

# WINTER 2025

## PROGRAM GUIDE



The ORC Tennis Team

With Martina Herling, New Club COO





# ORC Winter 2025 Program Guide

Covering Classes Starting  
in January, February,  
March, April & May



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

We recommend using a device  
with a large screen, such as a  
tablet, iPad, laptop or desktop PC.

A new app is being tested which will  
allow for registration via your phone,  
which will be available early in the new year.



## ORC Family Memberships *Blue Classes Are Complimentary!*

In this first section of the Program Guide, you'll see certain classes labelled with **Blue Titles** and an ORC logo.

These classes are free to children and teens on an ORC Family Membership; up to two weekly classes per session.

If you would like to use your annual coupon for a complimentary racquet class for your child, please register at the Reception Desk and mention you'd like to apply your voucher.

Alternatively, you can register normally online, then email us at the address below and we can apply the coupon, crediting you for the class.

**Questions? Want to use your racquet voucher for  
your child's class? Email us here:**

[info@ontarioracquetclub.com](mailto:info@ontarioracquetclub.com)

### Registration Start Date

*Here's When You Can Sign Up*

***Sign Up for Session 1 Programs on  
Monday December 9th at 10:00 am***

Session One Programs are on White

***Sign Up for Session 2 Programs on  
Monday February 3rd at 10:00 am***

Session Two Programs are on Pink

***Sign Up for Session 3 Programs on  
Monday April 7th at 10:00 am***

Session Three Programs are on Light Purple

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

# Kids Activities

Updated 12/10/2024

## **Preschool Fit** Ages 3 to 4

Run, play and have fun with friends. This clinic is comprised of obstacle courses, racing games, exercise activities & more. **No class Mar 11 & 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 Mar 12 & 13**

## **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 13**

## **Junior Fit** Ages 9 to 12

We teach 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 Mar 11**

## **Kid & Jr Yoga** Ages 5 to 12

Learn some yoga poses with fun and interactive cosmic yoga videos. Coaches play yoga games with the kids and tell stories through poses. **No class Feb 17, Mar 10, 12, Apr 21 & May 20**

## **Kid Zumba** Ages 5 to 8

Classes are high-energy dance parties with kid-friendly routines. We break down steps, add games and cultural exploration elements. **No class Feb 17, Mar 10, 12, Apr 21 & May 20**



Program	Clinic	Day	Time	Date	Ends	Price
Preschool Fit Age 3 to 4	W312 Session 1	Tue	4:15 to 5:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W315 Session 1	Thurs	4:15 to 5:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W313 Session 2	Tue	4:15 to 5:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	W316 Session 2	Thurs	4:15 to 5:00 pm	Feb 27	Apr 17	\$75.00 7 Weeks
	S314 Session 3	Tue	4:15 to 5:00 pm	Apr 22	Jun 3	\$75.00 7 Weeks
	S317 Session 3	Thurs	4:15 to 5:00 pm	Apr 24	Jun 5	\$75.00 7 Weeks
Kinder Fit Age 5 to 6	W318 Session 1	Wed	5:00 to 6:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W321 Session 1	Thurs	4:00 to 5:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W319 Session 2	Wed	5:00 to 6:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	W322 Session 2	Thurs	4:00 to 5:00 pm	Feb 27	Apr 17	\$75.00 7 Weeks
	S320 Session 3	Wed	5:00 to 6:00 pm	Apr 23	Jun 4	\$75.00 7 Weeks
	S323 Session 3	Thurs	4:00 to 5:00 pm	Apr 24	Jun 5	\$75.00 7 Weeks
Kid Fit Age 7 to 8	W324 Session 1	Thurs	5:00 to 6:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W325 Session 1	Thurs	5:00 to 6:00 pm	Feb 27	Apr 17	\$75.00 7 Weeks
	S326 Session 3	Thurs	5:00 to 6:00 pm	Apr 24	Jun 5	\$75.00 7 Weeks
Junior Fit Age 9 to 12	WS32 Session 1	Tue	5:00 to 6:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W328 Session 2	Tue	5:00 to 6:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	F329 Session 3	Tue	5:00 to 6:00 pm	Apr 22	Jun 3	\$75.00 7 Weeks
Kid Yoga Age 5 to 8	W351 Session 1	Wed	4:00 to 5:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W352 Session 2	Wed	4:00 to 5:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	S353 Session 3	Wed	4:00 to 5:00 pm	Apr 23	Jun 4	\$75.00 7 Weeks
Jr Yoga Age 9 to 12	W354 Session 1	Mon	4:30 to 5:30 pm	Jan 6	Feb 17	\$64.00 6 Weeks
	W355 Session 2	Mon	4:30 to 5:30 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	S356 Session 3	Mon	4:30 to 5:30 pm	Apr 21	Jun 2	\$53.00 5 Weeks
Kid Zumba Age 5 to 8	W360 Session 1	Mon	4:00 to 4:45 pm	Jan 6	Feb 17	\$64.00 6 Weeks
	F361 Session 2	Mon	4:00 to 4:45 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	F362 Session 3	Mon	4:00 to 4:45 pm	Apr 21	Jun 2	\$53.00 5 Weeks





# Art Club

Ages 5 to 12

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	W300 Session 1	Tues	5:15 to 6:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W301 Session 2	Tues	5:15 to 6:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	S302 Session 3	Tues	5:15 to 6:00 pm	Apr 22	Jun 3	\$75.00 7 Weeks
Kids Art Age 7 to 8	W303 Session 1	Thurs	4:00 to 5:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W304 Session 2	Thurs	4:00 to 5:00 pm	Feb 27	Apr 17	\$75.00 7 Weeks
	W305 Session 3	Thurs	4:00 to 5:00 pm	Apr 24	Jun 5	\$75.00 7 Weeks
Junior Art Age 9 to 12	W306 Session 1	Thurs	5:00 to 6:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W307 Session 2	Thurs	5:00 to 5:00 pm	Feb 27	Apr 17	\$75.00 7 Weeks
	S308 Session 3	Thurs	5:00 to 6:00 pm	Apr 24	Jun 5	\$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 Feb 15, 17, Mar 8, 10, Apr 19, 21**

## OJRC Kids Pickleball Ages 8 to 12

Want to try out pickleball? Get ready to serve up some fun! Come out to play with other kids in a fun, relaxed environment. Paddles and balls are provided - just bring your energy and enthusiasm! Join us to make friends and enjoy the game. **No class Feb 17, Mar 10, Apr 21, May 20**

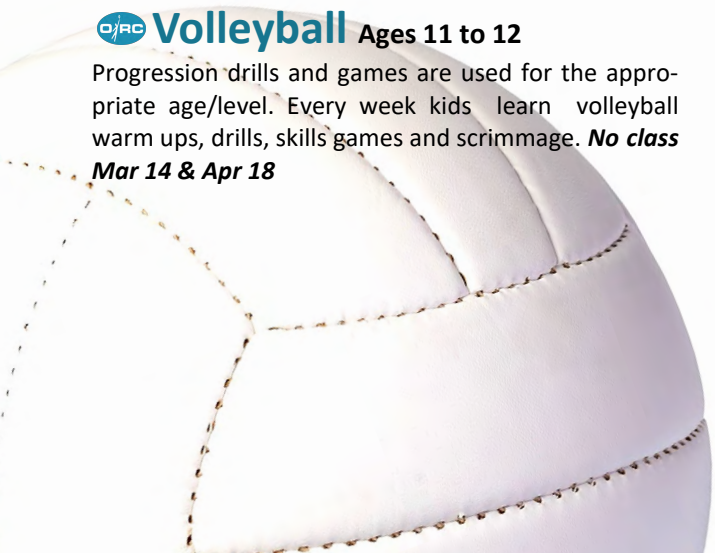
## OJRC Track & Field Ages 9 to 10

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 Mar 14 & Apr 18**

## OJRC 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. **No class Mar 14 & Apr 18**

Program	Clinic	Day	Time	Date	Ends	Price
Kinder Sports Ages 5 to 6	W414 Session 1	Sat	10:00 to 11:00 am	Jan 11	Feb 22	\$64.00 6 Weeks
	W415 Session 2	Sat	10:00 to 11:00 am	Mar 1	Apr 19	\$64.00 6 Weeks
	S416 Session 3	Sat	10:00 to 11:00 am	Apr 26	June 7	\$64.00 6 Weeks
Kid Sports Ages 7 to 8	W417 Session 1	Mon	5:00 to 6:00 pm	Jan 6	Feb 17	\$64.00 6 Weeks
	W420 Session 1	Sat	10:00 to 11:00 am	Jan 11	Feb 22	\$64.00 6 Weeks
	W418 Session 2	Mon	5:00 to 6:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	W421 Session 2	Sat	10:00 to 11:00 am	Mar 1	Apr 19	\$64.00 6 Weeks
	W419 Session 3	Mon	5:00 to 6:00 pm	Apr 21	June 2	\$53.00 5 Weeks
	W422 Session 3	Sat	10:00 to 11:00 am	Apr 26	June 7	\$64.00 6 Weeks
Kids Pickleball Ages 8 to 12	W423 Session 1	Mon	4:00 to 5:00 pm	Jan 6	Feb 17	\$64.00 6 Weeks
	W424 Session 2	Mon	4:00 to 5:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	W425 Session 3	Mon	4:00 to 5:00 pm	Apr 21	June 2	\$53.00 5 Weeks
Jr Track & Field Ages 9 to 10	W426 Session 1	Fri	4:00 to 5:00 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W427 Session 2	Fri	4:00 to 5:00 pm	Feb 28	Apr 18	\$64.00 6 Weeks
	W428 Session 3	Fri	4:00 to 5:00 pm	Apr 25	June 6	\$75.00 7 Weeks
Volleyball Ages 11 to 12	W429 Session 1	Fri	5:00 to 6:00 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W430 Session 2	Fri	5:00 to 6:00 pm	Feb 28	Apr 18	\$64.00 6 Weeks
	S431 Session 3	Fri	5:00 to 6:00 pm	Apr 25	June 6	\$75.00 7 Weeks



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 on Feb 16, 17, Mar 9, 11, 12, 14, Apr 18, 20, 21, May 18, 20**



## 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 Mar 13, 14 & Apr 18**

Program	Clinic	Day	Time	Date	Ends	Price
Karate Age 5 to 9	W800 Session 1	Thurs	5:30 to 6:15 pm	Jan 9	Feb 20	\$105.00 7 Weeks
	W803 Session 1	Fri	5:30 to 6:15 pm	Jan 10	Feb 21	\$105.00 7 Weeks
	W801 Session 2	Thurs	5:30 to 6:15 pm	Feb 27	Apr 17	\$105.00 7 Weeks
	W804 Session 2	Fri	5:30 to 6:15 pm	Feb 28	Apr 18	\$90.00 6 Weeks
	W802 Session 3	Thurs	5:30 to 6:15 pm	Apr 24	June 5	\$105.00 7 Weeks
	W805 Session 3	Fri	5:30 to 6:15 pm	Apr 25	June 6	\$105.00 7 Weeks
	Karate Age 10 to 16	W806 Session 1	Thurs	6:15 to 7:15 pm	Jan 9	Feb 20
W809 Session 1		Fri	6:15 to 7:15 pm	Jan 10	Feb 21	\$105.00 7 Weeks
W807 Session 2		Thurs	6:15 to 7:15 pm	Feb 27	Apr 17	\$105.00 7 Weeks
W810 Session 2		Fri	6:15 to 7:15 pm	Feb 28	Apr 18	\$90.00 6 Weeks
W808 Session 3		Thurs	6:15 to 7:15 pm	Apr 24	June 5	\$105.00 7 Weeks
W811 Session 3		Fri	6:15 to 7:15 pm	Apr 25	June 6	\$105.00 7 Weeks

Program	Clinic	Day	Time	Date	Ends	Price
B-Ball Age 5 to 6	W363 Session 1	Wed	4:00 to 5:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W366 Session 1	Fri	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 12	Feb 23	\$64.00 6 Weeks
	W364 Session 2	Wed	4:00 to 5:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	W367 Session 2	Fri	5:00 to 6:00 pm	Feb 28	Apr 18	\$64.00 6 Weeks
	W370 Session 2	Sun	10:00 to 11:00 am	Mar 2	Apr 20	\$64.00 6 Weeks
	W365 Session 3	Wed	4:00 to 5:00 pm	Apr 23	June 4	\$75.00 7 Weeks
	W368 Session 3	Fri	5:00 to 6:00 pm	Apr 25	June 6	\$75.00 7 Weeks
	W371 Session 3	Sun	10:00 to 11:00 am	Apr 27	June 8	\$64.00 6 Weeks
B-Ball Age 7 to 8	W372 Session 1	Wed	4:00 to 5:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W375 Session 1	Sun	10:00 to 11:00 am	Jan 12	Feb 23	\$64.00 6 Weeks
	W373 Session 2	Wed	4:00 to 5:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	W376 Session 2	Sun	10:00 to 11:00 am	Mar 2	Apr 20	\$64.00 6 Weeks
	W374 Session 3	Wed	4:00 to 5:00 pm	Apr 23	June 4	\$75.00 7 Weeks
B-Ball Age 9 to 10	W377 Session 3	Sun	10:00 to 11:00 am	Apr 27	June 8	\$64.00 6 Weeks
	W378 Session 1	Mon	5:00 to 6:00 pm	Jan 6	Feb 17	\$64.00 6 Weeks
	W381 Session 1	Tue	4:00 to 5:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W379 Session 2	Mon	5:00 to 6:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	W382 Session 2	Tue	4:00 to 5:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	W380 Session 3	Mon	5:00 to 6:00 pm	Apr 21	June 6	\$53.00 5 Weeks
B-Ball Age 11 to 12	W383 Session 3	Tue	4:00 to 5:00 pm	Apr 22	June 3	\$75.00 7 Weeks
	W384 Session 1	Wed	5:00 to 6:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W385 Session 2	Wed	5:00 to 6:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	W386 Session 3	Wed	5:00 to 6:00 pm	Apr 23	June 4	\$75.00 7 Weeks

## 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 12.**

Clinic	Day	Time	Date	Ends	Price
W604.1 Session 2	Wed	4:15 to 5:15 pm	Mar 5	Apr 23	\$75 Members \$85 Guests

## Babysitter's Course Ages 11 to 15

Does your teen or tween want to earn some money and care for younger children? 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.

Clinic	Day	Time	Date	Ends	Price
W604 Session 1	Sat	9:00 to 1:00 p.m.	Feb 1	Feb 8	\$75 Members \$85 Guests
S604 Session 2	Sat	9:00 to 1:00 p.m.	May 3	May 10	\$75 Members \$85 Guests

## Junior Badminton Ages 9 to 16

These clinics consist of a round-robin supervised by an NCCP certified pro. We supply birds & racquets. **No class Mar 11.**

Clinic	Day	Time	Date	Ends	Price
W900 Session 1	Tues	6:00 to 7:00 pm	Jan 7	Feb 18	\$75 Members 7 Weeks
W901 Session 2	Tues	6:00 to 7:00 pm	Feb 25	Apr 15	\$75 Members 7 Weeks

## Soccer Ages 5 to 10

Progression drills and games are used for the appropriate age and level. Every week kids learn warm ups, drills, skills games and scrimmage. **No class Mar 11,13,14 & Apr 18.**

Program	Clinic	Day	Time	Date	Ends	Price
Soccer Age 5 to 6	W399 Session 1	Tues	4:00 to 5:00 p.m.	Jan 7	Feb 18	\$75.00 7 Weeks
	W402 Session 1	Thurs	5:00 to 6:00 p.m.	Jan 9	Feb 20	\$75.00 7 Weeks
	W400 Session 2	Tues	4:00 to 5:00 p.m.	Feb 25	Apr 15	\$75.00 7 Weeks
	W403 Session 2	Thurs	5:00 to 6:00 p.m.	Feb 27	Apr 17	\$75.00 7 Weeks
	S401 Session 3	Tues	4:00 to 5:00 p.m.	Apr 22	Jun 3	\$75.00 7 Weeks
	S404 Session 3	Thurs	5:00 to 6:00 p.m.	Apr 24	Jun 5	\$75.00 7 Weeks
Soccer Age 7 to 8	S405 Session 1	Tues	5:00 to 6:00 p.m.	Jan 7	Feb 18	\$75.00 7 Weeks
	S408 Session 1	Fri	4:00 to 5:00 p.m.	Jan 10	Feb 21	\$75.00 7 Weeks
	S406 Session 2	Tues	5:00 to 6:00 p.m.	Feb 25	Apr 15	\$75.00 7 Weeks
	S409 Session 2	Fri	4:00 to 5:00 p.m.	Feb 28	Apr 18	\$64.00 6 Weeks
	S407 Session 3	Tues	5:00 to 6:00 p.m.	Apr 22	Jun 3	\$75.00 7 Weeks
	S410 Session 3	Fri	4:00 to 5:00 p.m.	Apr 25	Jun 6	\$75.00 7 Weeks
Soccer Age 9 to 10	S411 Session 1	Thurs	4:00 to 5:00 p.m.	Jan 9	Feb 20	\$75.00 7 Weeks
	S412 Session 2	Thurs	4:00 to 5:00 p.m.	Feb 27	Apr 17	\$75.00 7 Weeks
	S413 Session 3	Thurs	4:00 to 5:00 p.m.	Apr 24	Jun 5	\$75.00 7 Weeks

## Questions About ORC Programming?

Send us at email at [info@ontarioracquetclub.com](mailto:info@ontarioracquetclub.com) and we'll make sure your inquiry is directed to the right person.



# Teen Activities

## Teen Art character Drawing Ages 13 to 16

Dive into the world of character creation in this fun, interactive drawing class for teens! Perfect for budding artists, this class covers the fundamentals of character design, from expressive faces to dynamic poses.

With guidance from an instructor, teens will bring their unique characters to life while exploring various styles & techniques. **No class on Feb 17, Mar 10, Apr 21 & May 20.**

## Teen Kickboxing Ages 13 to 16

Get fit and build confidence in our Teen Kickboxing class, combining high-energy workouts with self-defense. **No class on Mar 12.**

## Strong Girls Ages 13 to 16

Strong Girls is a fitness class designed exclusively for young women who want to build strength, confidence and connections with like-minded peers. Our goal is to create a safe, empowering space where girls can feel comfortable, make new friends and develop a positive relationship with fitness.

Each session encourages teamwork, self-confidence, and self-care - skills that will benefit them both inside and outside the studio. **No class Mar 11 & 12.**

## 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.

Register for additional sessions to gain more knowledge and confidence. **No class on Feb 15, Mar 8, 12, 14, Apr 21 & May 17.**



Program	Clinic	Day	Time	Date	Ends	Price
Teen Art Ages 13 to 16	W309 Session 1	Mon	4:00 to 5:00 pm	Jan 6	Feb 17	\$64.00 6 Weeks
	W310 Session 2	Mon	4:00 to 5:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	S311 Session 3	Mon	4:00 to 5:00 pm	Apr 21	Jun 2	\$53.00 5 Weeks
Teen Kickboxing Ages 13 to 16	W330 Session 1	Wed	4:00 to 5:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W331 Session 2	Wed	4:00 to 5:00 pm	Feb 26	Apr 14	\$75.00 7 Weeks
	W332 Session 3	Wed	4:00 to 5:00 pm	Apr 23	Jun 4	\$75.00 7 Weeks
Strong Girls Ages 13 to 16	W333 Session 1	Tue	5:30 to 6:30 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W357 Session 1	Wed	5:00 to 5:50 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W334 Session 2	Tue	5:30 to 6:30 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	W358 Session 2	Wed	5:00 to 5:50 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	W335 Session 3	Tue	5:30 to 6:30 pm	Apr 22	Jun 3	\$75.00 7 Weeks
	W359 Session 3	Wed	5:00 to 5:50 pm	Apr 23	Jun 4	\$75.00 7 Weeks
Teen Training Ages 13 to 16	W339 Session 1	Wed	5:00 to 6:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W342 Session 1	Fri	4:00 to 5:00 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W345 Session 1	Sat	10:30 to 11:30 am	Jan 11	Feb 22	\$64.00 6 Weeks
	W340 Session 2	Wed	5:00 to 6:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	W343 Session 2	Fri	4:00 to 5:00 pm	Feb 28	Apr 18	\$64.00 6 Weeks
	W346 Session 2	Sat	10:30 to 11:30 am	Mar 1	Apr 19	\$64.00 6 Weeks
	W341 Session 3	Wed	5:00 to 6:00 pm	Apr 23	Jun 4	\$75.00 7 Weeks
	W344 Session 3	Fri	4:00 to 5:00 pm	Apr 25	Jun 6	\$75.00 7 Weeks
	W347 Session 3	Sat	10:30 to 11:30 am	Apr 26	Jun 7	\$64.00 6 Weeks

## Teen Pickleball **Ages 12 to 16**

Come for this trial Pickleball clinic to play with other teens in a fun, relaxed environment. Paddles and balls are provided - just bring your energy and enthusiasm! Make friends and enjoy the game. **No class on Feb 15, Mar 8, Apr 19 & May 17.**

## Teen Volleyball **Ages 13 to 16**

Progression drills and games are used for the appropriate age and level. Every week kids learn volleyball warm ups, drills, skills games and scrimmage. **No class on Mar 13.**

## Teen Basketball **Ages 13 to 16**

Progression drills and games are used for the appropriate age & level. Every week kids learn warm ups, drills, skills games and scrimmage. **No class on Feb 17, Mar 10, 12, Apr 21, May 20.**

## Teen Weight Lifting **Ages 15 to 16**


Learn to lift weights and build strength with proper technique in a guided, age-appropriate manner. **No class on Mar 11.**

## **Self Defense for Teens **Ages 13 to 18****

This Join Dragos Mutascu for an introductory self-defense clinic designed to empower you with essential skills for personal safety. Learn to identify dangerous situations and recognize the need for self-defense. Emphasizing the importance of avoiding violence where possible, you'll be provided with strategies to de-escalate confrontations and prevent physical altercations. Should physical contact become necessary, you'll learn techniques to protect yourself and ensure safety.

This approach aims to equip you with the knowledge and confidence to navigate threats and stay safe. Dragos has been teaching Self Defense for seven years; he has a first degree black belt in Shotokan Karate and Senior Red Sash in Northern Shaolin Kung Fu. **No class Mar 12.**

Program	Clinic	Day	Time	Date	Ends	Price
<b>Teen Pickleball</b> Ages 12 to 16	W387 <i>Session 1</i>	Sat	11:00 to 12:00 pm	Jan 11	Feb 22	\$64.00 6 Weeks
	W388 <i>Session 2</i>	Sat	11:00 to 12:00 pm	Mar 1	Apr 19	\$64.00 6 Weeks
	S389 <i>Session 3</i>	Sat	11:00 to 12:00 pm	Apr 26	June 7	\$64.00 6 Weeks
<b>Teen Volleyball</b> Ages 13 to 16	W332 <i>Session 1</i>	Thurs	6:00 to 7:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W333 <i>Session 2</i>	Thurs	6:00 to 7:00 pm	Feb 27	Apr 17	\$75.00 7 Weeks
	S334 <i>Session 3</i>	Thurs	6:00 to 7:00 pm	Apr 24	June 5	\$75.00 7 Weeks
<b>Teen Basketball</b> Ages 13 to 16	W390 <i>Session 1</i>	Mon	6:00 to 7:00 pm	Jan 6	Feb 17	\$64.00 6 Weeks
	W393 <i>Session 1</i>	Wed	6:00 to 7:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W391 <i>Session 2</i>	Mon	6:00 to 7:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	W394 <i>Session 2</i>	Wed	6:00 to 7:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	S392 <i>Session 3</i>	Mon	6:00 to 7:00 pm	Apr 21	June 2	\$53.00 5 Weeks
	S395 <i>Session 3</i>	Wed	6:00 to 7:00 pm	Apr 23	June 4	\$75.00 7 Weeks
<b>Teen Weightlifting</b> Ages 15 to 16	W348 <i>Session 1</i>	Tues	4:30 to 5:30 pm	Jan 7	Feb 18	\$64.00 6 Weeks
	W349 <i>Session 2</i>	Tues	4:30 to 5:30 pm	Feb 25	Apr 15	\$64.00 6 Weeks
	S350 <i>Session 3</i>	Tues	4:30 to 5:30 pm	Apr 22	June 3	\$64.00 6 Weeks
<b>Self Defense</b> Ages 13 to 16	W603.1 <i>Session 2</i>	Wed	6:00 to 7:00 pm	Mar 5	Apr 23	\$75 Members \$85 Guests



## Teen Takeover Events

### Check the Newsletter

Did you know that every month, ORC offers event for teens to meet one another, engage in a fun activity and make new friends?

Previous Teen Takeover events include:

- Glow in the Dark Ping Pong*
- Big-Screen Mario Kart*
- Volleyball & Basketball Challenges*
- Scary Movie Night*

**Check the ORC Newsletter every week to see what's coming next!**



# Wellness AT ORC

## Dive into Frequency Alchemy

Take control of your life by becoming aware of the frequencies shaping your environment—this is the heart of Bhavna Sehgal’s work. In today’s fast-paced world, nearly 60% of people report daily stress, according to a 2023 Gallup survey. Many cope by escaping through unhealthy habits or trying to maintain control to uphold a specific image, often leading to greater dissatisfaction and disconnection.

In this workshop, Bhavna Sehgal explores how your frequencies shape daily experiences and guides you in aligning them to regain inner control. By recalibrating your energy, you’ll identify needed changes for holistic abundance, improved productivity, and greater life satisfaction. Join this transformative session to discover the power of frequency work.

## Physical Activity & Busy Schedules

### *Be Active When You’re Busiest*

In today’s fast-paced world, it’s crucial to recognize the importance of physical activity as an integral part of our routine. This workshop will delve into strategies for effectively scheduling and prioritizing exercise, even amidst the busiest of schedules.

Join Dragos to learn how to exercise and be active, even when life feels overwhelming. It doesn’t necessarily mean you need to spend hours in the gym, or even do all the activity at once. Making time for our health is not a luxury, but a vital part of a balanced, fulfilling life.

## Managing Arthritis, Osteoarthritis, Sciatica & Back Pain

This workshop offers targeted exercises to help manage pain and improve mobility for those dealing with arthritis, including osteoarthritis, sciatica, sacroiliac joint pain, and back pain. Participants will explore the nature of arthritis, movement sequences for pain relief, plus strategies for enhancing pelvis, lumbar spine, and hip joint mobility.

The session also delves into thoracic and shoulder openers, techniques for preventing and managing osteoarthritis, and insights into rheumatoid arthritis and its complications. Additionally, the workshop highlights the role of Pilates in arthritis management for improved overall well-being.

**Regarding Managing Arthritis and Understanding Menopause workshops:** Please note the presenter of these workshops is not a medical doctor. These sessions are intended for informational purposes only and do not involve diagnosing, prognosticating, or prescribing treatments for any disease or condition. Additionally, no licensed or controlled acts that may constitute the practice of medicine in this province will be performed during the workshops. For specific medical advice or treatment, please consult a licensed healthcare professional.

<b>Frequency Alchemy</b>	W600 Session 1	Tues	4:00 to 5:00 pm	Jan 14
	60-Min Workshop		\$10/Members, \$15/Non Members	
<b>Physical Activity &amp; Busy Schedules</b>	W601 Session 1	Tues	6:00 am to 7:00 pm	Feb 4
	60-Min Workshop		\$10/Members, \$15/Non Members	
<b>Managing Arthritis</b>	W602 Session 1	Thurs	12:00 to 1:00 pm	Feb 20
	60-Min Workshop		\$10/Members, \$15/Non Members	
<b>Dimensions of Wellness</b>	W603 Session 1	Fri	12:30 to 1:30 pm	Jan 10 to Feb 7
	5 Week Workshop		\$50/Members, \$60/Non Members	
<b>Understanding Menopause</b>	W602.1 Session 2	Sun	1:30 to 3:00 pm	Apr 6
	90-Min Workshop		\$10/Members, \$15/Non Members	

## Dimensions of Wellness Series

Wellness is about achieving balance in all areas of life - emotional, physical, spiritual, intellectual, social, and financial. How do you feel about your wellness balance?

Join us for this 5-week program designed to help you set smart goals for a healthier you. Topics include building resilience, reducing stress, practicing self-care, fostering social connections, and mindfulness. For questions, contact Barbara at [bbonifacio@ontarioracquetclub.com](mailto:bbonifacio@ontarioracquetclub.com)

## Understanding Menopause & Core Strength

This workshop tackles common misconceptions about menopause and offers practical guidance for improving your quality of life through proper exercise. It covers key topics such as understanding menopause and perimenopause timelines, symptom severity, and how to discuss hormone replacement therapy (HRT) with your doctor. Participants will also learn strategies for managing belly fat, pelvic floor issues, and other challenges. Despite the abundance of information available, many still find this phase confusing—this session aims to provide clarity and actionable insights.

# Wellness AT ORC

## Myth or Fact: Fitness & Nutrition Over 40 Years

*With Sara & Gloria Atkinson*

Let the mother-daughter team take you through the past 40 years of Nutrition and Fitness, debunking myths we once found to be true, and sharing with you the new data we see today. We will discuss how the updated information can play a role in supporting your metabolism, hormones, weight loss goals, energy, and more!

## Gardening Tips & Tricks

Come meet some gardening experts to help with all aspects of the season! Gardening is rewarding but physically demanding, so taking the right steps is key for an enjoyable season.

Russell Gunner, an Athletic Therapist and Registered Acupuncturist, co-owns Club Physio Plus at the ORC. With over 23 years at the ORC, he has treated hundreds of gardening injuries, most of which occur during the busy spring gardening season. He'll share tips to avoid common injuries and keep gardening enjoyable. Stay tuned for a few other special gardening guests!

## Sports Nutrition

Take your performance to the next level! This workshop is designed for athletes of all ages who want to learn how to optimize performance and recovery.

Learn how to create balanced meals and snacks that support training and competition, no matter your sport. Explore key nutrients that support performance, and develop strategies for nutrition timing to get the most out of what you eat. Whether you're an athlete, a parent, or someone who wants to level up their time in the gym, this workshop is for you!

## Golf Seminar

Some of the foremost golf experts will help you kick-start the season - with topics ranging from equipment to swing techniques - to help you get into the swing of things for the 2025 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 third annual event after last year's huge success.

## Contact ORC Health & Wellness

Agustina Quiros | Health & Wellness Director  
[aquiros@ontarioracquetclub.com](mailto:aquiros@ontarioracquetclub.com)

Myth or Fact: 40 Years	W601.1 Session 2	Tues	1:00 to 2:00 pm	Mar 4
	60-Min Workshop		\$10/Members, \$15/Non Members	
Gardening Tips & Tricks	W603.1 Session 2	Tues	1:00 to 2:00 pm	Apr 22
	60-Min Workshop		\$10/Members, \$15/Non Members	
Sports Nutrition	S600 Session 3	Tues	7:00 to 8:00 pm	May 6
	60-Min Workshop		\$10/Members, \$15/Non Members	
Golf Seminar	S601 Session 3	Tues	7:00 to 9:00 pm	May 20
	2 Hour Workshop		\$10/Members, \$15/Non Members	
Teens & Physical Activity	S602 Session 3	Mon	6:00 to 7:00 pm	June 2
	60-Min Workshop		\$10/Members, \$15/Non Members	

## Teens & Physical Activity

This talk aims to enlighten parents on the critical role of physical activity in the development of children and teens, particularly those 15 and under.

We'll debunk common myths about weight training, such as stunted growth, plus highlight how age-appropriate exercise routines can significantly boost confidence, social skills and overall strength during these formative years. Join Dragos and learn how physical activity can positively impact your teen's development, setting the foundation for lifelong health and well-being.



# 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 15, Mar 14, 15, May 17.**

## 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 15, Mar 14, 15 & May 17.**

## 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 15, Mar 14 & 15, May 17.**

### Registration Start Date

#### Session One

Register Monday December 9th at 10:00 am for all Session One white-coloured programs

#### Session Two

Register Monday February 3rd at 10:00 am for all Session Two pink-coloured programs

#### Session Three

Register Monday April 7th 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 10	Feb 21	\$175.50 7 Weeks
	W101 Session 1	Fri	5:00 to 6:00 pm	Jan 10	Feb 21	\$175.00 7 Weeks
	W102 Session 1	Sat	10:30 to 11:30 am	Jan 11	Feb 22	\$150.00 6 weeks
	W103 Session 1	Sat	11:30 to 12:30 pm	Jan 11	Feb 22	\$150.00 6 weeks
	W100.1 Session 2	Fri	4:00 to 5:00 pm	Feb 28	Apr 11	\$150.00 6 Weeks
	W101.1 Session 2	Fri	5:00 to 6:00 pm	Feb 28	Apr 11	\$150.00 6 Weeks
	W102.1 Session 2	Sat	10:30 to 11:30 am	Mar 1	Apr 12	\$150.00 6 weeks
	W103.1 Session 2	Sat	11:30 to 12:30 pm	Mar 1	Apr 12	\$150.00 6 Weeks
	W100.2 Session 3	Fri	4:00 to 5:00 pm	Apr 25	June 6	\$175.00 7 Weeks
	W101.2 Session 3	Fri	5:00 to 6:00 am	Apr 25	June 6	\$175.00 7 Weeks
	W102.2 Session 3	Sat	10:30 to 11:30 am	Apr 26	Jun 7	\$150.00 6 weeks
	W103.2 Session 3	Sat	11:30 am to 12:30 pm	Apr 26	Jun 7	\$150.00 6 Weeks
Progressive Development	W104 Session 1	Fri	4:00 to 5:00 pm	Jan 10	Feb 21	\$175.00 7 Weeks
	W105 Session 1	Fri	5:00 to 6:00 pm	Jan 10	Feb 21	\$175.00 7 Weeks
	W106 Session 1	Sat	10:30 to 11:30 am	Jan 11	Feb 22	\$150.00 6 Weeks
	W107 Session 1	Sat	11:30 to 12:30 am	Jan 11	Feb 22	\$150.00 6 Weeks
	W104.1 Session 2	Fri	4:00 to 5:00 pm	Feb 28	Apr 11	\$150.00 6 Weeks
	W105.1 Session 2	Fri	5:00 to 6:00 pm	Feb 28	Apr 11	\$150.00 6 Weeks
	W106.1 Session 2	Sat	10:30 am to 11:30 am	Mar 1	Apr 12	\$150.00 6 Weeks
	W107.1 Session 2	Sat	11:30 am to 12:30 pm	Mar 1	Apr 12	\$150.00 6 Weeks
	W104.2 Session 3	Fri	4:00 to 5:00 pm	Apr 25	June 6	\$175.00 7 Weeks
	W105.2 Session 3	Fri	5:00 to 6:00 pm	Apr 25	June 6	\$175.00 7 Weeks
	W106.2 Session 3	Sat	10:30 to 11:30 am	Apr 26	Jun 7	\$150.00 6 Weeks
	W107.2 Session 3	Sat	11:30 to 12:30 am	Apr 26	Jun 7	\$150.00 6 Weeks
Teen Drill & Play	W108 Session 1	Fri	6:00 to 7:30 pm	Jan 10	Feb 21	\$245.00 7 Weeks
	W109 Session 1	Sat	6:00 to 7:30 pm	Jan 11	Feb 22	\$210.00 6 Weeks
	W108.1 Session 2	Fri	6:00 to 7:30 pm	Feb 28	Apr 11	\$210.00 6 Weeks
	W109.1 Session 2	Sat	12:30 to 2:00 pm	Mar 1	Apr 12	\$210.00 6 Weeks
	W108.2 Session 3	Fri	6:00 to 7:30 pm	Apr 25	June 6	\$245.00 7 Weeks
	W109.2 Session 3	Sat	12:30 to 2:00 pm	Apr 26	Jun 7	\$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.

## 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](mailto: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](mailto:atollstam@ontarioracquetclub.com)

Adult Classes | Email Kyle Rutherford  
[krutherford@ontarioracquetclub.com](mailto:krutherford@ontarioracquetclub.com)

## Other Ways to Play

Want to join in? Email coach Kyle Rutherford at  
[krutherford@ontarioracquetclub.com](mailto: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.





# WINTER 2025 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 9, 16.**

Division 1 Red Ball	W980 Session 1	Sun	1:30 to 3:00 pm	Jan 5	Mar 30
	W980.1 Session 1	Sun	1:30 to 3:00 pm	Apr 6	Jun 15
	11 Weeks		\$319/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 March 9, 16.**

Division 2 Orange Ball	W981 Session 1	Sun	3:00 to 4:30 pm	Jan 5	Mar 30
	W981.1 Session 1	Sun	3:00 to 4:30 pm	Apr 6	Jun 15
	11 Weeks		\$319/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 March 9, 16.**

Division 3 Green Dot Ball	W982 Session 1	Sun	4:30 to 6:00 pm	Jan 5	Mar 30
	W982.1 Session 1	Sun	4:30 to 6:00 pm	Apr 6	Jun 15
	11 Weeks		\$319/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**

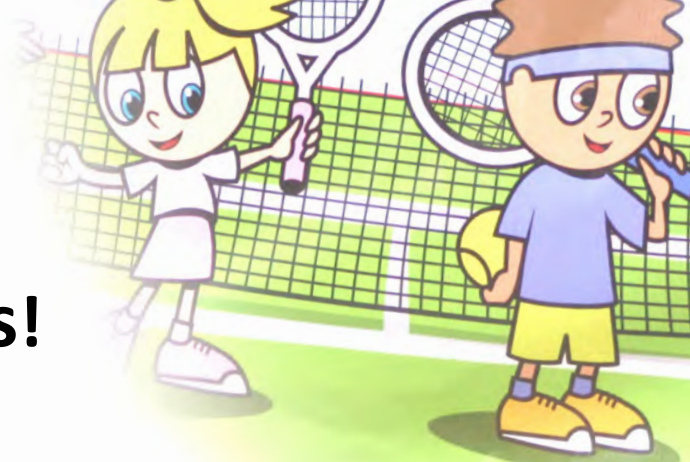
National Mentor,  
Team Tennis Program, Tennis Canada  
[albert@mississaugalittleaces.com](mailto:albert@mississaugalittleaces.com)

**Rain Dates for Minor  
Leagues are June 22nd  
and June 29th**

Please visit [mississaugalittleaces.com](http://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 March 9, 16.**

Division 4 Green Dot Ball	W983 Session 1	Sun	4:30 to 6:00 pm	Jan 5	Mar 30
	W983.1 Session 1	Sun	4:30 to 6:00 pm	Apr 6	Jun 15
	11 Weeks			\$319/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 March 9, 16.**

Division 5 Regular Ball	W984 Session 1	Sun	6:00 to 7:30 pm	Jan 5	Mar 30
	W984.1 Session 1	Sun	6:00 to 7:30 pm	Apr 6	Jun 15
	11 Weeks			\$319/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 March 9, 16.**

Division 6 Regular Ball	W985 Session 1	Sun	7:30 to 9:00 pm	Jan 5	Mar 30
	W985.1 Session 1	Sun	7:30 to 9:00 pm	Apr 6	Jun 15
	11 Weeks			\$319/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 11	Mar 1
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
W987 Session 1	Sat	4:00 to 5:00 pm	Jan 11	Mar 1
8 Weeks			\$140/player	

Please visit [mississaugalittleaces.com](http://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 Mar 10 or May 19.**

Clinic	Day	Time	Date	Ends	Price
W110 Session 1	Mon	9:00 to 10:30 am	Jan 6	Feb 10	\$240.00 6 Weeks
W113 Session 1	Mon	7:30 to 9:00 pm	Jan 6	Feb 10	\$240.00 6 Weeks
W111 Session 2	Mon	9:00 to 10:30 am	Feb 24	Apr 14	\$280.00 7 Weeks
W114 Session 2	Mon	7:30 to 9:00 pm	Feb 24	Apr 14	\$280.00 7 Weeks
W112 Session 3	Mon	9:00 to 10:30 am	Apr 28	June 2	\$200.00 5 Weeks
W115 Session 3	Mon	7:30 to 9:00 pm	Apr 28	June 2	\$200.00 5 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. Cardio & Liveball cases level 2.5+. **No class on Mar 10, 12, 14 & May 19.**

Clinic	Day	Time	Date	Ends	Price
W116 Session 1	Mon	6:30 to 7:30 am	Jan 6	Feb 10	\$144.00 6 Weeks
W119 Session 1	Wed	6:30 to 7:30 am	Jan 8	Feb 19	\$168.00 7 Weeks
W122 Cardio & Liveball	Fri	9:00 to 10:30 am	Jan 10	Feb 21	\$280.00 7 Weeks
W117 Session 2	Mon	6:30 to 7:30 am	Feb 24	Apr 14	\$168.00 7 Weeks
W120 Session 2	Wed	6:30 to 7:30 am	Feb 26	Apr 16	\$168.00 7 Weeks
W123 Cardio & Liveball	Fri	9:00 to 10:30 am	Feb 28	Apr 11	\$240.00 6 Weeks
W118 Session 3	Mon	6:30 to 7:30 am	Apr 28	Jun 2	\$120.00 5 Weeks
W121 Session 3	Wed	6:30 to 7:30 am	Apr 23	Jun 4	\$168.00 7 Weeks
W124 Cardio & Liveball	Fri	9:00 to 10:30 am	Apr 25	Jun 6	\$280.00 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 Mar 10 to 14, May 19.**

### LEVEL 2.0 - 2.5

Clinic	Day	Time	Date	Ends	Price
W125 Session 1	Mon	7:30 to 9:00 pm	Jan 6	Feb 10	\$240.00 6 Weeks
W128 Session 1	Tues	10:30 am to 12:00 pm	Jan 7	Feb 18	\$280.00 7 Weeks
W131 Session 1	Wed	10:30 am to 12:00 pm	Jan 8	Feb 19	\$280.00 7 Weeks
W126 Session 2	Mon	7:30 to 9:00 pm	Feb 24	Apr 14	\$280.00 7 Weeks
W129 Session 2	Tues	10:30 am to 12:00 pm	Feb 25	Apr 15	\$280.00 7 Weeks
W132 Session 2	Wed	10:30 am to 12:00 pm	Feb 26	Apr 16	\$280.00 7 Weeks
W127 Session 3	Mon	7:30 to 9:00 pm	Apr 28	June 2	\$200.00 5 Weeks
W130 Session 3	Tues	10:30 am to 12:00 pm	Apr 22	June 3	\$280.00 7 Weeks
W133 Session 3	Wed	10:30 am to 12:00 pm	Apr 23	June 4	\$280.00 7 Weeks

### LEVEL 2.5 - 3.0

Clinic	Day	Time	Date	Ends	Price
W137 Session 1	Mon	10:30 am to 12:00 pm	Jan 6	Feb 10	\$240.00 6 Weeks
W134 Session 1	Wed	7:30 to 9:00 pm	Jan 8	Feb 19	\$280.00 7 Weeks
W140 Session 1	Fri	10:30 am to 12:00 pm	Jan 10	Feb 21	\$280.00 7 Weeks
W138 Session 2	Mon	10:30 am to 12:00 pm	Feb 24	Apr 14	\$280.00 7 Weeks
W135 Session 2	Wed	7:30 to 9:00 pm	Feb 26	Apr 16	\$280.00 7 Weeks
W141 Session 2	Fri	10:30 am to 12:00 pm	Feb 28	Apr 11	\$240.00 6 Weeks
W139 Session 3	Mon	10:30 am to 12:00 pm	Apr 28	June 2	\$200.00 5 Weeks
W136 Session 3	Wed	7:30 to 9:00 pm	Apr 23	June 4	\$280.00 7 Weeks
W142 Session 3	Fri	10:30 am to 12:00 pm	Apr 25	June 6	\$280.00 7 Weeks

### LEVEL 3.0 - 3.5

Clinic	Day	Time	Date	Ends	Price
W143 Session 1	Thurs	10:30 am to 12:00 pm	Jan 9	Feb 20	\$280.00 7 Weeks
W146 Session 1	Thurs	7:30 to 9:00 pm	Jan 9	Feb 20	\$280.00 7 Weeks
W144 Session 2	Thurs	10:30 am to 12:00 pm	Feb 27	Apr 17	\$280.00 7 Weeks
W147 Session 2	Thurs	7:30 to 9:00 pm	Feb 27	Apr 17	\$280.00 7 Weeks
W145 Session 3	Thurs	10:30 am to 12:00 pm	Apr 24	June 5	\$280.00 7 Weeks
W148 Session 3	Thurs	7:30 to 9:00 pm	Apr 24	June 5	\$280.00 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! **No class on Mar 13.**

## 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 on Mar 11, 16 or May 18.**

## 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! **No Class on Mar 12 or 13.**

## 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". **No class on Mar 15 or May 18.**

## 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! **No Class on Mar 12.**

## 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 on Mar 16 or 18.**

	Clinic	Day	Time	Date	Ends	Price
Doubles Shot of the Week <span style="color: green;">2.5 to 3.0</span>	W149 Session 1	Thurs	9:00 to 10:30 am	Jan 9	Feb 20	\$280.00 7 Weeks
	W150 Session 2	Thurs	9:00 to 10:30 am	Feb 27	Apr 17	\$280.00 7 Weeks
	W151 Session 3	Thurs	9:00 to 10:30 am	Apr 24	June 5	\$280.00 7 Weeks
Shot of the Week <span style="color: green;">2.0 to 3.0</span>	W164 Session 1	Sun	10:30 am to 12:00 pm	Jan 12	Feb 23	\$280.00 6 Weeks
	W165 Session 2	Sun	10:30 am to 12:00 pm	Mar 2	Apr 13	\$240.00 6 Weeks
	W166 Session 3	Sun	10:30 am to 12:00 pm	Apr 27	June 8	\$240.00 6 Weeks
Shot of the Week <span style="color: green;">3.0 to 3.5</span>	W170 Session 1	Tues	7:30 to 9:00 pm	Jan 7	Feb 18	\$280.00 7 Weeks
	W171 Session 2	Tues	7:30 to 9:00 pm	Feb 25	Apr 15	\$280.00 7 Weeks
	W172 Session 3	Tues	7:30 to 9:00 pm	Apr 22	June 3	\$280.00 7 Weeks
Singles Bootcamp <span style="color: green;">2.5 to 3.0</span>	W173 Session 1	Wed	8:30 to 10:00 pm	Jan 8	Feb 19	\$280.00 7 Weeks
	W174 Session 2	Wed	8:30 to 10:00 pm	Feb 26	Apr 16	\$280.00 7 Weeks
	W175 Session 3	Wed	8:00 to 10:00 pm	Apr 23	June 4	\$280.00 7 Weeks
Singles Bootcamp <span style="color: green;">Level 3.5+</span>	W176 Session 1	Thurs	8:30 to 10:00 pm	Jan 9	Feb 20	\$280.00 7 Weeks
	W177 Session 2	Thurs	8:30 to 10:00 pm	Feb 27	Apr 17	\$280.00 7 Weeks
	W178 Session 3	Thurs	8:30 to 10:00 pm	Apr 24	June 5	\$280.00 7 Weeks
Doubles Warriors <span style="color: green;">3.0 to 3.5</span>	W152 Session 1	Sat	1:00 to 3:00 pm	Jan 11	Feb 22	\$315.00 7 Weeks
	W153 Session 2	Sat	1:00 to 3:00 pm	Mar 1	Apr 12	\$270.00 6 Weeks
	W154 Session 3	Sat	1:00 to 3:00 pm	Apr 26	Jun 7	\$270.00 6 Weeks
Start the Point Right <span style="color: green;">2.5 to 3.5+</span>	W179 Session 1	Wed	12:30 to 2:00 pm	Jan 8	Feb 19	\$280.00 7 Weeks
	W180 Session 2	Wed	12:30 to 2:00 pm	Feb 26	Apr 16	\$280.00 7 Weeks
	W181 Session 3	Wed	12:30 to 2:00 pm	Apr 23	June 4	\$280.00 7 Weeks
Air Tennis <span style="color: green;">Level 3.0+</span>	W158 Session 1	Sun	2:00 to 4:00 pm	Jan 12	Feb 23	\$315.00 7 Weeks
	W159 Session 2	Sun	2:00 to 4:00 pm	Mar 2	Apr 13	\$270.00 6 Weeks
	W160 Session 3	Sun	2:00 to 4:00 pm	Apr 27	June 8	\$270.00 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 11.**

Clinic	Day	Time	Date	Ends	Price
W155 Session 1	Tue	11:00 am to 12:30 am	Jan 7	Feb 18	\$210.00 7 Weeks
W156 Session 2	Tue	11:00 am to 12:30 am	Feb 25	Apr 15	\$210.00 7 Weeks
W157 Session 3	Tue	11:00 am to 12:30 am	Apr 22	June 3	\$210.00 7 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](mailto: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](mailto:tennis@ontarioracquetclub.com)

## Adult Academy *4.5+*

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 Mar 15 or May 17.**

Clinic	Day	Time	Date	Ends	Price
W161 Session 1	Sat	9:00 to 10:30 am	Jan 11	Feb 22	\$315.00 7 Weeks
W162 Session 2	Sat	9:00 to 10:30 am	Mar 1	Apr 12	\$270.00 6 Weeks
W163 Session 3	Sat	9:00 to 10:30 am	Apr 26	June 7	\$270.00 6 Weeks

## 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 \$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

# 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 15, 16, Mar 8, 15, Apr 19, 27, May 17, 18.**

## 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 15 to 17, Mar 8 to 14, Apr 18 to 21, May 17 to 19.**

### Registration Start Date

#### Session One

Register Monday December 9th at 10:00 am for all Session One white-coloured programs

#### Session Two

Register Monday February 3rd at 10:00 am for all Session Two pink-coloured programs

#### Session Three

Register Monday April 7th at 10:00 am for all Session Three purple-coloured programs

Any sign-ups after registration closing dates must be approved by Ashley Do, Acting Aquatics Director

[ado@ontarioracquetclub.com](mailto:ado@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 11	Feb 22	\$110.00 6 Weeks
	W702 Session 1	Sun	10:00 to 10:30 AM	Jan 12	Feb 23	\$110.00 6 Weeks
	W700.1 Session 2	Sat	10:00 to 10:30 AM	Mar 1	Apr 26	\$110.00 6 Weeks
	W702.1 Session 2	Sun	10:00 to 10:30 am	Mar 2	Apr 27	\$110.00 6 Weeks
	S700 Session 3	Sat	10:00 to 10:30 am	May 3	June 14	\$110.00 6 Weeks
	S702 Session 3	Sun	10:00 to 10:30 am	May 4	June 15	\$110.00 6 Weeks
Preschool A	W703 Session 1	Mon	4:00 to 4:40 pm	Jan 6	Feb 10	\$132.00 6 Weeks
	W704 Session 1	Wed	6:15 to 6:55 pm	Jan 8	Feb 19	\$148.00 7 Weeks
	W705 Session 1	Fri	5:30 to 6:10 pm	Jan 10	Feb 21	\$148.00 7 Weeks
	W706 Session 1	Sat	10:00 to 10:40 am	Jan 11	Feb 22	\$132.00 6 Weeks
	W707 Session 1	Sun	10:00 to 10:40 am	Jan 12	Feb 23	\$132.00 6 Weeks
	W703.1 Session 2	Mon	4:00 to 4:40 pm	Mar 3	Apr 14	\$132.00 6 Weeks
	W704.1 Session 2	Wed	6:15 to 6:55 pm	Mar 5	Apr 23	\$148.00 7 Weeks
	W705.1 Session 2	Fri	5:30 to 6:10 pm	Mar 7	Apr 25	\$132.00 6 Weeks
	W706.1 Session 2	Sat	10:00 to 10:40 pm	Mar 1	Apr 26	\$132.00 6 Weeks
	W707.1 Session 2	Sun	10:00 to 10:40 am	Mar 2	Apr 27	\$132.00 6 Weeks
	W703.2 Session 3	Mon	4:00 to 4:40 pm	Apr 28	Jun 9	\$132.00 6 Weeks
	W704.2 Session 3	Wed	6:15 to 6:55 pm	Apr 30	Jun 11	\$148.00 7 Weeks
	W705.2 Session 3	Fri	5:30 to 6:10 pm	May 2	June 13	\$148.00 7 Weeks
	W706.2 Session 3	Sat	10:00 to 10:40 pm	May 3	June 14	\$132.00 6 Weeks
W707.2 Session 3	Sun	10:00 to 10:40 am	May 4	June 15	\$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 15 to 17, Mar 8 to 15, Apr 18 to 21, May 17 to 19.**

## 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 15 to 17, Mar 8 to 12, Apr 18 to 21, May 17 to 19.**

### 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 Ashley Do**  
ado@ontarioracquetclub.com

Program	Code	Day	Time	Date	Ends	Price
Preschool B	W709 Session 1	Mon	4:45 to 5:25 pm	Jan 06	Feb 10	\$132.00 6 Weeks
	W711 Session 1	Wed	4:00 to 4:40 pm	Jan 08	Feb 19	\$148.00 7 Weeks
	W712 Session 1	Fri	5:30 to 6:10 pm	Jan 10	Feb 21	\$148.00 7 Weeks
	W713 Session 1	Sat	12:15 to 12:55 pm	Jan 11	Feb 22	\$132.00 6 Weeks
	W714 Session 1	Sun	10:45 to 11:25 am	Jan 12	Feb 23	\$132.00 6 Weeks
	W709.1 Session 2	Mon	4:45 to 5:25 pm	Mar 03	Apr 14	\$132.00 6 weeks
	W711.1 Session 2	Wed	4:00 to 4:40 pm	Mar 05	Apr 23	\$148.00 7 weeks
	W712.1 Session 2	Fri	5:30 to 6:10 pm	Mar 07	Apr 25	\$132.00 6 weeks
	W713.1 Session 2	Sat	12:15 to 12:55 pm	Mar 01	Apr 26	\$132.00 6 weeks
	W714.1 Session 2	Sun	10:45 to 11:25 am	Mar 02	Apr 27	\$132.00 6 weeks
	S709 Session 3	Mon	4:45 to 5:25 pm	Apr 28	June 09	\$132.00 6 Weeks
	S711 Session 3	Wed	4:00 to 4:40 pm	Apr 30	June 11	\$148.00 7 Weeks
	S712 Session 3	Fri	5:30 to 6:10 pm	May 02	June 13	\$148.00 7 Weeks
	S713 Session 3	Sat	12:15 to 12:55 pm	May 03	June 14	\$132.00 6 Weeks
S714 Session 3	Sun	10:45 to 11:25 am	May 04	June 15	\$132.00 6 Weeks	
Preschool C	W715 Session 1	Mon	5:30 to 6:10 pm	Jan 06	Feb 10	\$132.00 6 Weeks
	W716 Session 1	Wed	4:45 to 5:25 pm	Jan 08	Feb 19	\$148.00 7 Weeks
	W717 Session 1	Fri	4:45 to 5:25 pm	Jan 10	Feb 21	\$148.00 7 Weeks
	W719 Session 1	Sat	10:00 to 10:40 am	Jan 11	Feb 22	\$132.00 6 Weeks
	W720 Session 1	Sun	10:45 to 11:25 am	Jan 12	Feb 23	\$132.00 6 Weeks
	W715.1 Session 2	Mon	5:30 to 6:10 pm	Mar 03	Apr 14	\$132.00 6 Weeks
	W716.1 Session 2	Wed	4:45 to 5:25 pm	Mar 05	Apr 23	\$148.00 7 Weeks
	W717.1 Session 2	Fri	4:45 to 5:25 pm	Mar 07	Apr 25	\$132.00 6 Weeks
	W719.1 Session 2	Sat	10:00 to 10:40 am	Mar 01	Apr 26	\$132.00 6 Weeks
	W720.1 Session 2	Sun	10:45 to 11:25 am	Mar 02	Apr 27	\$132.00 6 Weeks
	S715 Session 3	Mon	5:30 to 6:10 pm	Apr 28	June 09	\$132.00 6 Weeks
	S716 Session 3	Wed	4:45 to 5:25 pm	Apr 30	June 11	\$148.00 7 Weeks
	S717 Session 3	Fri	4:45 to 5:25 pm	May 02	June 13	\$148.00 7 Weeks
	S719 Session 3	Sat	10:00 to 10:40 am	May 03	June 14	\$132.00 6 Weeks
S720 Session 3	Sun	10:45 to 11:25 am	May 04	June 15	\$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 15 to 17, Mar 8 to 16, Apr 18 to 21, May 17 to 19.**

## 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 Feb 15 to 17, Mar 8 to 16, Apr 18 to 21, May 17 to 19.**

# 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 06	Feb 10	\$132.00 6 Weeks
	W722 Session 1	Wed	5:30 to 6:10 pm	Jan 08	Feb 19	\$148.00 7 Weeks
	W723 Session 1	Fri	4:00 to 4:40 pm	Jan 10	Feb 21	\$148.00 7 Weeks
	W724 Session 1	Sat	10:45 to 11:25 am	Jan 11	Feb 22	\$132.00 6 Weeks
	W725 Session 1	Sun	11:30 am 12:10 pm	Jan 12	Feb 23	\$132.00 6 Weeks
	W721.1 Session 2	Mon	4:45 to 5:25 pm	Mar 03	Apr 14	\$132.00 6 Weeks
	W722.1 Session 2	Wed	5:30 to 6:10 pm	Mar 05	Apr 23	\$148.00 7 Weeks
	W723.1 Session 2	Fri	4:00 to 4:40 pm	Mar 07	Apr 25	\$132.00 6 Weeks
	W724.1 Session 2	Sat	10:45 to 11:25 am	Mar 01	Apr 26	\$132.00 6 Weeks
	W725.1 Session 2	Sun	11:30 am 12:10 pm	Mar 02	Apr 27	\$132.00 6 Weeks
	S721 Session 3	Mon	4:45 to 5:25 pm	Apr 28	June 09	\$132.00 6 Weeks
	S722 Session 3	Wed	5:30 to 6:10 pm	Apr 30	June 11	\$148.00 7 Weeks
	S723 Session 3	Fri	4:00 to 4:40 pm	May 02	June 13	\$148.00 7 Weeks
	S724 Session 3	Sat	10:45 to 11:25 am	May 03	June 14	\$132.00 6 Weeks
	S725 Session 3	Sun	11:30 am 12:10 pm	May 04	June 15	\$132.00 6 Weeks
Preschool E	W726 Session 1	Mon	5:30 to 6:10 pm	Jan 06	Feb 10	\$132.00 6 Weeks
	W727 Session 1	Wed	4:45 to 5:25 pm	Jan 08	Feb 19	\$148.00 7 Weeks
	W728 Session 1	Fri	4:45 to 5:25 pm	Jan 10	Feb 21	\$148.00 7 Weeks
	W729 Session 1	Sat	11:30 am 12:10 pm	Jan 11	Feb 22	\$132.00 6 Weeks
	W730 Session 1	Sun	11:30 am 12:10 pm	Jan 12	Feb 23	\$132.00 6 Weeks
	W726.1 Session 2	Mon	5:30 to 6:10 pm	Mar 03	Apr 14	\$132.00 6 Weeks
	W727.1 Session 2	Wed	4:45 to 5:25 pm	Mar 05	Apr 23	\$148.00 7 Weeks
	W728.1 Session 2	Fri	4:45 to 5:25 pm	Mar 07	Apr 25	\$132.00 6 Weeks
	W729.1 Session 2	Sat	11:30 am 12:10 pm	Mar 01	Apr 26	\$132.00 6 Weeks
	W730.1 Session 2	Sun	11:30 am 12:10 pm	Mar 02	Apr 27	\$132.00 6 Weeks
	S726 Session 3	Mon	5:30 to 6:10 pm	Apr 28	June 09	\$132.00 6 Weeks
	S727 Session 3	Wed	4:45 to 5:25 pm	Apr 30	June 11	\$148.00 7 Weeks
	S728 Session 3	Fri	4:45 to 5:25 pm	May 02	June 13	\$148.00 7 Weeks
	S729 Session 3	Sat	11:30 am 12:10 pm	May 03	June 14	\$132.00 6 Weeks
	S730 Session 3	Sun	11:30 am 12:10 pm	May 04	June 15	\$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 15 to 17, Mar 8 to 16, Apr 18 to 21, May 17 to 19.**

Code	Day	Time	Date	Ends	Price
W731 Session 1	Mon	6:15 to 6:55 pm	Jan 06	Feb 10	\$132.00 6 Weeks
W732 Session 1	Wed	4:45 to 5:25 pm	Jan 08	Feb 19	\$148.00 7 Weeks
W733 Session 1	Wed	6:15 to 6:55 pm	Jan 08	Feb 19	\$148.00 7 Weeks
W734 Session 1	Fri	4:00 to 4:40 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W735 Session 1	Sat	11:30 am 12:10 pm	Jan 11	Feb 22	\$132.00 6 Weeks
W736 Session 1	Sun	10:00 to 10:40 am	Jan 12	Feb 23	\$132.00 6 Weeks
W731.1 Session 2	Mon	6:15 to 6:55 pm	Mar 03	Apr 14	\$132.00 6 Weeks
W732.1 Session 2	Wed	4:45 to 5:25 pm	Mar 05	Apr 23	\$148.00 7 Weeks
W733.1 Session 2	Wed	6:15 to 6:55 pm	Mar 05	Apr 23	\$148.00 7 Weeks
W734.1 Session 2	Fri	4:00 to 4:40 pm	Mar 07	Apr 25	\$132.00 6 Weeks
W735.1 Session 2	Sat	11:30 am 12:10 pm	Mar 01	Apr 26	\$132.00 6 Weeks
W736.1 Session 2	Sun	10:00 to 10:40 am	Mar 02	Apr 27	\$132.00 6 Weeks
S731 Session 3	Mon	6:15 to 6:55 pm	Apr 28	June 09	\$132.00 6 Weeks
S732 Session 3	Wed	4:45 to 5:25 pm	Apr 30	June 11	\$148.00 7 Weeks
S733 Session 3	Wed	6:15 to 6:55 pm	Apr 30	June 11	\$148.00 7 Weeks
S734 Session 3	Fri	4:00 to 4:40 pm	May 02	June 13	\$148.00 7 Weeks
S735 Session 3	Sat	11:30 am 12:10 pm	May 03	June 14	\$132.00 6 Weeks
S736 Session 3	Sun	10:00 to 10:40 am	May 04	June 15	\$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 15 to 17, Mar 8 to 16, Apr 18 to 21, May 17 to 19.**

Code	Day	Time	Date	Ends	Price
W737 Session 1	Mon	4:45 to 5:25 pm	Jan 06	Feb 10	\$132.00 6 Weeks
W738 Session 1	Wed	4:00 to 4:40 pm	Jan 08	Feb 19	\$148.00 7 Weeks
W739 Session 1	Fri	6:15 to 6:55 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W740 Session 1	Sat	10:45 to 11:25 am	Jan 11	Feb 22	\$132.00 6 Weeks
W742 Session 1	Sun	10:45 to 11:25 am	Jan 12	Feb 23	\$132.00 6 Weeks
W737.1 Session 2	Mon	4:45 to 5:25 pm	Mar 03	Apr 14	\$132.00 6 Weeks
W738.1 Session 2	Wed	4:00 to 4:40 pm	Mar 05	Apr 23	\$148.00 7 Weeks
W739.1 Session 2	Fri	6:15 to 6:55 pm	Mar 07	Apr 25	\$132.00 6 Weeks
W740.1 Session 2	Sat	10:45 to 11:25 am	Mar 01	Apr 26	\$132.00 6 Weeks
W742.1 Session 2	Sun	10:45 to 11:25 am	Mar 02	Apr 27	\$132.00 6 Weeks
S737 Session 3	Mon	4:45 to 5:25 pm	Apr 28	June 09	\$132.00 6 Weeks
S738 Session 3	Wed	4:00 to 4:40 pm	Apr 30	June 11	\$148.00 7 Weeks
S739 Session 3	Fri	6:15 to 6:55 pm	May 02	June 13	\$148.00 7 Weeks
S740 Session 3	Sat	10:45 to 11:25 am	May 03	June 14	\$132.00 6 Weeks
S742 Session 3	Sun	10:45 to 11:25 am	May 04	June 15	\$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 15 to 17, Mar 8 to 16, Apr 18 to 21, May 17 to 19.**

Code	Day	Time	Date	Ends	Price
W743 Session 1	Mon	4:00 to 4:40 pm	Jan 06	Feb 10	\$132.00 6 Weeks
W744 Session 1	Mon	5:30 to 6:10 pm	Jan 06	Feb 10	\$132.00 6 Weeks
W745 Session 1	Wed	5:30 to 6:10 pm	Jan 08	Feb 19	\$148.00 7 Weeks
W746 Session 1	Fri	4:45 to 5:25 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W747 Session 1	Sat	10:45 to 11:25 am	Jan 11	Feb 22	\$132.00 6 Weeks
W748 Session 1	Sat	11:30 to 12:10 pm	Jan 11	Feb 22	\$132.00 6 Weeks
W749 Session 1	Sun	11:30 to 12:10 pm	Jan 12	Feb 23	\$132.00 6 Weeks
W743.1 Session 2	Mon	4:00 to 4:40 pm	Mar 03	Apr 14	\$132.00 6 Weeks
W744.1 Session 2	Mon	5:30 to 6:10 pm	Mar 03	Apr 14	\$132.00 6 Weeks
W745.1 Session 2	Wed	5:30 to 6:10 pm	Mar 05	Apr 23	\$148.00 7 Weeks
W746.1 Session 2	Fri	4:45 to 5:25 pm	Mar 07	Apr 25	\$132.00 6 Weeks
W747.1 Session 2	Sat	10:45 to 11:25 am	Mar 01	Apr 26	\$132.00 6 Weeks
W748.1 Session 2	Sat	11:30 to 12:10 pm	Mar 01	Apr 26	\$132.00 6 Weeks
W749.1 Session 2	Sun	11:30 to 12:10 pm	Mar 02	Apr 27	\$132.00 6 Weeks
S743 Session 3	Mon	4:00 to 4:40 pm	Apr 28	Jun 09	\$132.00 6 Weeks
S744 Session 3	Mon	5:30 to 6:10 pm	Apr 28	Jun 09	\$132.00 6 Weeks
S745 Session 3	Wed	5:30 to 6:10 pm	Apr 30	June 11	\$148.00 7 Weeks
S746 Session 3	Fri	4:45 to 5:25 pm	May 02	June 13	\$148.00 7 Weeks
S747 Session 3	Sat	10:45 to 11:25 am	May 03	June 14	\$132.00 6 Weeks
S748 Session 3	Sat	11:30 to 12:10 pm	May 03	June 14	\$132.00 6 Weeks
S749 Session 3	Sun	11:30 to 12:10 pm	May 04	June 15	\$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 15 to 17, Mar 8 to 16, Apr 18 to 21, May 17 to 19.**

Code	Day	Time	Date	Ends	Price
W750 Session 1	Mon	4:00 to 4:40 pm	Jan 06	Feb 10	\$132.00 6 Weeks
W752 Session 1	Wed	5:30 to 6:10 pm	Jan 08	Feb 19	\$148.00 7 Weeks
W753 Session 1	Fri	4:45 to 5:25 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W754 Session 1	Fri	5:30 to 6:10 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W755 Session 1	Sat	11:30 to 12:10 pm	Jan 11	Feb 22	\$132.00 6 Weeks
W756 Session 1	Sun	12:15 to 12:55 pm	Jan 12	Feb 23	\$132.00 6 Weeks
W750.1 Session 2	Mon	4:00 to 4:40 pm	Mar 03	Apr 14	\$132.00 6 Weeks
W752.1 Session 2	Wed	5:30 to 6:10 pm	Mar 05	Apr 23	\$148.00 7 Weeks
W753.1 Session 2	Fri	4:45 to 5:25 pm	Mar 07	Apr 25	\$132.00 6 Weeks
W754.1 Session 2	Fri	5:30 to 6:10 pm	Mar 07	Apr 25	\$132.00 6 Weeks
W755.1 Session 2	Sat	11:30 to 12:10 pm	Mar 01	Apr 26	\$132.00 6 Weeks
W756.1 Session 2	Sun	12:15 to 12:55 pm	Mar 02	Apr 27	\$132.00 6 Weeks
S750 Session 3	Mon	4:00 to 4:40 pm	Apr 28	June 09	\$132.00 6 Weeks
S752 Session 3	Wed	5:30 to 6:10 pm	Apr 30	June 11	\$148.00 7 Weeks
S753 Session 3	Fri	4:45 to 5:25 pm	May 02	June 13	\$148.00 7 Weeks
S754 Session 3	Fri	5:30 to 6:10 pm	May 02	June 13	\$148.00 7 Weeks
S755 Session 3	Sat	11:30 to 12:10 pm	May 03	June 14	\$132.00 6 Weeks
S756 Session 3	Sun	12:15 to 12:55 pm	May 04	June 15	\$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 15 to 17, Mar 8 to 16, Apr 18 to 21, May 17 to 19.**

Code	Day	Time	Date	Ends	Price
W757 Session 1	Mon	4:00 to 4:40 pm	Jan 06	Feb 10	\$132.00 6 Weeks
W758 Session 1	Wed	4:45 to 5:25 pm	Jan 08	Feb 19	\$148.00 7 Weeks
W759 Session 1	Fri	5:30 to 6:10 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W760 Session 1	Sat	10:45 to 11:25 am	Jan 11	Feb 22	\$132.00 6 Weeks
W762 Session 1	Sun	11:30 am 12:10 pm	Jan 12	Feb 23	\$148.00 6 Weeks
W757.1 Session 2	Mon	4:00 to 4:40 pm	Mar 03	Apr 14	\$132.00 6 Weeks
W758.1 Session 2	Wed	4:45 to 5:25 pm	Mar 05	Apr 23	\$148.00 7 Weeks
W759.1 Session 2	Fri	5:30 to 6:10 pm	Mar 07	Apr 25	\$132.00 6 Weeks
W760.1 Session 2	Sat	10:45 to 11:25 am	Mar 01	Apr 26	\$132.00 6 Weeks
W762.1 Session 2	Sun	11:30 am 12:10 pm	Mar 02	Apr 27	\$132.00 6 Weeks
S757 Session 3	Mon	4:00 to 4:40 pm	Apr 28	June 09	\$132.00 6 Weeks
S758 Session 3	Wed	4:45 to 5:25 pm	Apr 30	June 11	\$148.00 7 Weeks
S759 Session 3	Fri	5:30 to 6:10 pm	May 02	June 13	\$148.00 7 Weeks
S760 Session 3	Sat	10:45 to 11:25 am	May 03	June 14	\$132.00 6 Weeks
S762 Session 3	Sun	11:30 am 12:10 pm	May 04	June 15	\$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 15 to 17, Mar 8 to 16, Apr 18 to 21, May 17 to 19.**

Code	Day	Time	Date	Ends	Price
W763 Session 1	Mon	4:45 to 5:25 pm	Jan 06	Feb 10	\$132.00 6 Weeks
W764 Session 1	Wed	5:30 to 6:10 pm	Jan 08	Feb 19	\$148.00 7 Weeks
W766 Session 1	Fri	4:45 to 5:25 pm	Jan 10	Feb 21	\$148.00 7 Weeks
W767 Session 1	Sat	10:45 to 11:25 am	Jan 11	Feb 22	\$132.00 6 Weeks
W768 Session 1	Sun	11:30 am 12:10 pm	Jan 12	Feb 23	\$132.00 6 Weeks
W763.1 Session 2	Mon	4:45 to 5:25 pm	Mar 03	Apr 14	\$132.00 6 Weeks
W764.1 Session 2	Wed	5:30 to 6:10 pm	Mar 05	Apr 23	\$148.00 7 Weeks
W766.1 Session 2	Fri	4:45 to 5:25 pm	Mar 07	Apr 25	\$132.00 6 Weeks
W767.1 Session 2	Sat	10:45 to 11:25 am	Mar 01	Apr 26	\$132.00 6 Weeks
W768.1 Session 2	Sun	11:30 am 12:10 pm	Mar 02	Apr 27	\$132.00 6 Weeks
S763 Session 2	Mon	4:45 to 5:25 pm	Apr 28	June 09	\$132.00 6 Weeks
S764 Session 2	Wed	5:30 to 6:10 pm	Apr 30	June 11	\$148.00 7 Weeks
S766 Session 2	Fri	4:45 to 5:25 pm	May 02	June 13	\$148.00 7 Weeks
S767 Session 2	Sat	10:45 to 11:25 pm	May 03	June 14	\$132.00 6 Weeks
S768 Session 2	Sun	11:30 am 12:10 pm	May 04	June 15	\$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 Ashley at [ado@ontarioracquetclub.com](mailto:ado@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 Feb 15, Mar 8 to 15, Apr 19**

## 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 11 & 13.**

## 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 17, Mar 10 to 14, Apr 18 & 21.**

## 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 16, Mar 9 & 16, Apr 20 & May 18.**

## 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 13.**

## 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 Ashley at [ado@ontarioracquetclub.com](mailto:ado@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 07	Apr 15	\$242 14 Weeks
	W772 Session 1	Sat	1:00 to 2:00 pm	Jan 11	Apr 19	\$208 12 Weeks
	W772.1 Session 1	Sat	2:00 to 3:00 pm	Jan 11	Apr 19	\$208 12 Weeks
Silver Swim Team	W773 Session 1	Tue	5:00 to 6:15 pm	Jan 07	Apr 17	\$305 14 Weeks
		Thurs	5:00 to 6:15 pm			
Gold Swim Team	W774 Session 1	Mon	6:15 to 7:45 pm	Jan 06	Apr 16	\$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 12	Jun 22	\$220 19 Weeks
Bronze Med	W777 Session 1	Thurs	6:30 to 8:30 pm	Jan 09	Apr 17	\$290 14 Weeks
National Lifeguard	W778 Session 1	Thurs	4:00 to 7:00 pm	Jan 09	Apr 17	\$330 14 Weeks

Please note registration to above programs are subject to the approval of ORC's Acting Aquatics Director, Ashley Do - [ado@ontarioracquetclub.com](mailto:ado@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. **No class on Mar 13.**

# ORC Squash

Updated 12/02/2024

## Squash For Squirts Ages 4 to 6

An introductory clinic for very young athletes looking for an early beginning to the game of squash. **No Class Feb 15, Apr 19 & May 17.**

## 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. **No Class Feb 15, Apr 19 & May 17.**

## Beginner 2 Ages 7 to 13

ORC Beginner level 2 is a fun introductory clinic for youngsters. Kids should have experience with squash or have participated in Beginner 1. **No Class Feb 15, Apr 19 & May 17.**

## Silver Squashers 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. **No Class Feb 17, Apr 21 & May 19.**

## Gold Squashers 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.

### Squash Drop-Ins

Simply show up and play! These drop-ins are available to squash members at no cost.

**All Levels** - Fri from 4:40 to 6:00 pm

**Women's Drop-In** - Wed from 6:40 to 8:00 pm

**Master's Drop-In** - Thurs from 6:40 to 8:00 pm

[squashdept@ontarioracquetclub.com](mailto:squashdept@ontarioracquetclub.com)

## Learn to Play Squash

A class for adults to learn basic game play, the rules of squash, along with rudimentary movements and strategy.

	Day	Time	Date	Ends	Price
W227 Session 1	Wed	6:00 to 6:40 pm	Jan 8	Jan 29	\$80 4 Weeks
W228 Session 1	Wed	6:00 to 6:40 pm	Feb 7	Feb 26	\$80 4 Weeks
W229 Session 2	Wed	6:00 to 6:40 pm	Mar 5	Mar 26	\$80 4 Weeks
W230 Session 2	Wed	6:00 to 6:40 pm	Apr 9	Apr 30	\$80 4 Weeks
W231 Session 3	Wed	6:00 to 6:40 pm	May 7	May 28	\$80 4 Weeks
W232 Session 3	Wed	6:00 to 6:40 pm	June 4	Jun 25	\$80 4 Weeks

	Program	Day	Time	Date	Ends	Price
Squash For Squirts	W202 Session 1	Sat	9:30 to 10:00 am	Jan 11	Mar 1	\$105 7 Weeks
	W205 Session 2	Sat	9:30 to 10:00 am	Mar 8	Apr 26	\$105 7 Weeks
	W208 Session 3	Sat	9:30 to 10:00 am	May 3	Jun 22	\$105 7 Weeks
Beginner 1	W200 Session 1	Wed	5:20 to 6:00 pm	Jan 8	Feb 26	\$120 8 Weeks
	W201 Session 1	Sat	10:00 to 10:40 am	Jan 11	Mar 1	\$105 7 Weeks
	W203 Session 2	Wed	5:20 to 6:00 pm	Mar 5	Apr 23	\$120 8 Weeks
	W204 Session 2	Sat	10:00 to 10:40 am	Mar 8	Apr 26	\$105 7 Weeks
	W206 Session 3	Wed	5:20 to 6:00 pm	Apr 30	Jun 18	\$120 8 Weeks
	W207 Session 3	Sat	10:00 to 10:40 am	May 3	Jun 22	\$105 7 Weeks
Beginner 2	W209 Session 1	Wed	5:20 to 6:00 pm	Jan 8	Feb 26	\$120 8 Weeks
	W210 Session 1	Sat	10:00 to 10:40 am	Jan 11	Mar 1	\$105 7 Weeks
	W211 Session 2	Wed	5:20 to 6:00 pm	Mar 5	Apr 23	\$120 8 Weeks
	W212 Session 2	Sat	10:00 to 10:40 am	Mar 8	Apr 26	\$105 7 Weeks
	W213 Session 3	Wed	5:20 to 6:00 pm	Apr 30	Jun 18	\$120 8 Weeks
	W214 Session 3	Sat	10:00 to 10:40 am	May 3	Jun 22	\$105 7 Weeks
Silver Squashers	W215 Session 1	Mon	5:00 to 6:00 pm	Jan 6	Feb 24	\$210 7 Weeks
	W216 Session 1	Thurs	5:00 to 6:00 pm	Jan 9	Feb 27	\$240 8 Weeks
	W217 Session 2	Mon	5:00 to 6:00 pm	Mar 3	Apr 21	\$210 7 Weeks
	W218 Session 2	Thurs	5:00 to 6:00 pm	Mar 6	Apr 24	\$240 8 Weeks
	W219 Session 3	Mon	5:00 to 6:00 pm	Apr 28	Jun 16	\$210 7 Weeks
	W220 Session 3	Thurs	5:00 to 6:00 pm	May 1	Jun 19	\$240 8 Weeks
	W221 Session 1	Tues	4:30 to 6:00 pm	Jan 7	Feb 24	\$240 8 Weeks
Gold Squashers	W222 Session 1	Thurs	4:30 to 6:00 pm	Jan 9	Feb 27	\$240 8 Weeks
	W223 Session 2	Tues	4:30 to 6:00 pm	Mar 4	Apr 21	\$240 8 Weeks
	W224 Session 2	Thurs	4:30 to 6:00 pm	Mar 6	Apr 24	\$240 8 Weeks
	W225 Session 3	Tues	4:30 to 6:00 pm	Apr 29	Jun 16	\$240 8 Weeks
	W226 Session 3	Thurs	4:30 to 6:00 pm	May 1	Jun 19	\$240 8 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

Registration for each drop-in is 14 days in advance. For Competitive drop-in, register at [skycourt.ca](http://skycourt.ca). For Social Play drop-in, register at [orc.clubautomation.com](http://orc.clubautomation.com), select "Group Activities".

	Day	Time	Starts	Price
Intermediate Rated Play 2.5 to 3.5	Tues	8:00 to 9:30 pm	Ongoing	\$7.50 <i>Per Session</i>
	Wed	11:00 am to 12:30 pm	Ongoing	\$7.50 <i>Per Session</i>
Advanced Level Play 3.5+	Thurs	8:00 to 9:30 pm	Ongoing	\$7.50 <i>Per Session</i>
Social Play Novice Level	Tues	2:00 to 3:30 pm	Ongoing	\$7.50 <i>Per Session</i>
	Thurs	2:00 to 3:30 pm	Ongoing	\$7.50 <i>Per Session</i>
Social Play All Levels	Mon	2:00 to 3:30 pm	Ongoing	\$7.50 <i>Per Session</i>
	Wed	2:00 to 3:30 pm	Ongoing	\$7.50 <i>Per Session</i>
	Wed	7:00 to 8:30 pm	Ongoing	\$7.50 <i>Per Session</i>
	Fri	7:30 to 9:00 pm	Ongoing	\$7.50 <i>Per Session</i>
	Sat	1:30 to 3:00 pm	Ongoing	\$7.50 <i>Per Session</i>

Questions? Need a Skycourt Login? Email [afong@ontarioracquetclub.com](mailto:afong@ontarioracquetclub.com)

## PICKLEBALL LESSONS

Private	1 person	\$80 <i>Per Person Per Hour</i>
Semi Private	2 people	\$55 <i>Per Person Per Hour</i>
Group of Three	3 people	\$45 <i>Per Person Per Hour</i>
Group of Four	4 people	\$35 <i>Per Person Per Hour</i>

Private or small group pickleball lessons with a qualified coach are a fantastic way for players of all levels to elevate their game. Beginners can build confidence while learning proper techniques and strategies. More experienced players can refine their skills, correct bad habits, and tackle specific areas for improvement.

Contact the ORC Pickleball Team to discuss lessons  
 Albert Fong: [afong@ontarioracquetclub.com](mailto:afong@ontarioracquetclub.com)  
 Allan Cook: [acook@ontarioracquetclub.com](mailto: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
W512 Session 1	Tues	12:30 to 2:00 pm	Jan 7	Jan 28	\$50.00 4 Weeks
W513 Session 1	Tues	12:30 to 2:00 pm	Feb 4	Feb 25	\$50.00 4 Weeks
W515 Session 2	Tues	12:30 to 2:00 pm	Mar 4	Mar 25	\$50.00 4 Weeks
W516 Session 2	Tues	12:30 to 2:00 pm	Apr 8	Apr 29	\$50.00 4 Weeks
W518 Session 3	Tues	12:30 to 2:00 pm	May 6	May 27	\$50.00 4 Weeks

### Level 2.5 - 3.0

Clinic	Day	Time	Date	End	Price
W514 Session 1	Thurs	12:30 to 2:00 pm	Jan 9	Jan 30	\$50.00 4 Weeks
W517 Session 1	Thurs	12:30 to 2:00 pm	Feb 6	Feb 27	\$50.00 4 Weeks
W520 Session 2	Thurs	12:30 to 2:00 pm	Mar 6	Mar 27	\$50.00 4 Weeks
W542 Session 2	Thurs	12:30 to 2:00 pm	Apr 10	May 1	\$50.00 4 Weeks
W536 Session 3	Thurs	12:30 to 2:00 pm	May 8	May 29	\$50.00 4 Weeks

### Level 3.0 - 3.5

Clinic	Day	Time	Date	End	Price
W537 Session 1	Fri	12:30 to 2:00 pm	Jan 10	Jan 31	\$50.00 4 Weeks
W538 Session 1	Fri	12:30 to 2:00 pm	Feb 7	Feb 28	\$50.00 4 Weeks
W539 Session 2	Fri	12:30 to 2:00 pm	Mar 7	Mar 28	\$50.00 4 Weeks
W540 Session 2	Fri	12:30 to 2:00 pm	Apr 11	May 2	\$50.00 4 Weeks
W541 Session 2	Fri	12:30 to 2:00 pm	May 9	May 30	\$50.00 4 Weeks

## Registration Start Dates

Sign Up for Session 1 Programs on  
**Monday December 9th at 10:00 am**

Sign Up for Session 2 Programs on  
**Monday February 3rd at 10:00 am**

Sign Up for Session 3 Programs on  
**Monday April 7th at 10:00 am**

<https://orc.clubautomation.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. **No Classes Feb 17, Apr 21 & May 19.**

Clinic	Day	Time	Date	End	Price
W500 Session 1	Mon	11:00 am to 12:30 pm	Jan 6	Feb 10	\$58.75 6 Weeks
W501 Session 1	Tues	11:00 am to 12:30 pm	Jan 6	Feb 18	\$68.50 7 Weeks
W502 Session 1	Thurs	11:00 am to 12:30 pm	Jan 8	Feb 20	\$68.50 7 Weeks
W503 Session 1	Fri	11:00 am to 12:30 pm	Jan 9	Feb 21	\$68.50 7 Weeks
W504 Session 2	Mon	11:00 am to 12:30 pm	Feb 24	Apr 7	\$68.50 7 Weeks
W505 Session 2	Tues	11:00 am to 12:30 pm	Feb 25	Apr 8	\$68.50 7 Weeks
W506 Session 2	Thurs	11:00 am to 12:30 pm	Feb 27	Apr 10	\$68.50 7 Weeks
W507 Session 2	Fri	11:00 am to 12:30 pm	Feb 28	Apr 11	\$68.50 7 Weeks
W508 Session 2	Mon	11:00 am to 12:30 pm	Apr 14	May 26	\$48.95 5 Weeks
W509 Session 2	Tues	11:00 am to 12:30 pm	Apr 15	May 27	\$68.50 7 Weeks
W510 Session 2	Thurs	11:00 am to 12:30 pm	Apr 17	May 29	\$68.50 7 Weeks
W511 Session 2	Fri	11:00 am to 12:30 pm	Apr 18	May 30	\$68.50 7 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
W521 Session 1	Mon	12:30 to 2:00 pm	Jan 6	Jan 27	\$50.00 4 Weeks
W522 Session 1	Wed	12:30 to 2:00 pm	Jan 8	Jan 29	\$50.00 4 Weeks
W523 Session 1	Sat	12:00 to 1:30 pm	Jan 11	Feb 1	\$50.00 4 Weeks
W524 Session 1	Mon	12:30 to 2:00 pm	Feb 3	Feb 24	\$50.00 4 Weeks
W525 Session 1	Wed	12:30 to 2:00 pm	Feb 5	Feb 26	\$50.00 4 Weeks
W526 Session 1	Sat	12:00 to 1:30 pm	Feb 8	Mar 1	\$50.00 4 Weeks
W527 Session 2	Mon	12:30 to 2:00 pm	Mar 3	Mar 24	\$50.00 4 Weeks
W528 Session 2	Wed	12:30 to 2:00 pm	Mar 5	Mar 26	\$50.00 4 Weeks
W529 Session 2	Sat	12:00 to 1:30 pm	Mar 8	Mar 29	\$50.00 4 Weeks
W530 Session 2	Mon	12:30 to 2:00 pm	Apr 7	Apr 28	\$50.00 4 Weeks
W531 Session 2	Wed	12:30 to 2:00 pm	Apr 9	Apr 30	\$50.00 4 Weeks
W532 Session 2	Sat	12:00 to 1:30 pm	Apr 12	May 3	\$50.00 4 Weeks
W533 Session 3	Mon	12:30 to 2:00 pm	May 5	May 26	\$50.00 4 Weeks
W534 Session 3	Wed	12:30 to 2:00 pm	May 7	May 28	\$50.00 4 Weeks
W535 Session 3	Sat	12:00 to 1:30 pm	May 10	May 31	\$50.00 4 Weeks



## Kids & Teen Pickleball

A new clinic for kids and teens to get in a few games of Pickleball with players their age, without instruction. Paddles & balls provided.

### Kids Pickleball - Ages 8 to 12

Clinic	Day	Time	Date	End	Price
W423 Session 1	Mon	4:00 to 5:00 pm	Jan 6	Feb 17	\$64.00 6 Weeks
W424 Session 2	Mon	4:00 to 5:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
W425 Session 3	Mon	4:00 to 5:00 pm	Apr 21	June 2	\$53.00 5 Weeks

### Teen Pickleball - Ages 13 to 16

W387 Session 1	Sat	11:00 to 12:00 pm	Jan 11	Feb 22	\$64.00 6 Weeks
W388 Session 2	Sat	11:00 to 12:00 pm	Mar 1	Apr 19	\$64.00 6 Weeks
S389 Session 3	Sat	11:00 to 12:00 pm	Apr 26	Jun 7	\$64.00 6 Weeks

Questions about Kids & Teen Pickleball can be directed to Nicole at [ncrewe@ontarioracquetclub.com](mailto:ncrewe@ontarioracquetclub.com)