.00 6 Weeks
	F155 Session 2	Sat	9:00 to 10:30 am	Nov 2	Dec 01	\$315.00 7 Weeks

Please Contact Andrea Prior to Registering for Adult Academy:
arabzak@ontarioracquetclub.com

Private Lessons *Tennis Members Only*

Our seasoned roster of qualified club professionals can offer our members private, semi private and small group tennis instruction to help you bring your game to the next level.

ORC tennis members can contact any Tennis Professional to book a lesson directly. Email us at tennis@ontarioracquetclub.com. Please note court fees are extra.

Lesson Rates for ORC Members	
Lesson Type	Hourly Rate
Private	\$82 - Level 1 Coach
	\$89 - Level 2 Coach
	\$94 - Level 3 Coach
Semi-Private	\$51 - Level 1 Coach
	\$56 - Level 2 Coach
	\$59 - Level 3 Coach
Group of 3	\$40 - Level 1 Coach
	\$42 - Level 2 Coach
	\$45 - Level 3 Coach
Group of 4	\$31 - Level 1 Coach
	\$33 - Level 2 Coach
	\$35 - Level 3 Coach

Contact the tennis department for more information or to help you find the right instructor.
tennis@ontarioracquetclub.com

Booking Tennis at ORC

Please note court and lesson bookings are limited to ORC tennis members. Tennis courts may be booked up to seven days in advance through the Reception Desk.

Club phone lines are opened at 7:30 am each day and calls will be answered in sequence. Seven day bookings can be made on the app or website as of that time as well. In fairness to all members, please be aware that the Reception Team will be ensuring there is only one advanced booking, per member, per day. You may book one hour for singles; 1.5 hours for doubles.

Court fees apply to all indoor and bubble courts. ORC members do not pay court fees for outdoor courts over the summer months.

Indoor Court Fees		
Monday thru Friday	Non Prime \$15/Hour	5:00 am to 8:00 am ---- & ---- 8:00 pm to Closing
	Prime Time \$26/Hour	8:00 am to 8:00 pm
Weekends & Holidays	Non Prime \$15/Hour	7:00 am to 8:00 am ---- & ---- 6:00 pm to Closing
	Prime Time \$26/Hour	8:00 am to 6:00 pm

Rates Effective Monday September 9th, 2024

ORC Aquatics

Parent & Tot *(4 Months to 3 Yrs)*

These levels are especially for children aged 4 months to 3+ years and their caregivers. Based on the principle "Within Arms Reach," the Parent & Tot levels focus on close playful interaction and shared fun between child, caregiver and water.

Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Through safety tips provided, caregivers learn what it takes to make Water Smart® choices. **No class Oct 12 & 13.**

Preschool A *(Age 3 to 5 Years)*

First Level. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater. **No class Oct 12, 13 & 14.**

Registration Start Date

Sign Up for September Session
Monday August 12th at 10:00 am
 Until August 30th

Sign Up for November/December Session
Monday October 7th at 10:00 am
 Until October 18th

Any sign-ups after registration closing dates must be approved by Jackie Van Hul, Aquatics Director
jvanhul@ontarioracquetclub.com

To register, go to
<https://orc.clubautomation.com/>

Program	Code	Day	Time	Date	Ends	Price
Parent & Tot	F700 <i>Session 1</i>	Sat	10:00 to 10:30 am	Sept 14	Oct 26	\$110 6 Weeks
	F702 <i>Session 1</i>	Sun	10:00 to 10:30 am	Sept 15	Oct 27	\$110 6 Weeks
	F700 <i>Session 2</i>	Sat	10:00 to 10:30 am	Nov 2	Dec 14	\$120 7 Weeks
	F702.1 <i>Session 2</i>	Sun	10:00 to 10:30 am	Nov 3	Dec 15	\$120 7 Weeks
Preschool A	F703 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 9	Oct 21	\$132.00 6 Weeks
	F704 <i>Session 1</i>	Wed	6:15 to 6:55 pm	Sept 11	Oct 23	\$148.00 7 Weeks
	F705 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 13	Oct 25	\$148.00 7 Weeks
	F706 <i>Session 1</i>	Sat	10:00 to 10:40 am	Sept 14	Oct 26	\$132.00 6 Weeks
	F707 <i>Session 1</i>	Sun	10:00 to 10:40 am	Sept 15	Oct 27	\$132.00 6 Weeks
	F703.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Oct 28	Dec 9	\$148.00 7 Weeks
	F704.1 <i>Session 2</i>	Wed	6:15 to 6:55 pm	Oct 30	Dec 11	\$148.00 7 Weeks
	F705.1 <i>Session 2</i>	Fri	5:30 to 6:10 pm	Nov 1	Dec 13	\$148.00 7 Weeks
	F706.1 <i>Session 2</i>	Sat	10:00 to 10:40 am	Nov 2	Dec 14	\$148.00 7 Weeks
	F707.1 <i>Session 2</i>	Sun	10:00 to 10:40 am	Nov 3	Dec 15	\$148.00 7 Weeks

Preschool B *(Age 3 to 5 Years)*

Second Level. These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back. No class Oct 12, 13 & 14.

Preschool C *(Age 3 to 5 Years)*

Third Level. These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. No class Oct 12, 13 & 14.

What Level Should My Child Be In?



We're happy to help you select the best class for your child, or answer any other questions you may have.

Contact Jackie Van Hul, Aquatics Director
jvanhul@ontarioracquetclub.com

Program	Code	Day	Time	Date	Ends	Price	
Preschool B	F709 <i>Session 1</i>	Mon	4:45 to 5:25 pm	Sept 9	Oct 21	\$132.00 6 Weeks	
	F711 <i>Session 1</i>	Wed	4:00 to 4:40 pm	Sept 11	Oct 23	\$148.00 7 Weeks	
	F712 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 13	Sept 25	\$148.00 7 Weeks	
	F713 <i>Session 1</i>	Sat	12:15 to 12:55 pm	Sept 14	Sept 26	\$132.00 6 Weeks	
	F714 <i>Session 1</i>	Sun	10:45 to 11:25 am	Sept 15	Sept 27	\$132.00 6 Weeks	
	F709.1 <i>Session 2</i>	Mon	4:45 to 5:25 pm	Oct 28	Dec 9	\$148.00 7 Weeks	
	F711.1 <i>Session 2</i>	Wed	4:00 to 4:40 pm	Oct 30	Dec 11	\$148.00 7 Weeks	
	F712.1 <i>Session 2</i>	Fri	5:30 to 6:10 pm	Nov 1	Dec 13	\$148.00 7 Weeks	
	F713.1 <i>Session 2</i>	Sat	12:15 to 12:55 pm	Nov 2	Dec 14	\$148.00 7 Weeks	
	F714.1 <i>Session 2</i>	Sun	10:45 to 11:25 am	Nov 3	Dec 15	\$148.00 7 Weeks	
	Preschool C <i>See Next Page For Session 2</i>	F715 <i>Session 1</i>	Mon	5:30 to 6:10 pm	Sept 9	Oct 21	\$132.00 6 Weeks
		F716 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 11	Oct 23	\$148.00 7 Weeks
		F717 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 13	Oct 25	\$148.00 7 Weeks
		F718 <i>Session 1</i>	Sat	10:00 to 10:40 am	Sept 14	Oct 26	\$132.00 6 Weeks
F719 <i>Session 1</i>		Sun	10:45 to 11:25 am	Sept 15	Oct 27	\$132.00 6 Weeks	

Preschool C (Age 3 to 5 Years)


Third Level. These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

Preschool D (Age 3 to 5 Years)

Fourth Level. Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side. No class Oct 12, 13 & 14.

Aquafit at ORC

- Water Running
- Aqua Bootcamp
- Aqua Deep Water Fitness
- Aqua Gentle Mind & Body
- Aqua Healthy Lifestyles
- Aqua Body Blast
- Aqua Zumba
- Aqua HIIT



Classes are offered seven days a week.
View class times and sign up on the ORC App.

Program	Code	Day	Time	Date	Ends	Price
Preschool C (Cont)	F715.1 <i>Session 2</i>	Mon	5:30 to 6:10 pm	Oct 28	Dec 9	\$148.00 7 Weeks
	F716.1 <i>Session 2</i>	Wed	4:45 to 5:25 pm	Oct 30	Dec 11	\$148.00 7 Weeks
	F717.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Nov 1	Dec 13	\$148.00 7 Weeks
	F719.1 <i>Session 2</i>	Sat	10:00 to 10:40 am	Nov 2	Dec 14	\$148.00 7 Weeks
	F720.1 <i>Session 2</i>	Sun	10:45 to 11:25 am	Nov 3	Dec 15	\$148.00 7 Weeks
Preschool D	F721 <i>Session 1</i>	Mon	4:45 to 5:25 pm	Sept 9	Oct 21	\$132.00 6 Weeks
	F722 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 11	Oct 23	\$148.00 7 Weeks
	F723 <i>Session 1</i>	Fri	4:00 to 4:40 pm	Sept 13	Oct 25	\$148.00 7 Weeks
	F724 <i>Session 1</i>	Sat	10:45 to 11:25 pm	Sept 14	Oct 26	\$132.00 6 Weeks
	F725 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 15	Oct 27	\$132.00 6 Weeks
	F721.1 <i>Session 2</i>	Mon	4:45 to 5:25 pm	Oct 28	Dec 9	\$148.00 7 Weeks
	F722.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 30	Dec 11	\$148.00 7 Weeks
	F723.1 <i>Session 2</i>	Fri	4:00 to 4:40 pm	Nov 1	Dec 13	\$148.00 7 Weeks
	F724.1 <i>Session 2</i>	Sat	10:45 to 11:25 pm	Nov 2	Dec 14	\$148.00 7 Weeks
	F725.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 3	Dec 15	\$148.00 7 Weeks

Preschool E (Age 3 to 5 Years)

Fifth Level. These youngsters get more adventure-some with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick. No class Oct 12, 13 & 14.

Code	Day	Time	Date	Ends	Price
F726 <i>Session 1</i>	Mon	5:30 to 6:10 pm	Sept 9	Oct 21	\$132.00 6 Weeks
F727 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 11	Oct 23	\$148.00 7 Weeks
F728 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 13	Oct 25	\$148.00 7 Weeks
F729 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 14	Oct 26	\$132.00 6 Weeks
F730 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 15	Oct 27	\$132.00 6 Weeks
F726.1 <i>Session 2</i>	Mon	5:30 to 6:10 pm	Oct 28	Dec 9	\$148.00 7 Weeks
F727.1 <i>Session 2</i>	Wed	4:45 to 5:25 pm	Oct 30	Dec 11	\$148.00 7 Weeks
F728.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Nov 1	Dec 13	\$148.00 7 Weeks
F729.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Nov 2	Dec 14	\$148.00 7 Weeks
F730.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 3	Dec 15	\$148.00 7 Weeks

Swimmer 1 (Ages 5 and Up)

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back. No class Oct 12, 13 & 14.

Code	Day	Time	Date	Ends	Price
F731 <i>Session 1</i>	Mon	6:15 to 6:55 pm	Sept 9	Oct 21	\$132.00 6 Weeks
F732 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 11	Oct 23	\$148.00 7 Weeks
F733 <i>Session 1</i>	Wed	6:15 to 6:55 pm	Sept 11	Oct 23	\$148.00 7 Weeks
F734 <i>Session 1</i>	Fri	4:00 to 4:40 pm	Sept 13	Oct 25	\$148.00 7 Weeks
F735 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 14	Oct 26	\$132.00 6 Weeks
F736 <i>Session 1</i>	Sun	10:00 to 10:40 am	Sept 15	Oct 27	\$132.00 6 Weeks
F731.1 <i>Session 2</i>	Mon	6:15 to 6:55 pm	Oct 28	Dec 9	\$148.00 7 Weeks
F732.1 <i>Session 2</i>	Wed	4:45 to 5:25 pm	Oct 30	Dec 11	\$148.00 7 Weeks
F733.1 <i>Session 2</i>	Wed	6:15 to 6:55 pm	Oct 30	Dec 11	\$148.00 7 Weeks
F734.1 <i>Session 2</i>	Fri	4:00 to 4:40 pm	Nov 1	Dec 13	\$148.00 7 Weeks
F735.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Nov 2	Dec 14	\$148.00 7 Weeks
F736.1 <i>Session 2</i>	Sun	10:00 to 10:40 am	Nov 3	Dec 15	\$148.00 7 Weeks

Interested in Private Swim Lessons?



We offer Private, Semi-Private and Group Lessons to members of all ages.
For details, contact Jackie at jvanhul@ontarioracquetclub.com

Swimmer 2 *(Ages 6 and Up)*

Students will jump into deeper water and learn to be comfortable falling sideways wearing a lifejacket. They'll be able to support themselves at the surface without an aid, to whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m). No class Oct 12, 13 & 14.

Code	Day	Time	Date	Ends	Price
F737 <i>Session 1</i>	Mon	4:45 to 5:25 pm	Sept 9	Oct 21	\$132.00 6 Weeks
F738 <i>Session 1</i>	Wed	4:00 to 4:40 pm	Sept 11	Oct 23	\$148.00 7 Weeks
F739 <i>Session 1</i>	Fri	6:15 to 6:55 pm	Sept 13	Oct 25	\$148.00 7 Weeks
F740 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 14	Oct 26	\$132.00 6 Weeks
F742 <i>Session 1</i>	Sun	10:45 to 11:25 am	Sept 15	Oct 27	\$132.00 6 Weeks
F737.1 <i>Session 2</i>	Mon	4:45 to 5:25 pm	Oct 28	Dec 9	\$148.00 7 Weeks
F738.1 <i>Session 2</i>	Wed	4:00 to 4:40 pm	Oct 30	Dec 11	\$148.00 7 Weeks
F739.1 <i>Session 2</i>	Fri	6:15 to 6:55 pm	Nov 1	Dec 13	\$148.00 7 Weeks
F740.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Nov 2	Dec 14	\$148.00 7 Weeks
F742.1 <i>Session 2</i>	Sun	10:45 to 11:25 am	Nov 3	Dec 15	\$148.00 7 Weeks

Swimmer 3 *(Ages 6 and Up)*

These junior swimmers will work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m. No class Oct 12, 13 & 14.

Code	Day	Time	Date	Ends	Price
F743 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 9	Oct 21	\$132.00 6 Weeks
F744 <i>Session 1</i>	Mon	5:30 to 6:10 pm	Sept 9	Oct 21	\$132.00 6 Weeks
F745 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 11	Oct 23	\$148.00 7 Weeks
F746 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 13	Oct 25	\$148.00 7 Weeks
F747 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 14	Oct 26	\$132.00 6 Weeks
F748 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 14	Oct 26	\$132.00 6 Weeks
F749 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 15	Oct 27	\$132.00 6 Weeks
F743.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Oct 28	Dec 9	\$148.00 7 Weeks
F744.1 <i>Session 2</i>	Mon	5:30 to 6:10 pm	Oct 28	Dec 9	\$148.00 7 Weeks
F745.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 30	Dec 11	\$148.00 7 Weeks
F746.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Nov 1	Dec 13	\$148.00 7 Weeks
F747.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Nov 2	Dec 14	\$148.00 7 Weeks
F748.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Nov 2	Dec 14	\$148.00 7 Weeks
F749.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 3	Dec 15	\$148.00 7 Weeks

Swimmer 4

Students will swim 5 m underwater plus lengths of front, back crawl, whip kick, and breaststroke arms with breathing. This class includes the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training. No class Oct 12, 13 & 14.

Code	Day	Time	Date	Ends	Price
F750 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 9	Oct 21	\$132.00 6 Weeks
F752 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 11	Oct 23	\$148.00 7 Weeks
F753 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 13	Oct 25	\$148.00 7 Weeks
F754 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 13	Oct 25	\$148.00 7 Weeks
F755 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 14	Oct 26	\$132.00 6 Weeks
F756 <i>Session 1</i>	Sun	12:15 to 12:55 pm	Sept 15	Oct 27	\$132.00 6 Weeks

Code	Day	Time	Date	Ends	Price
F750.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Oct 28	Dec 9	\$148.00 7 Weeks
F752.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 30	Dec 11	\$148.00 7 Weeks
F753.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Nov 1	Dec 13	\$148.00 7 Weeks
F754.1 <i>Session 2</i>	Fri	5:30 to 6:10 pm	Nov 1	Dec 13	\$148.00 7 Weeks
F755.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Nov 2	Dec 14	\$148.00 7 Weeks
F756.1 <i>Session 2</i>	Sun	12:15 to 12:55 pm	Nov 3	Dec 15	\$148.00 7 Weeks

Swimmer 5

These swimmers will refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke. No class Oct 12, 13 & 14.

Code	Day	Time	Date	Ends	Price
F757 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 9	Oct 21	\$132.00 6 Weeks
F758 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 11	Oct 23	\$148.00 7 Weeks
F759 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 13	Oct 25	\$148.00 7 Weeks
F760 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 14	Oct 26	\$132.00 6 Weeks
F762 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 15	Oct 27	\$132.00 6 Weeks
F757.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Oct 28	Dec 9	\$148.00 7 Weeks
F758.1 <i>Session 2</i>	Wed	4:45 to 5:25 pm	Oct 30	Dec 11	\$148.00 7 Weeks
F759.1 <i>Session 2</i>	Fri	5:30 to 6:10 pm	Nov 1	Dec 13	\$148.00 7 Weeks
F760.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Nov 2	Dec 14	\$148.00 7 Weeks
F762.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 3	Dec 15	\$148.00 7 Weeks

Swimmer 6

Advanced swimmers will be challenged by stride entries, compact jumps and lifesaving kicks - eggbeater & scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25m. They'll swim lengths of front crawl, back crawl & breaststroke, then complete the 300m workout. No class Oct 12, 13 & 14.

Code	Day	Time	Date	Ends	Price
F763 <i>Session 1</i>	Mon	4:45 to 5:25 pm	Sept 9	Oct 21	\$132.00 6 Weeks
F764 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 11	Oct 23	\$148.00 7 Weeks
F766 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 13	Oct 25	\$148.00 7 Weeks
F767 <i>Session 1</i>	Sat	10:45 to 11:25 pm	Sept 14	Oct 26	\$132.00 6 Weeks
F768 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 15	Oct 27	\$132.00 6 Weeks
F763.1 <i>Session 2</i>	Mon	4:45 to 5:25 pm	Oct 28	Dec 9	\$148.00 7 Weeks
F764.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 30	Dec 11	\$148.00 7 Weeks
F766.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Nov 1	Dec 13	\$148.00 7 Weeks
F767.1 <i>Session 2</i>	Sat	10:45 to 11:25 pm	Nov 2	Dec 14	\$148.00 7 Weeks
F768.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 3	Dec 15	\$148.00 7 Weeks

Clinic Cancellation Policy



Please note cancelling from any paid program must be done one week in advance for a full refund. Cancelling after this window will require a doctors note for refund. Cancellations may be subject to a \$20 Admin Fee.

Bronze Swim Team

The Bronze Swim Team is for kids who have successfully completed Swimmer 6 and are looking to continue with their swimming skills. The intro to competitive swimming allows them to learn new drills, skills and strokes all while having fun. These swimmers will swim once a week with 15 minutes of fitness training with their coach before practice. No class on Oct 12.

Silver Swim Team

The Silver Swim team is for swimmers that have passed experience on the Bronze Swim Team. The Silver team will be challenged more through distance and pace times all while having fun and still learning the developmental stages of competitive swimming. Swimmer will swim twice a week for one hour followed by 15 minutes of dryland training.

Gold Swim Team

The Gold Swim Team is for swimmers that have experience from being on the Silver team or came from a competitive background. These swimmers will swim three times a week with 30 minutes of fitness training with their coach before practice. No class on Oct 14.

ORCAS 21+ Swim Team

Age 21+. This team is for members who are looking to improve their technique and speed in the pool, either for fitness or to compete. This is a great way to cross train and stay fit while having fun. This group swims twice a week, with a coach on one of the two days. Three Lanes allotted for both days. Must be able to swim 1000m. No class on Oct 13.

National Lifeguard

The National Lifeguard is a legal certificate for lifeguarding throughout the country and is recognized by the province of Ontario for lifeguarding public swimming pools. Prerequisites: Minimum 15 years of age, Bronze Cross, and Lifesaving Society Standard First Aid (need not be current) or Standard First Aid from one of these approved agencies.

Want To Join a Swim Team?

We're eager to get you on one of our teams! Please note that a try out will be **required** to assess which team is the best fit.

Please contact Jackie at jvanhul@ontarioracquetclub.com to book your try out; **all swim team registrations must be made via the Aquatics Director.**

Program	Code	Day	Time	Date	Ends	Price
Bronze Swim Team	F770 <i>Session 1</i>	Tue	4:00 to 5:00 pm	Sept 10	Dec 10	\$242 14 Weeks
	F772 <i>Session 1</i>	Sat	1:00 to 2:00 pm	Sept 14	Dec 14	\$226 13 Weeks
Silver Swim Team	F773 <i>Session 1</i>	Tue	5:00 to 6:15 pm	Sept 10	Dec 1	\$305 14 Weeks
		Thurs	5:00 to 6:15 pm			
Gold Swim Team	F774 <i>Session 1</i>	Mon	6:15 to 7:45 pm	Sept 9	Dec 13	\$336 14 Weeks
		Wed	6:15 to 7:45 pm			
		Fri	6:15 to 7:45 pm			
ORCAS 21 +	F775 <i>Session 1</i>	Sun	7:30 to 9:00 am	Sept 15	Dec 15	\$247 13 Weeks
Bronze Cross	F777 <i>Session 1</i>	Thurs	6:30 to 8:30 pm	Sept 12	Dec 12	\$273 14 Weeks
National Lifeguard	F778 <i>Session 1</i>	Thurs	4:00 to 6:00 pm	Sept 12	Dec 12	\$330 14 Weeks

Please note registration to above programs are subject to the approval of ORC's Aquatics Director, Jackie Van Hul - jvanhul@ontarioracquetclub.com

Bronze Cross

Bronze Cross begins the transition from lifesaving to lifeguarding. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. *Prerequisite:* Bronze Medallion and Lifesaving Society Emergency or Standard First Aid certifications (need not be current) or EFA or SFA from one of these approved agencies.

ORC Squash

Updated 07/31/2024

Beginner 1 Ages 6 to 13

ORC Beginner level 1 is a fun introductory clinic for youngsters learning basic game play, the rules of squash and rudimentary movements. For kids ages 6 to 13 years.

Beginner 2 Ages 6 to 13

ORC Beginner level 2 is a fun introductory clinic for youngsters learning basic game play, the rules of squash and rudimentary movements. Kids should have some experience with squash or have participated in Beginner 1. For ages 6 to 13 years.

Silver Level Ages 7 to 17

ORC Intermediate level players are trained to improved technique, tactics and level of play through solo, partner drills and conditions games.

This clinic provides an opportunity for the developing player to experience success and prepare for Gold level competition. **No class Oct 9.**

Gold Level Ages 10 to 18

Advanced level is a highly competitive high performance clinic attracting the best players at the ORC!

These juniors exhibit exceptional talent and are committed to regular training programs throughout the season. Advanced level juniors are encouraged to participate in Squash Ontario sanctioned Jr Silver, Jr Gold and Provincial tournaments.

Registration Start Date

*Sign Up for Session 1 Programs On
Monday August 12 at 10:00 am*

*Sign Up for Session 2 Programs On
Monday October 7 at 10:00 am*



		Day	Time	Date	Ends	Price
Beginner 1	F200 <i>Session 1</i>	Wed	5:20 to 6:00 pm	Sept 11	Oct 23	\$110 7 Weeks
	F201 <i>Session 1</i>	Sat	10:00 to 10:40 am	Sept 14	Oct 26	\$95 6 Weeks
	F202 <i>Session 2</i>	Wed	5:20 to 6:00 pm	Oct 30	Dec 18	\$125 8 Weeks
	F203 <i>Session 2</i>	Sat	10:00 to 10:40 am	Nov 2	Dec 21	\$125 8 Weeks
Beginner 2	F204 <i>Session 1</i>	Wed	5:20 to 6:00 pm	Sept 11	Oct 23	\$110 7 Weeks
	F205 <i>Session 1</i>	Sat	10:00 to 10:40 am	Sept 14	Oct 26	\$95 6 Weeks
	F206 <i>Session 2</i>	Wed	5:20 to 6:00 pm	Oct 30	Dec 18	\$125 8 Weeks
	F207 <i>Session 2</i>	Sat	10:00 to 10:40 am	Nov 2	Dec 21	\$125 8 Weeks
Silver Level	F208 <i>Session 1</i>	Mon	5:00 to 6:00 pm	Sept 9	Oct 21	\$180 6 Weeks
	F209 <i>Session 1</i>	Thurs	5:00 to 6:00 pm	Sept 12	Oct 27	\$210 7 Weeks
	F210 <i>Session 1</i>	Sat	10:40 to 11:20 am	Sept 14	Oct 26	\$90 6 Weeks
	F211 <i>Session 2</i>	Mon	5:00 to 6:00 pm	Oct 28	Dec 16	\$240 8 Weeks
	F212 <i>Session 2</i>	Thurs	5:00 to 6:00 pm	Oct 31	Dec 19	\$240 8 Weeks
	F213 <i>Session 2</i>	Sat	10:40 to 11:20 am	Nov 2	Dec 21	\$120 8 Weeks
Gold Level	Tues <i>Session 1</i>	Tues	4:40 to 6:00 pm	Sept 12	Oct 24	\$210 7 Weeks
	Thurs <i>Session 1</i>	Thurs	5:20 to 6:40 pm	Sept 14	Oct 26	\$210 7 Weeks
	Tues <i>Session 2</i>	Tues	4:40 to 6:00 pm	Oct 31	Dec 12	\$210 7 Weeks
	Thurs <i>Session 2</i>	Thurs	5:20 to 6:40 pm	Nov 2	Dec 14	\$210 7 Weeks

Attention Silver & Gold Players | Exclusive Drop-in | \$25 Weekly
Match Play Sessions are Saturdays from 11:20 am to 12:40 pm

Learn to Play Squash

Join this adult beginner class and dive into the dynamic world of squash. Perfect for new players, this class focuses on learning the rules, building essential skills, and enjoying friendly competition.

Intro to Doubles Squash

Experience the excitement of teamwork in our "Intro to Doubles Squash" class for adults. This clinic is designed to teach you the strategies and skills needed for doubles play, enhancing your coordination and game tactics.

Doubles Squash Training

Elevate your game with this class for intermediate players. This course focuses on advanced techniques and strategies to improve your teamwork and positioning - giving you and your team mate a competitive edge in doubles play.

		Day	Time	Date	Ends	Price
Learn to Play Squash	F226 <i>Session 1</i>	Wed	6:00 to 6:40 pm	Sept 11	Sept 25	\$60 3 Weeks
	F227 <i>Session 1</i>	Wed	6:00 to 6:40 pm	Oct 2	Oct 16	\$60 3 Weeks
	F228 <i>Session 2</i>	Wed	6:00 to 6:40 pm	Oct 23	Nov 6	\$60 3 Weeks
	F229 <i>Session 2</i>	Wed	6:00 to 6:40 pm	Nov 13	Nov 27	\$60 3 Weeks
Intro to Doubles Squash	F218 <i>Session 1</i>	Sat	12:00 to 1:00 pm	Sept 14	Sept 28	\$75 3 Weeks
	F219 <i>Session 1</i>	Sat	12:00 to 1:00 pm	Oct 5	Oct 19	\$75 3 Weeks
	F220 <i>Session 2</i>	Sat	12:00 to 1:00 pm	Oct 26	Nov 9	\$75 3 Weeks
	F221 <i>Session 2</i>	Sat	12:00 to 1:00 pm	Nov 16	Nov 30	\$75 3 Weeks
Doubles Squash Training	F222 <i>Session 1</i>	Sat	1:00 to 2:00 pm	Sept 14	Sept 28	\$75 3 Weeks
	F223 <i>Session 1</i>	Sat	1:00 to 2:00 pm	Oct 5	Oct 19	\$75 3 Weeks
	F224 <i>Session 2</i>	Sat	1:00 to 2:00 pm	Oct 26	Nov 9	\$75 3 Weeks
	F225 <i>Session 2</i>	Sat	1:00 to 2:00 pm	Nov 16	Nov 30	\$75 3 Weeks

Squash Drop-Ins

Sign Up One Week in Advance

Friday Drop-In | All Levels | Fridays 4:40 to 6:00 pm
No charge for this drop-in!

Women's Drop-In | All Levels | Wednesday 6:40 to 8:00 pm
No charge for this drop-in! Starts September 11th.

Master's Drop-In | Advanced | Thursday 6:40 to 8:00 pm
No charge for this drop-in! Starts September 12th.

Questions?

Allan Cook | acook@ontarioracquetclub.com
Director of Squash & Pickleball



ORC Pickleball

Drop In Programs

Pre-register to reserve your spot; these sessions will fill up! Price is per-player, per session.

	Day	Time	Price
Social Play All Levels	Sat	1:30 to 3:00 pm	\$7.50 <i>Per Session</i>
	Wed	7:00 to 8:30 pm	\$7.50 <i>Per Session</i>
	Fri	7:00 to 8:30 pm	\$7.50 <i>Per Session</i>
Rated Play Intermediate 2.5 to 3.5	Tues	7:00 to 8:30 pm	\$7.50 <i>Per Session</i>
	Wed	11:00 to 12:30 pm	\$7.50 <i>Per Session</i>
Level Play 3.5+	Thurs	7:00 to 8:30 pm	\$7.50 <i>Per Session</i>

Email Albert To Participate: afong@ontarioracquetclub.com

Social Play

A round robin supervised by an ORC Pro, this program is perfect for those looking for different partners to play with socially.

Clinic	Day	Time	Date	End	Price
F500 <i>Session 1</i>	Mon	11:00 to 12:30 pm	Sept 16	Oct 28	\$68.50 7 Weeks
F501 <i>Session 1</i>	Tues	11:00 to 12:30 pm	Sept 17	Oct 29	\$68.50 7 Weeks
F502 <i>Session 1</i>	Thurs	11:00 to 12:30 pm	Sept 19	Oct 31	\$68.50 7 Weeks
F503 <i>Session 1</i>	Fri	11:00 to 12:30 pm	Sept 20	Nov 1	\$68.50 7 Weeks
F504 <i>Session 2</i>	Mon	11:00 to 12:30 pm	Oct 30	Dec 11	\$68.50 7 Weeks
F505 <i>Session 2</i>	Tues	11:00 to 12:30 pm	Oct 31	Dec 12	\$68.50 7 Weeks
F506 <i>Session 2</i>	Thurs	11:00 to 12:30 pm	Nov 2	Dec 14	\$68.50 7 Weeks
F507 <i>Session 2</i>	Fri	11:00 to 12:30 pm	Nov 3	Dec 15	\$68.50 7 Weeks

PICKLEBALL LESSONS

Private	1 person	\$70 <i>Per Person Per Hour</i>
Semi private	2 people	\$55 <i>Per Person Per Hour</i>
Group	3 people	\$45 <i>Per Person Per Hour</i>
Group	4 people	\$35 <i>Per Person Per Hour</i>

Contact the ORC Pickleball Team to discuss lessons
Albert Fong: afong@ontarioracquetclub.com
Allan Cook: acook@ontarioracquetclub.com

Learn-to-Play

Ideal for new pickleball players. Learn the game format and rules. Focus on key fundamentals so that new players are set up for success.

Clinic	Day	Time	Date	End	Price
F517 <i>Session 1</i>	Mon	1:00 to 2:30 pm	Sept 16	Sept 30	\$50.00 4 Weeks
F518 <i>Session 1</i>	Wed	1:00 to 2:30 pm	Sept 18	Oct 2	\$50.00 4 Weeks
F519 <i>Session 1</i>	Sat	12:00 to 1:30 pm	Sept 21	Oct 15	\$50.00 4 Weeks
F520 <i>Session 1</i>	Mon	1:00 to 2:30 pm	Oct 14	Nov 4	\$50.00 4 Weeks
F521 <i>Session 1</i>	Wed	1:00 to 2:30 pm	Oct 16	Nov 6	\$50.00 4 Weeks
F522 <i>Session 1</i>	Sat	12:00 to 1:30 pm	Oct 19	Nov 9	\$50.00 4 Weeks
F523 <i>Session 2</i>	Mon	1:00 to 2:30 pm	Nov 6	Nov 27	\$50.00 4 Weeks
F524 <i>Session 2</i>	Wed	1:00 to 2:30 pm	Nov 8	Nov 29	\$50.00 4 Weeks
F525 <i>Session 2</i>	Sat	12:00 to 1:30 pm	Nov 11	Dec 2	\$50.00 4 Weeks

Pickleball Drill & Play

You will train specific tactics and put what you have learned into practice afterwards. This clinic is offered to intermediate to advanced players.

Level 2.0 - 2.5

Clinic	Day	Time	Date	End	Price
F508 <i>Session 1</i>	Tues	1:00 to 2:30 pm	Sept 17	Oct 8	\$50.00 4 Weeks
F511 <i>Session 1</i>	Tues	1:00 to 2:30 pm	Oct 15	Nov 5	\$50.00 4 Weeks
F514 <i>Session 2</i>	Tues	1:00 to 2:30 pm	Nov 12	Dec 3	\$50.00 4 Weeks

Level 2.5 - 3.0

Clinic	Day	Time	Date	End	Price
F509 <i>Session 1</i>	Thurs	1:00 to 2:30 pm	Sept 14	Oct 5	\$50.00 4 Weeks
F512 <i>Session 1</i>	Thurs	1:00 to 2:30 pm	Oct 12	Nov 2	\$50.00 4 Weeks
F515 <i>Session 2</i>	Thurs	1:00 to 2:30 pm	Nov 9	Nov 30	\$50.00 4 Weeks

Level 3.0 - 3.5

Clinic	Day	Time	Date	End	Price
F510 <i>Session 1</i>	Fri	1:00 to 2:30 pm	Sept 15	Oct 6	\$50.00 4 Weeks
F513 <i>Session 1</i>	Fri	1:00 to 2:30 pm	Oct 13	Nov 3	\$50.00 4 Weeks
F516 <i>Session 2</i>	Fri	1:00 to 2:30 pm	Nov 10	Dec 1	\$50.00 4 Weeks

