

WINTER 2024

PROGRAM GUIDE

Fitness

Tennis

Wellness

Minor Leagues

Pickleball

Squash

Aquatics



What's New This Season?

Staggered Registration Dates

For Winter 2024, you'll notice we have three separate program registration dates:

Session One

Register Monday December 4th at 10:00 am
for all Session One white-coloured programs

Session Two

Register Monday February 5th at 10:00 am
for all Session Two pink-coloured programs

Session Three

Register Monday April 8th at 10:00 am
for all Session Three purple-coloured programs

Why the change? By drawing out registration over three dates, this ensures members are given ample opportunities to sign up for programming suitable for their goals.

Previously, we'd see members registering for programs many months ahead of time, then pull out of that program a few weeks later. Meanwhile, several other members wanted to attend that program, but found it full when they tried to register. Even waitlisted members will make alternative plans, and are often unavailable to take the open spot.

This also better assists members who want to try something new. It's difficult to get your child excited about soccer, or to take up doubles tennis, if all the relevant classes are completely full until the summer. More registration dates means more opportunities to take up a new challenge.

Finally, this change better reflects the busy lives we all lead. It puts less pressure on members, who are expected to be available for 30 minutes to register on a given date, or risk losing their spot in their favourite class for the next five months.

Sign up for classes online or at ORC Reception
<https://orc.clubautomation.com/>



Junior Tennis Skills Day

Tennis is a sport for life - a fun and competitive game at all ages. If your child is interested in taking up this fantastic sport, consider checking out "Skills Day" at ORC.

Offered a few times a year, these complimentary sessions gives your little one a chance to hit the ball around and be evaluated by ORC's highly experienced youth coaches. We can tell you the best path forward to get your child involved.

To learn when the next Skills Day is scheduled, contact coach Adrian.

atollstam@ontarioracquetclub.com

Kids' Activities

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. **No class Mar 12 & 13.**

Kinder Fit Ages 5 to 6

Your kindergartener gets to run, jump, throw, catch and play with lots of fun obstacles, game and activities. **No class Feb 17, Mar 9, 13, 14 & 30, May 18.**

Kid Yoga 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 Feb 19, Mar 11, Apr 1, May 20.**

Kid Fit Ages 7 to 8

Kids develop hand-eye coordination and perform footwork drills. Kids will play games mixed with exercise. **No class Mar 14.**

Jr Athletic Training Ages 9 to 11

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. **No class Feb 19, Mar 11 & 14, Apr 1 and May 20.**

Junior Yoga Ages 9 to 14







This clinic is designed for young teens who are interested in yoga and exploring methods to connect with themselves. Each class is themed for self reflection. Learn poses and enjoy yoga flow. **No class Mar 14.**

ORC Family Memberships

Look for the Logo!

All programs listed with an ORC Logo are included with Family Memberships (two per week, per child).





Program	Clinic	Day	Time	Date	Ends	Price
 Preschool Fit Age 3 to 4	W306 Session 1	Tues	4:15 to 5:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W309 Session 1	Wed	4:00 to 4:45 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W307 Session 2	Tues	4:15 to 5:00 pm	Feb 27	Apr 16	\$75.00 7 Weeks
	W310 Session 2	Wed	4:00 to 4:45 pm	Feb 28	Apr 17	\$75.00 7 Weeks
	W308 Session 3	Tues	4:15 to 5:00 pm	Apr 23	June 4	\$75.00 7 Weeks
	W311 Session 3	Wed	4:00 to 4:45 pm	Apr 24	June 5	\$75.00 7 Weeks
 Kinder Fit Age 5 to 6	W312 Session 1	Wed	4:00 to 5:00 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W315 Session 1	Thurs	5:00 to 6:00 pm	Jan 11	Feb 22	\$75.00 7 Weeks
	W318 Session 1	Sat	11:00 to 12:00 pm	Jan 13	Feb 24	\$64.00 6 Weeks
	W313 Session 2	Wed	4:00 to 5:00 pm	Feb 28	Apr 17	\$75.00 7 Weeks
	W316 Session 2	Thurs	5:00 to 6:00 pm	Feb 29	Apr 18	\$75.00 7 Weeks
	W319 Session 2	Sat	11:00 to 12:00 pm	Mar 2	Apr 20	\$64.00 6 Weeks
	W314 Session 3	Wed	4:00 to 5:00 pm	Apr 24	June 5	\$75.00 7 Weeks
	W317 Session 3	Thurs	5:00 to 6:00 pm	Apr 25	June 6	\$75.00 7 Weeks
	W320 Session 3	Sat	11:00 to 12:00 pm	Apr 27	June 8	\$64.00 6 Weeks
 Kid Yoga Age 5 to 8	W354 Session 1	Mon	4:00 to 5:00 pm	Jan 8	Feb 19	\$64.00 6 Weeks
	W355 Session 2	Mon	4:00 to 5:00 pm	Feb 26	Apr 15	\$64.00 6 Weeks
	W356 Session 3	Mon	4:00 to 5:00 pm	Apr 22	June 3	\$64.00 6 Weeks
 Kid Fit Age 7 to 8	W321 Session 1	Thurs	5:00 to 6:00 pm	Jan 11	Feb 22	\$75.00 7 Weeks
	W322 Session 2	Thurs	5:00 to 6:00 pm	Feb 29	Apr 18	\$75.00 7 Weeks
	W323 Session 3	Thurs	5:00 to 6:00 pm	Apr 25	June 6	\$75.00 7 Weeks
 Junior Athletic Training Age 9 to 11	W324 Session 1	Mon	4:00 to 5:00 pm	Jan 8	Feb 19	\$64.00 6 Weeks
	W327 Session 1	Thurs	4:00 to 5:00 pm	Jan 11	Feb 22	\$75.00 7 Weeks
	W325 Session 2	Mon	4:00 to 5:00 pm	Feb 26	Apr 15	\$64.00 6 Weeks
	W328 Session 2	Thurs	4:00 to 5:00 pm	Feb 29	Apr 18	\$75.00 7 Weeks
	W326 Session 3	Mon	4:00 to 5:00 pm	Apr 22	June 3	\$64.00 6 Weeks
	W329 Session 3	Thurs	4:00 to 5:00 pm	Apr 25	June 6	\$75.00 7 Weeks
 Junior Yoga Age 9 to 14	W360 Session 1	Thurs	4:30 to 5:30 pm	Jan 11	Feb 22	\$75.00 7 Weeks
	W361 Session 2	Thurs	4:30 to 5:30 pm	Feb 29	Apr 18	\$75.00 7 Weeks
	W362 Session 3	Thurs	4:30 to 5:30 pm	Apr 25	June 6	\$75.00 7 Weeks

Art Club

Ages 5 to 8

Let's get creative! This clinic gives kids a venue for building and creating art. *No class Mar 12.*

Program	Clinic	Day	Time	Date	Ends	Price
 Kinder Art Club Age 5 to 6	W300 Session 1	Thurs	4:15 to 5:00 pm	Jan 11	Feb 22	\$75.00 7 Weeks
	W301 Session 2	Thurs	4:15 to 5:00 pm	Feb 29	Apr 18	\$75.00 7 Weeks
	W302 Session 3	Thurs	4:15 to 5:00 pm	Apr 25	June 6	\$75.00 7 Weeks
 Kids Art Club Age 7 to 8	W303 Session 1	Tues	4:00 to 5:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W304 Session 2	Tues	4:00 to 5:00 pm	Feb 27	Apr 16	\$75.00 7 Weeks
	W305 Session 3	Tues	4:00 to 5:00 pm	Apr 23	June 4	\$75.00 7 Weeks

Teen Training Ages 13+

Learn to use the cardio machines, proper technique for body weight exercises and selectorized weight machines. Once your teen completes and attends all 7 classes they can workout in the fitness center on their own. We encourage all teens to continue to learn by registering for more teen training clinics - same level or higher - to gain more knowledge and confidence.

Level 2 includes Weight Room and Fitness Centre workouts. **Level 3** includes athletic training, getting you stronger, faster for sports with this class. *No class Feb 17 & 19, Mar 9, 11, 13, 14, 30, Apr 1, May 18 & 20*

Home Alone

Safety for Kids Ages 9 to 12

This 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 to today's young learners.

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)

This program reaches children of all learning-types. Gaming techniques provide a fun, 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. **Please note 100% attendance is required to receive the SOS 4 Kids completion certificate. No class Mar 13.**

Clinic	Day	Time	Date	Ends
W604 Session 2	Wed	4:15 to 5:15 pm	Mar 6	Apr 24
7 Weeks \$75 Members \$85 Non-Members Questions? Contact Agustina aguiros@ontarioracquetclub.com				

Program	Clinic	Day	Time	Date	Ends	Price
 Teen Training Level 1 Age 13+	W333 Session 1	Thurs	5:00 to 6:00 pm	Jan 11	Feb 22	\$75.00 7 Weeks
	W336 Session 1	Sat	9:15 to 10:15 am	Jan 13	Feb 24	\$64.00 6 Weeks
	W334 Session 2	Thurs	5:00 to 6:00 pm	Feb 29	Apr 18	\$75.00 7 Weeks
	W337 Session 2	Sat	9:15 to 10:15 am	Mar 2	Apr 20	\$64.00 6 Weeks
	W335 Session 3	Thurs	5:00 to 6:00 pm	Apr 25	June 6	\$75.00 7 Weeks
	W338 Session 3	Sat	9:15 to 10:15 am	Apr 27	June 8	\$64.00 6 Weeks
 Teen Training Level 2 Age 13+	W339 Session 1	Mon	5:00 to 6:00 pm	Jan 8	Feb 19	\$64.00 6 Weeks
	W342 Session 1	Wed	5:00 to 6:00 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W345 Session 1	Sat	10:15 to 11:15 am	Jan 13	Feb 24	\$64.00 6 Weeks
	W340 Session 2	Mon	4:30 to 5:30 pm	Feb 26	Apr 15	\$64.00 6 Weeks
	W343 Session 2	Wed	5:00 to 6:00 pm	Feb 28	Apr 17	\$75.00 7 Weeks
	W346 Session 2	Sat	10:15 to 11:15 am	Mar 2	Apr 20	\$64.00 6 Weeks
	W341 Session 3	Mon	4:30 to 5:30 pm	Apr 22	June 3	\$64.00 6 Weeks
	W344 Session 3	Wed	5:00 to 6:00 pm	Apr 24	June 5	\$75.00 7 Weeks
 Teen Training Level 3 Age 13+	W347 Session 3	Sat	10:15 to 11:15 am	Apr 27	June 8	\$64.00 6 Weeks
	W348 Session 1	Wed	4:00 to 5:00 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W351 Session 1	Thurs	6:00 to 7:00 pm	Jan 11	Feb 22	\$75.00 7 Weeks
	W349 Session 2	Wed	4:00 to 5:00 pm	Feb 28	Apr 17	\$75.00 7 Weeks
	W352 Session 2	Thurs	6:00 to 7:00 pm	Feb 29	Apr 18	\$75.00 7 Weeks
	W350 Session 3	Wed	4:00 to 5:00 pm	Apr 24	June 5	\$75.00 7 Weeks
	W353 Session 3	Thurs	6:00 to 7:00 pm	Apr 25	June 6	\$75.00 7 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. **No class on Feb 19, Mar 11 & 12, Apr 1 and May 20.**

Program	Clinic	Day	Time	Date	Ends	Price
Karate Age 5 to 9	W903 Session 1	Mon	5:30 to 6:15 pm	Jan 8	Feb 19	\$90.00 6 Weeks
	W906 Session 1	Tues	5:30 to 6:15 pm	Jan 9	Feb 20	\$105.00 7 Weeks
	W904 Session 2	Mon	5:30 to 6:15 pm	Feb 26	Apr 15	\$90.00 6 Weeks
	W907 Session 2	Tues	5:30 to 6:15 pm	Feb 27	Apr 16	\$105.00 7 Weeks
	W905 Session 3	Mon	5:30 to 6:15 pm	Apr 22	June 3	\$90.00 6 Weeks
	W908 Session 3	Tues	5:30 to 6:15 pm	Apr 23	June 4	\$105.00 7 Weeks
Karate Age 10 to 16	W909 Session 1	Mon	6:15 to 7:15 pm	Jan 8	Feb 19	\$90.00 6 Weeks
	W912 Session 1	Tues	6:15 to 7:15 pm	Jan 9	Feb 20	\$105.00 7 Weeks
	W910 Session 2	Mon	6:15 to 7:15 pm	Feb 26	Apr 15	\$90.00 6 Weeks
	W913 Session 2	Tues	6:15 to 7:15 pm	Feb 27	Apr 16	\$105.00 7 Weeks
	W911 Session 3	Mon	6:15 to 7:15 pm	Apr 22	June 3	\$90.00 6 Weeks
	W914 Session 3	Tues	6:15 to 7:15 pm	Apr 23	June 4	\$105.00 7 Weeks


Basketball Ages 5 to 14

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 Feb 18 & 19, Mar 10, 11, 13, 15, 29, 31, Apr 1, May 19 & 20.**

Program	Clinic	Day	Time	Date	Ends	Price
O/JRC B-Ball Age 5 to 6	W363 Session 1	Mon	4:00 to 5:00 pm	Jan 8	Feb 19	\$64.00 6 Weeks
	W366 Session 1	Wed	5:00 to 6:00 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W369 Session 1	Sun	10:00 to 11:00 am	Jan 14	Feb 25	\$64.00 6 Weeks
	W364 Session 2	Mon	4:00 to 5:00 pm	Feb 26	Apr 15	\$64.00 6 Weeks
	W367 Session 2	Wed	5:00 to 6:00 pm	Feb 28	Apr 17	\$75.00 7 Weeks
	W370 Session 2	Sun	10:00 to 11:00 am	Mar 3	Apr 21	\$64.00 6 Weeks
	W365 Session 3	Mon	4:00 to 5:00 pm	Apr 22	June 3	\$64.00 6 Weeks
	W368 Session 3	Wed	5:00 to 6:00 pm	Apr 24	June 5	\$75.00 7 Weeks
O/JRC B-Ball Age 7 to 9	W371 Session 3	Sun	10:00 to 11:00 am	Apr 28	June 9	\$64.00 6 Weeks
	W372 Session 1	Wed	5:00 to 6:00 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W375 Session 1	Fri	5:00 to 6:00 pm	Jan 12	Feb 23	\$75.00 7 Weeks
	W373 Session 2	Wed	5:00 to 6:00 pm	Feb 28	Apr 17	\$75.00 7 Weeks
	W376 Session 2	Fri	5:00 to 6:00 pm	Mar 1	Apr 19	\$64.00 6 Weeks
	W374 Session 3	Wed	5:00 to 6:00 pm	Apr 24	June 5	\$75.00 7 Weeks
	W377 Session 3	Fri	5:00 to 6:00 pm	Apr 26	June 7	\$75.00 7 Weeks
	W381 Session 1	Wed	4:00 to 5:00 pm	Jan 10	Feb 21	\$75.00 7 Weeks
O/JRC B-Ball Age 7 to 9	W382 Session 2	Wed	4:00 to 5:00 pm	Feb 28	Apr 17	\$75.00 7 Weeks
	W383 Session 3	Wed	4:00 to 5:00 pm	Apr 24	June 7	\$75.00 7 Weeks
	W378 Session 1	Mon	5:00 to 6:00 pm	Jan 8	Feb 19	\$64.00 6 Weeks
O/JRC B-Ball Age 9 to 10	W379 Session 2	Mon	5:00 to 6:00 pm	Feb 26	Apr 15	\$64.00 6 Weeks
	W380 Session 3	Mon	5:00 to 6:00 pm	Apr 22	June 5	\$64.00 6 Weeks
O/JRC B-Ball Age 11 to 14	W387 Session 1	Wed	6:00 to 7:00 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W388 Session 2	Wed	6:00 to 7:00 pm	Feb 28	Apr 17	\$75.00 7 Weeks
	W389 Session 3	Wed	6:00 to 7:00 pm	Apr 24	June 7	\$75.00 7 Weeks

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. **No class Feb 17, Mar 9, 12, 15, 29 & 30, May 18.**

Program	Clinic	Day	Time	Date	Ends	Price
 Soccer Age 5 to 6	W393 Session 1	Tues	4:00 to 5:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W396 Session 1	Fri	5:00 to 6:00 pm	Jan 12	Feb 23	\$75.00 7 Weeks
	W394 Session 2	Tues	4:00 to 5:00 pm	Feb 27	Apr 16	\$75.00 7 Weeks
	W397 Session 2	Fri	5:00 to 6:00 pm	Mar 1	Apr 19	\$64.00 6 Weeks
	W395 Session 3	Tues	4:00 to 5:00 pm	Apr 23	June 4	\$75.00 7 Weeks
	W398 Session 3	Fri	5:00 to 6:00 pm	Apr 26	June 7	\$75.00 7 Weeks
 Soccer Age 7 to 8	W399 Session 1	Tues	5:00 to 6:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W400 Session 2	Tues	5:00 to 6:00 pm	Feb 27	Apr 16	\$75.00 7 Weeks
	W401 Session 3	Tues	5:00 to 6:00 pm	Apr 23	June 4	\$75.00 7 Weeks
 Soccer Age 9 to 10	W405 Session 1	Tues	5:00 to 6:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W406 Session 2	Tues	5:00 to 6:00 pm	Feb 27	Apr 16	\$75.00 7 Weeks
	W407 Session 3	Tues	5:00 to 6:00 pm	Apr 23	June 4	\$75.00 7 Weeks

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. **Note 100% attendance required to receive Red Cross completion certificate.**

Clinic	Day	Time	Date	Ends	Price
W605 Session 1	Sat	9:00 to 1:00 pm	Feb 3	Feb 10	\$75.00 2 Weeks
W605.1 Session 3	Sat	9:00 to 1:00 pm	May 4	May 11	\$75.00 2 Weeks
Got a Friend? Non-Member Price is \$85 Questions? Email Agustina at aquiros@ontarioracquetclub.com					

Kids Sports Ages 7 to 9

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 Feb 17 & 19, Mar 9, 11, 14, 30, Apr 1, May 18 & 20.**

Program	Clinic	Day	Time	Date	Ends	Price
 Kids Sports Age 7 to 8	W408 Session 1	Mon	5:00 to 6:00 pm	Jan 8	Feb 19	\$64.00 6 Weeks
	W411 Session 1	Thurs	4:00 to 5:00 pm	Jan 11	Feb 22	\$75.00 7 Weeks
	W409 Session 2	Mon	5:00 to 6:00 pm	Feb 26	Apr 15	\$64.00 6 Weeks
	W412 Session 2	Thurs	4:00 to 5:00 pm	Feb 29	Apr 18	\$75.00 7 Weeks
	W410 Session 3	Mon	5:00 to 6:00 pm	Apr 22	June 3	\$64.00 6 Weeks
	W413 Session 3	Thurs	4:00 to 5:00 pm	Apr 25	June 6	\$75.00 7 Weeks
 Kids Sports Age 7 to 9	W414 Session 1	Sat	10:00 to 11:00 am	Jan 13	Feb 24	\$64.00 6 Weeks
	W415 Session 2	Sat	10:00 to 11:00 am	Mar 2	Apr 20	\$64.00 6 Weeks
	W416 Session 3	Sat	10:00 to 11:00 am	Apr 27	June 8	\$64.00 6 Weeks



Use The ORC Sport Court

RENTALS

Volleyball \$50 plus tax per hour
Badminton \$20 plus tax per hour
Pickleball \$20 plus tax per hour

OPEN TIMES

Make use of the basketball nets, exercise or just play around in the open space.

Email **Nicole Crewe**, Fitness & Family Activities Director
To Enquire About Open Times or Rental Availability
ncrewe@ontarioracquetclub.com

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 on Mar 2 & 15.**

Volleyball Ages 9 to 14

Progression drills and games are used for the appropriate age/level. Every week kids learn volleyball warm ups, drills, skills games and scrimmage. **No class on Feb 18, Mar 10 & 31, May 19.**



Badminton

Badminton Clinics consist of a round-robin supervised by an NCCP certified pro with a seven week commitment from players. We supply birds and racquets. **No class Mar 12.**




Badminton Drop-Ins use the same great format with no weekly commitment. supervised by an NCCP certified pro. We supply birds and racquets.

Badminton Drop-In

Monday from 7:00 to 8:30 pm Starting Jan 15
Ages 16+ | \$7.50 per session

Badminton Family Drop-In

Friday from 6:00 to 7:30 pm Starting Jan 19
Ages 6+ | \$5.00 per session

Program	Clinic	Day	Time	Date	Ends	Price
 Track & Field Age 7 to 8	W417 Session 1	Fri	4:00 to 5:00 pm	Jan 12	Feb 23	\$75.00 7 Weeks
	W418 Session 2	Fri	4:00 to 5:00 pm	Mar 1	Apr 19	\$64.00 6 Weeks
	W419 Session 3	Fri	4:00 to 5:00 pm	Apr 26	June 7	\$75.00 7 Weeks
 Track & Field Age 9 to 10	W420 Session 1	Fri	4:00 to 5:00 pm	Jan 12	Feb 23	\$75.00 7 Weeks
	W421 Session 2	Fri	4:00 to 5:00 pm	Mar 1	Apr 19	\$64.00 6 Weeks
	W422 Session 3	Fri	4:00 to 5:00 pm	Apr 26	June 7	\$75.00 7 Weeks
 Volleyball Age 11 to 14	W426 Session 1	Thurs	6:00 to 7:00 pm	Jan 11	Feb 22	\$75.00 7 Weeks
	W429 Session 1	Sun	11:00 to 12:00 pm	Jan 14	Feb 25	\$64.00 6 Weeks
	W427 Session 2	Thurs	6:00 to 7:00 pm	Feb 29	Apr 18	\$75.00 7 Weeks
	W430 Session 2	Sun	11:00 to 12:00 pm	Mar 3	Apr 21	\$64.00 6 Weeks
	W428 Session 3	Thurs	6:00 to 7:00 pm	Apr 25	June 6	\$75.00 7 Weeks
	W431 Session 3	Sun	11:00 to 12:00 pm	Apr 28	June 9	\$64.00 6 Weeks
Family Volleyball Drop-In Ages 12+ Sundays from 12:00 to 1:00 pm No Sign-up Necessary						

Program	Clinic	Day	Time	Date	Ends	Price
Junior Badminton Age 9 to 15	W900 Session 1	Tues	6:00 to 7:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W901 Session 2	Tues	6:00 to 7:00 pm	Feb 27	Apr 16	\$75.00 7 Weeks

Badminton Lessons at ORC	Private Lesson	\$70.00
	Semi-Private	\$55 Per Person
	Group of 3	\$45 Per Person
	Group of 4	\$35 Per Person
Contact Albert For Lessons afong@ontarioracquetclub.com		

Wellness AT ORC

Immersion Therapy

Intro to Deliberate Cold Exposure & Cold Plunge

Cathy Stephenson from Club Spa will share evidence-based research, best practices, safety protocols and explain how deliberate exposure to cold water can create positive change in our mental and physical resilience. Attendees can book their first plunge for 50% off at the Club Spa. Benefits of Immersion Therapy include:

- ◆ Reduced Inflammation
- ◆ Improved Immune Response
- ◆ Improved Quality of Sleep
- ◆ Higher Energy
- ◆ More Clarity & Focus
- ◆ Increased Metabolism

Demystifying Cannabis

An Open Conversation About The Plant & Its Benefits

Cannabis is a versatile plant with a wide range of cannabinoids, each contributing to various therapeutic benefits. When it comes to topicals, cannabinoids play a significant role in providing relief for a variety of medical conditions.

Join our community cannabis retail store SOMA LEAF Co. as they discuss the extensively researched category of cannabis, and how it has shown promise in assisting with a wide array of ailments. From promoting better sleep to managing arthritis and pain, cannabis and its various cannabinoids are proving to be valuable tools in the pursuit of improved health and well-being. Through the application of topicals, cannabis is changing lives by providing natural relief and support for a variety of medical conditions.

Self Defense

An empowering opportunity for individuals of all ages to master the art of personal protection. Whether it's a dimly lit alley at night, a daytime visit to a friend's place, or even within the comfort of your own home - we'll equip you with essential skills to ensure your safety in any unexpected situation. Learn the fundamental techniques for safeguarding yourself when things take an unexpected turn.

Golf Seminar

Some of the foremost golf experts will help you kick-start the season - from equipment to swing technique - to help you get into the swing of thing for the 2024 season.

Certified Athletic Therapist at Club Physio Plus, Russell Gunner will give some tips to get you through the golf season injury-free. Come for the second annual after last years huge success.

Contact ORC Health & Wellness

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

Immersion Therapy Intro to Cold Plunge	W600 Session 1	Tues	6:00 to 7:00 pm	Jan 23
	60-Min Workshop \$10/Members, \$15/Non Members			
SOMA Cannabis Topicals	W601 Session 1	Thurs	11:00 am to 12:00 pm	Feb 15
	60-Min Workshop \$10/Members, \$15/Non Members			
Self Defense	W602 Session 1	Sat	1:00 to 2:00 pm	Mar 2
	60-Min Workshop \$10/Members, \$15/Non Members			
Gardening Tips & Tricks	W603 Session 1	Tue	1:00 to 2:00 pm	Apr 16
	60-Min Workshop \$10/Members, \$15/Non Members			
Golf Seminar	W606 Session 1	Tue	7:00 to 9:00 pm	May 7
	2 Hour Workshop \$10/Members, \$15/Non Members			

Gardening Tips & Tricks

Come meet some gardening experts to help with all aspects of the season! Gardening can be an enjoyable, rewarding activity, but also physically demanding. It's important to take the right steps to ensure you're ready for a successful gardening season.

Russell Gunner is an Athletic Therapist and Registered Acupuncturist who is co-owner of Club Physio Plus in the ORC. He has been at the ORC for over 23 years and has seen hundreds of gardening injuries. Their busiest time of year in the clinic is always in the Spring; the vast majority is from gardening. He will discuss some great ways to avoid those nagging injuries and some very simple, but helpful tips. Among a few other special gardening guests TBD.

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 Feb 17, Mar 9,15,29,30, May 18.

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 Feb 17, Mar 9,15,29,30 & May 18.

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 Feb 17, Mar 9,15,29,30 & May 18.**

Registration Start Date

Session One

Register Monday December 4th at 10:00 am for all Session One white-coloured programs

Session Two


Register Monday February 5th at 10:00 am for all Session Two pink-coloured programs

Session Three

Register Monday April 8th at 10:00 am for all Session Three purple-coloured programs

*To register, simply go to
<https://orc.clubautomation.com/>
on your browser, login, then go to
"Register for Classes" on the left.*

Program	Clinic	Day	Time	Date	Ends	Price
Tennis FUNdamentals	W100 Session 1	Fri	4:00 to 5:00 pm	Jan 12	Feb 23	\$171.50 7 Weeks
	W103 Session 1	Fri	5:00 to 6:00 pm	Jan 12	Feb 23	\$171.50 7 Weeks
	W106 Session 1	Sat	10:30 to 11:30 am	Jan 13	Feb 24	\$147.00 6 weeks
	W109 Session 1	Sat	11:30 to 12:30 pm	Jan 13	Feb 24	\$147.00 6 weeks
	W101 Session 2	Fri	4:00 to 5:00 pm	Mar 1	Apr 19	\$147.00 6 Weeks
	W104 Session 2	Fri	5:00 to 6:00 pm	Mar 1	Apr 19	\$147.00 6 Weeks
	W107 Session 2	Sat	10:30 to 11:30 am	Mar 2	Apr 20	\$147.00 6 weeks
	W110 Session 2	Sat	11:30 to 12:30 pm	Mar 2	Apr 20	\$147.00 6 Weeks
	W102 Session 3	Fri	4:00 to 5:00 pm	Apr 26	Jun 7	\$171.50 7 Weeks
	W105 Session 3	Fri	5:00 to 6:00 pm	Apr 26	Jun 7	\$171.50 7 Weeks
	W108 Session 3	Sat	10:30 to 11:30 am	Apr 27	Jun 8	\$147.00 6 weeks
	W111 Session 3	Sat	11:30 to 12:30 pm	Apr 27	Jun 8	\$147.00 6 Weeks
Progressive Development	W112 Session 1	Fri	4:00 to 5:00 pm	Jan 12	Feb 23	\$185.50 7 Weeks
	W115 Session 1	Fri	5:00 to 6:00 pm	Jan 12	Feb 23	\$185.50 7 Weeks
	W118 Session 1	Sat	10:30 to 11:30 am	Jan 13	Feb 24	\$159.00 6 Weeks
	W121 Session 1	Sat	11:30 to 12:30 am	Jan 13	Feb 24	\$159.00 6 Weeks
	W113 Session 2	Fri	4:00 to 5:00 pm	Mar 1	Apr 19	\$159.50 6 Weeks
	W116 Session 2	Fri	5:00 to 6:00 pm	Mar 1	Apr 19	\$159.00 6 Weeks
	W119 Session 2	Sat	10:30 to 11:30 am	Mar 2	Apr 20	\$159.00 6 Weeks
	W122 Session 2	Sat	11:30 to 12:30 am	Mar 2	Apr 20	\$159.00 6 Weeks
	W114 Session 3	Fri	4:00 to 5:00 pm	Apr 26	Jun 7	\$185.50 7 Weeks
	W117 Session 3	Fri	5:00 to 6:00 pm	Apr 26	Jun 7	\$185.50 7 Weeks
	W120 Session 3	Sat	10:30 to 11:30 am	Apr 27	Jun 8	\$159.00 6 Weeks
	W123 Session 3	Sat	11:30 to 12:30 am	Apr 27	Jun 8	\$159.00 6 Weeks
	W124 Session 1	Fri	6:00 to 7:30 pm	Jan 12	Feb 23	\$245.00 7 Weeks
Teen Drill & Play	W127 Session 1	Fri	6:00 to 7:30 pm	Jan 13	Feb 24	\$210.00 6 Weeks
	W125 Session 2	Fri	6:00 to 7:30 pm	Mar 1	Apr 19	\$210.00 6 Weeks
	W128 Session 2	Sat	12:30 to 2:00 pm	Mar 2	Apr 20	\$210.00 6 Weeks
	W126 Session 3	Fri	6:00 to 7:30 pm	Apr 26	Jun 7	\$245.00 7 Weeks
	W129 Session 3	Sat	12:30 to 2:00 pm	Apr 27	Jun 8	\$210.00 6 Weeks



Tennis Academy

ORC's Tennis Academy offers tennis specific training and playing opportunities for dedicated young players age six years and up, who already have a strong foundation in the sport.

Elite Program

For committed players competing at the Provincial or National level, looking to reach their full potential in Tennis.

High Performance

Evening Programs for U9 and up who are fully-committed to the sport.

Junior Development

Daytime and weekend programs for players age six years and up.

For more information about the Tennis Academy, please email tennis@ontarioracquetclub.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.

Any questions can be directed to Kyle at krutherford@ontarioracquetclub.com.

Finally, 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.



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 through the Front Desk. \$20 per person, including balls.

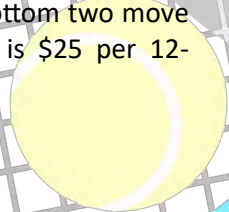
Competitive Speed Doubles

Fridays 7:30 to 9:30 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.

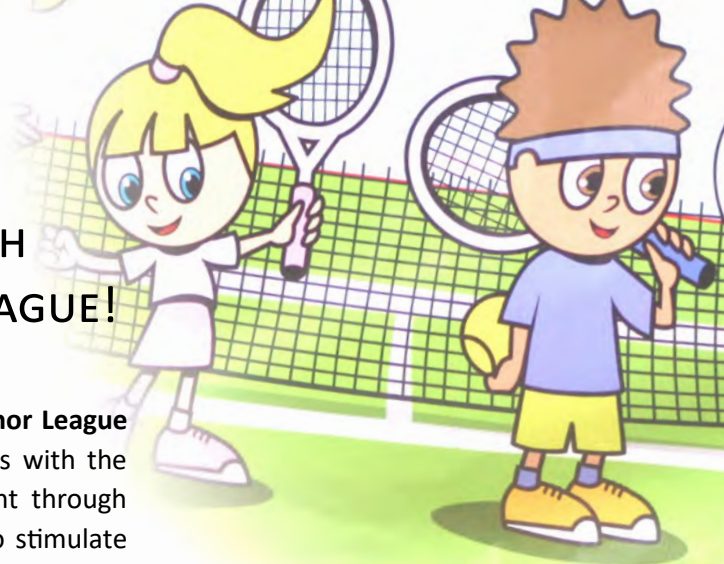
Online Mixed Singles Box Ladder

Play some 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.





WINTER 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 March 10.**

Division 1 Red Ball	W980 Session 1	Sun	3:00 to 4:30 pm	Jan 7	Mar 24
	W980.1 Session 1	Sun	3:00 to 4:30 pm	Apr 7	Jun 16
	11 Weeks <i>\$285/Player - Register at ORC</i>				

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 Mar 10.**

Division 2 Orange Ball	W981 Session 1	Sun	3:00 to 4:30 pm	Jan 7	Mar 24
	W981.1 Session 1	Sun	3:00 to 4:30 pm	Apr 7	Jun 16
	11 Weeks <i>\$285/Player - Register at ORC</i>				

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 Mar 10.**

Division 3 Green Dot Ball	W982 Session 1	Sun	3:00 to 4:30 pm	Jan 7	Mar 24
	W982.1 Session 1	Sun	3:00 to 4:30 pm	Apr 7	Jun 16
	11 Weeks <i>\$285/Player - Register at ORC</i>				

**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:

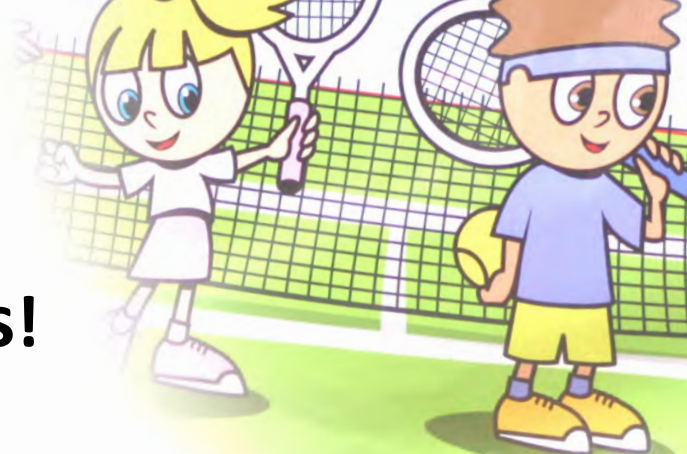
Albert Fong

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 Mar 10.**

Division 4 Green Dot Ball	W983 Session 1	Sun	4:30 to 6:00 pm	Jan 7	Mar 24
	W983.1 Session 1	Sun	4:30 to 6:00 pm	Apr 7	Jun 16
	11 Weeks		\$285/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 Mar 10.**

Division 5 Regular Ball	W984 Session 1	Sun	6:00 to 7:30 pm	Jan 7	Mar 24
	W984.1 Session 1	Sun	6:00 to 7:30 pm	Apr 7	Jun 16
	11 Weeks		\$285/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 13 to 16 years. No class on Oct 8.**

Division 6 Regular Ball	W985 Session 1	Sun	7:30 to 9:00 pm	Jan 7	Mar 24
	W985.1 Session 1	Sun	7:30 to 9:00 pm	Apr 7	Jun 16
	11 Weeks		\$285/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
W986 Session 1	Sat	4:00 to 5:00 pm	Jan 6	March 9
10 Weeks		\$130/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
W987 Session 1	Sat	4:00 to 5:00 pm	Jan 6	March 9
10 Weeks		\$130/player		

Please visit mississaugalittleaces.com for more information.

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 will learn the basic 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 ORC Racquet members. May be taken only once if on a Fitness membership. **No class on Feb 19, Mar 11, Apr 1 & May 20.**

Clinic	Day	Time	Date	Ends	Price
W130 Session 1	Mon	9:00 to 10:30 am	Jan 8	Feb 12	\$228.00 6 Weeks
W133 Session 1	Mon	7:30 to 9:00 pm	Jan 8	Feb 12	\$228.00 6 Weeks
W131 Session 2	Mon	9:00 to 10:30 am	Feb 26	Apr 15	\$228.00 6 Weeks
W134 Session 2	Mon	7:30 to 9:00 pm	Feb 26	Apr 15	\$228.00 6 Weeks
W132 Session 2	Mon	9:00 to 10:30 am	Apr 22	Jun 3	\$228.00 6 Weeks
W135 Session 2	Mon	7:30 to 9:00 pm	Apr 22	Jun 3	\$228.00 6 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 Feb 19, Mar 11, 13, 15, 29, Apr 1 & May 20.**

Clinic	Day	Time	Date	Ends	Price
W136 Session 1	Mon	6:30 to 7:30 am	Jan 8	Feb 12	\$120.00 6 Weeks
W139 Session 1	Wed	6:30 to 7:30 am	Jan 10	Feb 21	\$140.00 7 Weeks
W142 Session 1	Fri	9:00 to 10:30 am	Jan 12	Feb 23	\$210.00 7 Weeks
W137 Session 2	Mon	6:30 to 7:30 am	Feb 26	Apr 15	\$120.00 6 Weeks
W140 Session 2	Wed	6:30 to 7:30 am	Feb 28	Apr 17	\$140.00 7 Weeks
W143 Session 2	Fri	9:00 to 10:30 am	Mar 1	Apr 19	\$210.00 7 Weeks
W138 Session 3	Mon	6:30 to 7:30 am	Apr 22	Jun 3	\$120.00 6 Weeks
W141 Session 3	Wed	6:30 to 7:30 am	Apr 24	Jun 5	\$140.00 7 Weeks
W144 Session 3	Fri	9:00 to 10:30 am	Apr 26	Jun 7	\$210.00 7 Weeks

Drill & Play Offered at Multiple Levels

Train specific tactics for 45 minutes and then put what you learned into practice with point play for 45 minutes. This clinic is offered at all levels and playing abilities. **No class on Feb 19, Mar 11,12,13,14,15, Apr 1 & May 20.**

LEVEL 1.5 - 2.0 (ADVANCED BEGINNERS)

Clinic	Day	Time	Date	Ends	Price
W145 Session 1	Mon	7:30 to 9:00 pm	Jan 8	Feb 12	\$240.00 6 Weeks
W148 Session 1	Tues	10:30 to 12:00 pm	Jan 9	Feb 20	\$266.00 7 Weeks
W146 Session 2	Mon	7:30 to 9:00 pm	Feb 26	Apr 15	\$240.00 6 Weeks
W149 Session 2	Tues	10:30 to 12:00 pm	Feb 27	Apr 16	\$266.00 7 Weeks
W147 Session 3	Mon	7:30 to 9:00 pm	Apr 22	Jun 3	\$240.00 6 Weeks
W150 Session 3	Tues	10:30 to 12:00 pm	Apr 23	Jun 4	\$266.00 7 Weeks

LEVEL 2.0 - 2.5

Clinic	Day	Time	Date	Ends	Price
W151 Session 1	Wed	10:30 to 12:00 pm	Jan 10	Feb 21	\$266.00 7 Weeks
W154 Session 1	Wed	7:30 to 9:00 pm	Jan 10	Feb 21	\$280.00 7 Weeks
W152 Session 2	Wed	10:30 to 12:00 pm	Feb 28	Apr 17	\$266.00 7 Weeks
W155 Session 2	Wed	7:30 to 9:00 pm	Feb 28	Apr 17	\$280.00 7 Weeks
W153 Session 3	Wed	10:30 to 12:00 pm	Apr 24	Jun 5	\$266.00 7 Weeks
W156 Session 3	Wed	7:30 to 9:00 pm	Apr 24	Jun 5	\$280.00 7 Weeks

LEVEL 2.5 - 3.0

Clinic	Day	Time	Date	Ends	Price
W157 Session 1	Mon	10:30 to 12:00 pm	Jan 8	Feb 12	\$228.00 6 Weeks
W160 Session 1	Fri	10:30 to 12:00 pm	Jan 12	Feb 23	\$266.00 7 Weeks
W158 Session 2	Mon	10:30 to 12:00 pm	Feb 26	Apr 15	\$228.00 6 Weeks
W161 Session 2	Fri	10:30 to 12:00 pm	Mar 1	Apr 19	\$228.00 6 Weeks
W159 Session 3	Mon	10:30 to 12:00 pm	Apr 22	Jun 3	\$228.00 6 Weeks
W162 Session 3	Fri	10:30 to 12:00 pm	Apr 26	Jun 7	\$266.00 7 Weeks

LEVEL 3.0 - 3.5

Clinic	Day	Time	Date	Ends	Price
W163 Session 1	Thurs	10:30 to 12:00 pm	Jan 11	Feb 22	\$266.00 7 Weeks
W166 Session 1	Thurs	7:30 to 9:00 pm	Jan 11	Feb 22	\$280.00 7 Weeks
W164 Session 2	Thurs	10:30 to 12:00 pm	Feb 29	Apr 18	\$266.00 7 Weeks
W167 Session 2	Thurs	7:30 to 9:00 pm	Feb 29	Apr 18	\$280.00 7 Weeks
W165 Session 3	Thurs	7:30 to 9:00 pm	Apr 25	Jun 6	\$266.00 7 Weeks
W168 Session 3	Thurs	7:30 to 9:00 pm	Apr 25	Jun 6	\$280.00 7 Weeks

Doubles Shot of the Week 2.0 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! **No class on Mar 14**

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.

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!

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".

Start the Point Right 2.5 to 3.5+

Struggling to place you 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!

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!

	Clinic	Day	Time	Date	Ends	Price
Doubles Shot of the Week 2.0 to 3.0	W169 Session 1	Thurs	9:00 to 10:30 am	Jan 11	Feb 22	\$266.00 7 Weeks
	W170 Session 2	Thurs	9:00 to 10:30 am	Feb 29	Apr 18	\$266.00 7 Weeks
	W171 Session 3	Thurs	9:00 to 10:30 am	Apr 25	Jun 6	\$266.00 7 Weeks
Shot of the Week 2.0 to 3.0	W184 Session 1	Sun	10:30 to 12:00 pm	Jan 14	Feb 25	\$240.00 6 Weeks
	W185 Session 2	Sun	10:30 to 12:00 pm	Mar 3	Apr 21	\$240.00 6 Weeks
	W186 Session 3	Sun	10:30 to 12:00 pm	Apr 28	Jun 9	\$240.00 6 Weeks
Shot of the Week 2.5 to 3.0	W187 Session 1	Sun	12:30 to 2:00 pm	Jan 9	Feb 20	\$266.00 7 Weeks
	W188 Session 2	Tue	12:30 to 2:00 pm	Feb 27	Apr 16	\$266.00 7 Weeks
	W189 Session 3	Tue	12:30 to 2:00 pm	Apr 23	Jun 4	\$266.00 7 Weeks
Shot of the Week 3.0 to 3.5	W190 Session 1	Tue	7:30 to 9:00 pm	Jan 9	Feb 20	\$280.00 7 Weeks
	W191 Session 2	Tue	7:30 to 9:00 pm	Feb 27	Apr 16	\$280.00 7 Weeks
	W192 Session 3	Tue	7:30 to 9:00 pm	Apr 23	Jun 4	\$280.00 7 Weeks
Singles Bootcamp 2.5 to 3.0	W193 Session 1	Wed	8:30 to 10:00 pm	Jan 10	Feb 21	\$280.00 7 Weeks
	W194 Session 2	Wed	8:30 to 10:00 pm	Feb 28	Apr 17	\$280.00 7 Weeks
	W195 Session 3	Wed	8:30 to 10:00 pm	Apr 24	Jun 5	\$280.00 7 Weeks
Singles Bootcamp Level 3.5+	W196 Session 1	Thurs	8:30 to 10:00 pm	Jan 11	Feb 22	\$280.00 7 Weeks
	W197 Session 2	Thurs	8:30 to 10:00 pm	Feb 29	Apr 18	\$280.00 7 Weeks
	W198 Session 3	Thurs	8:30 to 10:00 pm	Apr 25	Jun 6	\$280.00 7 Weeks
Doubles Warriors 3.0 to 3.5	W172 Session 1	Sat	4:00 to 6:00 pm	Jan 13	Feb 22	\$240.00 6 Weeks
	W173 Session 2	Sat	4:00 to 6:00 pm	Mar 2	Apr 20	\$240.00 6 Weeks
	W174 Session 3	Sat	4:00 to 6:00 pm	Apr 27	Jun 8	\$240.00 6 Weeks
Start the Point Right 2.5 to 3.5+	W199 Session 1	Wed	12:30 to 2:00 pm	Jan 10	Feb 21	\$228.00 6 Weeks
	W650 Session 2	Wed	12:30 to 2:00 pm	Feb 28	Apr 17	\$228.00 6 Weeks
	W651 Session 3	Wed	12:30 to 2:00 pm	Apr 24	Jun 5	\$228.00 6 Weeks
Air Tennis Level 3.0+	W178 Session 1	Sun	4:00 to 5:30 pm	Jan 14	Feb 25	\$240.00 6 Weeks
	W179 Session 2	sun	4:00 to 5:30 pm	Mar 3	Apr 21	\$240.00 6 Weeks
	W180 Session 3	Sun	4:00 to 5:30 pm	Apr 28	Jun 9	\$240.00 6 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. **No class Mar 12.**

Clinic	Day	Time	Date	Ends	Price
W175 Session 1	Tue	11:00 to 12:30 am	Jan 9	Feb 20	\$266.00 7 Weeks
W176 Session 2	Tue	11:00 to 12:30 am	Feb 27	Apr 16	\$266.00 7 Weeks
W177 Session 3	Tue	11:00 to 12:30 am	Apr 23	Jun 4	\$266.00 7 Weeks

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 May 18.**

Clinic	Day	Time	Date	Ends	Price
W181 Session 1	Sat	9:00 to 10:30 am	Jan 13	Feb 24	\$270.00 6 Weeks
W182 Session 2	Sat	9:00 to 10:30 am	Mar 2	Apr 20	\$270.00 6 Weeks
W183 Session 3	Sat	9:00 to 10:30 am	Apr 27	Jun 8	\$270.00 6 Weeks

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	\$77 - Level 1 Coach
	\$83 - Level 2 Coach
	\$88 - Level 3 Coach
Semi-Private	\$49 - Level 1 Coach
	\$52 - Level 2 Coach
	\$55 - Level 3 Coach
Group of 3	\$37 - Level 1 Coach
	\$40 - Level 2 Coach
	\$42 - Level 3 Coach
Group of 4	\$29 - Level 1 Coach
	\$31 - Level 2 Coach
	\$33 - 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.

Indoor Court Fees		
Monday thru Friday	Non Prime \$22/Hour	6:00 am to 5:00 pm
	Prime Time \$28/Hour	5:00 pm to 9:00 pm
	Late Night \$20/Hour	9:00 pm to 11:00 pm
Weekends & Holidays	Non Prime \$22/Hour	7:00 am to 9:00 am
	Prime Time \$28/Hour	9:00 am to 5:00 pm
	Weekend Special \$20/Hour	5:00 pm to 9:00 pm

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 Feb 17, 18, Mar 16, 17, 30 & 31.**

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 Feb 17, 18, 19, Mar 11, 13, 15, 16, 17, 29, 30, 31 & Apr 1.**

Registration Start Date

Session One

Register Monday December 4th at 10:00 am for all Session One white-coloured programs

Session Two

Register Monday February 5th at 10:00 am for all Session Two pink-coloured programs

Session Three

Register Monday April 8th at 10:00 am for all Session Three purple-coloured programs

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	W700 Session 1	Sat	10:00 to 10:30 am	Jan 13	Feb 24	\$110.00 6 Weeks
	W702 Session 1	Sun	10:00 to 10:30 AM	Jan 14	Feb 25	\$110.00 6 Weeks
	W700.1 Session 2	Sat	10:00 to 10:30 AM	Mar 2	Apr 20	\$110.00 6 Weeks
	W702.1 Session 2	Sun	10:00 to 10:30 am	Mar 3	Apr 21	\$110.00 6 Weeks
	W700.2 Session 3	Sat	10:00 to 10:30 am	May 4	Jun 15	\$110.00 6 Weeks
	W702.2 Session 3	Sun	10:00 to 10:30 am	May 5	Jun 16	\$110.00 6 Weeks
Preschool A	W703 Session 1	Mon	4:00 to 4:40 pm	Jan 8	Feb 12	\$132.00 6 Weeks
	W704 Session 1	Wed	6:15 to 6:55 pm	Jan 10	Feb 21	\$148.00 7 Weeks
	W705 Session 1	Fri	5:30 to 6:10 pm	Jan 12	Feb 23	\$148.00 7 Weeks
	W706 Session 1	Sat	10:00 to 10:40 am	Jan 13	Feb 24	\$132.00 6 Weeks
	W707 Session 1	Sun	10:00 to 10:40 am	Jan 14	Feb 25	\$132.00 6 Weeks
	W703.1 Session 2	Mon	4:00 to 4:40 pm	Feb 26	Apr 15	\$132.00 6 Weeks
	W704.1 Session 2	Wed	6:15 to 6:55 pm	Feb 28	Apr 17	\$148.00 7 Weeks
	W705.1 Session 2	Fri	5:30 to 6:10 pm	Mar 1	Apr 19	\$132.00 6 Weeks
	W706.1 Session 2	Fri	5:30 to 6:10 pm	Mar 2	Apr 20	\$148.00 7 Weeks
	W707.1 Session 2	Sun	10:00 to 10:40 am	Mar 3	Apr 21	\$132.00 6 Weeks
	W703.2 Session 3	Mon	4:00 to 4:40 pm	Apr 29	June 10	\$132.00 6 Weeks
	W704.2 Session 3	Wed	6:15 to 6:55 pm	May 1	June 12	\$148.00 7 Weeks
	W705.2 Session 3	Fri	5:30 to 6:10 pm	May 3	June 14	\$148.00 7 Weeks
	W706.2 Session 3	Fri	5:30 to 6:10 pm	May 4	June 15	\$132.00 6 Weeks
	W707.2 Session 3	Sun	10:00 to 10:40 am	May 5	June 16	\$132.00 6 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 Feb 17,18,19, Mar 11,13,15,16,17,29,30,31, Apr 1, May 18,19,20**

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 Feb 17, 18, 19, Mar 11, 13, 15, 16, 17, 29, 30, 31, Apr 1, May 18, 19, 20.**

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	W709 Session 1	Mon	4:45 to 5:25 pm	Jan 8	Feb 12	\$132.00 6 Weeks
	W711 Session 1	Wed	4:00 to 4:40 pm	Jan 10	Feb 21	\$148.00 7 Weeks
	W712 Session 1	Fri	5:30 to 6:10 pm	Jan 12	Feb 21	\$148.00 7 Weeks
	W713 Session 1	Sat	5:30 to 6:10 pm	Mar 2	Apr 20	\$132.00 6 Weeks
	W714 Session 1	Sun	10:45 to 11:25 am	Jan 14	Feb 25	\$132.00 6 Weeks
	W709.1 Session 2	Mon	4:45 to 5:25 pm	Feb 26	Apr 15	\$132.00 6 weeks
	W711.1 Session 2	Wed	4:00 to 4:40 pm	Feb 28	Apr 17	\$148.00 7 weeks
	W712.1 Session 2	Fri	5:30 to 6:10 pm	Mar 1	Apr 19	\$132.00 6 weeks
	W713.1 Session 2	Sat	12:15 to 12:55 pm	Mar 2	Apr 20	\$132.00 6 weeks
	W714.1 Session 2	Sun	10:45 to 11:25 am	Mar 3	Apr 21	\$132.00 6 weeks
	W709.2 Session 3	Mon	4:45 to 5:25 pm	Apr 29	Jun 10	\$132.00 6 Weeks
	W711.2 Session 3	Wed	4:00 to 4:40 pm	May 1	June 12	\$148.00 7 Weeks
	W712.2 Session 3	Fri	5:30 to 6:10 pm	May 3	Jun 14	\$148.00 7 Weeks
	W713.2 Session 3	Sat	12:15 to 12:55 pm	May 4	Jun 15	\$132.00 6 Weeks
	W714.2 Session 3	Sun	10:45 to 11:25 am	May 5	Jun 16	\$132.00 6 Weeks
Preschool C	W715 Session 1	Mon	5:30 to 6:10 pm	Jan 8	Feb 12	\$132.00 6 Weeks
	W716 Session 1	Wed	4:45 to 5:25 pm	Jan 10	Feb 21	\$148.00 7 Weeks
	W717 Session 1	Fri	4:45 to 5:25 pm	Jan 12	Feb 23	\$148.00 7 Weeks
	W719 Session 1	Sat	10:00 to 10:40 am	Jan 13	Feb 24	\$132.00 6 Weeks
	W720 Session 1	Sun	10:45 to 11:25 am	Jan 14	Feb 25	\$132.00 6 Weeks
	W715.1 Session 2	Mon	5:30 to 6:10 pm	Feb 26	Apr 15	\$132.00 6 Weeks
	W716.1 Session 2	Wed	4:45 to 5:25 pm	Feb 28	Apr 17	\$148.00 7 Weeks
	W717.1 Session 2	Fri	4:45 to 5:25 pm	Mar 1	Apr 19	\$132.00 6 Weeks
	W719.1 Session 2	Sat	10:00 to 10:40 am	Mar 2	Apr 20	\$132.00 6 Weeks
	W720.1 Session 2	Sun	10:45 to 11:25 am	Mar 3	Apr 21	\$132.00 6 Weeks
	W715.2 Session 3	Mon	5:30 to 6:10 pm	Apr 29	Jun 10	\$132.00 6 Weeks
	W716.2 Session 3	Wed	4:45 to 5:25 pm	May 1	Jun 12	\$148.00 7 Weeks
	W717.2 Session 3	Fri	4:45 to 5:25 pm	May 3	Jun 14	\$148.00 7 Weeks
	W719.2 Session 3	Sat	10:00 to 10:40 am	May 4	Jun 15	\$132.00 6 Weeks
	W720.2 Session 3	Sun	10:45 to 11:25 am	May 5	Jun 16	\$132.00 6 Weeks

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 Feb 17, 18, 19, Mar 11, 13, 15, 16, 17, 29, 30, 31, Apr 1, May 18, 19, 20.**

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 Mar 11, 13, 15, 16, 17, 29, 30, 31, Apr 1, May 18, 19, 20.**

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 D	W721 Session 1	Mon	4:45 to 5:25 pm	Jan 8	Feb 12	\$132.00 6 Weeks
	W722 Session 1	Wed	5:30 to 6:10 pm	Jan 10	Feb 21	\$148.00 7 Weeks
	W723 Session 1	Fri	4:00 to 4:40 pm	Jan 12	Feb 23	\$148.00 7 Weeks
	W724 Session 1	Sat	10:45 to 11:25 am	Jan 13	Feb 24	\$132.00 6 Weeks
	W725 Session 1	Sun	11:30 am 12:10 pm	Jan 14	Feb 25	\$132.00 6 Weeks
	W721.1 Session 2	Mon	4:45 to 5:25 pm	Feb 26	Apr 15	\$132.00 6 Weeks
	W722.1 Session 2	Wed	5:30 to 6:10 pm	Feb 28	Apr 17	\$148.00 7 Weeks
	W723.1 Session 2	Fri	4:00 to 4:40 pm	Mar 1	Apr 19	\$132.00 6 Weeks
	W724.1 Session 2	Sat	10:45 to 11:25 am	Mar 2	Apr 20	\$132.00 6 Weeks
	W725.1 Session 2	Sun	11:30 am 12:10 pm	Mar 3	Apr 21	\$132.00 6 Weeks
	W721.2 Session 3	Mon	4:45 to 5:25 pm	Apr 29	Jun 10	\$132.00 6 Weeks
	W722.2 Session 3	Wed	5:30 to 6:10 pm	May 1	Jun 12	\$148.00 7 Weeks
	W723.2 Session 3	Fri	4:00 to 4:40 pm	May 3	Jun 14	\$148.00 7 Weeks
	W724.2 Session 3	Sat	10:45 to 11:25 am	May 4	Jun 15	\$132.00 6 Weeks
	W725.2 Session 3	Sun	11:30 am 12:10 pm	May 5	Jun 16	\$132.00 6 Weeks
Preschool E	W726 Session 1	Mon	5:30 to 6:10 pm	Jan 8	Feb 12	\$132.00 6 Weeks
	W727 Session 1	Wed	4:45 to 5:25 pm	Jan 10	Feb 21	\$148.00 7 Weeks
	W728 Session 1	Fri	4:45 to 5:25 pm	Jan 12	Feb 23	\$148.00 7 Weeks
	W729 Session 1	Sat	11:30 am 12:10 pm	Jan 13	Feb 24	\$132.00 6 Weeks
	W730 Session 1	Sun	11:30 am 12:10 pm	Jan 14	Feb 25	\$132.00 6 Weeks
	W726.1 Session 2	Mon	5:30 to 6:10 pm	Feb 28	Apr 15	\$132.00 6 Weeks
	W727.1 Session 2	Wed	4:45 to 5:25 pm	Feb 28	Apr 17	\$148.00 7 Weeks
	W728.1 Session 2	Fri	4:45 to 5:25 pm	Mar 1	Apr 19	\$132.00 6 Weeks
	W729.1 Session 2	Sat	11:30 am 12:10 pm	Mar 2	Apr 20	\$132.00 6 Weeks
	W730.1 Session 2	Sun	11:30 am 12:10 pm	Mar 3	Apr 21	\$132.00 6 Weeks
	W726.2 Session 3	Mon	5:30 to 6:10 pm	Apr 29	Jun 10	\$132.00 6 Weeks
	W727.2 Session 3	Wed	4:45 to 5:25 pm	May 1	Jun 12	\$148.00 7 Weeks
	W728.2 Session 3	Fri	4:45 to 5:25 pm	May 3	Jun 14	\$148.00 7 Weeks
	W729.2 Session 3	Sat	11:30 am 12:10 pm	May 4	Jun 15	\$132.00 6 Weeks
	W730.2 Session 3	Sun	11:30 am 12:10 pm	May 5	Jun 16	\$132.00 6 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 Feb 17, 18, 19, Mar 11, 13, 15, 16, 17, 29, 30, 31, Apr 1, May 18, 19, 20.**

Code	Day	Time	Date	Ends	Price
W731 Session 1	Mon	6:15 to 6:55 pm	Jan 8	Feb 12	\$132.00 6 Weeks
W732 Session 1	Wed	4:45 to 5:25 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W733 Session 1	Wed	6:15 to 6:55 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W734 Session 1	Fri	4:00 to 4:40 pm	Jan 12	Feb 23	\$148.00 7 Weeks
W735 Session 1	Sat	11:30 am 12:10 pm	Jan 13	Feb 24	\$132.00 6 Weeks
W736 Session 1	Sun	10:00 to 10:40 am	Jan 14	Feb 25	\$132.00 6 Weeks
W731.1 Session 2	Mon	6:15 to 6:55 pm	Feb 26	Apr 15	\$132.00 6 Weeks
W732.1 Session 2	Wed	4:45 to 5:25 pm	Feb 28	Apr 17	\$148.00 7 Weeks
W733.1 Session 2	Wed	6:15 to 6:55 pm	Feb 28	Apr 17	\$148.00 7 Weeks
W734.1 Session 2	Fri	4:00 to 4:40 pm	Mar 1	Apr 19	\$132.00 6 Weeks
W735.1 Session 2	Sat	11:30 am 12:10 pm	Mar 2	Apr 20	\$132.00 6 Weeks
W736.1 Session 2	Sun	10:00 to 10:40 am	Mar 3	Apr 21	\$132.00 6 Weeks
W731.2 Session 3	Mon	6:15 to 6:55 pm	Apr 29	Jun 10	\$132.00 6 Weeks
W732.2 Session 3	Wed	4:45 to 5:25 pm	May 1	Jun 12	\$148.00 7 Weeks
W733.2 Session 3	Wed	6:15 to 6:55 pm	May 1	Jun 12	\$148.00 7 Weeks
W734.2 Session 3	Fri	4:00 to 4:40 pm	May 3	Jun 14	\$148.00 7 Weeks
W735.2 Session 3	Sat	11:30 am 12:10 pm	May 4	Jun 15	\$132.00 6 Weeks
W736.2 Session 3	Sun	10:00 to 10:40 am	May 5	Jun 16	\$132.00 6 Weeks

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 Feb 17, 18, 19, Mar 11, 13, 15, 16, 17, 29, 30, 31, Apr 1, May 18, 19, 20.**

Code	Day	Time	Date	Ends	Price
W737 Session 1	Mon	4:45 to 5:25 pm	Jan 8	Feb 12	\$132.00 6 Weeks
W738 Session 1	Wed	4:00 to 4:40 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W739 Session 1	Fri	6:15 to 6:55 pm	Jan 12	Feb 23	\$148.00 7 Weeks
W740 Session 1	Sat	10:45 to 11:25 am	Jan 13	Feb 24	\$132.00 6 Weeks
W742 Session 1	Sun	10:45 to 11:25 am	Jan 14	Feb 25	\$132.00 6 Weeks
W737.1 Session 2	Mon	4:45 to 5:25 pm	Feb 26	Apr 15	\$132.00 6 Weeks
W738.1 Session 2	Wed	4:00 to 4:40 pm	Feb 28	Apr 17	\$148.00 7 Weeks
W739.1 Session 2	Fri	6:15 to 6:55 pm	Mar 1	Apr 19	\$132.00 6 Weeks
W740.1 Session 2	Sat	10:45 to 11:25 am	Mar 2	Apr 20	\$132.00 6 Weeks
W742.1 Session 2	Sun	10:45 to 11:25 am	Mar 3	Apr 21	\$132.00 6 Weeks
W737.2 Session 3	Mon	4:45 to 5:25 pm	Apr 29	Jun 10	\$132.00 6 Weeks
W738.2 Session 3	Wed	4:00 to 4:40 pm	May 1	Jun 12	\$148.00 7 Weeks
W739.2 Session 3	Fri	6:15 to 6:55 pm	May 3	Jun 12	\$148.00 7 Weeks
W740.2 Session 3	Sat	10:45 to 11:25 am	May 4	Jun 15	\$132.00 6 Weeks
W742.2 Session 3	Sun	10:45 to 11:25 am	May 5	Jun 16	\$132.00 6 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 Feb 17, 18, 19, Mar 11, 13, 15, 16, 17, 29, 30, 31, Apr 1 & May 18, 19 & 20.**

Code	Day	Time	Date	Ends	Price
W743 Session 1	Mon	4:00 to 4:40 pm	Jan 8	Feb 12	\$132.00 6 Weeks
W744 Session 1	Mon	5:30 to 6:10 pm	Jan 8	Feb 12	\$132.00 6 Weeks
W745 Session 1	Wed	5:30 to 6:10 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W746 Session 1	Fri	4:45 to 5:25 pm	Jan 12	Feb 23	\$148.00 7 Weeks
W747 Session 1	Sat	10:45 to 11:25 am	Jan 13	Feb 24	\$132.00 6 Weeks
W748 Session 1	Sat	11:30 to 12:10 pm	Jan 13	Feb 24	\$132.00 6 Weeks
W749 Session 1	Sun	11:30 to 12:10 pm	Jan 14	Feb 25	\$132.00 6 Weeks
W743.1 Session 2	Mon	4:00 to 4:40 pm	Feb 26	Apr 15	\$132.00 6 Weeks
W744.1 Session 2	Mon	5:30 to 6:10 pm	Feb 26	Apr 15	\$132.00 6 Weeks
W745.1 Session 2	Wed	5:30 to 6:10 pm	Feb 28	Apr 17	\$148.00 7 Weeks
W746.1 Session 2	Fri	4:45 to 5:25 pm	Mar 1	Apr 19	\$132.00 6 Weeks
W747.1 Session 2	Sat	10:45 to 11:25 am	Mar 2	Apr 20	\$132.00 6 Weeks
W748.1 Session 2	Sat	11:30 to 12:10 pm	Mar 2	Apr 20	\$132.00 6 Weeks
W749.1 Session 2	Sun	11:30 to 12:10 pm	Mar 3	Apr 21	\$132.00 6 Weeks
W743.2 Session 3	Mon	4:00 to 4:40 pm	Apr 29	Apr 29	\$132.00 6 Weeks
W744.2 Session 3	Mon	5:30 to 6:10 pm	Apr 29	Apr 29	\$132.00 6 Weeks
W745.2 Session 3	Wed	5:30 to 6:10 pm	May 1	Jun 12	\$148.00 7 Weeks
W746.2 Session 3	Fri	4:45 to 5:25 pm	May 3	Jun 14	\$148.00 7 Weeks
W747.2 Session 3	Sat	10:45 to 11:25 am	May 4	Jun 15	\$132.00 6 Weeks
W748.2 Session 3	Sat	11:30 to 12:10 pm	May 4	Jun 15	\$132.00 6 Weeks
W749.2 Session 3	Sun	11:30 to 12:10 pm	May 5	Jun 16	\$132.00 6 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 Feb 17, 18, 19, Mar 11, 13, 15, 16, 17, 29, 30, 31, Apr 1 & May 18, 19 & 20.**

Code	Day	Time	Date	Ends	Price
W750 Session 1	Mon	4:00 to 4:40 pm	Jan 8	Feb 12	\$132.00 6 Weeks
W752 Session 1	Wed	5:30 to 6:10 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W753 Session 1	Fri	4:45 to 5:25 pm	Jan 12	Feb 23	\$148.00 7 Weeks
W754 Session 1	Fri	5:30 to 6:10 pm	Jan 12	Feb 23	\$148.00 7 Weeks
W755 Session 1	Sat	11:30 to 12:10 pm	Jan 13	Feb 24	\$132.00 6 Weeks
W756 Session 1	Sun	12:15 to 12:55 pm	Jan 14	Feb 25	\$132.00 6 Weeks
W750.1 Session 2	Mon	4:00 to 4:40 pm	Feb 26	Apr 15	\$132.00 6 Weeks
W752.1 Session 2	Wed	5:30 to 6:10 pm	Feb 28	Apr 17	\$148.00 7 Weeks
W753.1 Session 2	Fri	4:45 to 5:25 pm	Mar 1	Apr 19	\$132.00 6 Weeks
W754.1 Session 2	Fri	5:30 to 6:10 pm	Mar 1	April 19	\$132.00 6 Weeks
W755.1 Session 2	Sat	11:30 to 12:10 pm	Mar 2	April 20	\$132.00 6 Weeks
W756.1 Session 2	Sun	12:15 to 12:55 pm	Mar 3	April 21	\$132.00 6 Weeks
W750.2 Session 3	Mon	4:00 to 4:40 pm	April 29	Jun 10	\$132.00 6 Weeks
W752.2 Session 3	Wed	5:30 to 6:10 pm	May 1	Jun 12	\$148.00 7 Weeks
W753.2 Session 3	Fri	4:45 to 5:25 pm	May 3	Jun 14	\$148.00 7 Weeks
W754.2 Session 3	Fri	5:30 to 6:10 pm	May 3	Jun 14	\$148.00 7 Weeks
W755.2 Session 3	Sat	11:30 to 12:10 pm	May 4	Jun 15	\$132.00 6 Weeks
W756.2 Session 3	Sun	12:15 to 12:55 pm	May 5	Jun 16	\$132.00 6 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 Feb 17, 18 & 19, Mar 11, 13, 15, 16, 17, 29, 30, 31, May 18, 19 & 20.

Code	Day	Time	Date	Ends	Price
W757 Session 1	Mon	4:00 to 4:40 pm	Jan 8	Feb 12	\$132.00 6 Weeks
W758 Session 1	Wed	4:45 to 5:25 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W759 Session 1	Fri	5:30 to 6:10 pm	Jan 12	Feb 23	\$148.00 7 Weeks
W760 Session 1	Sat	10:45 to 11:25 am	Jan 13	Feb 24	\$132.00 6 Weeks
W762 Session 1	Sun	11:30 am 12:10 pm	Jan 14	Feb 25	\$148.00 6 Weeks
W757.1 Session 2	Mon	4:00 to 4:40 pm	Feb 26	Apr 15	\$132.00 6 Weeks
W758.1 Session 2	Wed	4:45 to 5:25 pm	Feb 28	Apr 17	\$148.00 7 Weeks
W759.1 Session 2	Fri	5:30 to 6:10 pm	Mar 1	Apr 19	\$132.00 6 Weeks
W760.1 Session 2	Sat	10:45 to 11:25 am	Mar 2	Apr 20	\$132.00 6 Weeks
W762.1 Session 2	Sun	11:30 am 12:10 pm	Mar 3	Apr 21	\$132.00 6 Weeks
W757.2 Session 3	Mon	4:00 to 4:40 pm	Apr 29	Jun 10	\$132.00 6 Weeks
W758.2 Session 3	Wed	4:45 to 5:25 pm	May 1	Jun 12	\$148.00 7 Weeks
W759.2 Session 3	Fri	5:30 to 6:10 pm	May 3	Jun 14	\$148.00 7 Weeks
W760.2 Session 3	Sat	10:45 to 11:25 am	May 4	Jun 15	\$132.00 6 Weeks
W762.2 Session 3	Sun	11:30 am 12:10 pm	May 5	Jun 16	\$132.00 6 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, and breaststroke, and complete the 300m workout. **No class Feb 17, 18 & 19, Mar 11, 13, 15, 16, 17, 29, 30, 31, May 18, 19 & 20.**

Code	Day	Time	Date	Ends	Price
W763 Session 1	Mon	4:45 to 5:25 pm	Jan 8	Feb 12	\$132.00 6 Weeks
W764 Session 1	Wed	5:30 to 6:10 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W766 Session 1	Fri	4:45 to 5:25 pm	Jan 12	Feb 23	\$148.00 7 Weeks
W767 Session 1	Sat	10:45 to 11:25 am	Jan 13	Feb 24	\$132.00 6 Weeks
W768 Session 1	Sun	11:30 am 12:10 pm	Jan 14	Feb 25	\$132.00 6 Weeks
W763.1 Session 2	Mon	4:45 to 5:25 pm	Feb 26	Apr 15	\$132.00 6 Weeks
W764.1 Session 2	Wed	5:30 to 6:10 pm	Feb 28	Apr 17	\$148.00 7 Weeks
W766.1 Session 2	Fri	4:45 to 5:25 pm	Mar 1	Apr 19	\$132.00 6 Weeks
W767.1 Session 2	Sat	10:45 to 11:25 am	Mar 2	Apr 20	\$132.00 6 Weeks
W768.1 Session 2	Sun	11:30 am 12:10 pm	Mar 3	Apr 21	\$132.00 6 Weeks
W763.2 Session 2	Mon	4:45 to 5:25 pm	Apr 29	Jun 10	\$132.00 6 Weeks
W764.2 Session 2	Wed	5:30 to 6:10 pm	May 1	Jun 12	\$148.00 7 Weeks
W766.2 Session 2	Fri	4:45 to 5:25 pm	May 3	Jun 14	\$148.00 7 Weeks
W767.2 Session 2	Sat	10:45 to 11:25 pm	May 4	Jun 15	\$132.00 6 Weeks
W768.2 Session 2	Sun	11:30 am 12:10 pm	May 5	Jun 16	\$132.00 6 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

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 March 12, 16 & 30, & Feb 17.**

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. **No class on March 12 & 14.**

Gold Swim Team

The Gold Team is for swimmers with experience being on the Silver team, or have 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 Feb 19, Mar 1, 11, 15, 29.**

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 both days. Must be able to swim 1000m. **No class on Feb 18, Mar 17, 31 & May 19.**

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. **No class on Mar 14.**

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	W770 Session 1	Tue	4:00 to 5:00 pm	Jan 9	Apr 16	\$242 14 Weeks
	W772 Session 1	Sat	1:00 to 2:00 pm	Jan 13	Apr 20	\$208 12 Weeks
Silver Swim Team	W773 Session 1	Tue	5:00 to 6:15 pm	Jan 9	Apr 18	\$305 14 Weeks
		Thurs	5:00 to 6:15 pm			
Gold Swim Team	W774 Session 1	Mon	6:15 to 7:45 pm	Jan 8	Apr 19	\$336 14 Weeks
		Wed	6:15 to 7:45 pm			
		Fri	6:15 to 7:45 pm			
ORCAS 21 +	W775 Session 1	Sun	7:30 to 9:00 am	Jan 14	Jun 16	\$220 19 Weeks
Bronze Med	W777 Session 1	Thurs	6:30 to 8:30 pm	Jan 11	Apr 18	\$290 15 Weeks
National Lifeguard	W778 Session 1	Thurs	4:00 to 6:00 pm	Jan 11	Apr 18	\$330 15 Weeks

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

Bronze Medallion with Emergency FA/CPR B

Develops physical fitness, decision-making and judgment skills in preparation for challenging rescues of increased risk. Lifesavers demonstrate stroke efficiency and endurance in a timed swim. Bronze Medallion is a prerequisite for all advanced lifesaving awards. Candidates must complete a 500m swim in 15 min or less. The Emergency First Aid component teaches general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, CPR, choking, respiratory and circulatory emergencies such as heart attack and stroke, and how to deal with external bleeding.

The CPR-B component teaches the appropriate CPR and choking procedures for children and infants. Successful candidates receive both Emergency First Aid with CPR-B certifications. Emergency First Aid is recognized by the WSIB. Prerequisites: Bronze Star or minimum age 13 years. Bronze Medallion is the prerequisite for all advanced Lifesaving Awards. .

ORC Squash

Updated 11/29/2023

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 experience with squash or have participated in Beginner 1. For ages 6 to 13 years.

Silver Level Ages 8 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 Feb 19.**

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

Session One

Register Monday December 4th at 10:00 am for all Session One white-coloured programs

Session Two

Register Monday February 5th at 10:00 am for all Session Two pink-coloured programs

Session Three

Register Monday April 8th at 10:00 am Session Three purple-coloured programs

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

	Program	Day	Time	Date	Ends	Price
Beginner 1	W200 Session 1	Wed	5:20 to 6:00 pm	Jan 10	Feb 21	\$110 7 Weeks
	W201 Session 1	Sat	10:00 to 10:40 am	Jan 13	Feb 24	\$110 7 Weeks
	W202 Session 2	Wed	5:20 to 6:00 pm	Feb 28	Apr 10	\$110 7 Weeks
	W203 Session 2	Sat	10:00 to 10:40 am	Mar 2	Apr 13	\$110 7 Weeks
	W204 Session 3	Wed	5:20 to 6:00 pm	Apr 17	May 29	\$110 7 Weeks
	W205 Session 3	Sat	10:00 to 10:40 am	Apr 20	Jun 1	\$110 7 Weeks
Beginner 2	W206 Session 1	Wed	5:20 to 6:00 pm	Jan 10	Feb 21	\$110 7 Weeks
	W207 Session 1	Sat	10:00 to 10:40 am	Jan 13	Feb 24	\$110 7 Weeks
	W208 Session 2	Wed	5:20 to 6:00 pm	Feb 28	Apr 10	\$110 7 Weeks
	W209 Session 2	Sat	10:00 to 10:40 am	Mar 2	Apr 13	\$110 7 Weeks
	W210 Session 3	Wed	5:20 to 6:00 pm	Apr 17	May 29	\$110 7 Weeks
	W211 Session 3	Sat	10:00 to 10:40 am	Apr 20	Jun 1	\$110 7 Weeks
Silver Level	W212 Session 1	Mon	4:40 to 5:40 pm	Jan 8	Feb 12	\$180 6 Weeks
	W213 Session 1	Thurs	4:40 to 6:00 pm	Jan 11	Feb 22	\$210 7 Weeks
	W214 Session 2	Mon	4:40 to 5:40 pm	Feb 26	Apr 8	\$210 7 Weeks
	W215 Session 2	Thurs	4:40 to 6:00 pm	Feb 29	Apr 11	\$210 7 Weeks
	W216 Session 3	Mon	4:40 to 5:40 pm	Apr 15	May 27	\$210 7 Weeks
	W217 Session 3	Thurs	4:40 to 6:00 pm	Apr 18	May 30	\$210
Gold Level	W218 Session 1	Tues	4:40 to 6:00 pm	Jan 9	Feb 20	\$210 7 Weeks
	W219 Session 1	Thurs	4:40 to 6:00 pm	Jan 11	Feb 22	\$210 7 Weeks
	W220 Session 2	Tues	4:40 to 6:00 pm	Feb 27	Apr 9	\$210 7 Weeks
	W221 Session 2	Thurs	4:40 to 6:00 pm	Feb 29	Apr 11	\$210 7 Weeks
	W222 Session 3	Tues	4:40 to 6:00 pm	Apr 16	May 28	\$210 7 Weeks
	W223 Session 3	Thurs	4:40 to 6:00 pm	Apr 18	May 30	\$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						

ORC Pickleball

Drop In Programs

Pre-register to reserve your spot; these sessions will fill up! Contact Albert to be added each week. Price is per-player, per session.

Day	Time	Starts	Price
Social Play All Levels	Wed	7:00 to 8:30 pm	Ongoing
Social Play All Levels	Fri	7:00 to 8:30 pm	Ongoing
Social Play All Levels	Sat	1:30 to 3:00 pm	Ongoing
Rated Play 2.0 to 3.0	Wed	11:00 to 12:30 pm	Ongoing
Rated Play 2.5 to 3.5	Tues	7:30 to 9:00 pm	Ongoing
Rated Play Advanced 3.5+	Thurs	7:30 to 9:00 pm	Ongoing
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
W500 Session 1	Mon	11:00 to 12:30 pm	Jan 8	Feb 12	\$68.50 7 Weeks
W501 Session 1	Tues	11:00 to 12:30 pm	Jan 9	Feb 20	\$68.50 7 Weeks
W502 Session 1	Thurs	11:00 to 12:30 pm	Jan 11	Feb 22	\$68.50 7 Weeks
W503 Session 1	Fri	11:00 to 12:30 pm	Jan 12	Feb 23	\$68.50 7 Weeks
W504 Session 2	Mon	11:00 to 12:30 pm	Feb 26	Apr 8	\$68.50 7 Weeks
W505 Session 2	Tues	11:00 to 12:30 pm	Feb 27	Apr 9	\$68.50 7 Weeks
W506 Session 2	Thurs	11:00 to 12:30 pm	Feb 29	Apr 11	\$68.50 7 Weeks
W507 Session 2	Fri	11:00 to 12:30 pm	Mar 1	Apr 12	\$68.50 7 Weeks

PICKLEBALL LESSONS

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

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

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
W508 Session 1	Tues	1:00 to 2:30 pm	Jan 9	Jan 30	\$50.00 4 Weeks
W511 Session 1	Tues	1:00 to 2:30 pm	Feb 6	Feb 27	\$50.00 4 Weeks
W514 Session 2	Tues	1:00 to 2:30 pm	Mar 5	Mar 26	\$50.00 4 Weeks

Level 2.5 - 3.0

Clinic	Day	Time	Date	End	Price
W509 Session 1	Thurs	1:00 to 2:30 pm	Jan 11	Feb 1	\$50.00 4 Weeks
W512 Session 1	Thurs	1:00 to 2:30 pm	Feb 8	Feb 29	\$50.00 4 Weeks
W515 Session 2	Thurs	1:00 to 2:30 pm	Mar 7	Mar 28	\$50.00 4 Weeks

Level 3.0 - 3.5

Clinic	Day	Time	Date	End	Price
W510 Session 1	Fri	1:00 to 2:30 pm	Jan 12	Feb 2	\$50.00 4 Weeks
W513 Session 1	Fri	1:00 to 2:30 pm	Feb 9	Mar 1	\$50.00 4 Weeks
W516 Session 2	Fri	1:00 to 2:30 pm	Mar 8	Mar 29	\$50.00 4 Weeks

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
W517 Session 1	Mon	1:00 to 2:30 pm	Jan 8	Jan 29	\$50.00 4 Weeks
W518 Session 1	Wed	1:00 to 2:30 pm	Jan 10	Jan 31	\$50.00 4 Weeks
W519 Session 1	Sat	12:00 to 1:30 pm	Jan 13	Feb 3	\$50.00 4 Weeks
W520 Session 1	Mon	1:00 to 2:30 pm	Feb 5	Feb 26	\$50.00 3 Weeks
W521 Session 1	Wed	1:00 to 2:30 pm	Feb 7	Feb 28	\$50.00 4 Weeks
W522 Session 1	Sat	12:00 to 1:30 pm	Feb 10	Mar 2	\$50.00 4 Weeks
W523 Session 2	Mon	1:00 to 2:30 pm	Mar 4	Mar 25	\$50.00 4 Weeks
W524 Session 2	Wed	1:00 to 2:30 pm	Mar 6	Mar 27	\$50.00 4 Weeks
W525 Session 2	Sat	12:00 to 1:30 pm	Mar 9	Mar 30	\$50.00 4 Weeks