

# Leisure Guide

Spring & Summer 2017

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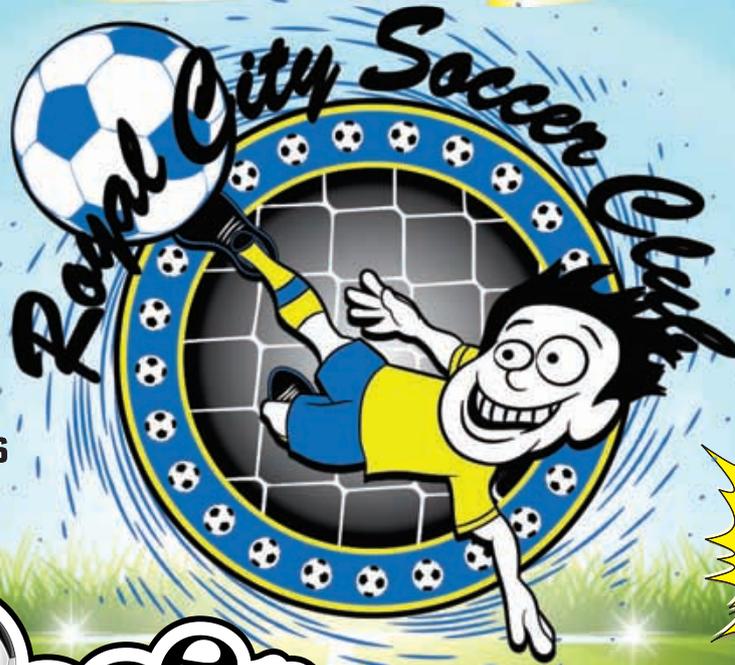
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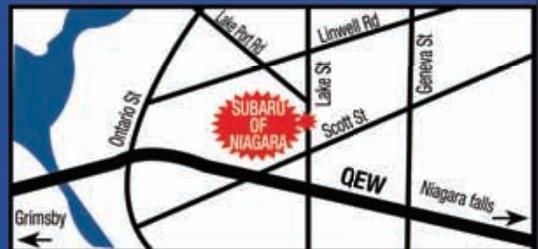
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# City Council

December 1, 2014 to November 30, 2018

## Mayor Walter Sendzik

905.688.5601 ext. 1540

## Merritton

Councillor David Haywood

289.696.0243

Councillor Jennifer (Jennie) Stevens

905.328.6722

## St. Andrew's

Councillor Joseph Kushner

905.327.9638 or 905.685.1817

Councillor Matt Harris

905.329.6802

## St. George's

Councillor Mike Britton

905.359.7449

Councillor Sal Sorrento

289.696.3673

## St. Patrick's

Councillor Mark Elliott

905.327.1763

Councillor Mathew Siscoe

905.329.8162

## Grantham

Councillor Bill Phillips

905.327.5363

Councillor Sandie Bellows

905.380.7310

## Port Dalhousie

Councillor Bruce Williamson

905.934.2787

Councillor Carlos Garcia

905.937.7012

# Mayor's Message

Welcome to the City of St. Catharines 2017 Spring and Summer Leisure Guide. The spring and summer seasons create new possibilities to explore the outdoors and new activities. The City has many programs and services for all ages, interests and abilities to get out and get active at our recreation centres, community parks and pools.

In honour of Canada's 150<sup>th</sup> birthday we are adding new features at several community parks and hosting events all year long to celebrate, including an extra-special Canada Day celebration July 1 in Port Dalhousie. Opening later this summer at Lakeside Park will be a new pavilion and band shell, a new playground and accessible beach access mats.

Across the city at West Park there will be a brand new splash pad, playground and washrooms, as well as outdoor fitness equipment to offer options for parents and older adults to be active in the park. In partnership with the Rotary Club of St. Catharines, Rotary Park will also receive upgrades and Centennial Gardens will get a new staircase and improved trails and picnic areas.

Speaking of Centennial Gardens, a new Disc Golf course was installed in the park last spring. It's free to play, and a great example of the City working with the community to introduce new recreation activities.

The St. Catharines Parks, Recreation and Culture Services team is always looking for innovative ways to bring new programs and services to help our residents live an active and healthy lifestyle and enjoy all that St. Catharines has to offer. Visit [www.stcatharines.ca](http://www.stcatharines.ca) for regular updates on programs and events in all of our City facilities. Follow along on social media for the latest information about upcoming events.

Regards,



Mayor Walter Sendzik

## Walter

Tag your photos using #ourhomeSTC on social media to help share all that St. Catharines has to offer.



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[www.niagararegion.ca/health](http://www.niagararegion.ca/health)



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[smokershelpline.ca](http://smokershelpline.ca)  
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Niagara Region



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# FirstOntario Performing Arts Centre

[www.firstontariopac.ca](http://www.firstontariopac.ca)

The FirstOntario Performing Arts Centre is a bustling cultural hub comprised of four unique performance venues that host signature presentations of exceptional international and local performing artists.

## The arts live here

Our community's new home for the arts features over a dozen local arts groups and aims to nurture transformative arts experiences, community gathering, collaboration and innovation.

## The Film House

The Film House is simply the best place in Niagara to experience the rich world of cinema. Great films, cold beer and fine Niagara wines make a good mix with a piping hot bag of popcorn! With over a dozen titles a week, from new features to classic favourites and international hits to local films, there is something for everyone.

## imPACt

Our imPACt Education Series consists of theatre, dance and music, intended to spark your child's curiosity and imagination. Our diverse programming enriches young minds and inspires youth to be moved and changed by the arts.

## Upcoming HOT TICKETS include:

- Lightwire Theatre: Moon Mouse | Thur 9 Mar
- Swingin' With Oscar | Sat 11 Mar
- Terri Clark | Thur 23 Mar
- Elephant & Piggie | Sat 1 Apr
- Classic Albums Live: Jimi Hendrix | Tue 18 Apr
- IMMORTAL CHI | Tue 25 Apr



## FirstOntario Performing Arts Centre

250 St. Paul St.

---

### Box Office information

Monday to Friday  
10 am to 6 pm

Saturday  
10 am to 2 pm

*(Holiday and summer hours vary)*

### Box office phone number

905.688.0722

### Box office email

[boxoffice@firstontariopac.ca](mailto:boxoffice@firstontariopac.ca)

### Upcoming Events

[www.firstontariopac.ca](http://www.firstontariopac.ca)

### Social media

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 @FirstOntPAC

 /FirstOntPAC

 @FirstOntPAC



# Meridian Centre

[www.meridiancentre.com](http://www.meridiancentre.com)

Located in the heart of the city, the Meridian Centre brings top-notch entertainment, such as sporting events, concerts, performances, culinary delights, community recreation and family fun to St. Catharines and Niagara.

## Great venue, great entertainment

The 5,300-seat venue features an NHL-sized ice surface, and is the proud home of the OHL's Niagara IceDogs and NBL's Niagara River Lions. Some of the brightest and boldest performers to play St. Catharines have hit the Meridian Centre stage, such as the Tragically Hip, Blue Rodeo, Johnny Reid, Metric, Death Cab for Cutie, Marianas Trench and St. Catharines' own Dallas Green of City and Colour. Other known crowd pleasers include the Long Island Medium Theresa Caputo and the one-and-only Jerry Seinfeld.

Meridian Centre has also hosted the IIHF World Women's U18 Championship; the Mayor's State of the City Address, Skate Niagara, the Scotties Tournament of Hearts and various community events. Coming up in 2017, the Harlem Globetrotters, Chris de Burgh and Old Dominion hit the arena in full swing!

## Every seat is the best seat in the house

Meridian Centre continues to attract game-changing events. Located downtown, the Meridian Centre is an exceptional venue for tradeshow, conferences, birthday parties, press events, annual general meetings and all other types gatherings. To host your next event in this uniquely distinctive space, contact [rentals@meridiancentre.com](mailto:rentals@meridiancentre.com)



## Meridian Centre

1 IceDogs Way

---

### Box Office Information

Monday to Friday  
9 am to 5 pm

Saturday  
10 am to 2 pm

Sunday  
Closed

### Box Office Phone

905.684.8400

### Upcoming Events

[www.meridiancentre.com](http://www.meridiancentre.com)

### Meridian Centre amenities at a glance

---

- NHL-sized rink
- Exclusive Club Lounge
- St. Catharines Sports Hall of Fame
- Suite Rentals
- Party and Press rooms
- Executive chef
- Accessibility enabled

### Social media

---

 @Meridian\_Centre

 /MeridianCtr

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Niagara  Region

[niagararegion.ca/waste](http://niagararegion.ca/waste)

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 905-380-4314

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## Fun Fact

There are more than 100 City Parks to discover in St. Catharines

# Parks

[www.stcatharines.ca/Parks](http://www.stcatharines.ca/Parks)

Who wants to go outside? With playgrounds, sports fields, tennis courts, picnic tables, pavilions and more, City parks are the perfect place to enjoy the outdoors and create long lasting memories. There's more than 1,000 acres of green space to explore!

Some parks feature beautifully manicured floral displays while others have naturalized areas left to grow wild to support honey bee colonies, butterflies and other pollinators.

## Special events

Each summer our parks play host to many great events. Here a few to look forward to in 2017:

Event	Date	Park
Canada Day	July 1	Rennie Park
Summer Concert Series	July / August (dates TBD)	Montebello Park
Driftwood Theatre's Othello	July 21	Montebello Park

## Leash free dog parks

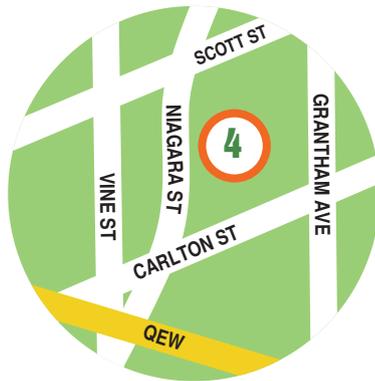
Burgoyne Woods and Catherine Street Park both offer leash free areas for dogs. Dogs must be supervised and kept under control at all times. Full rules are posted at both parks. The leash free areas are open from dawn to dusk.

## Help keep our parks beautiful

Clean up after pets and place litter and waste into garbage cans. Report park maintenance issues by calling 905.688.5600. Parks and playgrounds are smoke free.

## Park Rentals

Parks can be rented for special events (like corporate parties and family picnics) and for photography. For information call 905.688.5600 or go to [www.stcatharines.ca/Rentals](http://www.stcatharines.ca/Rentals)



Maps are not to scale.  
Not all roads are shown.

## 1 - Centennial Gardens

321 Oakdale Ave. Connects to the Merritt Trail. Features 18-hole disc golf course. Parts of the trail will be closed spring/summer while enhancements are made to the park.

## 2 - Jaycee Gardens Parks

543 Ontario St. Discover remnants of the third Welland Canal and enjoy colourful floral displays and beautiful views of Martindale Pond.

## 3 - Lakeside Park

1 Lakeport Rd. New washroom, playground, band shell and pavilion coming this summer. Carousel and beach open during construction.

## 4 - Lester B. Pearson Park

352 Niagara St. Accessible playground, splash pad and washrooms. Tennis courts, soccer fields and covered picnic area.

## 5 - Montebello Park

64 Ontario St. Pavilion, band shell, rose garden, accessible playground and washrooms.

## 6 - Rotary Park

395 Pelham Rd. Scenic views of the Niagara Escarpment and access to nearby trails. Park enhancements will happen this summer/fall.

## Parks with leash-free areas for dogs

### 7 - Burgoyne Woods

70 Edgedale Rd. Perfect for picnics and gatherings. Tennis courts, playground, washrooms and trails.

### 8 - Catherine Street Park

69 Catherine St. Splash pad and playground. Close to Terry Fox Trail.



## Patrick

Running the trails of St. Catharines reveals the city's natural beauty that takes me to my happy place.

## Trails

[www.stcatharines.ca/Trails](http://www.stcatharines.ca/Trails)

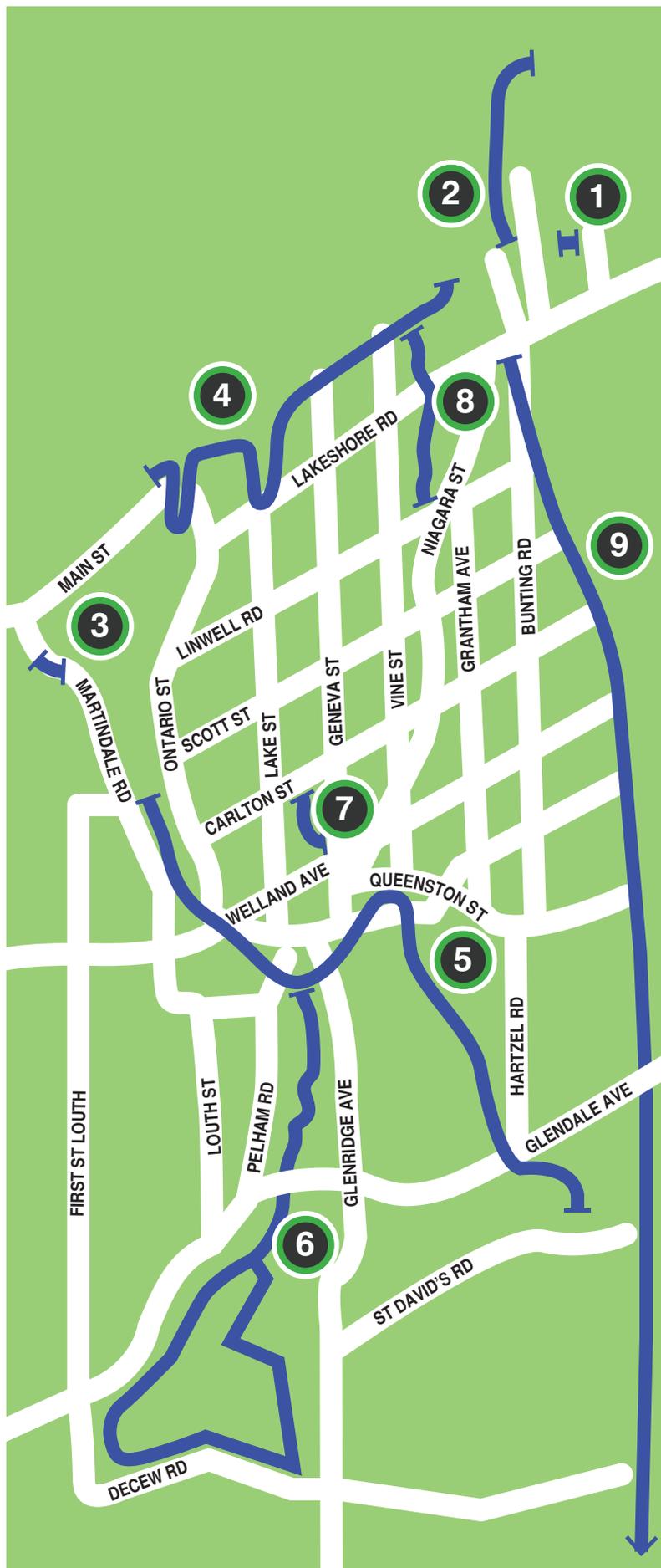
Walking. Cycling. Jogging. There are many ways to enjoy the more than 90 kilometers of trails connecting neighbourhoods across St. Catharines.

## Explore the Garden City

Most trails in St. Catharines take you off-road so you can avoid traffic while stepping to it. The trail network ranges from paved, multi-use surfaces, such as the Welland Canals Parkway Trail, to stone dust pathways, like the Participark Trail. Residents can also enjoy sections of the Bruce Trail, a meandering footpath that follows the Niagara Escarpment through St. Catharines.

## Trail etiquette

- Always pass on the left when possible
- Cyclists yield to in-line skaters and walkers
- In-line skaters yield to walkers
- Cyclists and in-line skaters must always pass other trail users with care and caution
- Leave the trails cleaner than when you arrived
- Respect the privacy of those living along the trails
- No motorized vehicles
- Dogs must be leashed. Clean up after your dog



## 1 - 9/11 Memorial Walkway

Accessible trail with benches along Lake Ontario. Park at Happy Rolph's.

## 2 - George Nicholson Trail

3 km trail that runs north to a lighthouse. Park at Jones Beach.

## 3 - Green Ribbon Trail

Trail through a beautiful wetland. Park at 396 Martindale Rd.

## 4 - Lake Ontario Waterfront Trail

Scenic views of Lake Ontario, from Port Weller to Port Dalhousie. Some sections are on residential streets.

## 5 - Merritt Trail

11 km non-continuous trail. Begins at Bradley Street, continues to Martindale Road and connects with the Green Ribbon Trail.

## 6 - Participark Trail

Trail follows the east bank of Twelve Mile Creek. Connects with the Laura Secord, Bruce and Twelve Mile Trail.

## 7 - Terry Fox Trail

Trail goes from Geneva Street to Carlton Street. Park at Catherine Street Park.

## 8 - Walker's Creek Trail

Follows Walker's Creek from Linwell Road to Cherie Road Park. Connects to Lake Ontario Waterfront Trail.

## 9 - Welland Canal Parkway Trail

Trail starts at Lock 1 and continues into Thorold. Parts of the trail near the Skyway are currently under construction - detours are posted.

Map is not to scale.  
Not all roads are shown.

Make this summer the best ever!

# STEM Camp

Science. Technology. Engineering. Mathematics.  
a Canadian not for profit educational initiative...

STEM Camp is for youth aged 5 to 13 who like to engage in hands-on activities involving Science, Technology, Engineering and Mathematics.

STEM Camp is a place where youth can learn but have fun doing it.

Questions? 519-475-6600  
[www.stemcamp.ca](http://www.stemcamp.ca)

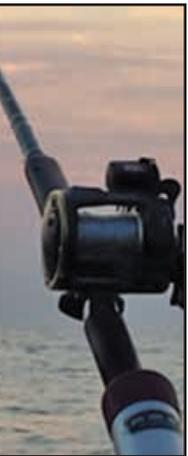


# NIAGARA FISHING CHARTERS

PORT DALHOUSIE

**\$20/** HOUR P.P.  
WITH  
5 PEOPLE

30ft. boat/ S.V.O.P. Captain  
[murdysports.com](http://murdysports.com) • 289-439-2024




**NIAGARA INFLATABLES & GAMES INC.**

33 Elm Street, St. Catharines

**A balanced Summer Day Camp with**

PHYSICAL ACTIVITY | GAMES | CRAFTS | SWIMMING

**ONLY \$149/WEEK**

**MULTI-WEEK & MULTI-CHILD DISCOUNTS AVAILABLE!**

Single & Half Day Options

Ask about our Private Indoor Birthday Parties

Apply online and program info on [www.niagarainflatables.com/camp](http://www.niagarainflatables.com/camp)

or call **905-646-JUMP (5867)**

Don't forget about the Giant Bouncy Castle!



# CAMPS @ BROCK

SUMMER CAMP, MARCH BREAK CAMP, DAY & OVERNIGHT SCHOOL TRIPS, FAMILY PROGRAMS, & EVENING KIDS WORKSHOPS

Over 50 weekly themes designed to be fun, engaging, & to inspire curiosity. From video game design and toy hacking to spa science and outdoor leadership, we have something for everyone!



**BOOK TODAY!**

[brocku.ca/youth-university](http://brocku.ca/youth-university)  
905 688 5550 x3120  
[youthuniversity@brocku.ca](mailto:youthuniversity@brocku.ca)



“ You guys can come over next time.  
*My* place is a total mess right now.  
It's *lights* out for me soon.  
I've *got* to wake up early tomorrow.  
So I'm going to *cut out* and take *off*.”



Giving  
Hope  
Today

Poverty  
isn't always  
*easy to see.*

1 in 10 Canadians struggle to make ends meet, even with a roof over their head. Help us feed, clothe and empower those in need.



## Fun Fact

The pond at Happy Rolph's is home to diverse plants and flowers, like exotic rhododendrons.

# Happy Rolph's Animal Farm

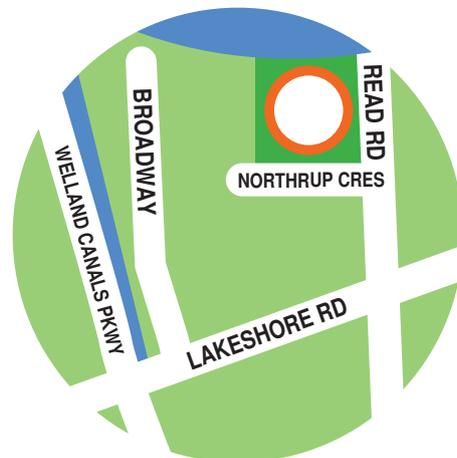
[www.stcatharines.ca/HappyRolphs](http://www.stcatharines.ca/HappyRolphs)

With farm animals, tree-lined accessible paths, covered picnic areas, migratory birds and stunning views of Lake Ontario, there's plenty to see and do at Happy Rolph's Animal Farm.

- Playground and benches
- Washrooms
- Connects to the 9/11 Memorial Walkway and the Lake Ontario Waterfront Trail
- Pavilion and green space available to rent

## Meet our animal family

- Farm animals, like ducks, cows, donkeys, goats and apacas, are on site Victoria Day to Thanksgiving
- Animals can be viewed until 9 pm
- Park is open dawn to dusk all year
- Free admission



Map is not to scale.  
Not all roads are shown.



# Elite Soccer Development

Tel: 289-214-1414 • Email :claytonelitesoccerdevelopment@gmail.com

[www.elitesoccerdevelopment.com](http://www.elitesoccerdevelopment.com)

- Elite Soccer Development Academy Teams - Boys & Girls
- Skill Development Sessions
- Private Training
- Team Training
- Futsal
- Overseas Tours
- Scholarship Preparation

### OUR COACHES:

#### CLAYTON ROSARIO

President of E.S.D.  
Technical Director

#### TUUKKA SALONEN

Academy Director of E.S.D.  
German & Finnish Pro

#### ANDRÉ PACHECO

Licensed FIFA Players' Agent  
Bachelor's in Sports  
Management

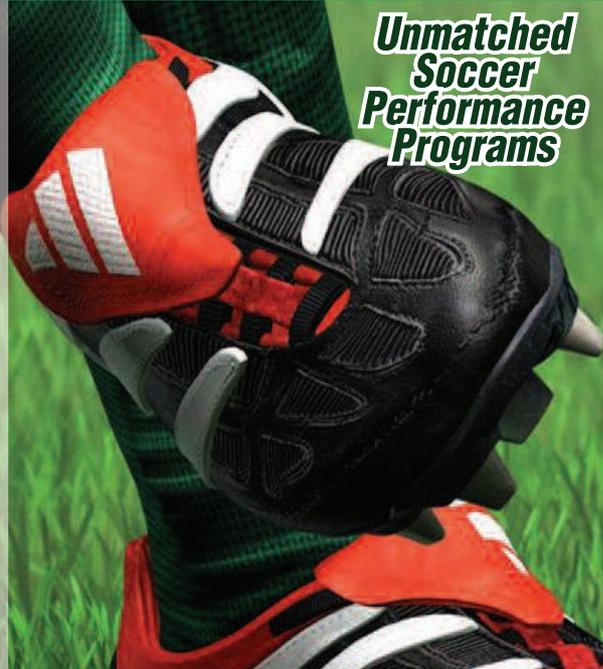
#### MARCH BREAK CAMP

Mar. 13th – 17th (9.00 to 3.00)

Boys and Girls age 6-14  
\$169 plus Hst.

**BRCK**  
CHIROPRACTIC

Unit #4 3350 Merrittville Hwy., Thorold ON L2V 4Y6  
905-682-0999 • [www.brockchiro.ca](http://www.brockchiro.ca)



**Unmatched  
Soccer  
Performance  
Programs**

### 2017 Summer Camps Boys & Girls 6-14

July 10th -14th, 2017  
 July 17th - 21st, 2017  
 July 24th - 28th, 2017  
 August 8th -11th, 2017\*  
 August 14th -18th, 2017  
 9am to 3pm - Daily

**\$169** Plus HST

(\*Aug. 8th -11th a short week - \$135 Plus HST  
Register online for all weeks)

Space is limited so don't delay. Weekly prizes!  
Each week will be unique & incorporate new drills.

#### Location:

31 Wood St, St. Catharines, ON  
Off Geneva opposite Fairview Mall. Close to QEW & 406

**Ask About Our  
September Tryout Preparation Camp**



**Brilliant Futures  
Montessori**

## Love for Learning Begins Here!



## NOW ACCEPTING NEW STUDENTS

### We offer....

- ✓ Toddler program 18 months to 2.5 years
- ✓ Casa Program 2.5 to 6 years
- ✓ Year round program
- ✓ Before and After care
- ✓ Open on March Break
- ✓ Open on PD Days
- ✓ Open House every Thursday 6-7 for the month of March.

### Special March Break Program

- ✓ Bring you little leprechauns to a March
- ✓ Break full of lucky surprises. Fun Activities and Crafts to celebrate
- ✓ St. Patricks day. Join in a special St. Patricks day parade.



Brilliant Futures Montessori-325 Scott Street, St. Catharines, ON, L2N 1J7  
(905)935-1092 • [info@brilliantfuturesmontessori.com](mailto:info@brilliantfuturesmontessori.com)



## Fun fact

The St. Catharines Farmers Market has been an important part of the community since the 1860s.

# St. Catharines Farmers Market

[www.stcatharines.ca/FarmersMarket](http://www.stcatharines.ca/FarmersMarket)

Eat fresh and buy local at the St. Catharines Farmers Market, located at 91 King St., next to City Hall and the historic Old Courthouse.

Open 6am to 2pm every Tuesday, Thursday and Saturday. Shop for farm fresh foods and meet the people who grow them.

## Vendor offerings:

- Fresh fruits and vegetables
- Meat and dairy products
- Baked goods and fresh bread
- Seafood
- International foods
- Fresh cut and potted flowers
- Honey, gourmet spices, homemade jams and preserves
- Organic, vegan and gluten-free options
- Artisans and crafts
- Hot food

## Free family fun in the summer

### Market Discovery Table

- Saturdays, June - October
- 9 - 11 am
- Kids can enjoy hands-on experiences, including making butter, creating seed mosaics, honey tasting, market searches and more. A different farm theme each week

### Music in the Square

- Saturdays, June - October
- 11 am - 1:30 pm
- Enjoy the light sounds of local musicians while shopping at the market



# NIAGARA FOLKARTS FESTIVAL

May 5th to 28th, 2017

Over 24 Cultural Open Houses



[folk-arts.ca/festival](http://folk-arts.ca/festival)



## ST. CATHARINES LADIES SOFTBALL LEAGUE

[WWW.SOFTBALLSTCATHARINES.CA](http://WWW.SOFTBALLSTCATHARINES.CA)



**NOW  
ACCEPTING  
REGISTRATIONS  
FOR 2017**

REGISTRATION FORMS AVAILABLE ONLINE

**WE  
OFFER**

Learn To Play, Mite, Squirt,  
Novice/Bantam & Ladies Divisions

“COME OUT & TRY SOFTBALL”

**MITE, SQUIRT, AND  
NOVICE SELECT TEAMS  
WILL BE IN THE GYM  
SOON.**

**WE OFFER DIVISIONS:  
AGED 4 - 54.**

TO REGISTER OR  
MORE INFORMATION  
PLEASE CONTACT

**DEBBIE LEIGH**

AT 289-296-0106

[DGLEIGH@GMAIL.COM](mailto:DGLEIGH@GMAIL.COM)

## We Learned A Lot In 30 Years. So Did Our Children.

Expect the Best From Wee Watch

- ✓ Wee Watch – a trusted home based child care system that has been providing parents with consistent, safe, quality child care since 1984.
- ✓ A licensed agency that meets AND exceeds government regulations. All homes are regularly monitored through unscheduled home visits conducted by RECE's.
- ✓ Children learn through play with Wee Watch's exclusive "Wee Learn" and "Together Wee Can" educational programs.
- ✓ Flexible worry free arrangements that fit your schedule.



There is so much more to learn about Wee Watch.  
[weewatch.com](http://weewatch.com)



## Charles

St. Catharines is one of the best places in Ontario to garden. This really serves the community.

# Community Gardens

[www.stcatharines.ca/CommunityGardens](http://www.stcatharines.ca/CommunityGardens)

Community gardens are places for residents to grow and harvest their own fresh produce. Community gardens bring people together as they share knowledge and expertise while also improving access to fresh fruits and vegetables.

## Establishing a community garden

The City leases land to community groups and organizations so they can establish and manage community gardens. Visit [www.stcatharines.ca/CommunityGardens](http://www.stcatharines.ca/CommunityGardens) for information on how to establish a community garden in your neighbourhood.

## Participating in a community garden

Several organizations have already established community gardens throughout the city. Day-to-day management of community gardens is the responsibility of the organizations participating in the community garden, not the City.

Each community garden is different, both in terms of size and use. Some gardens are accepting new participants, while some are full. Visit [www.stcatharines.ca/CommunityGardens](http://www.stcatharines.ca/CommunityGardens) to contact organizations about available plots.

# St Catharines Roma Soccer Club

## Come join the Fun at Club Roma Soccer!!

- Soccer Starters for 3 & 4 year olds
- House League Co-ed for U6 - U14
- Boys U7 Developmental Program
- Girls U7 Development Program
- Boys Travel Teams U8 - U17
- Girls Travel Teams U8 - U21
- Teams for Men (PSL) and Women (NSL)
- Training provided to all coaches.
- Register early to confirm your spot!
- Register On-Line Today at  
<https://romasoccer.powerupsports.com>



### Club Roma Soccer

125 Vansickle Road, St. Catharines, ON, L2S 3Y6  
[www.romasoccer.com](http://www.romasoccer.com) • [scromasoccer@gmail.com](mailto:scromasoccer@gmail.com)

# CLUB ROMA

# CELEBRATING 50 YEARS

**Fun Fact**

St. Catharines beaches are free for residents and visitors to enjoy. Free parking, too.



# Beaches

[www.stcatharines.ca/Beaches](http://www.stcatharines.ca/Beaches)

## Fun in the sun

Beach	Features
Jones Beach	Connects to George Nicholson Trail
Lakeside Beach	Washrooms, playground, beach access mat, volleyball courts (6) available for rent. Near Lake Ontario Waterfront Trail. There will be limited beach access while enhancements are made to Lakeside Park. See page 67 for details
Sunset Beach	Playground, BBQ area, free boat launch ramp, volleyball courts (2) available for rent. Connects to Lake Ontario Waterfront Trail

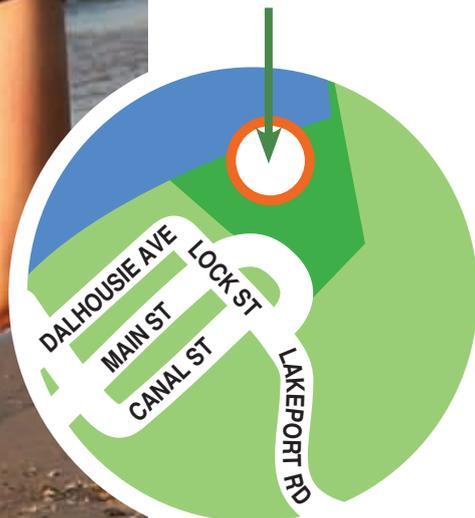
*All beaches are unsupervised. Be sure to bring a friend or family member when swimming*

## Water quality testing

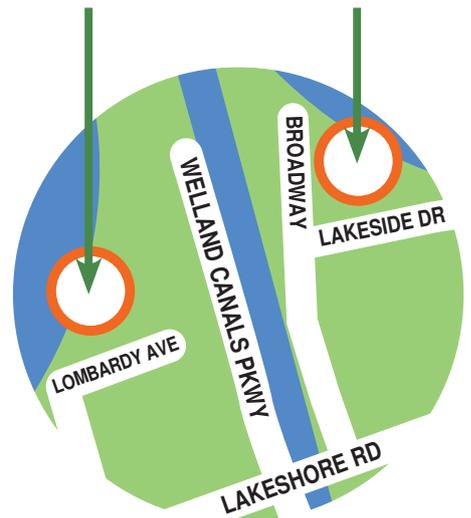
Niagara Region Public Health tests the water quality at St. Catharines beaches from Victoria Day to Labour Day. Water quality is posted at each beach, or check these sources before you head to the beach:

- Beach Hotline - 905.688.8248 ext. 7789
- [www.niagararegion.ca/Beaches](http://www.niagararegion.ca/Beaches)
- [www.facebook.com/CityofStCatharines](https://www.facebook.com/CityofStCatharines)
- Follow @St\_Catharines on Twitter

**Lakeside Beach**  
1 Lakeport Rd.



**Sunset Beach**  
1 Lombardy Ave.



**Jones Beach**  
142 Broadway

Maps are not to scale. Not all roads are shown.



**Meredyth**

I love to go swimming because it's so much fun to jump in and splash around.

# Pools and Splash Pads

[www.stcatharines.ca/pools](http://www.stcatharines.ca/pools)

Beat the heat and enjoy summer pool-side at City pools and splash pads.

## St. Catharines Kiwanis Aquatics Centre

- Features a leisure pool and lane pool
- Offers leisure swimming, lessons and more
- Barrier-free access to pool and change rooms
- Free Wi-Fi

## Outdoor pools

- Full-sized outdoor swimming pools and small pools for toddlers
- Offers leisure swimming, lessons and more

## Splash pads

- Open daily 9 am to 8 pm
- Free admission

## Pools and splash pads open / close dates

Pool / Splash Pads	Opens	Closes
Lincoln Park	July 1	Aug. 27
Lion Dunc Schooley	July 1	Sept. 24
Port Dalhousie	July 1	Aug. 27
Splash Pads	May 19	Fall

## Pools, splash pads and facility guidelines

- Parents or guardians must supervise their children at all times when using the splash pads
- No dogs allowed on splash pads
- Outdoor pools and splash pads may be kept open longer during declared heat advisories
- Pools and splash pads are smoke free
- See page 97 for full supervision and admission requirements



## Pools

### 1 - St. Catharines Kiwanis Aquatics Centre

425 Carlton St.  
905.688.5601 ext. 1800

#### Hours

Monday to Friday  
5:30 am to 9:30 pm  
Saturday  
7 am to 8 pm  
Sunday  
7:30 am to 8 pm

### 2 - Port Dalhousie Pool

205 Main St.

### 3 - Lincoln Park Small Pool

63 Chetwood Ave.

### 4 - Lion Dunc Schooley Pool

32 Seymour Ave.

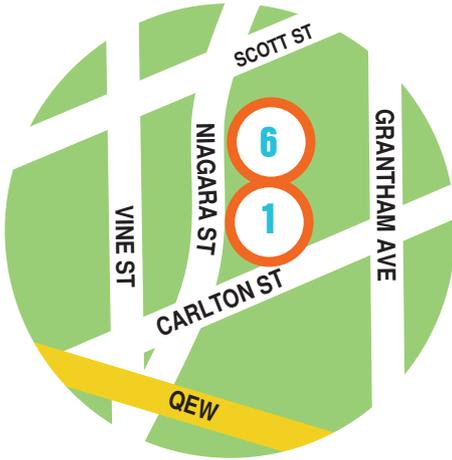
## Splash Pads

### 5 - Catherine Street Park

64 Catherine St.

### 6 - Lester B. Pearson Park

352 Niagara St.



### St. Catharines Kiwanis Aquatics Centre Closure Dates:

- March 22 and 23
- April 14 and 16
- May 22
- June 14 - 30 (maintenance and staff training)
- Sept. 7 - 9
- All pools will close July 30 at 7pm for training
- Pools may close for maintenance, pool foulings or to accommodate special events or courses.

Maps are not to scale.  
Not all roads are shown.

## Fun Fact

You can rent a pre-decorated birthday party room at the Port Weller Community Centre

# Facility Rentals

[www.stcatharines.ca/Rentals](http://www.stcatharines.ca/Rentals)

Looking for a venue to host your next soirée or a room for a family gathering? From ice rinks to halls to picnic pavilions, the City has a wide variety of facilities available for rent.

## The space to be

We have facilities at affordable rates throughout the community, most with access to full kitchens and some with audio/visual systems.

## Some of the events we can support

- Bridal showers
- Baby showers
- Birthday parties
- Community groups
- Business meetings
- Family reunions

## How to book a facility

City staff are happy to help you find the facility that's right for your event. Give us a call at 905.688.5600 or email [citizensfirst@stcatharines.ca](mailto:citizensfirst@stcatharines.ca) to learn more about booking a City facility.

## View facility availability

Visit [www.stcatharines.ca/ePlay](http://www.stcatharines.ca/ePlay) to view the availability of facilities and learn more about each facility's amenities.

## What you need to book a facility

- All bookings require liability insurance. This can be purchased through the City of St. Catharines in most cases
- If applying for a special occasion permit, copies of the Municipal Alcohol Policy are also available online at [www.stcatharines.ca/alcoholpolicy](http://www.stcatharines.ca/alcoholpolicy)
- All City facilities are smoke free

## Arenas

### Bill Burgoyne Arena

129 Linwell Rd.



### Garden City Arena Complex

8 Gale Cr.



### Seymour-Hannah Sports and Entertainment Centre

240 St. Paul St. West



## Community Centres

### Port Weller Community Centre

1 Bogart St.



### Russell Avenue Community Centre

108 Russell Ave.



## Older Adult Centres

### Dunlop Drive Older Adult Centre

80 Dunlop Dr.



### Port Dalhousie Older Adult Centre

19 Brock St.



### West St. Catharines Older Adult Centre

117 Chetwood Ave.



## Other City Facilities

### St. Catharines Kiwanis Aquatics Centre

425 Carlton St.



### St. Catharines Museum & Welland Canals Centre

1932 Welland Canals Pkwy.



## Arenas

Rental fees vary based on the season, day of week and time of day.

Visit [www.stcatharines.ca/Rentals](http://www.stcatharines.ca/Rentals) or call 905.688.5600 for rates.

## Community Rooms

Room	Capacity	Hourly Rate
Small	55 or less	\$22
Large	56-150	\$35
Gym/Hall	Over 150	\$50

Includes HST. A \$27.50 per hour late night fee applies to rentals after 9 pm at community centres, older adult centres and the St. Catharines Kiwanis Aquatics Centre.

## Legend

- Accessible
- Air Conditioning
- Bleacher Seating
- Equipment Rentals Available
- Gym / Hall
- Ice Pad(s) Available
- Kitchen or Kitchenette
- LCD Projector
- Liquor Licence Available
- Meeting Room (Large)
- Meeting Room (Small)
- PA System
- Pool
- WiFi Access



## Fun Fact

Crews groom the artificial turf with a large magnet to collect helmet clips and other metal debris.

# Sports Fields Rentals

[www.stcatharines.ca/FieldRentals](http://www.stcatharines.ca/FieldRentals)

St. Catharines has some of the best fields in southern Ontario, perfect for tournaments and activities of all skill levels.

## Kiwanis Field

Address: 240 St. Paul St. West  
(beside Seymour-Hannah Sports and Entertainment Centre)

Thanks to its artificial turf, fewer games at Kiwanis Field have to be cancelled due to inclement weather. It also means the field can be used from mid-April to mid-November - longer than any other sports field in the city.

- Large enough to accommodate regulation CFL games, FIFA soccer games and field lacrosse
- Exterior lighting
- Bleachers can accommodate 800 spectators
- Accessible change rooms, showers and washrooms

## Hourly prime time *(including HST)*

Monday to Friday, 6 pm to 11 pm  
Saturday and Sunday, 7 am to 11 pm

Adult	Youth	Commercial
\$107.75	\$70.05	\$184.60

## Hourly non-prime time *(including HST)*

Adult	Youth	Commercial
\$80	\$56.05	\$126.95

Additional Ammenities	Rate
Soccer dressing rooms (per booking/per day)	\$17.70
Football dressing rooms (per booking/per day)	\$25.95
Lighting (per hour)	\$17.55
Scoreboard (per hour)	\$6.10

Visit [www.stcatharines.ca/kiwanisfield](http://www.stcatharines.ca/kiwanisfield) for more information.

## Sports field rentals

Interested in renting baseball diamonds or soccer fields for your next tournament? Field rentals are broken into three field types:

- **Type A** - Lighted diamonds or fields, may have washrooms, bleachers and are lined for games
- **Type B** - May have bleachers and are lined a minimum of three times per week. Fields and diamonds are not lit
- **Type C** - Practice fields. Fields are not lined

Rental fees vary based on field type

## Type A fields available for rent

### Baseball Fields

- Alex MacKenzie Park  
17 Beech St.
- Community Park  
4 Seymour St.

### Softball Fields

- Community Park  
4 Seymour St.
- Grantham Lions Park  
732 Niagara St.
- Grapeview Park  
108 Louth St.
- Joe McCaffery Park  
61 Vansickle Rd.
- Lancaster Park  
31 Wood St.

### Soccer Fields

- Berkley Park  
44 Ridgeview Ave.
- Grantham Lions Park  
732 Niagara St.
- Joe McCaffery Park  
61 Vansickle Rd.
- Lester B. Pearson Park  
352 Niagara St.
- Lancaster Park  
31 Wood St.
- West Park  
78 Louth St.

## Type B and C fields available for rent

Please visit [www.stcatharines.ca/Rentals](http://www.stcatharines.ca/Rentals) or call 905.688.5600 for a list of Type B and C fields available for rent.

## How to rent a sports field

City staff are happy to help you find the field that's right for your event. Give us a call at 905.688.5600 or email [citizensfirst@stcatharines.ca](mailto:citizensfirst@stcatharines.ca) to learn more.

## Rental Rates

Rental fees are charged based on an hourly rate and include HST.

Prime time hours are  
Monday to Friday, 6 pm to 11 pm

## Type A Tournaments

	Adults	Youth
Prime	\$49.60	\$14.45
Non-prime	\$45.75	\$11.75

## Type A Seasonal

	Adults	Youth
Prime	\$34.45	\$11.50
Non-prime	\$32.10	\$8.15

## Type B

	Adult	Youth
Tournament	\$45.74	\$11.75
Seasonal	\$32.10	\$8.15

## Type C

	Adult	Youth
Tournament and seasonal	\$16.10	\$2.55

*Minimum three hour rental*

## Playing field conditions

Mother Nature can sometimes force the City to close fields. When this happens, information will be available through these sources:

- Call 905.688.5601 ext. 1534
- Visit [www.stcatharines.ca](http://www.stcatharines.ca)
- Go to [facebook.com/CityOfStCatharines](https://www.facebook.com/CityOfStCatharines)
- Follow @St\_Catharines on Twitter

## Wayne

I love golf for the exercise and for fun. Garden City Golf Course is a great place to enjoy the game.



# Garden City Golf Course

[www.stcatharines.ca/Golf](http://www.stcatharines.ca/Golf)

- Scenic 18-hole, par-60 executive course
- Licensed patio and clubhouse
- Tournament and league bookings welcome
- Located at 37 Lincoln Avenue

### Prime Season Green Fees *(June - August)*

Day	Age	9 holes	18 holes
Mon-Fri	Junior (9 to 17)	\$13	\$21.50
Mon-Fri	Adult (18 to 59)	\$14.50	\$23.50
Mon-Fri	Older Adult (60+)	\$13.50	\$21.50
Weekends	All ages	\$15.50	\$25.50

### Off Prime Green Fees *(April - May & After August)*

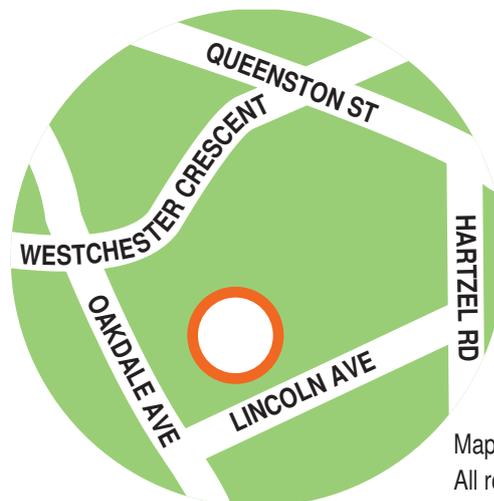
All Ages	9 holes	18 holes
Mon-Fri	\$11.25	\$21.50
Weekends	\$14.50	\$22.50

### 2017 Annual Memberships

Age	Mon-Fri	Any time
Junior (9 to 17)	\$200	\$275
Adult (18 to 59)	\$575	\$675
Older Adult (60+)	\$475	\$575

### How to book your tee time

- Online at [www.GolfNow.com](http://www.GolfNow.com)
- Call the pro shop at 905.688.5601 ext. 1677



Map is not to scale.  
All roads are not shown.

## Madelyn

I really have a 'ball' when I'm playing tennis. I just 'love' the game!

# Tennis

[www.stcatharines.ca/Tennis](http://www.stcatharines.ca/Tennis)

Grab your racquet and meet your match at City tennis courts.

## Serve up some fun

There are lit and unlit tennis courts at 13 parks in the city.

Park	Address	Lights
Alex MacKenzie Park	17 Beech St.	Yes
Berkley Park	44 Ridgeview Ave.	No
Bogart Street Park	1 Bogart St.	Yes
Burgoyne Woods	70 Edgedale Rd.	No
Guy Road Park	5 Guy Rd.	No
Linlake Park	45 Linlake Dr.	Yes
Merritton Lions Community Park	31 Park Ave.	No
Lester B. Pearson Park	352 Niagara St.	Yes
Port Dalhousie Lions Park	205 Main St.	Yes
Realty Park	466 Vine St.	Yes
Valleyview Park	20 Ker St.	No
Woodgale Park	26 Broadview	Yes

- At lit tennis courts, lights are on from dusk to 10:30 pm
- Unlit tennis courts are open from dawn to dusk
- Doubles play is recommended when players are waiting

## Realty Park Memberships

Realty Park offers three competition-quality lit courts. Use of these courts requires an annual membership.

Age	Price
Child (14 and under)	\$33.20
Youth (15-17)	\$37.55
Adult (18+)	\$69.85
Family (two adults, two children/youth)	\$116.90

Visit [www.stcatharines.ca/Tennis](http://www.stcatharines.ca/Tennis) or call 905.688.5600 for information on tennis memberships.

## Keep the courts clean

Help keep our tennis courts in game shape. Dispose of waste in garbage cans. Call 905.688.5600 to report graffiti and other maintenance issues.

We've made some changes  
- brand new logo and brand new divisions have been added!  
**SAME GREAT CLUB since 1971**



## GIRLS Programs

### *Mini Soccer Program*

Instructional - born 2013  
Minor squirt - born 2012/2011  
Major 7 squirt - born 2010  
Major 8 squirt - born 2009  
Festival 8 program - born 2009

Atom - born 2008 & 2007  
Mosquito - born 2006 & 2005  
Peewee - born 2004 & 2003  
Jr Bantam - born 2002 & 2001  
Ladies  
OWSL - NSL - HADMIN

---

## BOYS Programs - ALL NEW!

### *Mini Soccer Program*

Instructional - born 2013  
Minor squirt - born 2012/2011  
Major squirt - born 2010/2009

---

**GPS JETS Academy Training**  
skills training (open to all ages)

**NEW** this season  
**BOYS** mini divisions  
ages 4 - 8

On-line registration is now open.  
Divisions are already filling up.  
Register now and don't be disappointed.

[www.SCJETS.net](http://www.SCJETS.net)  
[scjets@cogeco.net](mailto:scjets@cogeco.net) 905 646-4778



**Fun Fact**

The carousel is one of only nine hand-carved carousels still operating in Canada.

# Lakeside Park Carousel

[www.stcatharines.ca/Carousel](http://www.stcatharines.ca/Carousel)

Take a spin on one of St. Catharines' most beloved landmarks. Still only five cents a ride! The Lakeside Park Carousel is lovingly restored thanks to the support and efforts of the Friends of the Carousel.

## Carousel Rentals

The carousel is available to rent for private functions and photo shoots. Private rentals may supersede public access.

## Sponsor the Carousel

Sponsor an hour, afternoon or day of rides at the carousel and gain exposure for your business or organization. Call Citizens First at 905.688.5600 for more information.

Dates	Open	Hours
May 20 - June 4	Weekends & holidays	11am - 8 pm
June 10 - Sept. 1	Daily	11am - 8 pm
Sept. 2 - Oct. 9	Weekends & holidays	11am - 6 pm

Carousel closure information is posted online:

- [www.stcatharines.ca/carousel](http://www.stcatharines.ca/carousel)
- [www.facebook.com/CityofStCatharines](https://www.facebook.com/CityofStCatharines)
- Follow @St\_Catharines on Twitter



Map is not to scale.  
Not all roads are shown.

**ST CATHARINES FEMALE HOCKEY ASSOCIATION**  
**REP AND HOUSE LEAGUE REGISTRATION 2017/18**  
**COMING SOON**

Girls Hockey from ages 4 - 21

- FUNDamental Registration Specials
- All levels offered from Novice to Intermediate at very competitive rates!



**The Best Local Program that Offers Skill Development for Girls House League and Rep Teams**

- Skill Development
- Power Skating Instruction
- Free Goalie fees for house league, atom, and peewee

Registration must be done on-line.  
 Payment can be made on-line or by cheque

**Sign Up Today!**

FOR MORE INFORMATION VISIT [WWW.SCFHA.COM](http://WWW.SCFHA.COM)  
 CALL (905)-685-8635 - [SCFHA@SCHFA.COM](mailto:SCFHA@SCHFA.COM)

# KATHI PLUG POWER SKATE

## MAY, JUNE & SEPTEMBER POWER SKATE

Seymour-Hannah Sports & Entertainment Centre  
 May, June, September 2017  
 Classes for ages 4 to Adult

### ST. CATHARINES RECREATIONAL SKATE

Seymour-Hannah Sports & Entertainment Centre  
 Skating Lessons • 9 week sessions • Child 2 years to Adult  
 Sessions Available : October 2016 to March 2017

- LEARN TO SKATE PROGRAMS
- POWER SKATE PROGRAMS
- ADULT PROGRAMS



## KATHI PLUG

PROGRAM DIRECTOR

905-321-4814 • [kppskate@gmail.com](mailto:kppskate@gmail.com)

For registration forms, class times and Information  
[www.kppskate.ca](http://www.kppskate.ca)



## ST. CATHARINES SUMMER MINOR HOCKEY LEAGUE



### 2017 SPRING/SUMMER SEASON!



Non-contact Recreational Play  
 Co-ed, Team Balancing  
 Consistent weeknight games  
 Also! Skills Development Option



Non-contact  
 Individual or Group Entry  
 Full ice, fast pace, non-stop!  
 Rep & House League Divisions

905-984-1358  
[WWW.SCSUMMERHOCKEY.COM](http://WWW.SCSUMMERHOCKEY.COM)



## St Catharines CYO Minor Hockey Association

*Niagara's Oldest & Largest  
 Minor Hockey League*

### Co-Ed House League (All Divisions are Non-Contact)

- Mite - Hockey School Program for 3-4 year olds
- Tyke - Midget House League for 5 - 17 year olds
- Juvenile and Alumni Divisions for 18 + years old
- CYO Junior Dogs Special Needs Division
- House League SELECT HOCKEY (Non Contact)

### Hurricanes MD Travel Hockey

- Novice to Peewee (Non-Contact)
- Bantam to Midget (Contact)

Check our website for registration information

[www.stcatharineshockey](http://www.stcatharineshockey)



## Jacob

From the smell of popcorn at the rink to gliding across the ice, I love to skate at the four-pad.

# Public Skating & Hockey

[www.stcatharines.ca/Arenas](http://www.stcatharines.ca/Arenas)

There are many ways to have an 'ice time at the Seymour-Hannah Sports and Entertainment Centre.

## Public skating rates

Age	Rate	Clip Card
Children (0-14 years old)	\$2.75	\$27.50
Youth (15-18 years old)	\$3.10	\$31.10
Adults (19-64 years old)	\$4.25	\$42.50
Older Adults (65+)	\$3.25	\$32.50
Families (live in same household)	\$11.25	\$115.40

### Save with Clip Cards!

- 12 visits for the price of 10
- Purchase at the Seymour-Hannah Sports and Entertainment Centre, Bill Burgoyne Arena or the Garden City Arena Complex

## Spring/summer hockey programs

- **Preschool stick and puck** (3 to 6 years old): drop-in to practise hockey skills with your preschooler
- **Shinny hockey**: drop-in and play a little pick-up hockey. Three age groups available: 18+, 45+ and women's 18+
- **Pond hockey**: drop-in hockey for those aged 65+
- **Figure skating (Ticket Ice)**: drop-in to practise figure skating skills

Program	Rate
Preschool stick and puck	\$7.70 (adult and one child) (\$2.55 per additional child)
Shinny hockey	\$8.20
Pond hockey	\$3.10
Figure skating	\$6.65 (coaches are free)

Visit [www.stcatharines.ca/arenas](http://www.stcatharines.ca/arenas) for a complete schedule.

Seymour-Hannah Sports and Entertainment Centre is located at 240 St. Paul St. West.



## Peter

Receiving this award has confirmed in me the importance of keeping the arts alive in our schools and community! I am honoured and humbled to be presented with this award.

# Arts & Culture

[www.stcatharines.ca/culture](http://www.stcatharines.ca/culture)

Artists and arts organizations are increasingly calling St. Catharines home - creating, exhibiting, showcasing and performing right here in our city. Their programs and services offer residents exciting opportunities to engage with original, local art. City programs are designed to maximize their work, celebrate their successes and develop accessible, meaningful art programming for residents and visitors.

## cNiagara.ca

Looking for arts, heritage, culture and special events?



Peter Vietgen - Arts in Education Recipient, St. Catharines Arts Awards.  
St. Catharines Arts Award designed by Clayton Haigh,  
Balance Glassworks, Toronto



Photo by Steve Wharton.

## Celebrate! St. Catharines Arts Awards 2017

The St. Catharines Arts Awards recognize excellence in all areas of artistic creation and contribution. But this is not your average awards show... it's a grand celebration of artists, arts contributors and St. Catharines, filled with live performances (and other surprises).

### Your city. Your arts. Your celebration!

- Monday, June 5
- Cairns Recital Hall, FirstOntario Performing Arts Centre  
250 St. Paul St.
- Tickets at the FirstOntario Performing Arts Centre Box Office
- \$13 (advance) \$18 (day of), plus taxes and fees
- Learn more at [www.stcatharines.ca/artsawards](http://www.stcatharines.ca/artsawards)



Memorial design by Dereck Revington Studio Inc.

## Welland Canal Fallen Workers Memorial

A special public art project is set to commemorate the 137 men who died during construction of the fourth Welland Ship Canal, which opened in 1932. A Council Task Force is working with leaders from Niagara's canal communities, the marine sector and the labour community to design, finance and build a memorial to these men.

Learn more at [www.stcatharines.ca/canalworkersmemorial](http://www.stcatharines.ca/canalworkersmemorial)

## St. Catharines Invests in Culture

[www.stcatharines.ca/sccip](http://www.stcatharines.ca/sccip)

St. Catharines is building a strong and vibrant culture sector through the City's cultural funding programs.

In 2015 the City invested \$178,900 in 19 organizations, helping over 50,000 people experience nearly 550 arts activities!

Next application deadline: May 26

## Kitsch 4 Canada

[www.stcatharines.ca/exhibits](http://www.stcatharines.ca/exhibits)

May 1 to Nov. 4

To many, kitsch is the opposite of art. Or is it? For our annual juried art exhibition local artists will create kitsch that can be passed off as art. Works will be displayed at City Hall.

## Culture Days - Save the Date!

[www.stcatharines.ca/culturedays](http://www.stcatharines.ca/culturedays)

Sept. 29, 30 and Oct 1

Try something new: Culture Days is a unique interactive celebration of arts and culture. Local organizations invite you to roll up your sleeves and join the behind-the-scenes world of artists, curators, designers and creators. Dozens of activities that are fun, creative and free!

## Culture Ink

[www.stcatharines.ca/cultureink](http://www.stcatharines.ca/cultureink)

Keep up to date on culture-related news and events in the city with Culture Ink, an newsletter from the City's cultural services staff.

## Social Media

 /StCathCulture

 @StCathCulture



## Avah

There are a lot of cool things at the museum. I like that it teaches you about the war.

# St. Catharines Museum & Welland Canals Centre

[www.stcatharinesmuseum.ca](http://www.stcatharinesmuseum.ca)

Discover the history of the Garden City, learn about the Welland Canals and watch ships travel through Lock 3 of this engineering marvel.

## Telling the city's story

The Museum's collection tells the rich and diverse history that shaped our community, from Harriet Tubman and the Underground Railroad to life in St. Catharines during the First World War and so much more.

The Museum plays host to some of the best special events in the city: the Dominion Day Picnic on Canada Day; aMUSE: a pop-up museum experience; Guided Spirit Walks at Victoria Lawn Cemetery and much more.

Learn more about Museum events and activities at [www.stcatharinesmuseum.ca/Events](http://www.stcatharinesmuseum.ca/Events)



## St. Catharines Museum and Welland Canals Centre

1932 Welland Canals Pkwy.

Museum and Gift Shop  
open daily 9 am to 5 pm

Admission by donation

Research centre open Mondays,  
Wednesdays, and Fridays  
12:30 pm to 4:30 pm

### Closed

Good Friday, Christmas Day,  
Boxing Day and New Year's Day

### Phone Number

905.984.8880

### Newsletter

Stay up-to-date about upcoming exhibits, lectures, special presentations and other musings from the museum by subscribing to the Tales of the Twelve newsletter and checking out the museum's blog at [www.stcatharinesmuseumblog.com](http://www.stcatharinesmuseumblog.com).

### Volunteers Wanted

Interested in volunteering? Learn more at [www.stcatharines.ca/Volunteer](http://www.stcatharines.ca/Volunteer)

### Social Media

 @stcmuseum

 /StCatharinesMuseum

 @stcmuseum

## New exhibitions set for 2017

- **Vintage #STCM: 50 Years of the St. Catharines Museum**

On display until December 2017

The St. Catharines Museum celebrates its 50<sup>th</sup> anniversary in 2017, and to celebrate it is recreating the look and feel of some of its earliest exhibitions to display in the lobby gallery space.

- **Heroes in Peace: Building the Welland Ship Canal**

Opens Saturday, April 15

This new exhibit remembers the Fallen Workers who lost their lives while building the Welland Ship Canal and explores their stories and the impact of constructing this national engineering marvel.

- **One-Five-Oh!**

Opens July 1, 2017

The Museum is celebrating Canada's sesquicentennial anniversary with a living time capsule that highlights who we are and where we've come from. Share an object that tells your story by contacting the Museum at 905.984.8880 ext. 5250.

## Ontario Lacrosse Hall of Fame



The St. Catharines Museum and Welland Canals Centre also plays host to the Ontario Lacrosse Hall of Fame and Museum, located within the exhibition galleries.

GOING TO WORK,  
SHOPPING OR VISITING...

**Relax! Enjoy!**



Think Green.  
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**Whatever route you may take....  
put your seat in ours.**

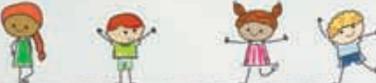
Environmentally correct for our community.



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**[www.yourbus.com](http://www.yourbus.com)**

**All routes are now accessible and all buses equipped with bike racks!**



# HEALTHY KIDS

COMMUNITY CHALLENGE  
NIAGARA



**Join the Challenge!** Choose to boost veggies and fruits at every meal and snack. Visit our website to learn more about Niagara's Healthy Kids Community Challenge.

[HealthyKidsNiagara.ca](http://HealthyKidsNiagara.ca)



/HealthyKidsNiagara



@NiagaraKids

 St. Catharines



# march Break

**we have you covered**

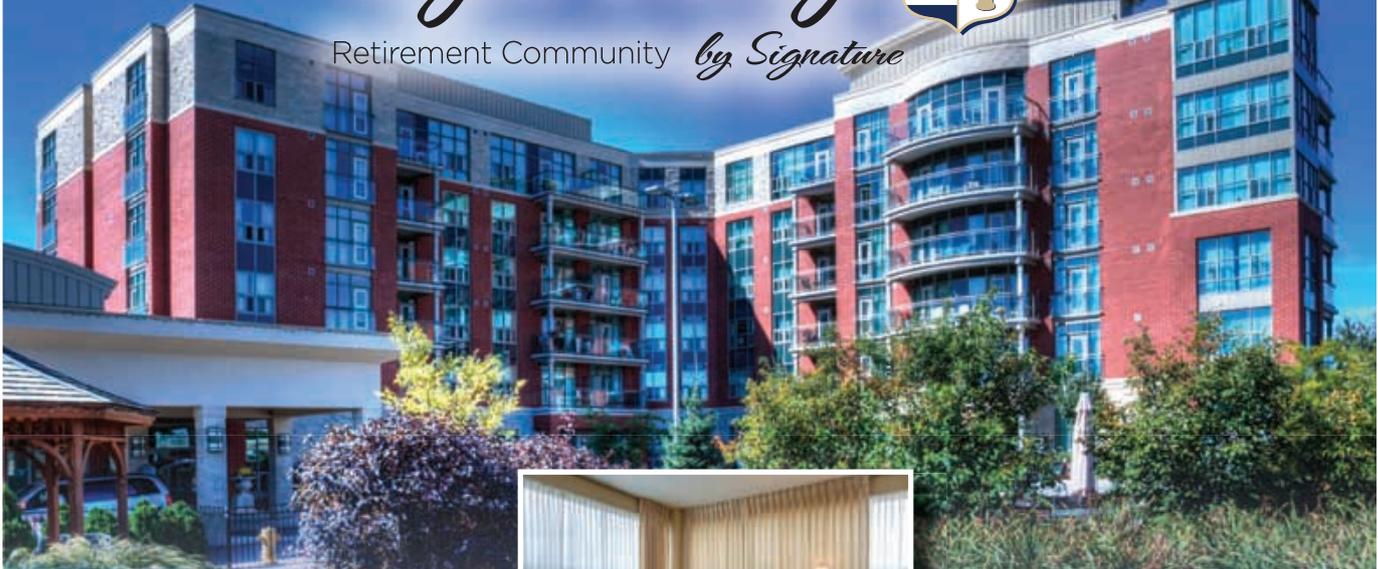
Pop Up Play Tent, Public Skating, Leisure Swimming,  
events at the St. Catharines Museum  
& Welland Canals Centre and more!

for more events & details visit  
[www.stcatharines.ca/MarchBreak](http://www.stcatharines.ca/MarchBreak)

# Royal Henley



Retirement Community *by Signature*



Our *Award Winning* Retirement Community  
provides you with *Everything You Need All In One Place.*

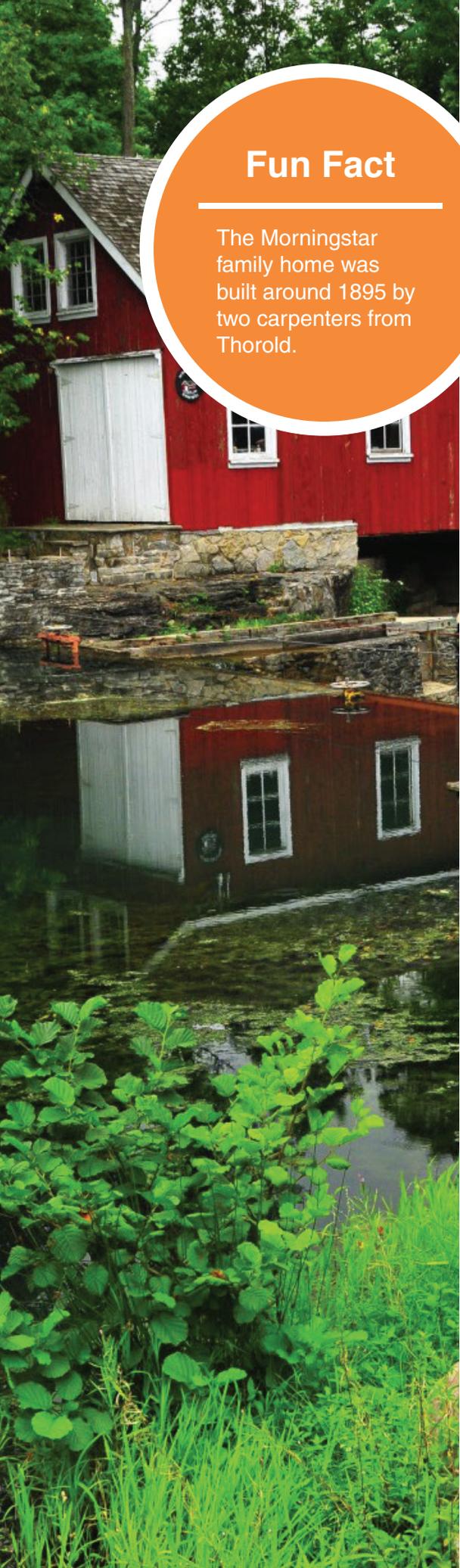
Offering Independent Living, Assisted Living, Short Term Stays and Respite Care.

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Visit Our Website at [www.RoyalHenley.com](http://www.RoyalHenley.com) to view a list of our upcoming events

582 Ontario Street, St Catharines

| 905-935-1800 | [info@royalhenley.com](mailto:info@royalhenley.com) | [www.RoyalHenley.com](http://www.RoyalHenley.com) |



**Fun Fact**

The Morningstar family home was built around 1895 by two carpenters from Thorold.

# Morningstar Mill

[www.stcatharines.ca/MorningstarMill](http://www.stcatharines.ca/MorningstarMill)

Morningstar Mill is a picturesque heritage site located at Decew Falls. It is a popular spot to enjoy hiking, photography and nature. The site, restored to its 1932 appearance, features the Morningstar family home and a working grist mill with a water-powered turbine. Morningstar Mill is operated in partnership with the Friends of Morningstar Mill.

- Permits available for professional photography and park rentals
- Connects to the Twelve Mile Creek Trail, Bruce Trail and Laura Secord Trail

## Mill hours

- Open Victoria Day to mid-October
- Tuesdays and Thursdays, 9 am to 1 pm
- Weekends, 10 am to 3 pm
- Private/group tours available by request
- Admission is by donation

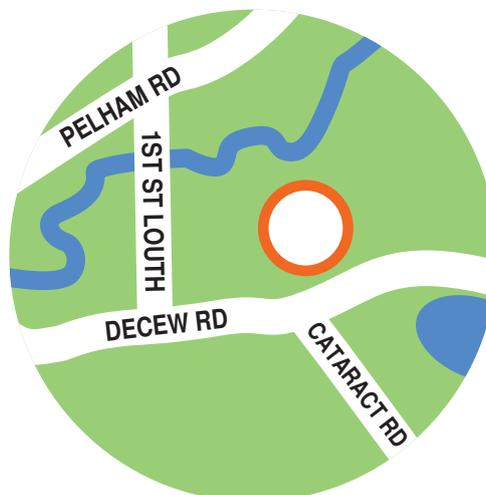
## See the mill in action

Come to one of our millings to see grain made into flour the old fashion way. For a donation, you can even take some flour home with you!

### 2017 milling dates:

May 27; June 24; July 22; Aug. 26; Sept. 23; Oct. 14

Milling begins around 11 am.



Map is not to scale.  
Not all roads are shown.

## Kathleen

It's so important to connect with friends and socialize. The centres are welcoming and happy places.



# Older Adult Centres

[www.stcatharines.ca/olderadultcentres](http://www.stcatharines.ca/olderadultcentres)

Our older adult centres offer social, recreational and educational activities for the body and soul of residents aged 50 and older. Memberships are required to participate in most activities at our older adult centres.

## Benefits of membership

- Centres are dedicated to residents aged 50 and older
- Memberships are valid at all three older adult centres
- Low cost programming
- Membership doesn't auto-renew. You're never locked in year-to-year
- You get a say in how the centre is run. Each centre has its own association to help plan activities and programs

## Membership Rates

Membership Months	Rate
January to December	\$53.25
April to December	\$40
July to December	\$26.75
October to December	\$13.50

Memberships are free for residents aged 90 and older.

## Try Before you Buy

Stop by any Older Adult Centre to try **three programs for FREE**. No obligation. No sign-up required. Simply visit any older adult centre and ask for a "Be Our Guest" card (feel free to bring a friend)!



## Be active

Shoot pool. Cut a rug. Play cards. Work up a sweat. Check out the programs available to members.

## Activities for Members

### Cards

6-handed Bid Euchre (\$)

500 Cards (\$)

Bid Euchre (\$)

Canasta

Cribbage (\$)

Duplicate Bridge (\$)

Euchre (\$)

Progressive Bridge (\$)

Texas Hold'em Poker (\$)

### Dance and Exercise

Ballroom Dance (\$)

Chair Yoga (\$)

Drop-In Gentle Movement

Essentrics (\$)

Line Dancing (\$)

Nordic Pole Walking

Qi Gong (\$)

Round Dancing (\$)

Tea Dance (\$)

Toning Fitness Class (\$)

Walk Aerobics

### Arts Crafts and Hobbies

Bunka Punch Art

Crafts

Indoor Model Flying

Painting (\$)

Quilting

Rug Hooking

Woodcarving

### Sports and Games

Badminton

Bingo (\$)

Board Games

Carpet Bowling

Darts (\$)

Ladies Billiards

Mahjong (US version)

Pickleball

Scrabble

Shuffleboard (\$)

Table Tennis

(\$) - Program has a small fee.

All Programs subject to change.

## Want to know when a program is running?

The full programming schedule is available at all Older Adult Centres, Community Centres and the St. Catharines Kiwanis Aquatics Centre.



## Older Adult Centres

### Dunlop Drive

80 Dunlop Dr.  
905.685.6668  
Association office  
905.682.2144

### Port Dalhousie

19 Brock St.  
905.646.8000

### West St. Catharines

117 Chetwood St.  
905.684.0993

## Some programs are also held at these facilities

### Russell Avenue Community Centre

108 Russell Ave.  
905.685.6071

### Port Weller Community Centre

1 Bogart St.  
905.937.6232

### St. Catharines Kiwanis Aquatics Centre

425 Carlton St.  
905.688.5601 ext. 1800

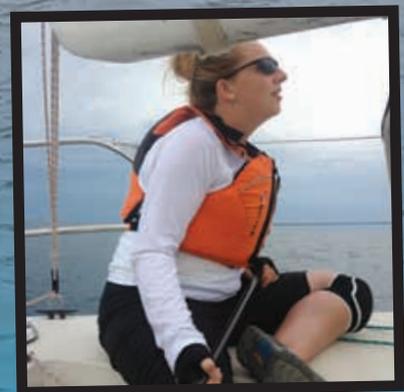


**DALHOUSIE  
YACHT CLUB**

# SAIL BOAT PROGRAMMING

**Sailing Lessons**  
**Children and Adult programming available**

**Get into Sailing on Saturday, June 24th-Opportunities for free sailing lessons on dinghies on members' sailboats...check out DYC's website for details**



**Children and Adult programming available**  
**Adult courses run Tuesday and Thursday nights 18 hrs of instruction on a Kirby 25 sailboat \$375.00**

**Children's courses run Monday-Friday 9am-4pm 2 week courses \$410.00**

**See website for session dates and to enroll**

**[www.discoverdyc.com](http://www.discoverdyc.com)**



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INFORMATION, DATES AND FEES: [ridleycollege.com/summerprogrammes](http://ridleycollege.com/summerprogrammes)

Join us for enriching, innovative day and boarding programmes for all ages:

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- Summer Symphony Boarding Experience
- Summer Academy
- ESL Credit Programme
- ESL Camp Experience
- Rowing, multi-sport and arts camps
- Robotics, science and engineering camps
- Workshops: creative writing, innovative entrepreneur



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St. Catharines, Ontario

**RIDLEY COLLEGE**  
SINCE 1889



# Community Calendar

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[www.stcatharines.ca/Events](http://www.stcatharines.ca/Events)

## All Year

### **Doing Our Bit: WWI from St. Catharines to the Western Front**

On display through 2018 | 9am - 5pm

St. Catharines Museum and Welland Canals Centre  
1932 Welland Canals Pkwy.

**Admission:** By donation

**Details:** In honour of the 100<sup>th</sup> Anniversary of the First World War, discover the wartime experiences of St. Catharines residents at home and at the front.

**Phone:** 905.984.8880

**Website:** [www.stcatharinesmuseum.ca](http://www.stcatharinesmuseum.ca)

### **Down to Earth**

Until Victoria Day | 9am - 5pm

St. Catharines Museum and Welland Canals Centre  
1932 Welland Canals Pkwy.

**Admission:** By donation

**Details:** Dig into the roots of agriculture in St. Catharines, back to the days when “locally made” was the reality of life in Niagara.

**Phone:** 905.984.8880

**Website:** [www.stcatharinesmuseum.ca](http://www.stcatharinesmuseum.ca)

### **Vintage #STCM: 50 Years of the St. Catharines Museum**

On display until December | 9am - 5pm

St. Catharines Museum and Welland Canals Centre  
1932 Welland Canals Pkwy.

**Admission:** By donation

**Details:** 2017 marks the 50<sup>th</sup> anniversary of the founding of the St. Catharines Museum. In this exhibit, we’re reflecting on where we’ve come from by re-creating the look and feel of some of our earliest exhibitions. On display in the lobby.

**Phone:** 905.984.8880

**Website:** [www.stcatharinesmuseum.ca](http://www.stcatharinesmuseum.ca)

## March

### **The Farthest Shore**

Saturday, March 4 | 7:30pm

Partridge Hall, FirstOntario Performing Arts Centre

250 St. Paul St.

**Admission:** Various

**Details:** Ontario premiere of popular UK composer Paul Mealer's dramatic, almost operatic work, *The Farthest Shore*. A Celtic themed concert and celebration of Canada's 150<sup>th</sup> year.

**Phone:** 905.934.5575

**Website:** [www.chorusniagara.ca](http://www.chorusniagara.ca)

### **Leading the Way:**

#### **Pioneering Women of St. Catharines**

Until March 19 | 9am - 5pm

St. Catharines Museum & Welland Canals Centre

1932 Welland Canals Pkwy.

**Admission:** By donation

**Details:** Discover the remarkable women who have called St. Catharines home in this special photographic exhibit drawn from the Museum's collection.

**Phone:** 905.984.8880

**Website:** [www.stcatharinesmuseum.ca](http://www.stcatharinesmuseum.ca)

### **Carousel Players March Break Camp**

Monday, March 13 - Friday, March 17 | 9am - 3:30pm  
(option for 4:30pm extended hours)

Silver Spire United Church

366 St. Paul St.

**Admission:** \$250 for all 5 days

**Details:** A fun-filled theatre school experience for ages 5 to 8. Hosted by Carousel Players.

**Phone:** 905.682.8326 ext. 22

**Website:** [www.carouselplayers.com](http://www.carouselplayers.com)

### **March Break at the Museum**

Monday, March 13 - Friday, March 17 | 9am - 5pm

St. Catharines Museum and Welland Canals Centre

1932 Welland Canals Pkwy.

**Admission:** by donation

**Details:** Explore our community and the Welland Canal! Special crafts and activities for the whole family.

**Phone:** 905.984.8880

**Website:** [www.stcatharinesmuseum.ca](http://www.stcatharinesmuseum.ca)

### **Books and Brews: the St. Catharines Museum's Book Club**

Tuesday, March 21 | 7 - 9pm

St. Catharines Museum and Welland Canals Centre

1932 Welland Canals Pkwy.

**Admission:** \$35/person, includes copy of the book

**Details:** Book selections are paired with a local brew of your choice (beer, wine, coffee or tea). Registration is required, visit our website for more details. 19+ event.

**Phone:** 905.984.8880

**Website:** [www.stcatharinesmuseum.ca](http://www.stcatharinesmuseum.ca)

## April

### **St. Catharines Photographic Club**

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of April | 7:30pm

Grantham Mennonite Church

**Admission:** Free. Everyone welcome

**Description:** Explore photography, compete in competitions and learn more about photography. All levels welcome.

**Phone:** 905.934.6264 (Cathy Swain)

**Website:** [www.stcphotoclub.ca](http://www.stcphotoclub.ca)

### **Full Moon Ghost Walks**

April 11, May 10, June 9, July 9 and August 7

Market Square

91 King St.

**Admission:** \$10 per person

**Description:** Explore Downtown St. Catharines' history and haunted tales on a guided walking tour under the magic of the full moon. Advance tickets required.

**Phone:** 905.685.8424

**Website:** [www.mydowntown.ca](http://www.mydowntown.ca)

### **29<sup>th</sup> Annual Volunteer Recognition Night**

Tuesday, April 11 | 5:30pm

Holiday Inn Parkway Convention Centre

327 Ontario St.

**Admission:** Free to nominees and one guest (\$35 for others)

**Details:** Celebrate the individuals whose unselfish actions have made a significant difference in the community. Nomination form is available online. Deadline to nominate is Friday, March 17.

**Phone:** 905.688.5601 ext. 1508

**Website:** [www.stcatharines.ca/VolunteerAwards](http://www.stcatharines.ca/VolunteerAwards)

## **Heroes in Peace: Building the Welland Ship Canal**

Opens April 15 | 9am - 5pm

St. Catharines Museum and Welland Canals Centre

1932 Welland Canals Pkwy.

**Admission:** By donation

**Details:** Remember the Fallen Workers who lost their lives building the Welland Ship Canal. Learn their stories and the impact of the construction of this national engineering marvel.

**Phone:** 905.984.8880

**Website:** [www.stcatharinesmuseum.ca](http://www.stcatharinesmuseum.ca)

## **Books and Brews: the St. Catharines Museum's Book Club**

Tuesday, April 18 | 7 - 9pm

St. Catharines Museum and Welland Canals Centre

1932 Welland Canals Pkwy.

**Admission:** \$35/person, includes copy of the book

**Details:** Book selections are paired with a local brew of your choice (beer, wine, coffee or tea). Registration is required, visit our website for more details. 19+ event.

**Phone:** 905.984.8880

**Website:** [www.stcatharinesmuseum.ca](http://www.stcatharinesmuseum.ca)

## **Earth Day Native Plant / Tree Sale and Activity Day**

Saturday, April 22 | 8am - noon

Malcolmson Eco-Park

Lakeshore Road at Niagara Street

**Phone:** 905.688.5601 ext. 3140

**Website:** [www.fomep.com](http://www.fomep.com)

## **May**

### **Carousel Players Performance and 45<sup>th</sup> Birthday Party!**

Monday, May 1 | 4pm

(performance followed by birthday party)

Niagara-on-the-Lake Community Centre

14 Anderson Lane, Niagara-on-the-Lake

**Admission:** Pay what you can (benefit performance)

**Details:** Deep in Simon's basement is a secret world of imagination and adventure where a young prince can transform into mythological creatures. For ages 6 and up.

**Phone:** 905.682.8326 ext. 22

**Website:** [www.carouselplayers.com](http://www.carouselplayers.com)

## **Phantom of the Opera**

May 3 | 7:30pm (pre-concert chat at 6:30pm)

Partridge Hall, FirstOntario Performing Arts Centre

250 St. Paul St.

**Admission:** various

**Details:** The riveting and dramatic 1925 silent horror film Phantom of the Opera presented on a huge screen and accompanied by a live, original choral soundtrack.

**Phone:** 905.934.5575

**Website:** [www.chorusniagara.ca](http://www.chorusniagara.ca)

## **Outdoor Travelling Walks**

Thursday, May 11 and Thursday, May 25 | 10am

Walker's Creek Park

Meet at Parnell Road and Walker's Creek

**Admission:** Free

**Details:** Organized by the Friends of Walker's Creek. Explore your community, get active, learn about our green spaces and connect with new people. Walks are weather permitting.

**Phone:** 905.688.5601 ext. 1912

**Website:** [www.wcna.ca](http://www.wcna.ca)

## **St. Catharines Horticultural Society Plant Sale, Tea and Garden Tour**

**Plant Sale** - Saturday, May 13 | 9am - noon

Bill Burgoyne Arena, 129 Linwell Rd.

**160<sup>th</sup> Anniversary Tea** - Saturday, June 10 | 2pm

Grantham Lions Club, 732 Niagara St.

**Garden Tour** - Sunday, June 11 (\$10)

Various locations across St. Catharines

**Phone:** 905.687.1178 (Jan Harte, President)

**Website:** [st.chort@gmail.com](mailto:st.chort@gmail.com)

## **Mother's Day Native Plant / Tree Sale and Activity Day**

Saturday, May 13 | 8am to noon

Malcolmson Eco-Park

Lakeshore Road at Niagara Street

**Admission:** Various prices for plants and trees

**Phone:** 905.688.5601 ext. 3140

**Website:** [www.fomep.com](http://www.fomep.com)

### Malcolmson Eco-Park Guided Walk

Thursday, May 18 | 10 - 11am

Malcolmson Eco-Park

Lakeshore Road at Niagara Street

**Admission:** Free

**Details:** Organized by the Friends of Malcolmson Eco-Park. Explore the park's trails and pathways, learn about our green spaces and connect with new people. Weather permitting.

**Phone:** 905.688.5601 ext. 3140

**Website:** www.fomep.com

### Morningstar Mill Opening

Saturday, May 20 | 10am - 3pm

Morningstar Mill

2714 Decew Rd.

**Admission:** By donation

**Details:** Visit this working grist mill built in 1872. The mill provides a rare glimpse back in time to when moving water was used to mechanically grind grain into flour.

**Phone:** 905.984.8880

**Website:** www.stcatharines.ca/morningstarmill

### Open Late at the Museum

Tuesdays, May 23 to Oct. 3 | 5 - 8pm

St. Catharines Museum & Welland Canals Centre

1932 Welland Canals Pkwy.

**Admission:** By donation

**Details:** Check out the galleries and participate in special activities for a memorable, after-hours museum experience!

**Phone:** 905.984.8880

**Website:** www.stcatharinesmuseum.ca

## June

### Market Discovery Table

Saturdays, June to October | 9 - 11am

Market Square

91 King St.

**Admission:** Free

**Details:** Fun for kids of all ages. Participants will enjoy hands-on experiences, including making butter, creating seed mosaics, honey tasting, market searches and more. A different farm theme each week.

**Phone:** 905.688.5601 ext. 1508

**Website:** www.stcatharines.ca/DiscoveryTable

### Music in the Square

Saturdays, June to October | 11am - 1:30pm

Market Square

91 King St.

**Admission:** Free

**Details:** Enjoy the light sounds of local musicians while shopping at the St. Catharines Farmers Market.

**Phone:** 905.688.5601 ext. 1508

**Website:** www.stcatharines.ca/MusicInTheSquare

### Dancing in the Park

Every Tuesday in June | 7:30 - 9:30pm

Montebello Park Pavilion

69 Ontario St.

**Admission:** Free to Newcomers

**Details:** Everyone welcome. Enjoy the ballroom dances of Scotland to lively Gaelic music or join in the fun and learn a dance. No special attire, but a folding chair is a good idea! Complimentary refreshments. Social after at Sheehan's Pub.

**Phone:** 905.641.2471 (Maggie Sutherland)

**Website:** www.rscdsstcatharines.ca

### Malcolmson Eco-Park Guided Walk

Saturday, June 3 | 10 - 11am

Malcolmson Eco-Park

Lakeshore Road at Niagara Street

**Admission:** Free

**Details:** Organized by the Friends of Malcolmson Eco-Park. Explore the park's trails and pathways, learn about our green spaces and connect with new people. Weather permitting.

**Phone:** 905.688.5601 ext. 3140

**Website:** www.fomep.com

### Walker's Creek Annual Plant Sale

Saturday, June 3 | 8am - 1pm

88 Cherie Rd.

**Website:** www.wcna.ca

### St. Catharines Arts Awards

Monday, June 5 | 7pm

Cairns Recital Hall, FirstOntario Performing Arts Centre

**Admission:** \$13 in advance, \$18 day-of performance

**Details:** Join the City in recognizing excellence in artistic creation and contributions to the arts. Tickets at the PAC.

**Phone:** 905.688.5601 ext. 5229

**Website:** www.stcatharines.ca/ArtsAwards

## Outdoor Travelling Walks

Saturday, June 10 | 10am

Walker's Creek Park

Meet at Cindy Drive and Walker's Creek

**Admission:** Free

**Details:** Organized by the Friends of Walker's Creek. Explore your community, get active, learn about our green spaces and connect with new people. Walks are weather permitting.

**Phone:** 905.688.5601 ext. 1912

**Website:** [www.wcna.ca](http://www.wcna.ca)

## Doors Open

Saturday, June 24 | 10am - 4pm

Across St. Catharines

**Admission:** Free (donations accepted)

**Details:** Residents and visitors alike are invited to discover first-hand St. Catharines' heritage buildings, some of which are not usually open to the public.

**Phone:** 905.984.8880

**Website:** [www.stcatharinesmuseum.ca](http://www.stcatharinesmuseum.ca)

## Ride Don't Hide

Sunday, June 25

Brock University

1812 Sir Isaac Brock Way

**Admission:** \$35 (kids under 12 ride free)

**Details:** A Community bike ride for all ages to raise funds for local mental health programs, raise awareness and break the stigma surrounding mental health issues.

**Phone:** 905.641.5222

**Website:** [www.ridedonthide.com](http://www.ridedonthide.com)

## July

### Niagara Symphony Summer Music Camp

Monday, July 3 - Friday, July 28 | 9am - 3:30pm  
(extended care to 5pm available)

Ridley College

2 Ridley Rd.

**Admission:** \$170 to \$390 (sibling discounts available)

**Details:** Two weeks of fun making music with professional musicians and educators! Programs for 18 months to 18 years. Lots of classes and instruments.

**Phone:** 905.687.4993

**Website:** [www.niagarasympphony.com](http://www.niagarasympphony.com)

## Carousel Players Summer Theatre School

Monday, July 10 - Friday, August 18 | 9am - 4pm

Niagara Folk Arts Multicultural Centre (meet at the Robby)  
85 Church St.

**Admission:** \$250 per week

**Details:** Five different camps for ages 5 to 13 years.

**Phone:** 905.682.8326 ext 22

**Website:** [www.carouselplayers.com](http://www.carouselplayers.com)

## Driftwood Theatre's Othello

Friday, July 21 | 7:30pm

Montebello Park

67 Ontario St.

**Admission:** By donation

**Details:** William Shakespeare's blistering account of race, jealousy and revenge is set against the backdrop of Canadian history when in 1974 Canadian peacekeepers are caught in a life and death struggle between opposing forces on the small island of Cyprus.

**Phone:** 905.688.5601 ext. 5229

**Website:** [www.driftwoodtheatre.com](http://www.driftwoodtheatre.com)

## August

### Downtown D'Lish Summer Edition

August 11 - 26

Downtown St. Catharines Restaurants

**Details:** Many Downtown St. Catharines restaurants offer fabulous 3 course fixed-price menus for lunch and dinner ranging from \$15 to \$40.

**Phone:** 905.685.8424

**Website:** [www.mydowntown.ca](http://www.mydowntown.ca)

## Other summer events

### Summer Concert Series

Head to Montebello Park for free local music. Don't forget your lawn chair or blanket! A variety of genres will be showcased for all ages. Concerts dates will be posted at [www.stcatharines.ca/SummerConcerts](http://www.stcatharines.ca/SummerConcerts) later in the summer.

### Moonlight Flicks

Grab your lawn chair / blanket and snacks and head to the park to enjoy free movies under the stars. Movies, dates and venues will be posted at [www.stcatharines.ca/MoonlightFlicks](http://www.stcatharines.ca/MoonlightFlicks) later in the summer.

# HAPPY BIRTHDAY Canada

## Canada 150 Celebrations

City staff are hard at work planning events and activities to celebrate our nation's 150th birthday. Celebrations will be held at Rennie Park, the St. Catharines Museum and Welland Canals Centre and throughout the city during the year.



Look for information on the City's website, social media and in the local media in June for details on the City's Canada 150 plans.

### Doors Open St. Catharines - a Canada 150 Event Saturday, June 24 10 am – 4 pm Free admission

Experience the buildings, businesses, infrastructure, cultural centres and open spaces that have defined our community. Pre-registration to some facilities may be required.



## Kitsch 4 CANADA

May 1 to Nov. 4, 2017

To many, kitsch is the opposite of art. Or is it? For our annual juried art exhibition local artists will create kitsch that can be passed off as art. Works will be displayed at City Hall!  
[www.stcatharines.ca/exhibits](http://www.stcatharines.ca/exhibits)

## Free Canada Day Celebrations

### Rennie Park | Noon to 4 pm

Join us for some free family fun in Celebration of Canada's 150<sup>th</sup> Birthday. Live musical entertainment on our stage, bouncers, kid's crafts, rock climber, birthday cake and more.

### St. Catharines Museum & Welland Canals Centre | 9am - 5pm

Enjoy a very patriotic Dominion Day Picnic and see the Museum's new "One-Five-Oh!" exhibit, which explores St. Catharines through the lens of the city's diverse residents in a 'living time capsule' created with members of the community. "One-Five-Oh!" runs July 1 to spring 2018.

## We ♥ Our Volunteers

A celebration 150 years in the making can't happen without volunteers. Email [canada150@stcatharines.ca](mailto:canada150@stcatharines.ca) for information on current volunteer opportunities for Canada 150.



For more information on Canada 150 activities visit  
[www.stcatharines.ca/canada150](http://www.stcatharines.ca/canada150)

# The Garden City CURRENT

Leisure Guide

Spring Summer 2017



## Be Water Wise

Swimming is fun and healthy. Let's keep it that way- make sure everyone in your family learns to swim.

Drowning is the second leading cause of preventable death for children under 10 years of age, and the backyard pool is where children under the age of 5 are most likely to drown. Here are some simple tips to follow to prevent drowning and be water wise this summer.

- Never leave children alone near water. Most drowning victims are alone – often during a momentary absence or lapse of supervision.
- Stay within arms' reach of toddlers and non-swimmers. Drowning can occur in seconds and only takes a few inches of water.

- Stay by the water's edge. You need to be able to scan the entire pool and its bottom.
- Watch every child. Enlist help if needed. Recruit more ON GUARD supervisors when you have many children.
- Watch the faces of swimmers—especially their eyes.
- Make sure non-swimmers wear life jackets (most victims rarely call, wave or signal for help because they can't keep their head or arms above the water).
- Swim with your children - show them how enjoyable swimming can be.

(source: Lifesaving Society of Canada)

### Free Water Safety Event

Head to the St. Catharines Kiwanis Aquatics Centre April 1 from 1 to 3 p.m. for April Pool's Day - an afternoon of swimming and fun water safety activities. Only \$1, with proceeds donated to the Lifesaving Society of Canada.

### A few swim programs for you and your family

- Toddler Time drop-in leisure swimming - page 98
- Wittle Water Works for Parent and Tot - page 103
- Registered swim lessons (children) - page 104

For more aquatic programs turn to page 96 or speak with a customer service representative at the St. Catharines Kiwanis Aquatics Centre.

### “ON GUARD” Card

When you wear the card, you're ON GUARD.

When children are in or near the water designate one or more individuals to be “on guard” watching.

Get a free ON GUARD card by calling 905.688.5601 ext. 1571

# Emergency planning

## it's easier than you think

No one expects an emergency, but everyone can plan for one. During an emergency you could suddenly be without hydro for several days, or you could be forced to evacuate in a matter of minutes (like residents in Fort McMurray last summer). To protect yourself and your family, assemble a home emergency kit with these items:

- Food and water for everyone in the home (72 hour supply)
- Battery or crank radio
- First Aid kit
- Flashlights (safer than candles)
- Basic toiletries and non-prescription drugs
- Cash (in case ATMs aren't available)
- Change of clothes for each person
- Copies of important family records and documents
- List of medications
- Basic tools
- Blankets (for winter months)
- Paper and pen
- Playing cards (for fun)
- Keep your kit in an easy-to-carry container or divide it into backpacks for each family member
- Make sure everyone in your household knows where the emergency kit is stored



### Think an emergency can't happen here?

**July 2016** – one-sixth of St. Catharines lost power for eight hours when a truck pulled down a hydro line

**February 2015** – a blizzard dropped 37 cm of snow, closing most businesses and buildings across the city

**October 2012** – Hurricane Sandy brought wind and flood watches

**April 2011** – 124 km/h winds knocked down trees and caused power outages across the city

# Our free Pingstreet App

Stay in the know, on the go



Search "Pingstreet" at your app store

# Three Cheers for Volunteers

[www.stcatharines.ca/Volunteer](http://www.stcatharines.ca/Volunteer)

Volunteering is a great way to meet new people, give back to the community and learn new skills.

The City hosts several special programs and initiatives throughout the year (like Pumpkinville). As volunteer opportunities become available they'll be posted at [www.stcatharines.ca/Volunteer](http://www.stcatharines.ca/Volunteer)

## Current Volunteer Opportunities

### The St. Catharines Museum and Welland Canals Centre

As a **volunteer tour guide** you can share your enthusiasm about St. Catharines with visitors from around the world. Volunteers give informative tours about the four Welland Canals and the early days of St. Catharines. Training is provided.

As a volunteer with the **museum's collections and registration**, you will be involved in some of the behind-the-scenes functions that make your museum tick! A dedicated team of staff and volunteers carry out catalog work, digital photography and data entry to ensure our City's story is preserved for the education and enjoyment of present and future generations.



## Volunteer Recognition Night

Celebrate outstanding volunteers whose unselfish actions and dedicated service to an organization has made a significant difference in the community.

- Nominations are open to youth and adults.
- Winners receive a special certificate at a banquet hosted by the Mayor and Councillors.
- One Adult of the Year and one Youth Volunteer of the Year will also be honoured.

Holiday Inn & Suites, Parkway Conference Centre

Apr. 11 | 5:30 to 9 p.m.

Tickets \$35 (HST included)

For information call 905.688.5601 ext. 1508

- Nominations due March 17.
- Nomination form available online at [www.stcatharines.ca/volunteerawards](http://www.stcatharines.ca/volunteerawards)

## Assistance programs

### Payment Extension Program for Water/Wastewater Fees

[www.stcatharines.ca/Assistance](http://www.stcatharines.ca/Assistance)

People receiving Ontario Disability Support Program benefits or Adults (60+) may register for a payment extension on their water and wastewater fees. Conditions apply. Call 905.688.5600 for details.

### Property Tax Deferrals

[www.stcatharines.ca/Assistance](http://www.stcatharines.ca/Assistance)

Deferral of tax increases greater than \$200 for the current year to people who own and reside in their own residence and are receiving the monthly Guaranteed Income Supplement or Ontario Disability Benefits. Conditions apply. Call 905.688.5601 ext. 7456 for details.

### Water/Wastewater Senior Homeowner Credit Program

[www.stcatharines.ca/Assistance](http://www.stcatharines.ca/Assistance)

Residents 65 years of age and older can apply to receive a water/wastewater credit of up to \$100 if they reside in their own residence and are receiving a monthly Guaranteed Income Supplement. Conditions apply. Call 905.688.5600 for more information.

### ProKids

Assists in covering some or all of the cost of recreational/cultural programs. Must live in Niagara, have a child under the age of 18 and have a taxable income below \$40,000 per year. For information call 1.800.263.7215 ext. 3797.

ProKids is managed by the YMCA of Niagara and a Community Advisory Council.

### FAIR (Fee Assistance in Recreation)

[www.stcatharines.ca/FAIR](http://www.stcatharines.ca/FAIR)

We believe all residents in St. Catharines should have the opportunity to realize the physical, social and emotional benefits provided by recreation activities, regardless of their financial situation.

FAIR offers confidential fee assistance for adults, families and older adults using group recreation programs, swim passes and older adult centre memberships.

### Canadian Tire Jump Start Program

Creates opportunities for children from low-income families to participate in organized sports or recreational activities. For information call 905.685.1349 ext. 228.

Community Care acts as a local liaison to identify families that will benefit from the Canadian Tire Jump Start Program.

# Take Our Survey...

You Could Win a REC Pack

You're the ones who take our programs and use our facilities... so tell us what you think. Your feedback will help enhance the Leisure Guide and program registration.

Two ways to take the survey:

**Online at [www.stcatharines.ca/RecSurvey](http://www.stcatharines.ca/RecSurvey)**

**Complete the survey on this page and return it to any recreation facility or Citizens First at City Hall**

## Win a REC Pack!

Take our survey to be entered to win a **REC (Recreation Exploration Combo) Pack!** Passes for skating, swimming, golf and the carousel.

### Do you know when the Leisure Guide comes out?

- Yes, I know roughly when the Leisure Guide comes out
- No, I only know the guide is out when it's in the newspaper or I see it in a facility

### How do you get the Leisure Guide?

- In the newspaper
- Pick it up at a City facility
- I don't get a copy of the Leisure Guide

### How do you read the Leisure Guide?

- Print
- Online
- Both
- I don't read the Leisure Guide

### In terms of recreation programs, what information are you interested in? (check all that apply)

- Drop-in programs
- Free programs
- Children's programs
- Teen programs
- Adult programs
- Older Adult programs

### Is the Leisure Guide your main way of getting information on the City's recreation programs?

- Yes
- No

### How long do you keep the Leisure Guide?

- I read it once then get rid of it
- I keep it until I've signed up for programs, then get rid of it
- I keep it until my programs start, then get rid of it
- I keep it until the next Leisure Guide comes out

### How do you use the Leisure Guide? (check all that apply)

- Find out dates / times for drop-in programs
- Determine what programs I want to register for (or register my children for)
- Discover new recreation programs
- Updates on arts and culture
- Facility rental information
- Information on parks and trails
- Ideas for things to do with family and friends
- Older Adult Centre membership/information
- Other \_\_\_\_\_

### Beside the Leisure Guide, how do you get information on recreation activities offered by the City? (check all that apply)

- City staff
- City website
- Local media (newspaper / radio)
- Posters and displays inside City facilities
- Social media
- Other \_\_\_\_\_
- I only get info from the Leisure Guide

### If the Leisure Guide wasn't sent to your home, would you be willing to go to a City facility or go online to get the Leisure Guide?

- Yes, I would go online or to a facility
- Yes, but I would only go online
- Yes, but I would only go to a facility
- No, I wouldn't do either



**If we didn't have the Leisure Guide, how would you get information on recreation programs and registration dates? (Check all that apply)**

- City staff
- City website
- Library
- Local media (newspaper / radio)
- Posters and displays inside City facilities
- Social media
- Other \_\_\_\_\_

**The Leisure Guide includes information on all recreation programs offered by the City. Would you prefer a custom version with information only on programs that interest you?**

- Yes
- No

**Would you sign up for a leisure e-newsletter if it contained similar information to the printed Leisure Guide?**

- Yes
- No, not interested
- No, I don't have email

**What registered programs have you or your family taken in the past year? (check all that apply)**

- Aquatics
- Pre-school
- Children
- Youth
- Adult
- Older Adult

**The Leisure Guide is distributed two weeks before the start of program registration. Do you like this timeline?**

- Yes, keep this timeline
- No, I'd like the guide distributed a month before registration
- No, I'd like it distributed closer to registration

**Where do you live?**

- St. Catharines
- Niagara Region

**Which of these City facilities/amenities have you used in the past year? (check all that apply)**

- Arenas
- Parks
- Trails
- Pools
- Splash Pads
- Older Adult Centres
- Community Centres
- Tennis Courts
- Garden City Golf Course
- Carousel
- St. Catharines Museum & Welland Canals Centre
- Morningstar Mill

**How do you find out about program registration dates? (check all that apply)**

- City website
- Leisure Guide
- Social media
- Local media (newspaper/radio)
- Posters and displays inside City facilities

**How do you register for programs?**

- Online
- In-person
- Mail in the registration form

**Age**

- under 20
- 21-30
- 31-40
- 41-50
- 51-60
- 61-70
- 70+

**Enter to win**

If you'd like to be entered to **win a REC Pack** you must complete these fields.

Name \_\_\_\_\_

Phone or email \_\_\_\_\_

Items in the REC Pack have no cash value and cannot be exchanged or transferred for any other goods, products, programs or services and must be accepted as is. Items in the REC Pack are subject to change without notice. Only one entry per person. Employees of the City of St. Catharines and their immediate family members are not eligible to win. In accordance with the Municipal Freedom of Information and Protection of Privacy Act, R.S.O. 1990, c.M.56, Section 28(2), this is to advise you that the personal information collected on this survey will be used for the proper administration of survey entries regarding the Leisure Guide and program registration. The City of St. Catharines will use the personal information to contact the contest winners. Questions about this collection of personal information should be directed to Corporate Communications, City of St. Catharines (communications@stcatharines.ca).



# Park Enhancements Coming in 2017

Park	Enhancements	Restrictions	Investment
Lakeside Park	<ul style="list-style-type: none"> <li>Pavilion</li> <li>Band shell</li> <li>Playground</li> <li>Renovating washrooms and the concession stand</li> <li>Upgrading electrical and lighting systems</li> </ul> <p><b>Work has already begun and will be completed this summer</b></p>	<p>Access to the beach and playground will be limited during construction</p> <p>Washrooms and concessions will be closed during construction</p> <p>Carousel will be <b>OPEN</b> during construction</p>	<p><b>\$2.47 million</b></p> <p><b>\$1.77 million</b> (City of St. Catharines)</p> <p><b>\$545,000</b> (Niagara Region)</p> <p><b>\$150,000</b> (Canada 150 Community Infrastructure Program )</p>
West Park	<ul style="list-style-type: none"> <li>Splash pad</li> <li>Accessible washrooms</li> <li>Playground</li> <li>Outdoor fitness equipment</li> <li>Sun shelter</li> </ul> <p><b>Work has already begun and will be completed this summer</b></p>	<p>Playground equipment will not be available during construction</p> <p>Sports fields, track and existing washroom will be <b>OPEN</b> during construction</p>	<p><b>\$1.1 million</b></p> <p><b>\$600,000</b> (City of St. Catharines)</p> <p><b>\$500,000</b> (Canada 150 Community Infrastructure Program)</p>
Centennial Gardens	<ul style="list-style-type: none"> <li>Trail improvements</li> <li>Reconstruction of the Gale Crescent staircases</li> <li>Tree maintenance</li> <li>Covered picnic / gathering space</li> </ul> <p><b>Work will begin in the spring and wrap up in the fall</b></p>	<p>The Gale Crescent staircase and parts of the trail will be closed</p>	<p><b>\$920,000</b></p> <p><b>\$385,000</b> (City of St. Catharines)</p> <p><b>\$385,000</b> (Canada 150 Community Infrastructure Program)</p> <p><b>\$150,000</b> (Niagara Region Waterfront Investment Program)</p>
Rotary Park	<ul style="list-style-type: none"> <li>Covered picnic / gathering space</li> <li>Permanent structure for porta potties</li> <li>Bus drop-off area</li> </ul> <p><b>Work will start in the summer and wrap up in the fall</b></p>	<p>None as of the time of printing</p>	<p><b>\$100,000</b></p> <p><b>\$50,000</b> (Canada 150 Community Infrastructure Program)</p> <p><b>\$25,000</b> (City of St. Catharines)</p> <p><b>\$25,000</b> (Rotary Club of St. Catharines)</p>



# Road, Sewer and Facility Work Coming in 2017

The end of winter means crews can get out on the streets to improve our sewers, roads and sidewalks.

**Here are some of the major projects the City will be doing in the first half of 2017.**

Some projects have yet to go to tender, and weather can often play a role in the start and finish time of projects. Please use the chart as a guideline for when work will be happening. Duration is based on when construction begins.



## Projects started

Project	Description	Status	Duration
<b>Geneva Street Watermain</b>	Replace existing watermain - Grote Street to Scott Street	Construction in progress	3 months
<b>Ontario Street Water and Road Work</b>	Water / sewer work is already complete - Welland Avenue to Adams Street. Water / sewer work will be installed - Adams Street to Lake Street. A final layer of asphalt will be applied from Lake Street to Welland Avenue.	Construction to resume in Spring 2017	3 months
<b>Croydon / Bogart Watermain</b>	Replace existing watermain: Croydon Drive - Arthur Street to Sussex Court Croydon Drive - Tudor Gate Place to Bogart Street Bogart Street - Croydon Drive to approx. 40m north of Croydon Drive	Construction Winter 2017	2.5 months

## Tenders Coming Soon

Work on these projects will begin once the tendering process is complete. Project status and duration are estimates at this time

Project	Description	Status	Duration
<b>Duncan Drive Watermain</b>	Installation of new watermain to complete the existing watermain loop	Construction to begin Spring 2017	1 month
<b>Queenston Street Reconstruction</b>	Total road reconstruction, including sewers, watermain, sidewalks and paving - Page Street to Eastchester Avenue	Construction to begin Spring 2017	7 months
<b>Oakdale Avenue Watermain</b>	Sidewalks on both sides and watermain replacement - Westchester Avenue to Lincoln Avenue	Construction to begin spring 2017	7 months
<b>Broadway Watermain</b>	Replace existing watermain - south intersection of Runcorn Street to Lakeside Drive	Construction to begin Spring 2017	1.5 months
<b>Glendale Avenue Watermain</b>	Replace Dick's Creek culvert and replace existing watermain - Glenridge Avenue to Jacobson Avenue	Construction to begin Spring 2017	6 months

## Tenders Coming in the first half of 2017

Project	Description	Status	Duration
<b>Carlisle Street / St. Paul Street Road Work</b>	Road reconstruction and streetscaping. St. Paul Street - James Street to Carlisle Street Carlisle Street - St. Paul Street to McGuire Street	Waiting to go to Tender	TBD
<b>Lorne Street Water and Road Work</b>	Road and sidewalk reconstruction and watermain and sewer replacement - Queenston Street to Eastchester Avenue	Waiting to go to Tender	TBD
<b>Lowell Avenue Water and Road Work</b>	Road and sidewalk reconstruction and watermain and sewer replacement - Thomas Street to Lake Street	Waiting to go to Tender	TBD
<b>Tunis Street Upgrades</b>	Storm sewer construction and watermain replacement	Waiting to go to Tender	TBD
<b>Hartzel Road Storm Sewer</b>	Storm sewer construction - Queenston Street to Lincoln Avenue	Waiting to go to Tender	TBD
<b>Warkdale Drive San / Sewer</b>	Twinning the sanitary sewer	Waiting to go to Tender	TBD

## Facility Improvements

Project	Description	Status	Duration
<b>Victoria Lawn Cemetery</b>	Construction of new administration building	In design phase	12 months
<b>Ontario Street Parking Garage</b>	Replace existing William Street stairwells and upgrade the elevators	In design phase	9 months
<b>Seymour-Hannah Sports &amp; Entertainment Centre</b>	Replace concrete pad in Rink #3. Separate the heating and cooling systems in Rink #2 and Rink #3	Work to begin Spring summer 2017	5 to 6 months

# Customer Service and Contact Information

## Citizens First

From arenas to zoning, if you've got a question give Citizens First a call. Contact Citizens First for any of the following:

- Property taxes
- Water bills
- Parking
- Recreation
- Trees
- Snow removal
- Parks and trails
- Sidewalks
- Dog licences
- Commissioning
- Bylaw issues
- Water meter readings
- Graffiti
- Facility rentals
- Pot Holes
- Roads and sewer issues
- Street lighting

## How to contact Citizens First

Phone: 905.688.5600

TTY: 905.688.4889

Email: [citizensfirst@stcatharines.ca](mailto:citizensfirst@stcatharines.ca)

In Person: City Hall - 2nd floor

Monday to Friday: 8:30 a.m. to 4:30 p.m.

## Victoria Lawn Cemetery

905.688.5601 ext. 1557

In Person: 480 Queenston St.

Monday to Friday, 8:30 a.m. to 4:30 p.m.

## Office of the Mayor

905.688.5601 ext. 1540

[mayorsadministration@stcatharines.ca](mailto:mayorsadministration@stcatharines.ca)

Monday to Friday, 8:30 a.m. to 4:30 p.m.

## Connect with the City

Facebook – [www.facebook.com/CityOfStCatharines](http://www.facebook.com/CityOfStCatharines)

Twitter – @St\_Catharines or @StCRecServices

Website – [www.stcatharines.ca](http://www.stcatharines.ca)

Download our Pingstreet App and get notifications sent right to your smart phone.



pingstreet

## Other helpful contacts

Here are some other services and agencies that may be beneficial to you. Note: the City of St. Catharines does NOT manage or oversee these services. Contact the agencies responsible should you have any questions or concerns

### Waste Collection

Niagara Region

**905.356.4141**

[www.niagararegion.ca/waste](http://www.niagararegion.ca/waste)

### Healthcare and Hospitals

Niagara Region Public Health

**905.688.3762**

[www.niagararegion.ca/health](http://www.niagararegion.ca/health)

Niagara Health

**905.378.4647**

[www.niagarahealth.on.ca](http://www.niagarahealth.on.ca)

### Health Cards and Driver's Licences

ServiceOntario

**1.800.267.8097**

[www.service.gov.on.ca](http://www.service.gov.on.ca)

### Passports

Service Canada

**1.800.567.6868**

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

### Bus / Transit

St. Catharines Transit

**905.687.5555**

[www.yourbus.com](http://www.yourbus.com)

### Hydro

Alektra (formerly Horizon Utilities)

**905.684.8111** (power outages)

**905.984.8961** (customer service)

### Animal Control

Lincoln County Humane Society

**905.682.0767**

[www.lchs.ca](http://www.lchs.ca)

### Office of MP Chris Bittle

**905.934.6767**

### Office of MPP Jim Bradley

**905.935.0018**

# How to Register for Programs



## ePlay Online

### If you have a login ID and PIN number

1. Go to [www.stcatharines.ca/ePlay](http://www.stcatharines.ca/ePlay)
2. Click the link titled “Log in or request a Client Barcode (Login ID)/PIN Number reset”
3. Enter your ID and PIN (you can also reset your ID or PIN if you’ve forgotten them)
4. Enter the 5-digit code(s) for the program(s) you’re interested in
5. Pay using Visa or MasterCard.
6. You will receive email confirmation upon completion (keep this for income tax purposes)

### If you DON’T have a login ID and PIN number

1. Go to [www.stcatharines.ca/ePlay](http://www.stcatharines.ca/ePlay)
2. Click the link titled “Obtain your Client Barcode (Login ID) and PIN Number.” You will receive your ID and PIN via email within 48 hours
3. Follow the steps listed above to register

### Alternative Payment Method for ePlay

If you don’t have a Visa or MasterCard but would like to register online a credit may be placed on your account by making a cash, cheque or debit payment at any of the facilities listed on the right.



## In Person

Register at any of the facilities listed on the right. Payment can be made by VISA, MasterCard, money order, cheque, debit or cash. Make cheques payable to the City of St. Catharines.



## Mail

Forms will be processed after walk-in registration in the order they are received. See reverse of this page for mail-in form.

## Program Registration Dates

### Online:

Tuesday, March 21 | 6 pm

### In Person:

Wednesday, March 22 | 8:30 am

### Non-Resident:

Thursday, March 23 | 6 pm

## Where to Register in Person

### St. Catharines Kiwanis Aquatics Centre

425 Carlton St.

### Hours:

Monday - Friday | 5:30 am-9:30 pm  
Saturday | 7 am-8 pm  
Sunday | 7:30 am-8 pm

### City Hall (Citizens First Counter)

50 Church St.

### Hours:

Monday - Friday | 8:30 am-4:30 pm

### Seymour-Hannah Sports and Entertainment Centre

240 St. Paul St. West

### Hours:

Monday - Friday | 8:30 am-6 pm

# Program Registration Form

## PART A : FAMILY INFORMATION

Have you previously registered for our programs? Yes  No  Has your address changed since your last registration? Yes  No   
Adult/Parent/Guardian's Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Are you an older adult (60+)? Yes  No   
Family Address: \_\_\_\_\_ Apt/Unit: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Home Phone: (\_\_\_\_) \_\_\_\_\_ Business/Cell:(\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

## PART B : EMERGENCY CONTACT INFORMATION

Emergency Contact Name: \_\_\_\_\_ Permission to Pickup: Yes  No   
Home Phone #: (\_\_\_\_) \_\_\_\_\_ Business/Cell #:(\_\_\_\_) \_\_\_\_\_ Relation To Participant: \_\_\_\_\_

## PART C : PARTICIPANT INFORMATION - CAN BE USED FOR MORE THAN 1 FAMILY MEMBER

### Participant 1

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M  F   
Birth Date MM/DD/YY: \_\_\_\_\_ Special Needs: No  Yes  (If Yes, Please Request & Fill Out a Special Needs Form)

	PROGRAM NAME	CODE #	DAY(S) / TIME	FEE	START DATE
1					
2					

IMPORTANT! Sign participant up for Both Programs  OR Program 2 is my Alternate Choice to Program 1

### Participant 2

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M  F   
Birth Date MM/DD/YY: \_\_\_\_\_ Special Needs: No  Yes  (If Yes, Please Request & Fill Out a Special Needs Form)

	PROGRAM NAME	CODE #	DAY(S) / TIME	FEE	START DATE
1					
2					

IMPORTANT! Sign participant up for Both Programs  OR Program 2 is my Alternate Choice to Program 1

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## PART D : METHOD OF PAYMENT - PLEASE PRINT CLEARLY

Cheque  Cash  Debit  Visa  MasterCard

Cardholder's Name (Please Print): \_\_\_\_\_

Card # \_\_\_\_\_ Validation # (back of card) \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

\*\*\* FOR OFFICE USE ONLY \*\*\*

Cheque  Cash  Debit  Visa  MasterCard  Receipt # \_\_\_\_\_ Amount: \_\_\_\_\_

• If you or your child has any SPECIAL NEEDS (physical or intellectual disabilities, attention difficulties, learning disabilities, allergies (peanuts, bees, etc.) or requires medication) or if there is any information you would like to provide us with, please check the special needs box on this form and fill out a special needs form. This information will remain confidential and is requested only to help the City provide inclusive programs.

• I certify that my child or myself is of age and is physically capable of participating, in the program(s) registered for. In case of an emergency, I grant department officials authority to act on my behalf and transport my child to a local doctor or hospital for medical treatment if necessary.

• I give the Corporation of the City of St. Catharines permission to use or publish photographs taken in which my children or I may be included, to publish in whole or part, for the purpose of promoting the activities of the City of St. Catharines, without royalty rights.

### Mail or return form and payment to:

City Hall  
Citizens First, 2nd Floor  
50 Church St., St. Catharines, ON  
L2R 7C2

Mark envelope: registration  
No post-dated cheques. Make cheques payable to the City of St. Catharines

Personal information on this form is collected under the authority of the Municipal Act, 2001 and will be used for the purpose of program registration, payment aggregate statistical reporting and allocation of staff resources. Questions about this collection may be directed to the City of St. Catharines, Parks, Recreation and Culture Services Department – Manager of Administration Services, 320 Geneva Street, St. Catharines, Ontario, L2N 2G6.

# Terms and Conditions

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## Fees

- All fees listed in the guide include HST
- Fees are waived for support persons who accompany a person with a disability for the purposes of participation, communication, mobility, personal care, medical needs or access to service
- Included in all aquatic programs is a \$2.35 (HST included) per participant per program surcharge

## Family Rates

Registering one child: Full Price

Registering two or more children: First child pays at full price, each additional child receives 20% discount. Children must be from the same family, living in the same household registered in the same session. Valid for recreation programs, Red Cross Swim Lessons, Rookie, Ranger and Star. Excludes Private and Semi Private Swim Lessons and Aquatic Leadership Programs. Participants registering with ePlay online registration must request their discount at any registration centre within three months of the program start date.

## Refund Policy and Program Transfers

- If a participant leaves a program before the fourth class begins, the participant will be given a pro-rated rebate based on the number of classes held
- No refunds or transfers will be issued once the third class has been held
- A program withdrawal refund request form must be completed and approved by a Recreation Supervisor. The program receipt must be brought when making this request
- All refunds and transfers are subject to a \$11.30 administration fee (per person, per registration)

## Aquatic Leadership Programs Refund Policy

Refunds will only be issued 14 days prior to the start of the program. No refunds will be issued after this time.

## Program Wait List

You may ask to go on a wait list for any program. If an opening occurs you will be contacted and given 48 hours to confirm your interest.

## Program Changes

The City of St. Catharines reserves the right to change the time, location, instructor or fee if required. All program and facility information advertised in the Leisure Guide is subject to change.

## Class Cancellation

- Low registration numbers may result in the cancellation or changing of classes
- A 100 per cent refund will be given if a program is cancelled by the City of St. Catharines

## Make Up Classes

There will be no refund or make-up class for any programs due to absenteeism, thunder, lightning, pool foulings and emergency or maintenance-related facility closures. If there is a pool closure during a swim lesson children are still encouraged to attend and will be taught water safety.



## Quinn

Archery is awesome and different than other sports. The Leisure Guide always has something new to try.

# Recreation Programs

[www.stcatharines.ca/recprograms](http://www.stcatharines.ca/recprograms)

Take aim at your recreation needs. From cooking greens in the kitchen to practising on the putting green, we have recreation programs for everyone and every age.

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Active Adults (50+)	91

Looking for something new? Active? Free? Use our icons to find the program that's right for you and your family.



Low-cost program



Free program



New program



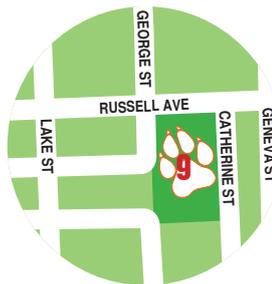
Adult participation program

(parent/guardian must participate with child)



Cardiovascular program

(will help you meet ParticiAction's recommended daily physical activity levels)



### 1 - Burgoyne Woods

70 Edgedale Rd.

### 2 - Dunlop Drive Older Adults Centre

80 Dunlop Dr.

### 3 - Garden City Golf Course

37 Lincoln Ave.

### 4 - Harriet Tubman Public School

84 Henry St.

### 5 - Jeanne Sauve French Immersion Public

91 Bunting Rd.

### 6 - Pilates Emporium

8 Hiscott St.

### 7 - Port Weller Community Centre

1 Bogart St.

### 8 - Realty Park

466 Vine St.

### 9 - Russell Avenue Community Centre

108 Russell Ave.

### 10 - St. Catharines Kiwanis Aquatics Centre

425 Carlton St.

### 11 - Seymour-Hannah Sports and Entertainment Centre

240 St. Paul Street West

### 12 - The Real Canadian Superstore

411 Louth St.

Maps are not to scale.  
Not all roads are shown.



# Preschool (0-5 years)

## Preschool Continuum Model

Follow our preschool continuum model to help your child progress from learning basic social interaction skills to developing independence (Tip: look for the 'building blocks' beside program names)

Step	Age	Program	Skills your child will develop
<b>1</b>	1-2	Fun with Friends	Social interaction Cooperation Making new friends
<b>2</b>	2	Messy Munchkins	Assisted creativity Really messy fun
<b>3</b>	2-3	Preschool Picasso	Individual creativity Art literacy Fine motor skills
<b>4</b>	3-4	Kinder Kids	Independence Social interaction without parents
	3-4	Whiz Kids	Cooperation Manners School readiness

Steps 1-3: child attends with parent/guardian

Step 4: child attends without parent/guardian

## Parent Participation

### Fun with Friends (1 to 2 years)



Enjoy stories, songs, crafts and exploration. Emphasis on social skills like sharing, cooperation, manners and friends.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92089	Thu	Apr 6, 4pm-5pm	12	\$72
92090	Fri	Apr 7, 9:15am-10:15am	10	\$60
<i>No class on April 14</i>				
93766	Thu	Jul 6, 4pm-5pm	8	\$48
93767	Fri	Jul 7, 9:15am-10:15am	8	\$48

### KinderMusik Cuddle & Bounce (0 to 1 year)



You and your baby will join with others to enjoy instrument play, dance, exploration time and together time.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92104	Thu	Apr 6, 11:30am-12:15pm	10	\$130
<i>No class on May 4</i>				
93864	Thu	Aug 3, 11:30am-12:15pm	4	\$52

## KinderMusik Sing & Play (1 to 2 years)



Get ready to sing, play and move with your little one in this high-energy music class.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92105	Thu	Apr 6, 10:30am-11:15am	10	\$130
<i>No class on May 4</i>				
93863	Thu	Aug 3, 10:30am-11:15am	4	\$52

## KinderMusik Wiggle & Grow (2 to 3 years)



This class celebrates the unique joys of your growing child. Singing, dancing and playing instruments with you and their new friends.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92106	Thu	Apr 6, 9:30am-10:15am	10	\$130
<i>No class on May 4</i>				
93862	Thu	Aug 3, 9:30am-10:15am	4	\$52

## Messy Munchkins (2 years)



Participants use their imagination to explore a variety of craft textures and medium. Emphasis on creating messy projects such as finger painting and making crazy concoctions. Classes will include circle time, songs and free play.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92110	Tue	Apr 4, 9:15am-10:15am	12	\$72
93776	Tue	Jul 4, 9:15am-10:15am	8	\$48

## Monkeynastix (1 to 2 years)



Help your preschooler develop remarkable self-confidence as they participate in a main activity circuit with sub-stations focusing on themes like balance, strength, floor skills, cardio, speed and agility. One adult per child.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92111	Sat	Apr 8, 8:30am-9am	10	\$99
<i>No class on April 15</i>				
93794	Sat	Jul 8, 8:30am-9am	8	\$79.20

## Monkeynastix (2 to 3 years)



### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92112	Sat	Apr 8, 9:15am-9:45am	10	\$99
<i>No class on April 15</i>				
93795	Sat	Jul 8, 9:15am-9:45am	8	\$79.20

## Nature Explorer (3 to 5 years)



Explore the outdoors and the coolest things in nature. Program includes storytelling, crafts and tracking local wildlife.

### Burgoyne Woods Park

Code	Days	Dates & Times	Classes	Fee
94570	Wed	July 19, 10am-12pm	4	\$72

## Playball - Two Can Do! (2 years)



Progressive age-appropriate sports coaching program that encourages sports skills and teamwork in a fun and energetic environment. Only eight children per coach.

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92126	Sat	Apr 8, 8:30am-9am	10	\$100
<i>No class on April 15</i>				

## Playball - Outdoor Summer Soccer (2 years)



Introduction to soccer skills and team participation in a positive and non-competitive environment. Only eight children per coach. Indoor gym available during inclement weather.

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
93968	Sat	Jul 8, 8am-8:30am	8	\$88
93969	Sat	Jul 8, 8:30am-9am	8	\$88

## Preschool Picasso (2 to 3 years)



Child and caregiver create fun masterpieces together inspired by famous artists. Includes circle time, music and free play.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92131	Thu	Apr 6, 5:15pm-6:15pm	12	\$72
93792	Thu	Jul 6, 5:15pm-6:15pm	8	\$48

## Sprouts

(3 months to 4 years)



Children are introduced to fundamental movement skills using nature and imagination. Parents - to attend with your child, register in the oldest child's age group. Adults must 'baby-wear' infants attending older indoor classes with siblings. Stroller or wagon required for all outdoor programs.

### Sprouts - Baby Indoor Program (3 months to walking)



St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92134	Tue	Apr 4, 11:30am-12:15pm	12	\$107
93867	Tue	Jul 4, 11:30am-12:15pm	7	\$62.50

### Sprouts - Toddler Indoor Program (1 to 2 years)



St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92137	Tue	Apr 4, 9:30am-10:15am	12	\$107
93865	Tue	Jul 4, 9:30am-10:15am	7	\$62.50

### Sprouts - Toddler Outdoor Program (1 to 2 years)



Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92138	Wed	Apr 5, 9:30am-10:30am	12	\$107
93868	Wed	Jul 5, 9:30am-10:30am	7	\$62.50

Option to move indoors during inclement weather

### Sprouts - Preschool Indoor Program (3 to 4 years)



St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92136	Tue	Apr 4, 10:30am-11:15am	12	\$107
93866	Tue	Jul 4, 10:30am-11:15am	7	\$62.50

### Sprouts - Preschool Outdoor Program (3 to 4 years)



Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
93556	Wed	Apr 5, 11am-12pm	12	\$107
93869	Wed	Jul 5, 11am-12pm	7	\$62.50

Option to move indoors during inclement weather

## Independent Participation

### Ballet

(4 to 5 years)



The basics of ballet. Emphasis on balance, rhythm, musicality and poise. Dance performance at end of the session.

Russell Avenue Community Centre

Age	Code	Days	Dates & Times	Classes	Fee
4-5 years	92059	Mon	Apr 3, 4pm-5pm	10	\$60
5 years	92058	Mon	Apr 3, 5:15pm-6:15pm	10	\$60
<i>No classes on April 17 and May 22 for both programs</i>					
4-5 years	93773	Mon	Jul 10, 4pm-5pm	7	\$42
5 years	93774	Mon	Jul 10, 5:15pm-6:15pm	7	\$42
<i>No class on August 7 for both programs</i>					

No special dance attire required. Ballet leotard and slippers optional

### First Steps Lacrosse (3 to 5 years)



Lacrosse is used to teach physical literacy; throwing, catching, agility and fine motor skills transfer to many sports. Dramatic play with modified equipment creates fun and success.

Port Weller Community Centre

Age	Code	Days	Dates & Times	Classes	Fee
3-4 years	92086	Wed	Apr 5, 4pm-4:45pm	8	\$68
5 years	92087	Wed	Apr 5, 5pm-5:45pm	8	\$68

### Kinder Kids (3 to 4 years)



Free play, songs, crafts and exploration with emphasis on social interaction, imagination, creativity and self-discovery.

Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92103	Fri	Apr 7, 10:15am-11:45am	10	\$90
<i>No class on April 14</i>				
93778	Fri	Jul 7, 10:15am-11:45am	8	\$72

Bring a nut free snack. Participants must be toilet trained

## Little Green Thumbs (4 to 5 years)



Learn the basics of planting and growing different types of plants. Emphasis on hands-on fun in the soil. Introduction to composting and organic farming. All materials are supplied.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92107	Tue	Apr 4, 4:30pm-5:30pm	10	\$60
93857	Tue	Jul 4, 4:30pm-5:30pm	8	\$48

## Monkeynastix (3 to 5 years)



Help your preschooler develop remarkable self-confidence as they participate in a main activity circuit with sub-stations focusing on themes like balance, strength, floor skills, cardio, speed and agility. One adult per child.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92113	Sat	Apr 8, 10am-10:30am	10	\$99
<i>No class on April 15</i>				
93796	Sat	Jul 8, 10am-10:30am	8	\$79.20

## Playball - Watch Me @ 3! (3 years)



Progressive age-based sports coaching program that encourages physical literacy, sport skills development and teamwork. Fun, energetic environment. 8:1 child: coach ratio.

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92128	Sat	Apr 8, 9am-9:45am	10	\$110
<i>No class on April 15</i>				

## Playball - 4 On The Ball (4 years)



### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92125	Sat	Apr 8, 10am-11am	10	\$120
<i>No class on April 15</i>				

## Playball - Preps (5 years)



### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92857	Sat	Apr 8, 11am-12pm	10	\$120
<i>No class on April 15</i>				

## Playball - Outdoor Summer Soccer (3 to 5 years)



Intro to soccer skills and team participation. Positive, non-competitive environment. Only 8 children per coach. Indoor gym available during inclement weather.

### Port Weller Community Centre

Age	Code	Days	Dates & Times	Classes	Fee
3 years	93973	Sat	Jul 8, 9:15am-10am	8	\$96
4 years	93971	Sat	Jul 8, 10am-11am	8	\$104
5 years	93975	Sat	Jul 8, 11:15am-12:15pm	8	\$104

## Tiny Tot Dance (3 to 5 years)



Learn basic ballet and jazz steps, working towards a dance performance at the end of the session. Emphasis on improving motor coordination through movement.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92141	Sat	Apr 8, 9am-9:45am	10	\$45
92142	Sat	Apr 8, 9:45am-10:30am	10	\$45
92143	Sat	Apr 8, 10:45am-11:30am	10	\$45
<i>No class on April 15 for all three programs</i>				
93854	Sat	Jul 8, 9:00am-9:45am	8	\$36
93855	Sat	Jul 8, 9:45am-10:30am	8	\$36
93856	Sat	Jul 8, 10:45am-11:30am	8	\$36

## Whiz Kids (3 to 4 years)



For independent preschoolers. Emphasis is on routines, cooperation, helping, manners and school readiness. Each class mixes fun socialization, games and creative activities.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92145	Tue	Apr 4, 10:15am-11:45am	12	\$108
93786	Tue	Jul 4, 10:15am-11:45am	8	\$72



# Children (6-10 years)

## Dance

### Ballet

Learn the basics of ballet, working towards a dance performance at the end of the session. Emphasis on improving balance, rhythm, musicality and poise.

### Ballet (6 years)

#### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92060	Mon	Apr 3, 5:15pm-6:15pm	10	\$60
<i>No classes on April 17 and May 22</i>				
93775	Mon	Jul 10, 5:15pm-6:15pm	7	\$42
<i>No class on August 7</i>				

*No special dance attire required. Ballet leotard and slippers optional*

### Ballet (6 to 7 years)

#### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
94568	Mon	Apr 3, 6:30pm-7:30pm	10	\$60
<i>No classes on April 17 and May 22</i>				
94569	Mon	Jul 10, 6:30pm-7:30pm	7	\$42
<i>No class on August 7</i>				

*No special dance attire required. Ballet leotard and slippers optional*

### Lights, Camera, Action (7 to 10 years)

Learn various dance, drama and modeling sequences to enhance singing and stage presentation. Focus is on fun while building self-confidence and encouraging every child's inner star to shine.

#### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92878	Mon	Apr 3, 7:45pm-8:45pm	10	\$60
<i>No classes on April 17 and May 22</i>				
93777	Mon	Jul 10, 7:45pm-8:45pm	7	\$42
<i>No class on August 7</i>				

## Think You Can Dance? (6 to 8 years)



This course will have your little dancer challenging themselves each week as they explore several different styles and genres of dance, including hip hop, contemporary, Latin, ballet and more.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92803	Sat	Apr 8, 11:45am-12:45pm	10	\$60
<i>No class on April 15</i>				
93853	Sat	Jul 8, 11:45am-12:45pm	8	\$48
<i>No class on August 7</i>				

## Martial Arts

### Karate (6 to 8 years)



Learn the basic principles of karate. Emphasis on improved coordination, courtesy, self-confidence and control.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92101	Sat	Apr 8, 10:45am-11:45am	10	\$60
<i>No class on April 15</i>				
93779	Sat	Jul 8, 10:45am-11:45am	8	\$48

*No special Martial Arts attire required.  
Comfortable, loose clothing recommended*

### Karate (7 to 9 years)



### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92102	Sat	Apr 8, 11:45am-12:45pm	10	\$60
<i>No class on April 15</i>				
93780	Sat	Jul 8, 11:45am-12:45pm	8	\$48

*No special Martial Arts attire required.  
Comfortable, loose clothing recommended*

## Special Interest

### Chess for Beginners (6 to 10 years)



Learn the laws of chess, the movement of pieces, basic tactics and strategies. Friendly competition in a fun, social environment. Boards provided.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92804	Thu	Apr 6, 5pm-6pm	12	\$72

### Dinosaur Discovery (6 to 10 years)



Using Club Rex's fossil collection from around the world, participants will get hands-on experience with skulls, teeth and claws. This is a program your dino-crazy kid will love.

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92074	Sat	Apr 8, 9am-10am	10	\$85
<i>No class on April 15</i>				
93770	Sat	Jul 8, 9am-10am	8	\$68

### Paleo Art (6 to 10 years)



Every image we have seen of a dinosaur was created by an artist. Join Club Rex as we explore the mediums, techniques and history of art and science as it pertains to Paleontology.

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92118	Sat	Apr 8, 10:15am-11:15am	10	\$85
<i>No class on April 15</i>				
93768	Sat	Jul 8, 10:15am-11:15am	8	\$68

### Junior Chef (6 to 10 years)



Set your junior chef up for success in the kitchen. Enjoy the best burgers, great brunch treats and more.

### The Real Canadian Superstore

Code	Days	Dates & Times	Classes	Fee
93507	Wed	Apr 5, 5:30pm-7:30pm	4	\$65

*Facility is not peanut free. No doggy bags*

## Culinary Creations (6 to 10 years)

Junior Chef teams create and make their own signature pizzas, mac and cheese, casseroles, veggie side dishes and beverages that are sure to please.

### The Real Canadian Superstore

Code	Days	Dates & Times	Classes	Fee
93870	Mon	Jul 17, 10am-4pm	1	\$55

Facility is not peanut free. No doggy bags

## Little Green Thumbs (6 years)



Young inspiring gardeners will learn the basics of planting and growing different types of fruits, vegetables and flowers. Hands-on fun in the soil. All materials supplied.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92108	Tue	Apr 4, 4:30pm-5:30pm	10	\$60
93858	Tue	Jul 4, 4:30pm-5:30pm	8	\$48

## Mad Science (7 to 10 years)



Get your child excited about science. Mad Science of Niagara provides a unique, fun and unparalleled science enrichment program focusing on exploratory learning in a hands on supportive environment.

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92814	Wed	Apr 5, 5:30pm-6:30pm	6	\$70
93793	Wed	Jul 5, 5:30pm-6:30pm	6	\$70

## Sports

### Archery (6 to 10 years)



Learn the basics of indoor archery, including bow handling, safety, etiquette, stance and target hitting. Participants use 'safe arrows' with foam heads. All equipment provided.

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92054	Tue	Apr 4, 4:30pm-5:30pm	10	\$65
92808	Tue	Apr 4, 5:30pm-6:30pm	10	\$65

### Burgoyne Woods

Code	Days	Dates & Times	Classes	Fee
93753	Tue	Jul 4, 5:30pm-6:30pm	8	\$52
93754	Tue	Jul 4, 4:30pm-5:30pm	8	\$52

Summer session is outdoors

## Basketball Superfit (6 to 8 years)



Superfit combines skill development and situational game play to give participants the tools necessary to succeed in real games. Participants' basketball IQ will be increased using a 3 on 3 basketball format.

### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92065	Tue	Apr 4, 6-7pm	10	\$70
92066	Thu	Apr 6, 6-7pm	10	\$70

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
93896	Tue	Jul 4, 4:30pm-5:30pm	8	\$56
93978	Wed	Jul 5, 4:30pm-5:30pm	8	\$56

## Basketball Superfit (9 to 10 years)



### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92068	Tue	Apr 4, 7-8pm	10	\$70
92069	Thu	Apr 6, 7-8pm	10	\$70

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
93914	Tue	Jul 4, 5:30pm-6:30pm	8	\$56
93977	Wed	Jul 5, 5:30pm-6:30pm	8	\$56

## First Steps Lacrosse (6 years)



Lacrosse is used to teach physical literacy; throwing, catching agility and fine motor skills transferable to many sports. Dramatic play with modified equipment creates fun and success.

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92088	Wed	Apr 5, 5pm-5:45pm	8	\$68

## Golf Lessons Beginner (8 to 10 years)



Learn the basics of golf, including chipping, putting, driving and golf etiquette.

### Garden City Golf Course

Code	Days	Dates & Times	Classes	Fee
93576	Tue	May 30, 5pm-6pm	5	\$35

Bring your own golf clubs

## Golf Lessons Intermediate (8 to 10 years)



Take your golf game to the next level. Emphasis on delivering consistent strokes, reading the greens and proper golf etiquette.

### Garden City Golf Course

Code	Days	Dates & Times	Classes	Fee
93784	Tue	Jul 4, 5pm-6pm	5	\$35

Bring your own golf clubs

## Indoor Soccer - Futsal U8 (6 to 8 years)



5-on-5 indoor soccer. Futsal is the only form of indoor soccer sanctioned by FIFA. Emphasis is on basic soccer skills, developing reflexes, coordination, ball control, play making awareness, fitness training and physical literacy.

### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92098	Wed	Apr 5, 6pm-7pm	12	\$90

## Indoor Soccer - Futsal U10 (9 to 10 years)



### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92099	Wed	Apr 5, 7pm-8pm	12	\$90

## Playball - Preps (6 years)



Focuses on the more demanding ball and sports skills while remaining fun-filled and non-competitive. Teaches foundation skills for sports like hockey, basketball, baseball, soccer, tennis, golf and volleyball. Each child's needs are taken into consideration. Only 8 children per coach. The perfect way for boys and girls to be part of the 'team.'

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92859	Sat	Apr 8, 12-1pm	10	\$120

No class on April 15

## Playball - Sports Champs (6 to 7 years)



Progressive age-appropriate sports coaching program that encourages physical literacy, sports skills development and teamwork in a fun and energetic environment. 8:1 child to coach ratio ensures individual attention.

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92860	Sat	Apr 8, 1pm-2pm	10	\$120

No class on April 15

## Playball - Sports Champs (7 to 8 years)



### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92861	Sat	Apr 8, 2pm-3pm	10	\$120

No class on April 15

## Playball Tri-Sport (7 to 8 years)



Progressive age-appropriate sports coaching program that encourages physical literacy, sports skills development and teamwork in a fun and energetic environment. Spring session will feature tee-ball, lacrosse and Frisbee golf.

### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92862	Fri	Apr 21, 6pm-7pm	8	\$96

No classes on May 19 and June 9

## Playball Tri-Sport (9 to 10 years)



### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92863	Fri	Apr 21, 7pm-8pm	8	\$96
<i>No classes on May 19 and June 9</i>				

## Skateboarding (8 to 10 years)



Learn simple tricks, skateboard safety, assembly, maintenance and etiquette.

### Seymour-Hannah Sports and Entertainment Centre

Code	Days	Dates & Times	Classes	Fee
93572	Sat	May 6, 9am-10am	8	\$48
93574	Sat	Jul 8, 9am-10am	8	\$48

*Bring your own skateboard. Helmets mandatory.  
Wrist and knee guards highly recommended*

## Tennis Beginner



Learn the basics of tennis, with emphasis on understanding rules, etiquette, scoring, positioning, strokes and serving.

### Realty Park

Ages	Code	Days	Dates & Times	Classes	Fee
6-7 yrs	93932	Tue	Jul 4, 5pm-6pm	8	\$58.50
6-7 yrs	93933	Thu	Jul 6, 5pm-6pm	8	\$58.50
8-10 yrs	93562	Tue	May 2, 6pm-7pm	8	\$58.50
8-10 yrs	93944	Tue	Jul 4, 6pm-7pm	8	\$58.50
8-10 yrs	93945	Thu	Jul 6, 6pm-7pm	8	\$58.50

*Bring your own racquet*



# Youth (11-13 years)

## Life Skills & Personal Development

### Babysitter Training

Topics include child development, safety, emergencies, games and caring for children with special needs. A Canadian Safety Council Certificate will be issued with successful completion of the course exam.

#### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92056	Sat	May 6, 9am-4pm	1	\$65
93772	Sat	Jul 8, 9am-4pm	1	\$65

*Bring a peanut-free lunch*

### Home Alone

Get your child ready to be alone safely when you are not home. Participants will learn skills and knowledge to be safe and responsible when home alone for short periods of time.

#### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92094	Mon	Apr 24, 5pm-7:30pm	1	\$32
93781	Mon	Jul 10, 5pm-7:30pm	1	\$32

## Music

### Guitar - Learn to Play

Learn fundamental skills for playing the guitar. Emphasis on learning to read music, playing guitar chords and practising simple songs.

#### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92092	Tue	Apr 4, 6:30pm-7:30pm	12	\$72
93757	Tue	Jul 4, 6:30pm-7:30pm	8	\$48

*Bring your own guitar*

## Special Interest

### Chess Advanced

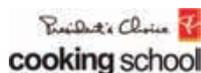


A disciplined approach to friendly competitive chess in a fun, social environment. Participants must be able to achieve a checkmate. Boards provided.

#### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92806	Thu	Apr 6, 6pm-7:30pm	12	\$108

### Cooking 101



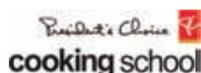
Learn the basics of food prep, cooking techniques, baking and healthy eating while creating and enjoying great food.

#### The Real Canadian Superstore

Code	Days	Dates & Times	Classes	Fee
93508	Wed	May 3, 5:30pm-7:30pm	4	\$75

Facility is not peanut free. No doggy bags

### Diner Delights



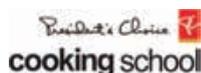
Teams battle for victory as they brainstorm new flavours and create a signature burger, side dish, cookie and milkshake.

#### The Real Canadian Superstore

Code	Days	Dates & Times	Classes	Fee
93894	Mon	Aug 14, 10am-4pm	1	\$65

Facility is not peanut free. No doggy bags

### Future Bakers Unite



Spend the day baking. Learn recipes for scones, muffins, cookies, pie and a special treat to take home. Lunch provided.

#### The Real Canadian Superstore

Code	Days	Dates & Times	Classes	Fee
93871	Mon	Jul 24, 10am-4pm	1	\$65

Facility is not peanut free. No doggy bags

## Paleontology



Examine the history, art and science that deals with the fossils of animals and plants from prehistoric times. Reconstruct dinosaurs by sketching, molding and casting using real dinosaur skulls as inspiration.

#### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92119	Sat	Apr 8, 11:30am-12:30pm	10	\$85
<i>No class on April 15</i>				
93769	Sat	Jul 8, 11:30am-12:30pm	8	\$68

## Sports

### Basketball Superfit



Superfit combines skill development and situational game play to give participants the tools necessary to succeed in real games. Participants basketball IQ will be increased using a 3 on 3 basketball format.

#### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fees
92062	Tue	Apr 4, 7-8pm	10	\$70
92063	Thu	Apr 6, 7-8pm	10	\$70

#### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fees
93931	Tue	Jul 4, 5:30pm-6:30pm	8	\$56
93976	Wed	Jul 5, 5:30pm-6:30pm	8	\$56

## Golf Lessons Beginner

Learn the basics of golf, including chipping, putting, driving and golf etiquette.

### Garden City Golf Course

Code	Days	Dates & Times	Classes	Fee
93457	Tue	May 30, 6pm-7pm	5	\$35

*Bring your own golf clubs*

## Golf Lessons Intermediate

Take your golf game to the next level. Emphasis on delivering consistent strokes, reading the greens and proper golf etiquette.

### Garden City Golf Course

Code	Days	Dates & Times	Classes	Fee
93783	Tue	Jul 4, 6pm-7pm	5	\$35

*Bring your own golf clubs*

## Indoor Soccer - Futsal U12 (11 to 12 years)



5-on-5 indoor soccer. Futsal is the only form of indoor soccer sanctioned by FIFA. Emphasis is on basic soccer skills, developing reflexes, coordination, ball control, play making awareness, fitness training and physical literacy.

### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92100	Wed	Apr 5, 7pm-8pm	12	\$90

## Skateboarding

Learn simple tricks, skateboard safety, assembly, maintenance and etiquette.

### Seymour-Hannah Sports and Entertainment Centre

Code	Days	Dates & Times	Classes	Fee
93504	Sat	May 6, 10am-11am	8	\$48
93788	Sat	Jul 8, 10am-11am	8	\$48

*Bring your own skateboard. Helmets mandatory. Wrist and knee guards highly recommended*

## Tennis Beginner



Learn the basics of tennis, with emphasis on understanding rules, etiquette, scoring, positioning, strokes and serving.

### Realty Park

Code	Days	Dates & Times	Classes	Fee
93568	Tue	May 2, 7pm-8pm	8	\$58.50
93946	Tue	Jul 4, 7pm-8pm	8	\$58.50
93947	Thu	Jul 6, 7pm-8pm	8	\$58.50

*Bring your own racquet*

# Open Gym Drop-In Basketball



Recreational drop-in basketball with pick-up rules. City staff on site to enforce code of conduct and ensure fair playing time.

## \$2 per person / per visit

### Spring

#### Harriet Tubman Public School

Fridays 6pm-8pm

Friday, April 21-Friday, June 23

*Facility closed May 19 and June 9 for PA Days*

### Summer

#### Port Weller Community Centre

Wednesdays 6:30pm-8:30pm

Wednesday, July 5-Wednesday, August 23

*Parents/guardians welcome. Proper indoor non-marking shoes required. Participant code of conduct will be enforced.*



## Teen (14-17 years)

### Cooking 101

 **cooking school**

Learn the basics of food prep, cooking techniques, baking and healthy eating while creating and enjoying great food.

#### The Real Canadian Superstore

Code	Days	Dates & Times	Classes	Fee
93509	Wed	May 3, 5:30pm-7:30pm	4	\$84.75

*Facility is not peanut free. No doggy bags*

### Diner Delights

 **cooking school**

Teams battle for victory as they brainstorm new flavours and create a signature burger, side dish, cookie and milkshake.

#### The Real Canadian Superstore

Code	Days	Dates & Times	Classes	Fee
93895	Mon	Aug 14, 10am-4pm	1	\$73.45

*Facility is not peanut free. No doggy bags*

### Future Bakers Unite

 **cooking school**

Spend the day baking. Learn recipes for scones, muffins, cookies, pie and a special treat to take home. Lunch provided.

#### The Real Canadian Superstore

Code	Days	Dates & Times	Classes	Fee
93872	Mon	Jul 24, 10am-4pm	1	\$73.45

*Facility is not peanut free. Lunch is provided*

## Music

### Guitar - Learn to Play

Learn fundamental skills for playing the guitar. Emphasis on learning to read music, playing guitar chords and practising simple songs.

#### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92093	Tue	Apr 4, 6:30pm-7:30pm	12	\$83.94
93758	Tue	Jul 4, 6:30pm-7:30pm	8	\$55.96

*Must bring own guitar*

## Special Interest

### Teen Chess



The perfect blend of chess puzzles, entertaining chess variations and tournament preparations with the rich history of chess and its social implications. Boards provided.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92854	Thu	Apr 6, 7:30pm-9pm	12	\$126.56

### Teen Tennis Beginner



Learn the basics of tennis, with emphasis on understanding rules, etiquette, scoring, positioning, strokes and serving.

### Realty Park

Code	Days	Dates & Times	Classes	Fee
93953	Sun	Jul 9, 11am-12pm	8	\$66.11

*Bring your own racquet*

## Open Gym Drop-In Basketball

Recreational drop-in basketball with pick-up rules. City staff are onsite to enforce code of conduct and ensure fair playing time.

### \$2 per person / per visit

### Spring

#### Harriet Tubman Public School

Fridays 8pm-10pm

Friday, April 21-Friday, June 23

*Facility closed May 19 and June 9 for PA Days*

### Summer

#### Port Weller Community Centre

Wednesdays 6:30pm-8:30pm

Wednesday, July 5-Wednesday, August 23

*Parents/guardians welcome. Proper indoor non-marking shoes required. Participant code of conduct will be enforced.*



# Adult (18+ years)

## Dance

### Ballroom Basics

Great for beginners. Participants will be introduced to social ballroom dance focusing on the Waltz and East Coast Swing. No previous dance experience or partner required.

#### Jeanne Sauve French Immersion Public

Code	Days	Dates & Times	Classes	Fee
92061	Fri	Apr 7, 7:30pm-8:30pm	10	\$99.95
<i>No class on April 14</i>				

## Fitness

### Country Heat



The new trend in low impact, high energy aerobic workouts. This dance fitness craze is fun, easy to follow and choreographed to the latest country music hits. Move, stomp and laugh.

#### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
93571	Wed	Apr 5, 6:45pm-7:45pm	10	\$89.95
93771	Wed	Jul 5, 6:45pm-7:45pm	8	\$71.96

*Running shoes recommended*

*Please note: this program is not line dancing; it is cardio fitness*

### Drum Fit



Beat your way to less stress, neuromuscular coordination, cardio fitness and fun. Drum sticks and ball stand provided.

#### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92078	Mon	Apr 3, 7:15pm-8:15pm	10	\$89.95
<i>No classes on April 17 and May 22</i>				

*Bring your own stability ball*

## Gentle Yoga

Relaxing low-impact yoga focused on gentle movements, comfortable poses and proper breathing techniques. Yoga has many holistic benefits including stress reduction and a sense of serenity.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92809	Thu	Apr 6, 5:30pm-6:30pm	12	\$107.94
93761	Thu	Jul 6, 5:30pm-6:30pm	8	\$71.96

## Power Flow Yoga

Power Flow is a more vigorous fitness based approach to the Vinyasa style yoga. The continuous fluid movements provide an intense cardio workout with the benefits of core strengthening, controlled breathing and relaxation benefits.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92129	Wed	Apr 5, 5:45pm-6:45pm	12	\$107.94
93791	Wed	Jul 5, 5:45pm-6:45pm	8	\$71.96

## Music

### Guitar

Fun, social environment to learn the fundamentals of the guitar. No previous experience required.

### Port Weller Community Centre

Code	Days	Dates & Times	Classes	Fee
92091	Tue	Apr 4, 7:30pm-8:30pm	12	\$107.94
93759	Tue	Jul 4, 7:30pm-8:30pm	8	\$71.96

*Bring your own guitar*

## Special Interest

### Adventures of a Psychic Medium

Meet Andrea Claire, a 5<sup>th</sup> generation psychic medium. While there is no guarantee that you will receive a message, she will connect with loved ones on the other side and convey as many messages as possible.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92053	Wed	Apr 19, 7:15pm-9:30pm	1	\$25.99
93785	Wed	Jul 5, 7:15pm-9:30pm	1	\$25.99

*Must pre-register. Day of registration not permitted*

## Container Gardening

Container gardens are versatile, accessible, mobile, decorative and easy to care for. Learn about soil, height, watering, fertilizing, sun vs. shade, perennials vs. annuals and proper plant selection. All materials provided.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
93859	Tue	May 16, 6pm-9pm	1	\$47.46

## Creative Screenplay Writing

Learn how to take your great story idea and turn it into a blockbuster movie screenplay. Emphasis will be on story structure and compelling storytelling. Instructor has 25+ years in the international film industry.

### Museum & Welland Canals Centre

Code	Days	Dates & Times	Classes	Fee
92816	Thu	Apr 6, 6pm-8:30pm	5	\$112.44

*No class on April 27*

## Messages From The Other Side

Psychic Medium Andrea Claire will deliver messages from the other side. While there is no guarantee that everyone will receive a message, you will leave with validation that our loved ones in spirit are always with us.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92109	Wed	May 17, 7:15pm-9:30pm	1	\$25.99

*Must pre-register. Day of registration not permitted*

## Stress-Free Gardening

This 3-hour workshop covers topics such as composting, manure, soils and plant choices, including trees, shrubs, perennials, ground covers, vines, annuals, flower bulbs, location, maintenance and over winter storage and protection.

### Russell Avenue Community Centre

Code	Days	Dates & Times	Classes	Fee
92812	Tue	Apr 25, 6pm-9pm	1	\$47.46

## Wine Glass Art



Create your own unique stunning wine glasses using rope, paint, glitter and other imaginative art materials. All supplies provided. Instructor is from the Young At Arts Niagara Studio specializing in social and creative art experiences.

### Dunlop Drive Older Adult Centre

Code	Days	Dates & Times	Classes	Fee
92813	Sat	Apr 22, 1pm-2:30pm	6	\$85.88

## Sports

### Adult Tennis Beginner



Learn the basics of tennis, with emphasis on understanding rules, etiquette, scoring, positioning, strokes and serving.

### Realty Park

Code	Days	Dates & Times	Classes	Fee
93569	Thu	May 4, 7pm-8pm	8	\$84.75
93949	Sun	Jul 9, 10am-11am	8	\$84.75

Bring your own racquet

### Drop-In Badminton



Casual way to play badminton. Pre-pay, then simply drop-in and play. Racquets available to borrow or bring your own. No instructors or referees.

### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92057	Mon	Apr 3, 8:30pm-10pm	10	\$35

No classes on April 17 and May 22

### Indoor Soccer Futsal



5-on-5 indoor soccer. Futsal is the only form of indoor soccer sanctioned by FIFA. Emphasis on basic soccer skills, ball control, fitness and play making. Co-ed course.

### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92856	Wed	Apr 5, 8pm-10pm	12	\$124.30

# Pickle Ball

## Drop-In



**\$4** per visit or  
**\$35** for 10 visit clip card (save \$5)

### Beginner

Great way for new players to practise.

Tuesday, April 4 - Tuesday, June 27

8:15 - 10:15 pm

### Advanced

Chance for experienced pickle ball players to compete against one another. Tournament rules will be followed.

Thursday, April 8 - Thursday, June 29

8:15 - 10:15 pm

### For both beginner and advanced

- Games are played at Harriet Tubman Public School
- Paddles and balls are available to borrow.
- No instructor or referee, but staff will be on site to enforce etiquette, inclusivity and ensure fair playing time.
- Non-marking indoor shoes only.
- Lost clip cards are not replaced.



# Active 50+ (50+ years)

## Fitness

### Drum Fit

Beat your way to less stress, neuromuscular coordination, cardio fitness and fun. Drum sticks and ball stand provided. Some sitting options can be provided.

#### Harriet Tubman Public School

Code	Days	Dates & Times	Classes	Fee
92855	Mon	Apr 3, 6pm-7pm	10	\$89.95
<i>No classes on April 17 and May 22</i>				

*Bring your own stability ball*

### Gentle Yoga

Relaxing low-impact yoga focused on gentle movements, comfortable poses and proper breathing techniques. Yoga has many holistic benefits including stress reduction and sense of serenity.

#### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92853	Tue	Apr 4, 1:30pm-2:30pm	12	\$107.94
93760	Tue	Jul 4, 1:30pm-2:30pm	8	\$71.96

### Pilates - Beginner Mat Class



Ideal for those with back pain, shoulder and neck tension or have knee, hip or back issues, as well as those new to pilates.

#### Pilates Emporium

Code	Days	Dates & Times	Classes	Fee
92121	Mon	Apr 3, 5pm-6pm	10	\$89.95
<i>No classes on April 17 and May 22</i>				
93789	Mon	Jul 10, 5pm-6pm	8	\$71.96
<i>No class on August 7</i>				

## Pilates - Essential Mat Class



The Studio for Mature Clientele

Focus is on core and joint strength with pain-free movement and muscle patterning to increase muscle strength, encourage good posture and relieve back and neck strain. Previous pilates experience recommended.

### Pilates Emporium

Code	Days	Dates & Times	Classes	Fee
92122	Mon	Apr 3, 6pm-7pm	10	\$89.95
<i>No classes on April 17 and May 22</i>				
93790	Mon	Jul 10, 6pm-7pm	8	\$71.96
<i>No class on August 7</i>				

## Stand Up!



12 week falls prevention exercise and education program through Saint Elizabeth Health Care.

### Russell Avenue Community Centre

Days	Dates & Times	Classes	Fee
Tues	Apr 11, 9:30am-11am	12	FREE
Thurs	Apr. 13, 9:30am-10:30am		

*Mandatory information session Tuesday, April 4 at 10am at Russell Avenue Community Centre*

*Must attend Tuesday and Thursday classes for entire 12-weeks*

## Tai Chi and Qi Gong



Tai Chi is a Chinese martial art of calisthenics based on slow, controlled movements. Qi Gong is an ancient practice of health, resulting in a clear, calm mind and energized body.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92815	Wed	Apr 5, 10:30am-11:30am	12	\$107.94
93787	Wed	Jul 5, 10:30am-11:30am	8	\$71.96

## Sports

### Golf Lessons - Beginner

Participants will learn the basics of golf and golf etiquette.

#### Garden City Golf Course

Code	Days	Dates & Times	Classes	Fee
93210	Mon	May 29, 5:30pm-6:30pm	5	\$50.85
93756	Mon	Jul 10, 5:30pm-6:30pm	5	\$50.85
<i>No class on August 7</i>				

*Bring your own golf clubs*

## Golf Lessons Intermediate



Build on the basics of golf, with emphasis on chipping, putting, driving and golf etiquette.

#### Garden City Golf Course

Code	Days	Dates & Times	Classes	Fee
93216	Mon	May 29, 6:30pm-7:30pm	5	\$50.85
93755	Mon	Jul 10, 6:30pm-7:30pm	5	\$50.85
<i>No class on August 7</i>				

*Bring your own golf clubs*

## Tennis Beginner



Learn the basics of tennis, with emphasis on understanding rules, etiquette, scoring, positioning, strokes and serving.

#### Realty Park

Code	Days	Dates & Times	Classes	Fee
93570	Thu	May 4, 6pm-7pm	8	\$84.75
93948	Sun	Jul 9, 9am-10am	8	\$84.75

*Bring your own racquet*

# Drop-In Table Tennis



## Russell Avenue Community Centre Starts Week of April 3

- Mondays 6 - 9:30pm
- Wednesdays 7 - 9pm
- Thursdays 2 - 4:30pm

### Adults

- \$4 per visit OR \$35 for 10 visit clip card

### Children

- \$3.50 per visit OR \$30 for 10 visit clip card
- Must be accompanied by a supervising adult

### Older Adults

- Free with City of St. Catharines Older Adult Centre Membership

*Facility closed April 17, May 22, July 3 and Aug.7. Lost clip cards are not replaced.*

# GYMNASTICS ENERGY'S SPRING RECREATIONAL SESSION

**SUNDAY APRIL 30TH TO SATURDAY JUNE 24TH  
REGISTER NOW ONLINE!**

- Join Gymnastics Energy for weeks of Gymnastics FUN!
- We offer classes for Boy And Girls ages 18 months and up!
- We also offer RHYTHMIC GYMNASTICS, TRAMPOLINE, POWER TUMBLING, & DROP IN PROGRAMS!

\* View Schedule online

## BIRTHDAY PARTIES

Have your Child's Birthday party at the gym!  
Our parties are fun, safe, supervised, and easy!  
Call us for details and availability.

## SUMMER DAY CAMP!



LOOKING FOR  
**SOMETHING TO DO**  
**THIS**  
**SUMMER HOLIDAY!**  
**RUNS JULY & AUGUST**

**NEW AIR  
CONDITIONED FACILITY  
BEFORE & AFTER  
CARE AVAILABLE!**

Bring your children to  
**GYMNASTICS ENERGY'S SUMMER DAY CAMP!**  
Activities include:  
GYMNASTICS, CRAFTS, GAMES, OUTDOOR PLAY,  
MOVIES, AND MUCH MORE!

### SUMMER CAMP COSTS

**\$40** plus GO fee  
PER CHILD FULL DAY  
(9am-4pm)

**\$25** plus GO fee  
PER CHILD HALF DAY  
(9am-12:15pm or 12:45pm-4pm)



333 Ontario Street,  
St. Catharines, Ontario, L2R 5L3  
gymnastics.energy@gmail.com  
PHONE: 905 685-9248  
[www.gymnasticsenergy.ca](http://www.gymnasticsenergy.ca)

**Y** YMCA  
of Niagara

[ymcadaycamp.ca](http://ymcadaycamp.ca)

Day  
Camps

Registration opens  
**March 20, 2017**

Go to [ymcadaycamp.ca](http://ymcadaycamp.ca)  
or visit your local YMCA  
Health, Fitness and  
Aquatics Centre.

905.934.9755 x 280

"My kids loved camp  
and couldn't wait to  
go back each day!"



# Youth Rowing School 2017

**Learn to Row (sweep) and Advanced (sculling) Programs** **St. Catharines Rowing Club**

\*New this year: 2 and 3 week sessions and discounts for multiple sessions and family members!

**Learn to Row Program** - This beginner program is designed to teach boys and girls ages 10 - 14 the basics of rowing in an 8 person shell with coxswain just like those you saw at the Rio Olympics last summer. Included will be conditioning techniques along with on water instruction. When the weather is inclement fitness and rowing oriented on-land activities will be provided.

**Advanced Program:** This program, with a low student to instructor ratio, is designed for boys and girls ages 12 - 17 who have participated in at least 2 years of the Learn to Row program or similar, or by recommendation of a past or current rowing coach. The program is designed for those athletes who want to further build their rowing skills and fitness level. High school athletes who want to develop their sculling and small boat sweep skills are also invited to attend. The Advanced Program will focus on sculling and small boat instruction as well as training and conditioning for rowing and racing. Video analysis will be used to enhance instruction.

Two 2 week sessions and one 3 week session for summer 2017 are offered this year for both the Learn to Row and the Advanced programs.

	Learn to Row (Capacity of 50 per session)	Advanced (Capacity of 25 per session)
Session 1: July 3 - 14 (2 weeks)	<b>\$200</b>	<b>\$290</b>
Session 2: July 17 - August 4 (3 weeks)	<b>\$270</b>	<b>\$390</b>
Session 3: August 14 - 25 (2 weeks)	<b>\$200</b>	<b>\$290</b>

Early bird Special - \$5.00 discount on total price for registrations before May 15, 2017.

Multiple Registrations -\$20 off the total cost when registering (at the same time) one child for 2 or more programs OR when registering 2 or more siblings in any program (at the same time).



Each program runs for 3 hours from 9 a.m. to 12:00 noon Monday to Friday. Staff will be available from 8:30 a.m. until 12:30 p.m. for supervision for drop-off and pick-up.

Swim test - "A swimming safety test, held on the first day of each session, is required. Learn to Row athletes will be required to tread water for 5 minutes and swim 4 lengths of the Port pool with their clothes and a banana belt on. Advanced will do likewise, without the banana belt."

For complete details and to register visit:

[www.stcatharinesrowingclub.org](http://www.stcatharinesrowingclub.org)

What do Prince George and the Founders of  
Amazon & Google have in common?

# MONTESSORI EDUCATION

## INSPIRING TOMORROW'S LEADERS

**BEYOND MONTESSORI SCHOOL** Providing quality education in Niagara for 10 Years



**Toddler Program**  
(18 months to 3 years)



**Casa Program**  
(preschool to SK)



**Core-French  
Elementary Program**

### Consider the benefits of an Authentic Montessori Education:

Individual programs supporting each child's academic, social & emotional needs

Small classroom ratios with a grassroots, community involvement

Engaged academics coupled with diverse curriculum including:  
French, drama, music, visual arts, eco-awareness and more based  
on student interest

Accredited Montessori Teachers and RECE's

Competitively priced

Niagara Regional Subsidy including Extended Care



Beyond  
Montessori  
School



**GET MUDDY!**

TRAIL RUNNING • OBSTACLES • NAVIGATING

# DONTGETLOST ADVENTURE RUNNING NIAGARA

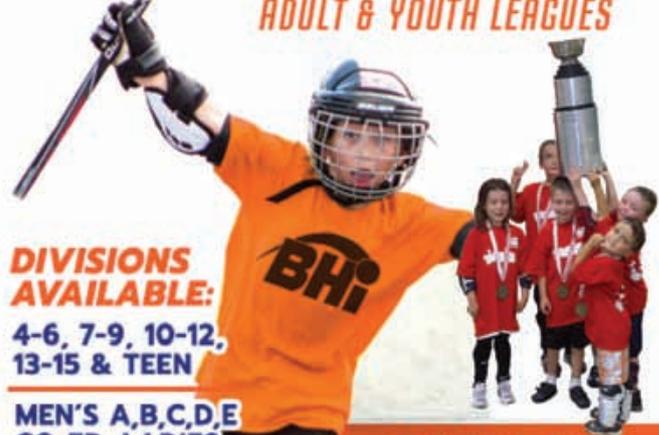


**\$105** AGES 6-18  
12-WEEK PROGRAM

MONDAY EVENINGS  
REGISTER AT [www.adventurerunningkids.ca](http://www.adventurerunningkids.ca)

## SPRING SEASON BALL HOCKEY

ADULT & YOUTH LEAGUES

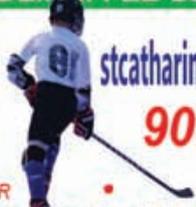


**DIVISIONS AVAILABLE:**  
4-6, 7-9, 10-12,  
13-15 & TEEN

MEN'S A,B,C,D,E  
CO-ED, LADIES  
& 30+

**SIGN UP NOW!**

REG. DEADLINE: FEB 28



[stcatharines.ballhockeyinternational.ca](http://stcatharines.ballhockeyinternational.ca)

**905-682-2835**

WE ALSO OFFER  
SUMMER FALL \* WINTER SEASONS

# 2017 BROCK BADGERS SUMMER SPORTS CAMPS



SPORTS CAMPS OFFERED  
SPORTS SCHOOL  
BOYS HIGH PERFORMANCE HOOPS  
GIRLS BASKETBALL  
GIRLS HOCKEY

BOYS & GIRLS VOLLEYBALL  
HIGH PERFORMANCE VOLLEYBALL  
BOYS & GIRLS SOCCER  
BOYS & GIRLS FENCING  
BOYS HOCKEY

BASEBALL  
BOYS & GIRLS GOLF  
BOYS & GIRLS RUGBY  
YOUTH SCULLING SCHOOL  
CHEERLEADING  
AQUATICS

**#1 SPORTS CAMPS IN NIAGARA REGION**

REGISTER ONLINE [BROCKU.CA/RECREATION/KIDS-CAMPS](http://BROCKU.CA/RECREATION/KIDS-CAMPS)





## Callum

I always love going to Leisure swims at the pool. It's a fun place to swim and play in the water.

# Drop-In & Registered Aquatic Programs

[www.stcatharines.ca/pools](http://www.stcatharines.ca/pools)

## Drop-in Programs

Like the name suggests, just drop by the pool. No registration required. Ideal for those who can't commit to registered programs or those who want the flexibility to swim when it's convenient for them.

Programs	Page
Drop-in leisure swims	98
Drop-in aquatic activities	98
Drop-in swimming lessons	101
Drop-in fitness programs	101

## Registered Programs

For those who want guaranteed placement in programs and a reliable schedule.

Programs	Page
Registered fitness classes (18+)	103
Registered swim lessons (children and adults)	104
Registered instructional swimming	114

## Program Guidelines

- Programs may end five minutes early to accommodate a transition to the next program
- The City reserves the right to cancel any swim in order to accommodate special events or courses

## Pool, Splash Pad and Facility Guidelines

- Leave all valuables at home. The City of St. Catharines is not responsible for lost or stolen articles
- Day use lockers are available. Locks must be removed nightly. Remaining locks will be removed at end of the day
- Swimmers must shower before entering the pool
- Camera cell phones and cameras are not permitted in the washroom or change rooms
- For the privacy of all swimmers, picture or video taking is not permitted from the viewing area. To take a picture of your own child please speak to a lifeguard
- No glass containers, food or beverages are allowed in the pool area or the area surrounding the pool
- Swimmers must shower or bath using soap and warm water before entering the pool deck
- Do not enter the pool if you have an open sore or rash, or are experiencing nausea, vomiting or diarrhea
- Patrons who do not have bowel control must wear plastic pants or swim diapers underneath their bathing suits. No regular diapers
- Bring indoor sandals when you come to the pool. Street shoes and strollers not permitted on pool deck

## Day Camps and Groups

We're happy to host camps and groups at our pools. To learn more please contact a Recreation Coordinator at 905 688 5601 ext. 1958.

## Serious Medical Conditions

Swimmers with serious medical conditions must be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision. Your medical doctor should be consulted before swimming. To ensure the safety of all patrons we ask that those with serious medical conditions report to lifeguarding staff before entering the pool.

## Supervision and Admission Requirements for Children (10 years and under)

Children 10 and under must wear an orange wristband to signify their age.

- Children 7 to 10 years, who pass the facility swim test may be admitted unaccompanied
- All children who wish to swim in the deep area of the pool must pass the facility swim test

## Facility Swim Test

St. Catharines Kiwanis Aquatics Centre & Large Outdoor Pool

- Swim 20m (front crawl) without feet touching bottom

Small Outdoor Pool

- Front float with face submerged for 5 seconds and return to standing position

Age	Pass swim test	Wrist Band	Swim in deep end	Adult supervision Required*	Ratio Child: Adult
6 yrs & under	Yes	Orange/ Green	Yes	Yes	2:1
	No	Orange/ Red	No	Yes	2:1
7-10 yrs	Yes	Green	Yes	No	
	No	Orange / Red	No	Yes	4:1

*\*Must be accompanied at all times in the water, within arms reach, by a caregiver who is at least 14 years of age.*

- Water wings, bubbles and flotation devices are permitted only when the child has direct adult supervision in the water
- Children (8 and older) must change in the appropriate change room if a family or universal change room is not available

## Pool Admittance (11+)

At the lifeguard's discretion you may be asked to complete a swim test in order to swim in deep water.

# Special Events

## No School, Get in the Pool!

Head to the St. Catharines Kiwanis Aquatics Centre for a swim to keep your children busy on P.A. Days.

- May 19 & June 9
- Leisure Pool 8-9am, 11am-12pm, 6:30-9:30pm
- Lane Pool 10-11am, 1-2pm, 3-4pm, 6:30-9:30pm

## April Pool's Day

Leisure swim, safety demonstrations and fun water safety activities. Admission \$1 (donated to Lifesaving Society).

- April 1, 1-3pm

## Loonie Swims... swim for only \$1!

Date	Time	Pool
April 3	6 - 7pm	St. Catharines Kiwanis Aquatics Centre
May 11	4 - 5pm	St. Catharines Kiwanis Aquatics Centre
June 10	1 - 3pm	St. Catharines Kiwanis Aquatics Centre
July 12	5 - 8pm	Lion Dunc Schooley Pool
July 21	4 - 5:30pm	St. Catharines Kiwanis Aquatics Centre
July 26	1 - 4:45pm	Port Dalhousie Pool
Aug 12	5 - 8pm	St. Catharines Kiwanis Aquatics Centre
Aug 15	1 - 4:45pm	Lion Dunc Schooley Pool
Aug 20	5:30 - 8pm	Port Dalhousie Pool

## FREE swimming on Canada Day

Stop by any outdoor pool or the St. Catharines Kiwanis Aquatics Centre on Saturday, July 1 for free leisure swimming.

# Drop-in Leisure Swimming

## Adult Leisure Swim

Enjoy a leisure swim with other adults.

## Any Age Leisure Swim

Leisure swims are an ideal time for people of all ages to play in an aquatic setting.

## Toddler Time

Swimming for preschoolers and their caregivers. Enjoy the warm water of the leisure pool and explore all the toys. Caregivers must be within arm's reach of preschoolers at all times.

# Drop-In Aquatic Activities

## Any Age Lengths

Minimum one lane open for length swimming. To ensure a enjoyable experience for everyone, please check how pool lanes are divided and observe the pace of other swimmers.

## Deep Water Walking

Self-guided time in the deep area of the lane or leisure pool using a floatation belt or water noodle for support.

## Soak and Stretch

Work through prescribed exercises or simply enjoy the benefits of the warm water of the leisure pool.

## Drop-In Leisure Swimming and Drop-In Aquatic Activities Entry Fees

	Children (3-14)	Youth (15-18)	Adults (19+)	Older Adults (60+)	Family
St. Catharines Kiwanis Aquatics Centre	\$2.75	\$3.10	\$4.25	\$3.25	\$11.25
Outdoor Large Pool	\$2.50	\$2.80	\$4	\$3	\$10.50
Outdoor Small Pool	FREE	FREE	FREE	FREE	FREE
Outdoor Summer Pool Pass	\$30.65	\$40	\$52.50	\$34.95	\$129.95
Clip Card-12 visits	\$27.50	\$31.25	\$42.50	\$32.50	\$115.40
3 Month Pass	\$40.85	\$56	\$75.25	\$58.50	\$202.50
6 Month Pass	\$65	\$93	\$127.50	\$97.75	\$337.50

### Children's Promo Pack

10 leisure swims for \$20 (you save \$7.50!)

Available for purchase March 27-April 8

**Best Deal!**

### Clip Cards and Passes terms:

- All passes must be presented to Guest Services before entry.
- Adults may use their clip card or pass for Drop-In Leisure Swims and Drop-In Aquatic Activities.
- Children/Youth may use their clip card or pass for Drop-In Leisure Swims and Any Age Lengths.
- Lost swim pass replacement fee \$6.13 (available with proof of payment). Lost clip cards are not replaced.
- Family clip cards and passes may be used by immediate family living in the same household. They can be used for Drop-In Leisure Swims and Drop-In Aquatic Activities (adults only)

## Spring Drop-In Leisure Swimming and Drop-In Aquatic Activities

### St. Catharines Kiwanis Aquatics Centre | March 27-June 13

Activity	Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	Leisure	8-9am	8-10am	8-9am	8-9:45am	8-9am	1-3pm	9-11am
		2-3pm	1-2pm	11am-12pm	1-2pm	11am-12pm	6-8pm	2-3:30pm
		6-7pm	4-5pm	2-3pm	4-5pm	2-3pm		6-8pm
			6-7pm	6-7pm		6:30-9:30pm		
Leisure Swim	Lane					6:30-9:30pm	2:30-4pm 6-8pm	2-3:30pm 6-8pm
Toddler Time	Leisure						7:30-9am	7:30-9am
Any Age Lengths	Lane	5:30am-4:30pm	5:30-10am	5:30am-1pm	5:30-10am	5:30-10am	7am-8pm	7:30am-4:30pm
		8:30-9:30pm	11am-2pm	2-8pm	11am-2pm	11am-1pm		6-8pm
			3-5pm		3-4:30pm	2-9:30pm		
		8:30-9:30pm		8:30-9:30pm				
Adult Swim	Leisure		11am-12pm		11am-12pm			
Deep Water Walking	Leisure		11am-12pm		11am-12pm			
Deep Water Walking	Lane	11am-3pm	11am-2pm	11am-1pm 2-3pm	11am-2pm	11am-1pm 2-3pm		
Soak and Stretch	Leisure	6:30-8am 1-2pm 8-9:30pm	6:30-8am 9-9:30pm	6:30-8am 8-9:30pm	6:30-8am	6:30-8am		

## Summer Drop-In Leisure Swimming and Drop-in Aquatic Activities

### St. Catharines Kiwanis Aquatics Centre | July 1-September 6

Activity	Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	Leisure	8-9am	8-9am	8-9am	8a9am	8-9am	1-3pm	9-10:30am
		11am-12pm	11am-12pm	11-12pm	11am-12pm	11am-12pm	5-8pm	1:30-3:30pm
		1-3pm	1-3pm	1-3pm	1-3pm	1-3pm		6-8pm
		6-7:30pm	4-6pm	4-5:30pm	4-6pm	4-5:30pm	6:30-9:30pm	
Leisure Swim	Lane	11am-12pm	11am-12pm	11am-12pm	11am-12pm	11am-12pm	12-4pm	9-11am
		1-4pm	1-6pm	1-5:30pm	1-6pm	1-4pm	5-8pm	1:30-3:30pm
			8-9pm		8-9pm	6:30-9:30pm		6-8pm
Toddler Time	Leisure						7:30-9am	7:30-9am
Any Age Lengths	Lane	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	7am-8pm	7:30am-4:30pm
								6-8pm
Deep Water Walking	Lane	8-9am	8-9am	8-9am	8-9am	8-9am		
		12-2pm	12-2pm	12-2pm	12-2pm	12-2pm		
Soak and Stretch	Leisure	6:30-8am	6:30-8am	6:30-8am	6:30-8am	6:30-8am		
		8:30-9:30pm	9-9:30pm	8:30-9:30pm	9-9:30pm			

### Outdoor Pools - Any Age Lengths

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lion Dunc Schooley Pool	11am-12pm 5-8pm	5-8pm	11am-12pm* 5-8pm	5-8pm	11am-12pm 5-8pm	5-8pm	5-8pm
Port Dalhousie Pool	11am-12pm		11am-12pm		11am-12pm		

\* Program not offered Aug 28-Sept 4 | Outdoor pools close early in August due to changing light conditions.

### Outdoor Pools - Leisure Swim

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Port Dalhousie Pool	1-4:45pm 5:30-8pm	1-4:45pm 5:30-8pm	1-4:45pm 5:30-8pm	1-4:45pm 5:30-8pm	1-4:45pm 5:30-8pm	1-4:45pm 5:30-8pm	1-4:45pm 5:30-8pm
Port Dalhousie Small Pool	11am-12pm 1-4:45pm 5:30-8pm	11am-12pm 1-4:45pm 5:30-8pm	11am-12pm 1-4:45pm 5:30-8pm	11am-12pm 1-4:45pm 5:30-8pm	11am-12pm 1-4:45pm 5:30-8pm	1-4:45pm 5:30-8pm	1-4:45pm 5:30-8pm
Lion Dunc Schooley Pool	1-4pm 5-8pm	1-4pm 5-8pm	1-4pm 5-8pm	1-4pm 5-8pm	1-4pm 5-8pm	1-4pm 5-8pm	1-4pm 5-8pm
Lion Dunc Schooley Small Pool	1-4pm 5-8pm	1-4pm 5-8pm	1-4pm 5-8pm	1-4pm 5-8pm	1-4pm 5-8pm	1-4pm 5-8pm	1-4pm 5-8pm
Lincoln Park Small Pool	11:30am-3:30pm 4:30-8pm	11:30am-3:30pm 4:30-8pm	11:30am-3:30pm 4:30-8pm	11:30am-3:30pm 4:30-8pm	11:30am-3:30pm 4:30-8pm	11:30am-3:30pm 4:30-8pm	11:30am-3:30pm 4:30-8pm

Outdoor pools will close at 7 p.m. on July 30 for staff training.

Outdoor pools will close early in August due to changing light conditions.

# Drop-In Swimming Lessons

## Dynamite Drop-In Swim Lessons (3 to 12 yrs)

Pay as you go swim lessons for kids. Participants are split into four groups: Preschool, Just Getting Started, Learn to Swim and Swim Skill Development. Ratio 1 staff: 6 participants. Payment accepted 30 minutes before start. You can take consecutive lessons. Same instructor not guaranteed. Badges not provided.

### St. Catharines Kiwanis Aquatics Centre

Day	Dates	Times	Fee
Sat	Mar 18-Sep 2	4-4:30pm and 4:30-5pm	\$5
Sun	Mar 19-Sep 3	3:30-4pm and 4-4:30pm	\$5

Drop-in swimming lessons not available June 11 to June 30

### Lion Dunc Schooley Pool

Day	Dates	Times	Fee
Mon	July 3-Aug 21	11-11:30am and 11:30am-12pm	\$5
Wed	July 5-Aug 23	11-11:30am and 11:30am-12pm	\$5
Fri	July 7-Aug 25	11-11:30am and 11:30am-12pm	\$5

**Save with our Dynamite Drop-In Clip Card!**  
6 drop-in swimming lessons for \$27 (save \$3)

## Women Only Swimming

Three different programs, all exclusively for women of all ages. All female staff oversee the program. Where applicable, viewing windows will be covered.

### St. Catharines Kiwanis Aquatics Centre

Program	Dates	Times	Fee
Aquafit	Mar 19-Jun 10 Jul 2-Sep 3	Sunday 4:30-5:30pm	\$7.50
Swimming Lessons	Mar 19-Jun 10 Jul 2-Sep 3	Sunday 4:30-5:30pm	\$7.50
Leisure Swim	Mar 19-Jun 10 Jul 2-Sep 3	Sunday 4:30-6:30pm	\$7.50 (adults) \$4 (children / youth) \$13 (family)

# Drop-In Aquatic Fitness

## Aquafit

A fun program combining the benefits of shallow water and deep aquafit. Cardiovascular fitness, conditioning and toning.

## Deep Water Aquafit

Classes held in deep water of the lane pool with floatation belts to eliminate impact on joints. Great for core strength balance, cardiovascular fitness, conditioning and toning.

## Forever Fit

Activities include range of motion, core strength, cardio, balance, flexibility and strength training designed to improve your health.

## Hip, Knee and Back

Great for adults with hip and knee pain. Focus is on range of motion for the joints, muscle conditioning, balance and postural training. Good for pre and post-operation conditions.

## Strong and Steady

Improve strength, balance and flexibility to support recovery from a fall. Warm water is an ideal, safe environment to improve posture, agility, strength and coordination.

## Therapeutic Aquatics

Improve posture, stretch muscles, develop muscular strength and work the cardiovascular system through a variety of exercises designed to improve functioning and mobility.

## Use Your Noodle

Gentle full body workout with pool noodles in warm water. Improve posture, stretch muscles, develop muscular strength and work the cardiovascular system.

## Drop-in Aquatic Fitness Entry Fees

	Adults (19+)	Older Adults (60+)
Fitness Pay-As-You-Go	\$6.75	\$4.50
Fitness Clip Card-12 visits	\$67.50	\$45
3 Month Fitness Pass	\$158.30	\$103
6 Month Fitness Pass	\$293.55	\$193.40

**Save with clip cards... only \$45!**  
**12 drop-in fitness programs for the price of 10**

*Passes valid for Drop-In Aquatic Fitness, Leisure Swim & Aquatic. Activities and Registered Aqua Fitness (if space is free).*

## Spring Drop-In Aquatic Fitness | March 27-June 13

### St. Catharines Kiwanis Aquatics Centre

Activity	Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit	Lane	8-9am 5:30-6:30pm	8-9am	8-9am 5:30-6:30pm	8-9am	8-9am 5:30-6:30pm		8-9am
Aquafit Boot Camp*	Lane	8-9pm						
Aquafit (Women's Only)**	Lane							4:30-5:30pm
Deep Water Aquafit	Lane		9-10am	9-10am		9-10am		
Forever Fit	Lane	11am-12pm 2-3pm	11am-12pm 1-2pm	11am-12pm 2-3pm	11am-12pm 1-2pm	11am-12pm 2-3pm	11am-12pm	
Hip, Knee & Back	Leisure		10-11am		10-11am			
Strong and Steady	Leisure	3-4pm	2-3pm	3-4pm	2-3pm			
Therapeutic Aquatics	Leisure	10-11am 12-1pm 7-8pm	12-1pm 3-4pm	10-11am 12-1pm 7-8pm	12-1pm 3-4pm	10-11am 3-4pm	12-1pm	
Use Your Noodle	Leisure		8-9pm			12-1pm		

## Summer Drop-In Aquatic Fitness | July 1-September 6

### St. Catharines Kiwanis Aquatics Centre

Activity	Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit	Lane	8-9am 5:30-6:30pm	8-9am	8-9am 5:30-6:30pm	8-9am	8-9am 5:30-6:30pm		8-9am
Aquafit Boot Camp*	Lane	8:30-9:30pm						
Aquafit (Women's Only)**								4:30-5:30pm
Deep Water Aquafit	Lane	10-11am		10-11am				
Forever Fit	Lane		4-5pm	11am-12pm	4-5pm	11am-12pm	11am-12pm	
Hip, Knee & Back	Leisure		9-10am		9-10am			
Strong and Steady	Leisure	3-4pm		3-4pm				
Therapeutic Aquatics	Leisure	9-10am 12-1pm 7:30-8:30pm	12-1pm 3-4pm	9-10am 12-1pm 7:30-8:30pm	12-1pm 3-4pm 8-9pm	9-10am 3-4pm	12-1pm	
Totally Butts and Guts*	Lane		7-8pm		7-8pm			
Use Your Noodle	Leisure		8-9pm			12-1pm		

\*Program is also offered as a registered program. See pages 103

\*\*Fitness Passes or Clip Cards cannot be used for this program.

Programs may end 5 minutes early to accommodate a transition to the next program.

# Registered Fitness Classes (18+)

Minimum number of participants required.  
Please register at least one week prior to start date.

## Aquatic Boot Camp

High intensity fun and interactive workout. Participants set their own fitness goals. Need to be comfortable in deep water.

### St. Catharines Kiwanis Aquatics Centre - Lane Pool

Code	Days	Dates & Times	Classes	Fee
92207	Mon	Mar 27, 8-9pm	11	\$76.56
92208	Mon	Jul 3, 8:30-9:30pm	9	\$63.06

## Body for Birth and Beyond

Comfortable, medium intensity workout for moms and moms-to-be with exercises designed to benefit the mother and promote healthy development for the unborn child.

### St. Catharines Kiwanis Aquatics Centre-Lane Pool

Code	Days	Dates & Times	Classes	Fee
92211	Tues	Mar 28, 7-8pm	11	\$76.56
92214	Wed	Jul 5, 8:30-9:30pm	9	\$63.06

## Swim Adult Endurance

Work with a Water Safety Instructor to choose the strokes you want to develop, working toward proficiency and increased endurance. Ideal for adults looking to develop their strokes to train for a triathlon or to build their fitness levels.

### St. Catharines Kiwanis Aquatics Centre-Lane Pool

Code	Days	Dates & Times	Classes	Fee
92217	Mon	Mar 27, 7:30-8:30pm	11	\$101.29
<i>No class on May 22</i>				
92218	Mon	Jul 3, 7:30-8:30pm	9	\$83.30

## Totally Butts and Guts

This program contains a cardio component and focus on toning and strengthening your back, hip and abdominal muscles. Need to be comfortable in deep water.

### St. Catharines Kiwanis Aquatics Centre-Lane Pool

Code	Days	Dates & Times	Classes	Fee
99209	Tue	Jul 4, 7-8pm	9	\$63.06
99210	Thu	Jul 6, 7-8pm	9	\$63.06

## Wittle Water Works for Parent and Tot

Aquafit with your little one! 45 minute Aquafit class for adults, followed by a 15-minute swimming lesson. Children must have good control of their head and neck and be able to sit up with little or no assistance. Floatation seats provided. Children must be within arm's reach during all exercises.

### St. Catharines Kiwanis Aquatics Centre-Lane Pool

Code	Days	Dates & Times	Classes	Fee
92212	Mon	Mar 27, 9:15-10:15am	11	\$79.29
<i>No class on May 22</i>				
92213	Thu	Mar 30, 9-10am	11	\$79.29
92215	Mon	Jul 3, 11am-12pm	9	\$65.30

## Trysport Niagara Masters Swim Program

Perfect for endurance swimmers and triathletes. Enjoy a structured training plan, professional instruction and a great social atmosphere focused on competitive endurance swimming. Coaching includes periodic underwater video analysis, test sets, and workouts structured around customized base pace times. Program lasts 15 weeks.

### Summer Session starts May 1

- \$275 +HST
- Sessions Monday, Wednesday and Friday - 5:30-7am.
- Registration includes \$25 store credit at Trysport Niagara.
- Register in person at Trysport Niagara, 15 Lock St., or online at [shop.trysportniagara.com](http://shop.trysportniagara.com)

## Private and Semi Private Fitness Training

Customized class with an instructor designed to help you reach your fitness or sport-specific training goals. Training sessions can be designed to compliment open water or triathlon training goals. Call 905.688.5601 ext. 1800 for further details.

# Registered Swimming Lessons

## Parent & Tot Level Programs (4 to 36 months)

Classes are 30 minutes with maximum 12 participants. Parent/caregiver required in water.



### Preschool Starfish (4 to 12 months)

Toddler experiences buoyancy and movement through songs and play in the water.



### Preschool Duck (12 to 24 months)

Toddlers learn rhythmic breathing, movement, front and back float with recovery and shallow water entries and exits.



### Preschool Sea Turtle (24 to 36 months)

Toddlers work on submersion, floating, glides, jumping into chest-deep water with assistance, kicking and front swim.

## Preschool Level Programs (3 to 6 years)

Classes are 30 minutes with maximum of 5 participants.



### Preschool Sea Otter (3 to 5 years)

Swim 1m, learn the basics of front and back floats with glides, kick on front with a buoyant object.



### Preschool Salamander (3 to 5 years)

Swim 2m, improve front and back floats, jump into chest-deep water unassisted and kick as part of front and back glide.



### Preschool Sunfish (3 to 6 years)

Swim 5m, float without assistance in deep water, jump into chest deep water and maintain surface support for 5 seconds.



### Preschool Crocodile (3 to 6 years)

Swim 5m on front and back, increase front and back glides with kick to 7m, jump into deep water and maintain surface support for 10 seconds and begin using rhythmic breathing.



### Preschool Whale (3 to 6 years)

Swim 15m, jump into chest deep water and maintain surface support for 20 seconds and perform 10m front and back swim.

## Swim Kids Level Programs 1-6 (5 to 12 years)

Classes are 30 minutes with maximum of 6 participants.

### Swim Kids Level 1

Orientation to water and the pool area and work on floats and glides. Build endurance by working on 5m front swim.

### Swim Kids Level 2

Work on front swim 10m, front and back glides with flutter kick, side glides and learn about deep-water activities. Fitness activities include 10m flutter kick and 10m distance swim.

### Swim Kids Level 3

Front and back glides with flutter kick, perform flutter kick unassisted, wear a PFD in deep water and swim 15m.

### Swim Kids Level 4

Back swim with shoulder roll, 10m front crawl, flutter kick on back, kneeling dives, surface support for 45 seconds in deep water and swim 25m.

### Swim Kids Level 5

15m front and back crawl, whip kick on back, 25m flutter kick and 50m swim. Water safety skills include boat safety, cold water survival, stride entries and treading for 1 minute.

### Swim Kids Level 6

75m swim, 25m front and back crawl, basic 15m back stroke and dolphin kick. Water safety skills include ice safety, front dives, throwing assist without a line and 90 seconds treading.

## Swim Kids Level 7-10 Programs (5 to 12 years)

Classes are 60 minutes with maximum of 10 participants.

### Swim Kids Level 7

150m swim, 50m front and back crawl, 25m elementary backstroke, whip kick on 15m front crawl. Water safety includes airway and breathing obstructions.

### Swim Kids Level 8

300m swim, 75m front and back crawl, 25m elementary backstroke, 15m breast stroke, eggbeater/tread water, feet first surface dives and standing shallow dives. Safety includes hypothermia and the dangers of open water.

### Swim Kids Level 9

400m swim, refine 100m front and back crawl, 50m elementary backstroke and 25m breaststroke, sidestroke kick and head-first surface dives.

### Swim Kids Level 10

Swim 500m and learn sidestroke. Final assessment of swim strokes evaluated based on technique and swim distance.

## Private Swimming Lessons (3 years+)

Ideal for swimmers who want a little more practice. Not eligible for Starfish, Duck and Sea Turtle levels.

## Semi-Private Swimming Lessons

Expand any available private lesson to a two-person class (you bring/arrange the two participants). We recommend that participants be within one swim level of one another. Sign up for semi-private swimming lessons via ePlay:

- 1) Register one of the two participants in the desired class.
- 2) Speak with a staff member at a City recreation facility to register the second participant and make your final payment.

## Swimming Lesson Fees

### St. Catharines Kiwanis Aquatics Centre

Level	5 Classes	8 Classes	10 Classes	11 Classes
Starfish to Whale	\$36.10	\$56.35	\$69.85	\$76.60
Swim Kids Levels 1-6	\$36.10	\$56.35	\$69.85	\$76.60
Swim Kids Levels 7-10	\$39.85	\$62.35	\$77.35	\$84.85
Private Lessons - Child	\$122.35	\$194.35	\$242.35	\$266.35
Semi-Private Lessons (per child)	\$86.60	\$137.15	\$170.85	\$187.70

### Outdoor Pools

Level	5 Classes
Starfish to Whale	\$34.85
Swim Kids Levels 1-6	\$34.85
Swim Kids Levels 7-10	\$38.60
Private Lessons - Child	\$122.35
Semi-Private Lessons (per child)	\$86.60

Adults and Older Adults: Please call 905-688-5601 ext.1800 for details on private lessons.

## Registration Terms

- No refunds or make-up classes due to absenteeism, thunder, lightning, pool foulings, emergency or maintenance closings
- In the event of a pool closure, children will be taught a dry water safety lesson
- Anyone who registers in an incorrect level will be de-registered and charged an administration fee (refer to Swimming Lesson Progression chart on next page)
- Classes may be combined or cancelled due to low registration

## Evaluation Process

Each child receives a progress card at the end of each session and a sticker/badge when a level is completed. Progress reports and report cards are kept on file for one complete session.

*Don't know which level to register your children in?*

Free evaluation screenings are available at City pools during leisure swims. Simply ask a staff member at the pool.

## Instructor Requests

Contact a customer service representative to request a specific instructor. Note: while all requests are considered we are unable to guarantee that any specific requests will be granted.

## Swimming Lesson Progression

Age	Level	Advancing to the next program	Advancing to the next Level
4-36 months	Parent and Tot	No formal evaluation. Children advance based on participation and age.	Move to Preschool Level once child turns 3 years old
3-5/6 years	Preschool	Skills assessment at the end of each program.	Move to Swim Kids Level once child turns 5/6. Will move to appropriate Swim Kids level based on progress made in Preschool Level
5-12 years	Swim Kids	Skills assessment at the end of each program.	

Preschool program completed	Where child starts in Swim Kids
Sea Otter or Salamander	Swim Kids Level 1
Sunfish	Swim Kids Level 2
Crocodile or Whale (started or completed Whale)	Swim Kids Level 3

**If your child is 5 years old and hasn't completed any Preschool Level program he or she will start at Swim Kids Level 1**

## Spring Weekly Private Swim Lessons | St. Catharines Kiwanis Aquatics Centre

Mondays Starts March 27 11 Classes (No class May 22)		Tuesdays Starts March 28 11 Classes		Wednesdays Starts March 29 11 Classes		Thursdays Starts March 30 11 Classes		Fridays Starts March 31 10 Classes		Saturdays Starts April 1 11 Classes		Sundays Starts April 2 10 Classes (No class April 16)	
9am*	92564	4pm	92513	9am*	92565	4pm	92539	9am*	92569	10am*	92553	11am*	92562
9:30am*	92566	4:30pm	92528	9:30am*	92571	5:30pm*	92537	9:30am*	92568	10am	92576	12:30pm*	92558
11am*	92506	5pm	92515	1pm*	92531	5:30pm*	92579	1pm*	92573	10am	92594	12:30pm	92557
11am*	92541	5pm*	92514	4pm	92523	5:30pm*	92584	4pm*	92542	10:30am*	92548	1pm*	92560
11:30am*	92507	5pm*	92518	4:30pm*	92529	6pm*	92535	4pm*	92583	10:30am*	93555	1pm*	92563
4pm*	92508	5:30pm*	92520	4:30pm*	92530	6:30pm*	92585	4:30pm*	92591	10:30am	92488	1pm	92577
4pm	92485	5:30pm*	92555	5:30pm*	92483	6:30pm*	92601	4:30pm*	92595	11am*	92549	1:30pm*	92567
4:30pm	92509	6pm*	92517	6pm	92527	7pm*	92522	5pm*	92543	11am*	92550	1:30pm*	92578
4:30pm	92607	6:30pm	92592			7pm*	92540	5:30pm*	92536	11am	92479	1:30pm	92561
5pm*	92559	6:30pm*	92519			7:30pm*	92587	5:30pm*	92544	11:30am*	92552		
5pm*	92545	7:30pm*	92521			7:30pm*	92589	5:30pm	92593	11:30am*	92588		
5pm	92505	7:30pm*	92570			8pm*	92556	6pm*	92572				
5:30pm*	92511	8pm	92538			8pm*	92581	6pm*	92574				
5:30pm*	92484	8pm	92546					6pm	92582				
5:30pm	92434	8pm	92554					6pm	92586				
6pm	92437	8pm	92606										
6pm	92440												

## Summer Weekly Private Swim Lessons | St. Catharines Kiwanis Aquatics Centre

Monday Starts July 3 8 classes		Tuesday Starts July 4 8 classes		Wednesday Starts July 5 8 classes		Thursday Starts July 6 8 classes		Friday Starts July 7 8 classes		Saturday Starts July 8 8 classes		Sunday Starts July 9 8 Classes	
4pm*	92432	6pm*	92439	5:30pm*	92694	6pm*	92624	4pm	92627	9am*	92709	11am*	92725
4pm	92441	6:30pm*	92620	5:30pm*	92695	6pm	92735	4pm	92703	9am	93823	11am	92719
4pm	92442	6:30pm	92696	5:30pm	92723	6:30pm*	92700	4pm	92704	9am	93824	11am	92737
4:30pm*	92433	7pm	92776	6pm*	92623	6:30pm*	92701	4:30pm	92629	9am	93825	11:30am	92718
4:30pm	92443	7:30pm	92777	6pm*	92697	6:30pm*	93820	4:30pm	92630	9:30am*	92712	11:30am	92720
4:30pm	92498			6pm*	92724	7pm	92742	4:30pm	92706	9:30am*	92713	11:30am*	92726
5pm*	92435			6:30pm*	92621	7pm	92778	5pm	92631	9:30am	92634	11:30am*	92728
5pm	92499			7pm*	92781	7pm*	92625	5pm	92632	10am*	92710	12pm*	92721
5pm	92693			7:30pm	92622	7:30pm*	92626	5pm	92707	10am*	92717	12pm*	92727
5:30pm*	92436			7:30pm	93819	7:30pm*	92628	5:30pm*	92633	10:30am*	92714	12pm	92740
5:30pm*	92438			8pm	92698	7:30pm	92702	5:30pm*	92708	10:30am*	92736	12pm	93829
6:30pm	92734			8pm	92699			6pm*	93821	10:30am	92637	12pm	93830
7pm	92774							6pm	92705	10:30am	92642	12:30pm*	92729
7:30pm	92775									10:30am	93826	12:30pm*	92780
8pm	92779									11am*	92715	12:30pm	92453
										11am*	93827	12:30pm	93831
										11am	92661	12:30pm	93832
										11:30am*	92716	1pm	92722
										11:30am*	93828	1pm*	92730
										11:30am	92654	1pm*	92731

## Summer Daily Private Lessons | St. Catharines Kiwanis Aquatics Centre

Time	Session One Jul 3-7 5 classes	Session Two Jul 10-14 5 classes	Session Three Jul 17-21 5 classes	Session Four Jul 24-28 5 classes	Session Five Jul 31-Aug 4 5 classes	Session Six Aug 7-11 5 classes	Session Seven Aug 14-18 5 classes	Session Eight Aug 21-25 5 classes	Session Nine Aug 28-Sep 1 5 classes
9am*	92462	92463	92464	92465	92643	92644	92645	92646	93813
9am	92444	92446	92448	92525	92547	92575	92667	92732	92741
9am	92445	92477	92449	92532	92551	92590	92668	92733	93814
9:30am*	92466	92467	92468	92647	92648	92649	92650	92651	92659
9:30am	92450	92452	92656	92658	93803	93804	93805	93806	93807
9:30am	92451	92500	92657	92664	93808	93809	93810	93811	93812
10am*	92502	92613	92614	92666	92682	92684	92685	92686	92690
10am	92454	92447	92460	92503	92510	92639	92660	92670	92782
10am	92455	92458	92461	92618	92635	92640	92663	92671	93815
10am	92456	92459	92501	92636	92638	92641	92669	92683	93816
10:30am*	92616	92617	92665	92688	92689	92691	92692	92711	92739
10:30am	92469	92599	92610	92615	92655	92673	92676	92679	92687
10:30am	92596	92608	92611	92652	92662	92674	92677	92680	93817
10:30am	92598	92609	92612	92653	92672	92675	92678	92681	93818

\*Private Swim Lesson is offered in the Leisure Pool and is limited to Sea Otter, Salamander, Sunfish, Crocodile and Whale.

## Summer Daily Private Lessons

### Lion Dunc Schooley - Outdoor Pool

Time	Session One Jul 3-7 5 classes	Session Two Jul 10-14 5 classes	Session Three Jul 17-21 5 classes	Session Four Jul 24-28 5 classes	Session Five Jul 31-Aug 4 5 classes	Session Six Aug 7-11 5 classes	Session Seven Aug 14-18 5 classes	Session Eight Aug 21-25 5 classes
10am	92738	92743	92744	92745	92746	92747	92748	92749
10:30am	92750	92751	92752	92753	92754	92755	92756	92757

### Port Dalhousie - Outdoor Pool

Time	Session One Jul 3-7 5 classes	Session Two Jul 10-14 5 classes	Session Three Jul 17-21 5 classes	Session Four Jul 24-28 5 classes	Session Five Jul 31-Aug 4 5 classes	Session Six Aug 7-11 5 classes	Session Seven Aug 14-18 5 classes	Session Eight Aug 21-25 5 classes
10am	92758	92759	92760	92761	92762	92763	92764	92765
10:30am	92766	92767	92768	92769	92770	92771	92772	92773

## Spring Weekly Lessons | St. Catharines Kiwanis Aquatics Centre

	Monday Starts March 27 11 Classes (No class May 22)		Tuesday Starts March 28 11 Classes		Wednesday Starts March 29 11 Classes		Thursday Starts March 30 11 Classes		Friday Starts March 31 10 Classes (No class April 14)		Saturday Starts April 1 11 Classes		Sunday Starts April 2 10 Classes (No class April 16)	
Starfish	9am	92864	5pm	92865							10am	92866		
Starfish/ Duck	11:30am 4:30pm	92893 92879			9:30am 1:30pm 4:30pm	92880 92882 92883			1pm 5:30pm	92884 92887	11:30am 5:30pm	92885 92894	11am	92886
Duck	9:30am	92870					5pm 7pm	92873 92877			10:30am	92874		
Sea Turtle	11am 4pm 5:30pm	92897 92899 92900			9am 1pm 5:30pm	92911 92903 92904	5:30pm 6:30pm	92905 92902	9:30am 1:30pm 5pm	92906 92907 92908	11am 5pm	92909 92923	11:30am	92910
Sea Otter	9am 11am 11:30am 4pm 5pm	92976 92954 92955 92960 92958	5:30pm 5:30pm 7:30pm	92962 92981 92989	9:30am 1:30pm 4pm 5:30pm	92977 92963 92966 92967	5pm 5pm 6pm 7pm	92968 92985 92992 93003	9am 9:30am 1:30pm 4pm 4:30pm 5pm 5:30pm 6pm 6pm	92979 92969 92970 92971 93008 92978 92972 92990 92991	11am 11:30am 5:30pm	92984 92973 92983	11am 11:30am 12:30pm 1pm	92974 92980 92975 92982
Salamander	9:30am 11:30am 4:30pm 5:30pm	93030 93019 93021 93022	5:30pm 7:30pm	93040 93023	9am 4pm 5:30pm	93025 93026 93027	5:30pm 6pm 7pm	93053 93039 93024	9am 4pm 4:30pm	93054 93031 93032	10am 10:30am 5pm 5:30pm	93033 93034 93038 93045	11:30am 1pm	93035 93036
Sunfish	4pm 5pm	93061 93062	5pm	93082	4pm 4:30pm	93067 93068	6pm 6:30pm	93076 93065	4:30pm 5pm	93070 93071	10am 11am	93072 93073	11:30am 1:30pm	93074 93077
Crocodile	4:30pm	93087	7:30pm	93089	4pm	93090	5pm	93092			10:30am	93095	11am 1:30pm	93096 93097
Crocodile/ Whale	5:30pm	93102					6:30pm	93103						
Whale	4:30pm	93107			4:30pm	93111	7pm	93109	5pm	93113	11:30am	93114	12:30pm	93117

All Starfish, Duck, Sea Turtle, Sea Otter, Salamander, Sunfish, Crocodile and Whale classes take place in the Leisure Pool.

## Spring Weekly Lessons | St. Catharines Kiwanis Aquatics Centre

	Monday Starts March 27 11 Classes (No class May 22)		Tuesday Starts March 28 11 Classes		Wednesday Starts March 29 11 Classes		Thursday Starts March 30 11 Classes		Friday Starts March 31 10 Classes (No class April 14)		Saturday Starts April 1 11 Classes		Sunday Starts April 2 10 Classes (No class April 16)	
Swim Kids 1	4:30pm 5pm	93119 93121	4pm 5:30pm	93130 93124	4:30pm	93122	6pm	93123	6pm	93135	10am 12pm	93131 93132		
Swim Kids 1/2			5pm	93137			5:30pm	93140			11:30am 5pm	93138 93144	12:30pm	93139
Swim Kids 2	4pm 5pm	93147 93151	4:30pm 6pm	93161 93155	5:30pm	93149			4:30pm 5:30pm	93152 93154	12pm 12:30pm	93153 93163		
Swim Kids 3	4pm 5pm	93165 93167	4:30pm 5pm	93175 93168	6:30pm	93169	4pm	93170	4pm	93171	12pm 12:30pm 5pm	93181 93174 93184	12:30pm 1pm	93173 93172
Swim Kids 4	4:30pm	93189	4pm	93190	7pm	93191	4pm	93192	4pm	93193	12pm 5pm	93195 93201		
Swim Kids 4/5							6:30pm	93206			10:30am 5:30pm	93203 93207	1:30pm	93204
Swim Kids 5	5:30pm	93221	4:30pm	93229	4pm	93223	4pm	93224	5pm 5:30pm	93225 93227	12:30pm	93230	12:30pm	93226
Swim Kids 6	4pm	93237	4pm 7:30pm	93238 93239			4:30pm 5pm 7pm	93242 93243 93240	4pm	93241	12:30pm 5:30pm	93254 93255	1:30pm	93244
Swim Kids 7/8	5:30pm	93256	5:30pm	93257	4pm	93258	4:30pm	93259	4:30pm	93264	10am	93261	1pm	93260
Swim Kids 9/10	6:30pm	93270	7:30pm	93272			4pm	93273			11am	93275	12:30pm	93274
Canadian Swim Patrol					5:30pm	92146								

## Summer Weekly Lessons | St. Catharines Kiwanis Aquatics Centre

	Monday Starts July 3 8 Classes		Tuesday Starts July 4 8 Classes		Wednesday Starts July 5 8 Classes		Thursday Starts July 6 8 Classes		Friday Starts July 7 8 Classes		Saturday Starts July 8 8 Classes		Sunday Starts July 9 8 Classes	
Starfish													10:30am	92867
Starfish/ Duck	5:30pm	92881			6pm	92888					9:30am	92889	12pm	92890
Duck											10am	92871	11am	92872
Sea Turtle	5pm	92898			7pm	92901	6pm	92912	5:30pm	92914	9am	92915	11:30am	92917
							7pm	92913			11am	92916	12:30pm	92918
Sea Otter	5pm	92956			5:30pm	92961	6pm	92986	5:30pm	92964	9am	92988	10:30am	92995
	5:30pm	92957					7:30pm	92987	6pm	92965	10:30am	92993	11am	92996
	5:30pm	92959									11:30am	92994	12pm	92997
Salamander	4:30pm	93020			5:30pm	93029	6pm	93037	6pm	93042	9am	93043	10:30am	93046
	5pm	93028					7pm	93041			11am	93044	11am	93047
													12:30pm	93048
Sunfish	4pm	93063			6:30pm	93064	6:30pm	93066	6pm	93075	10am	93078	11:30am	93080
							7:30pm	93069			11:30am	93079	1pm	93081
Crocodile	4pm	93088			7pm	93091	7pm	93093			9:30am	93094		
Crocodile/ Whale													1pm	93104
Whale	4:30pm	93108			6:30pm	93110					10:30am	93112		

*All Starfish, Duck, Sea Turtle, Sea Otter, Salamander, Sunfish, Crocodile and Whale classes take place in the Leisure Pool.*

## Summer Weekly Lessons | St. Catharines Kiwanis Aquatics Centre

	Monday Starts July 3 8 Classes		Tuesday Starts July 4 8 Classes		Wednesday Starts July 5 8 Classes		Thursday Starts July 6 8 Classes		Friday Starts July 7 8 Classes		Saturday Starts July 8 8 Classes		Sunday Starts July 9 8 Classes	
Swim Kids 1	4:30pm	93120			6:30pm	93125	6:30pm	93126			10am 11am 11:30am	93127 93128 93129	11:30am	93133
Swim Kids 2	4pm	93148	6pm	93150	6pm 7pm	93156 93157	7:30pm	93158	5pm	93159	9:30am 11am	93160 93162	1pm	93164
Swim Kids 3	5pm 6:30pm	93166 93176			6:30pm	93177			4:30pm	93178	10am 11:30am	93179 93180		
Swim Kids 3/4			6pm	93848							9am	93849	11am 1pm	93850 93851
Swim Kids 4	4pm 6:30pm	93194 93196			6:30pm	93197	6:30pm	93198	4pm	93199	10am	93200		
Swim Kids 5	4:30pm 7pm	93222 93233	7:30pm	93234	7pm	93228	6:30pm	93231	5:30pm	93232				
Swim Kids 5/6											9:30am 10:30am	93890 93893	11:30am 1pm	93891 93892
Swim Kids 6	4pm 7pm	93245 93249	7pm	93246	7pm	93250	6pm	93247	5pm	93248				
Swim Kids 7-10											9:30am	93912	12pm	93913
Swim Kids 7/8	4:30pm	93262	6pm	93268					4pm	93263				
Swim Kids 9/10	7:30pm	93271	6pm	93276					5:30pm	93277				
Canadian Swim Patrol											12pm	92147		

## Summer Daily Lessons | St. Catharines Kiwanis Aquatics Centre

Level	Time	Session 1 Jul 3-7 5 classes	Session 2 Jul 10-14 5 classes	Session 3 Jul 17-21 5 classes	Session 4 Jul 24-28 5 classes	Session 5 Jul 31-Aug 4 5 classes	Session 6 Aug 7-11 5 classes	Session 7 Aug 14-18 5 classes	Session 8 Aug 21-25 5 classes	Session 9 Aug 28-Sep 1 5 classes
Starfish/Duck/ Sea Turtle	10am	94015	94016	94017	94018	94019	94020	94021	94022	94023
Sea Otter	9am	94024	94025	94026	94027	94028	94029	94030	94031	94032
	10am	94033	94034	94035	94036	94037	94038	94039	94040	94041
	10:30am	94042	94043	94044	94045	94046	94047	94048	94049	94050
Salamander	9:30am	94051	94052	94053	94054	94055	94056	94057	94058	94059
	10:30am	94060	94061	94062	94063	94064	94065	94066	94067	94068
Sunfish	10am	94069	94070	94071	94072	94073	94074	94075	94076	94077
Crocodile/Whale	10:30am	93105	94078	94079	94080	94081	94082	94083	94084	94085
Swim Kids 1	10am	93134	94086	94087	94088	94089	94090	94091	94092	94093
Swim Kids 2	9am	94121	94122	94123	94124	94125	94126	94127	94128	94129
	10:30am	94130	94131	94132	94133	94134	94135	94136	94137	94138
Swim Kids 3	9am	94103	94104	94105	94106	94107	94108	94109	94110	94111
	9:30am	94112	94113	94114	94115	94116	94117	94118	94119	94120
Swim Kids 4	9:30am	94139	94140	94141	94142	94143	94144	94145	94146	94147
Swim Kids 5	9am	94148	94149	94150	94151	94152	94153	94154	94155	94156
Swim Kids 6	9:30am	94157	94158	94159	94160	94161	94162	94163	94164	94165
Swim Kids 7/8	10am	94166	94167	94168	94169	94170	94171	94172	94173	94174
Swim Kids 9/10	9am	94175	94176	94177	94178	94179	94180	94181	94182	94183

*All Starfish, Duck, Sea Turtle, Sea Otter, Salamander, Sunfish, Crocodile and Whale classes take place in the Leisure Pool.*

## Summer Daily Lessons

### Lion Dunc Schooley

	Time	Session 1 Jul 3-7 5 classes	Session 2 Jul 10-14 5 classes	Session 3 Jul 17-21 5 classes	Session 4 Jul 24-28 5 classes	Session 5 Jul 31-Aug 4 5 classes	Session 6 Aug 7-11 5 classes	Session 7 Aug 14-18 5 classes	Session 8 Aug 21-25 5 classes
Sea Otter / Salamander	10am	93923	93924	93925	93926	93927	93928	93929	93930
Sunfish	10am	93950	93951	93952	93954	93955	93956	93957	93958
Crocodile /Whale	10:30am	93987	93988	93989	93990	93991	93992	93993	93994
Swim Kids 1/2	10:30am	93995	93996	93997	93998	93999	94000	94001	94002
Swim Kids 3/4	10am	93840	93841	93842	93843	93844	93845	93846	94012
Swim Kids 5/6	10:30am	93881	93882	93883	93884	93885	93886	93887	93888
Swim Kids 7 -10	10am	93897	93898	93899	93900	93901	93902	93903	94014

### Port Dalhousie

	Time	Session 1 Jul 3-7 5 classes	Session 2 Jul 10-14 5 classes	Session 3 Jul 17-21 5 classes	Session 4 Jul 24-28 5 classes	Session 5 Jul 31-Aug 4 5 classes	Session 6 Aug 7-11 5 classes	Session 7 Aug 14-18 5 classes	Session 8 Aug 21-25 5 classes
Sea Otter / Salamander	10am	93915	93916	93917	93918	93919	93920	93921	93922
Sunfish	10:30am	93959	93960	93961	93962	93963	93964	93965	93966
Crocodile / Whale	10:30am	93979	93980	93981	93982	93983	93984	93985	93986
Swim Kids 1/2	10am	94003	94004	94005	94006	94007	94008	94009	94010
Swim Kids 3/4	10:30am	93833	93834	93835	93836	93837	93838	93839	93847
Swim Kids 5/6	10am	93873	93874	93875	93876	93877	93878	93879	93880
Swim Kids 7-10	10am	93904	93905	93906	93907	93908	93909	93910	93911

# Registered Instructional Swimming

## Swim All Year

Children register once and swim on the same day and time from September to June, moving through the Red Cross Learn to Swim program at their own pace. Select the starting level based on your child's current swimming ability and watch your child improve on their swimming skills. Evaluation of swimming skills is done on a continual basis, with reports and badges given when a level is completed.

### St. Catharines Kiwanis Aquatics Centre

#### Preschool Lessons - Leisure Pool (3 to 5 years)

Code	Days	Dates & Times	Classes	Fee
89403	Tue	Sep 13, 7-7:30pm	34	\$189.31
<i>No classes on March 14 and 21</i>				
89404	Wed	Sep 14, 5-5:30pm	34	\$189.31
<i>No classes on March 15 and 22</i>				
89406	Sat	Sep 17, 9-9:30am	33	\$183.31
<i>No classes on March 18 and 25</i>				
89405	Sat	Sep 17, 9:30-10am	33	\$183.31
<i>No classes on March 18 and 25</i>				
89407	Sun	Sep 18, 12-12:30pm	32	\$178.31
<i>No classes on March 19, 26 and April 16</i>				

#### Swim Kids Lessons - Lane Pool (6 to 12 years)

Code	Days	Dates & Times	Classes	Fee
88921	Tue	Sep 13, 7-7:30pm	34	\$189.31
<i>No classes on March 14 and 21</i>				
88922	Wed	Sep 14, 5-5:30pm	34	\$189.31
<i>No classes on March 15 and 22</i>				
88924	Sat	Sep 17, 9-9:30am	33	\$183.31
<i>No classes on March 18 and 25</i>				
88923	Sat	Sep 17, 9:30-10am	33	\$183.31
<i>No classes on March 18 and 25</i>				
88925	Sun	Sep 18, 12-12:30pm	32	\$178.31
<i>No classes on March 19, 26 and April 16</i>				

## Angel Fish (4 to 14 years)

This program focuses on developing sound water safety habits and basic swimming skills for children with learning, physical or intellectual difficulties. Each child must be accompanied in the water by a caregiver/volunteer, 14 years of age or over, who is comfortable in the water and familiar with the child's physical and emotional needs and capable of managing their general progress in a safe manner.

### St. Catharines Kiwanis Aquatics Centre-Leisure Pool

Code	Days	Dates & Times	Classes	Fee
93280	Tue	Mar 28, 6-7pm	11	\$84.85
93281	Tue	Jul 4, 6-7pm	8	\$62.35

## Swim Time 101 (3 to 10 years)

Swimmers work on the curriculum of the Sea Otter to Swim Kids Level 2 program. Great for children who are home schooled or in school half days.

### St. Catharines Kiwanis Aquatics Centre-Lane Pool

Code	Days	Dates & Times	Classes	Fee
93282	Tue	Mar 28, 2-2:45pm	11	\$84.85
93283	Thu	Mar 30, 2-2:45pm	11	\$84.85

## Swim Time 201 (6 to 12 years)

Swimmers work on the curriculum of Swim Kids Level 3 to Swim Kids Levels 10. Great for children who are home schooled or in school half days.

### St. Catharines Kiwanis Aquatics Centre-Lane Pool

Code	Days	Dates & Times	Classes	Fee
93286	Tue	Mar 28, 2-2:45pm	11	\$84.85
93287	Thu	Mar 30, 2-2:45pm	11	\$84.85

## Swim Teens Basics Level 1 & 2 (10+)

Participants will increase their comfort level and confidence in the water through floats, glides, kicking and swimming. Goals and priorities will be set based on childrens' skill level.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
93290	Thu	Mar 30, 7:30-8:30pm	11	\$93.09
93291	Mon	Jul 4, 6:30-7:30pm	8	\$68.34

## Swim Teens Stroke Correction (10+)

Participants will develop one or more swimming strokes, working toward proficiency and increased endurance. This course is ideal for youth looking to develop their strokes or in preparation for taking the Red Cross WSI course.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
93292	Mon	Mar 27, 7:30-8:30pm	11	\$93.09
<i>No class on May 22</i>				
93293	Mon	Jul 4, 7:30-8:30pm	8	\$68.34

## Swim Teen Aquatic Endurance (10+)

Participants will develop one or more swimming strokes, working toward proficiency and increased endurance. Ideal for youth looking to develop their strokes to train for a triathlon or to build their fitness levels.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
93294	Mon	Mar 27, 6:30-7:30pm	11	\$93.09
<i>No class on May 22</i>				
93295	Mon	Jul 4, 6:30-7:30pm	8	\$68.34

## Swim Adults Basics Level 1 & 2 (16+)

Participants will increase their comfort level and confidence in the water through floats, glides, kicking and swimming. Goals and priorities will be based on participants' skill level.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
93299	Wed	Mar 29, 9-10am	11	\$101.29
93296	Thu	Mar 30, 7:30-8:30pm	11	\$101.29
93297	Mon	Jul 4, 6:30-7:30pm	8	\$74.31



## Spencer

The skills and experience lifeguards acquire while on the job will serve them well in life

# Leadership Programs

[www.stcatharines.ca/Lifeguards](http://www.stcatharines.ca/Lifeguards)

Lifeguards accept an enormous responsibility and are crucial to the safety of our community. Skills you will develop as a lifeguard include communication, conflict resolution, responsibility, teamwork and management.

## Lifeguarding jobs

When lifeguarding jobs are available they will be posted on the Careers section of the City's website.

Visit [www.stcatharines.ca/Careers](http://www.stcatharines.ca/Careers)

While we encourage all passionate swimmers to consider lifeguarding, there are several criteria that applicants must meet in order to qualify for work as a lifeguard with the City.

Steps and requirements for becoming a lifeguard and swimming instructor for the City are listed on the next page.

## Leadership Program Requirements

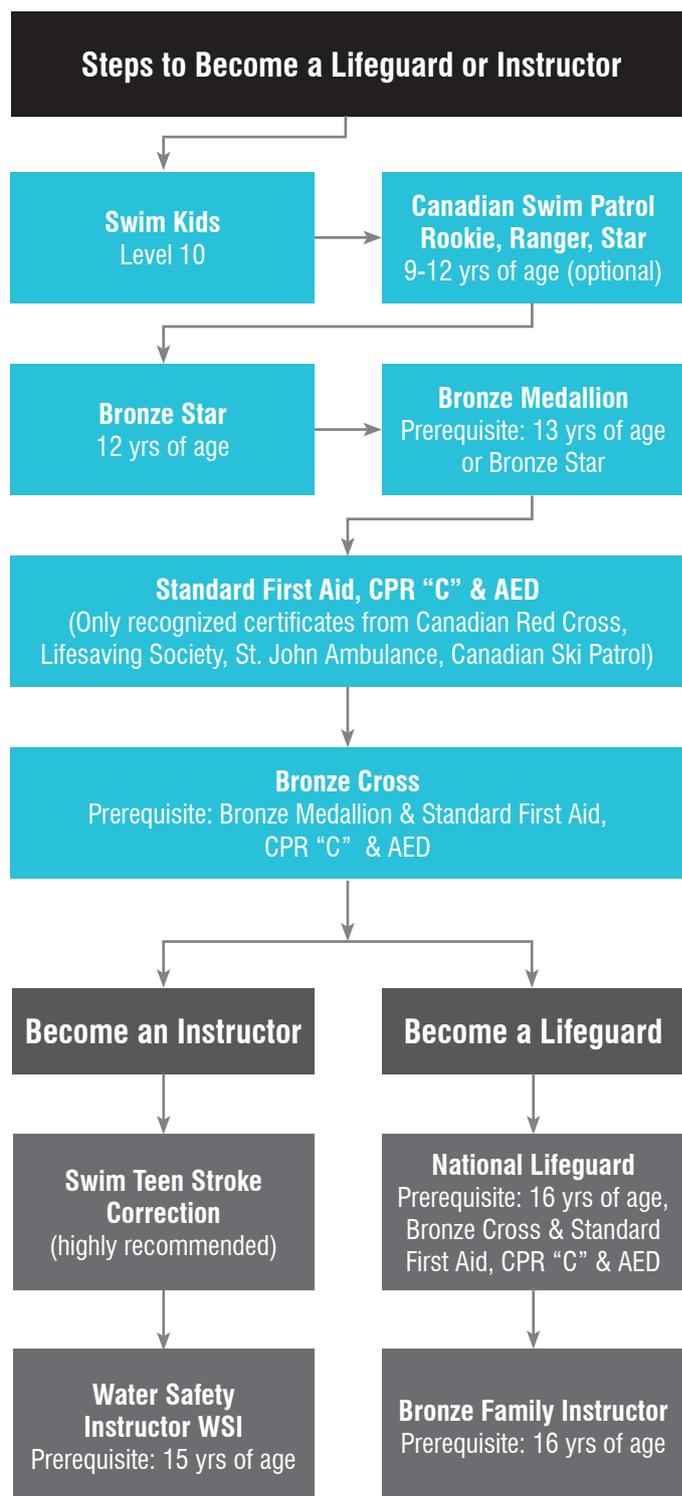
- Candidates must ensure that original certificate cards are available for verification on the first day of the program
- For Lifesaving Society courses, a printout using the “Find a Member” feature at [www.lifesavingsociety.com](http://www.lifesavingsociety.com) is an acceptable proof of certifications
- For lost or missing certification please contact the appropriate agency
  - Lifesaving Society: 1.416.490.8844
  - Red Cross: 1.877.356.3226
- Candidates unable to provide original certification cards and/or those without the required certification will not be permitted to continue in the program
- 100% attendance is mandatory for all leadership programs, except Canadian Swim Patrol and Bronze Star

## Age Requirements

- Where noted, candidates must meet the designated age requirement by the last day of the program
- Date of birth will be verified on the first class (bring ID)
- Candidates who do not meet the age requirement will not be permitted to continue in the program

## Aquatic Leadership Cancellation Policy

For all Aquatic leadership programs, refunds will only be issued 14 days prior to the start of the program.



- Details for the Instructor / Lifeguard programs mentioned above can be found on pages 118 and 119
- Program details for “Swim Teen Stroke Correction” can be found on page 115

# Registered Leadership Programs

## Program registration dates

- Online - Thursday, March 9 at 6 pm
- Walk-in - Friday, March 10 at 8:30 am

## Canadian Swim Patrol (9 to 12 years)

Swim Patrol is a three-level program - Rookie Patrol, Star Patrol and Swim Patrol - that develops swimming strength and efficiency with emphasis on Water Smart® behaviour. The Swim Patrol levels provide enriched training for children who are ready to go beyond learn to swim.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92146	Wed	Mar 29, 5:30-6:30pm	8	\$62.35
92147	Sat	Jul 8, 12-1pm	8	\$62.35

## Sport Fitness (10 to 14 years)

Participants are introduced to sport skills with upper and lower body conditioning, sprints, endurance training and improving strokes at longer distances. Emphasis is on team building, fair play, ethics in sport and personal responsibility.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fees
92148	Sat	Apr 1, 1-2:30pm	11	\$138.46

## Bronze Star (12+)

Excellent preparation for success in the Lifesaving Society's Bronze Medallion program. Participants develop problem solving and decision making skills and learn how to keep a cool head and take charge in an emergency. Emphasis is on swimming skills and lifesaving fitness.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92150	Sat	Apr 1, 2:30-4pm	8	\$87.35
92151	Thurs	Jul 6, 5:30-7pm	8	\$87.35

## Bronze Medallion (13+ or completed Bronze Star)

Participants will understand the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types and endurance in a 500m timed swim.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92153	Sat	Apr 1, 12-2:30pm	9	\$162.35
<i>Exam is May 27</i>				
92154	Wed	Jul 5, 5:30-8pm	9	\$162.35
<i>Exam is August 30</i>				

## Bronze Cross (completed Bronze Medallion)

Participants learn the principles of emergency care, teamwork and use of specialized equipment and the introduction to safe supervision in aquatic facilities. Prerequisites: Bronze Medallion and Standard First Aid/CPR C prior to the exam date (acceptable SFA awards: Canadian Red Cross, Lifesaving Society, St. John Ambulance or Canadian Ski Patrol).

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92156	Wed	Mar 29, 5:30-8pm	9	\$117.35
<i>Exam is May 24</i>				
92157	Wed	Jul 5, 7-9:30pm	9	\$117.35
<i>Exam is August 30</i>				

## National Lifeguard (16+)

The only nationally-recognized lifeguard certification program. Participants develop an understanding of lifeguarding principles and content specific to the working pool environment. Prerequisites: 16 years of age by exam date, Bronze Cross and current Standard First Aid/CPR C prior to the exam date. Acceptable SFA awards: Canadian Red Cross, Lifesaving Society, St. John Ambulance or Canadian Ski Patrol.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates	Times	Classes	Fee
92161	Sun	Apr 9, 23, 30 May 7, 14	8am-5pm	5	\$287.35
92160	M-F	Aug 21-25	8am-5pm	5	\$287.35

## National Lifeguard Recert (16+)

Recertification of National Lifeguard - Pool awards. Ontario Health Regulations require lifeguards to recertify every 2 years. Proof of certification required.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92158	Sun	Apr 2, 8am-2pm	1	\$82.35
92159	Tue	May 30, 4:30-9:30pm	1	\$82.35

## LSS Bronze Family Instructor (16+)

Participants will prepare to teach the Lifesaving Society Canadian Swim Patrol, Bronze medal awards and Emergency First Aid. Prerequisites: 16 years of age before the last class, current Bronze Cross or current National Lifeguard and Red Cross WSI or Lifesaving Society Assistant Instructor.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92170	Fri	Jun 2, 5-9:30pm	3	\$186.14
	Sat	Jun 3, 9am-6pm		
	Sun	Jun 4, 9am-6pm		

## Red Cross WSI (15+)

Participants will prepare to instruct the Red Cross Swim programs through a combination of classroom, practical and on-line learning. Pre-Requisites: 15 years of age, Red Cross Swim Kids Level 10 or equivalent and either Emergency First Aid (or higher) or Bronze Cross.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92168	Tue	Mar 28, 5:30-8:30pm*	7	\$417.69
	Tue	Apr 4, 6:30-8:30pm		
	Tue	Apr 11, 6:30-8:30pm		
	Tue	Apr 18, 6:30-8:30pm		
	Tue	Apr 25, 5-9pm		
	Fri	May 26, 4-9:30pm		
	Sat	May 27, 8am-5pm		
	Sun	May 28, 8am-5pm		

\*Mandatory Parent & Participant Meeting from 5:30-6:30pm.

## Red Cross WSI Recert (15+)

Ontario Health Regulations and Canadian Red Cross Society require Water Safety Instructors to recertify every 2 years. Proof of certification required.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92164	Sun	Apr 9, 8am-2pm	1	\$82.35
92165	Tue	May 9, 4:30-9:30pm	1	\$82.35

## Red Cross Blended Learning Standard First Aid & CPR C/AED (12+)

Participants first complete the self-paced online component, then successfully complete an instructor-led classroom component to achieve certification. Participants must complete the classroom component within 4 weeks of completing the online component. The manual and on-line material will be available for pick up 4 weeks prior to start date.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92173	Sun	Apr 2, 9am-6pm	1	\$117.75
92174	Sun	Jun 4, 9am-6pm	1	\$117.75

## Red Cross Standard First Aid & CPR C/AED Recert (12+)

Recertify Red Cross Standard First Aid and CPR C award. Must have completed original certification through Red Cross. Proof of original certification required.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92171	Sun	Apr 2, 9am-6pm	1	\$72.35
92172	Sun	Jun 4, 9am-6pm	1	\$72.35

## Aquatic Volunteer Opportunity

We're always looking for enthusiastic and responsible individuals who are looking for workplace experience. Upon successful completion of this orientation session, volunteers will have the opportunity to assist during our Red Cross Learn to Swim programs. Prerequisites: 13 years of age with current Bronze Medallion or over 18 years of age with a current Criminal Reference Check.

### St. Catharines Kiwanis Aquatics Centre

Code	Days	Dates & Times	Classes	Fee
92175	Mon	Mar 29, 4-5pm	1	FREE

# The Standard

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**KATE FINORA**  
Sales Representative  
kfinora@remaxniagara.ca  
DIRECT: 905-401-8656

Rodman Hall Art Centre  
**Summer Art Camps**



Creative art experiences  
for ages 6 to 8 and 9 to 12

July 4 to August 18

109 St. Paul Crescent, St. Catharines, ON  
[brocku.ca/rodmanhall](http://brocku.ca/rodmanhall)

**Rodman Hall**  
ART CENTRE  
Brock University



**Bird KINGDOM**  
NIAGARA FALLS + CANADA

tripadvisor  
HALL OF FAME  
birdkingdom.ca

**Birthday Parties!**

# Community Contacts

## **ARTS & CULTURE**

### **Carousel Players**

**Contact:** Lauren Hundert  
**Phone:** 905-682-8326 ext. 22  
**Email:** schools@carouselplayers.com  
**Website:** www.carouselplayers.com

### **Chorus Niagara**

**Contact:** Diana McAdorey  
**Phone:** 905-934-5575  
**Email:** cnadmin@beacon.org  
**Website:** www.chorusniagara.ca

### **Chorus Niagara Children's Choir**

**Contact:** Diana McAdorey  
**Phone:** 905-934-5575  
**Email:** cnadmin@beacon.org  
**Website:** www.chorusniagara.ca

### **Garden City Production**

**Contact:** John Koerner  
**Phone:** 905-682-1353  
**Email:** gardencityproductions@gmail.com  
**Website:** www.gcp.ca

### **Niagara Symphony Orchestra**

**Contact:** B.J. Armstrong, Outreach & Communications  
**Phone:** 905-687-4993 ext. 223  
**Email:** bj.armstrong@niagarasymphony.org  
**Website:** www.niagarasymphony.com

### **Royal Scottish Country Dance Society**

**Contact:** Maggie Sutherland  
**Phone:** 905-641-2470  
**Email:** rscdsstcatharines@gmail.com  
**Website:** www.rscdsstcatharines.ca

### **Treblaires Ladies Show Choir**

**Contact:** Rhonda Baker  
**Phone:** 905-892-0357  
**Email:** rlbaker13@gmail.com  
**Website:** www.treblaires.ca

## **COMMUNITY SUPPORT**

### **Canadian Mental Health Association, Niagara Branch**

**Contact:** George Kurzawa  
**Phone:** 905-641-5222  
**Email:** info@cmhaniagara.ca  
**Website:** www.cmhaniagara.ca

### **Community Care of St. Catharines & Thorold**

**Contact:** Betty-Lou Souter  
**Phone:** 905-685-1349  
**Email:** bettylou@communitycaresca.ca  
**Website:** www.communitycaresca.ca

### **St. Thomas Daycare**

**Contact:** Janet Saunders  
**Phone:** 905-688-3191  
**Email:** daycare.centre@stthomaschurch.ca

## **CLUBS & ORGANIZATIONS**

### **Dalhousie Yacht Club**

**Contact:** John Brown  
**Phone:** 905-934-8325 ext. 21  
**Email:** manager@discoverdyc.com  
**Website:** www.discoverdyc.com

### **Niagara Freewheelers Bicycle Touring**

**Contact:** Rita Dillon  
**Phone:** 905-227-6658  
**Email:** ritadillon@yahoo.com  
**Website:** www.thefreewheelers.com

# Community Contacts

## St. Catharines & District Newcomers Club

**Contact:** Jane Spanton

**Phone:** 905-935-7325

**Email:** newcomersofstcatharines@hotmail.com

**Website:** www.newcomersofstcatharinesdistrict.weebly.com

## St. Catharines Downtown Association

**Contact:** Tisha Polocko & Carolyn Watson

**Address:** 80 King St, Main Floor,

St. Catharines, L2R 7G1

**Phone:** 905-685-8424

**Email:** scda@mydowntown.ca

**Website:** www.mydowntown.ca

## CONSERVATION/ HIKING

### Niagara Bruce Trail Club

**Contact:** Debbie Demizio

**Phone:** 905-892-4239

**Email:** niagarabruceclub@gmail.com

**Website:** www.niagarabruceclub.org

## SEWING LESSONS

### Marina's Sew Much Fun

**Phone:** 905-937-1271

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## SPECIAL EVENTS

### Niagara Folk Arts Festival

**Contact:** Co-ordinator of Volunteers

**Email:** volunteerforfestival@folk-arts.ca

**Website:** www.folk-arts.ca

## SPORTS & ACTIVITIES

### Fung Loy Kok Taoist Tai Chi

**Phone:** 905-935-7583

**Email:** Niagara@Taoist.org

**Website:** www.taoist.org/niagara

### Kathi Plug Power Skate

**Contact:** Kathi Plug

**Phone:** 905-650-2152

**Email:** kppskate@gmail.com

**Website:** www.kppskate.ca

### Niagara Falls Aikikai

**Contact:** Ray Caldwell, Chief Instructor

**Phone:** 289-241-7370

**Email:** raycaldwell3@gmail.com

**Website:** www.niagarafallsaikikai.ca

### Special Needs Learn to Skate

**Contact:** Kathi Plug

**Phone:** 905-650-2152

**Email:** kppskate@gmail.com

**Website:** www.kppskate.ca

### St. Catharines Recreational Skate

**Contact:** Kathi Plug

**Phone:** 905-650-2152

**Email:** kppskate@gmail.com

**Website:** www.kppskate.ca

## VOLUNTEERS

### Distress Centre Niagara

**Contact:** Andrea Rennie

**Phone:** 905-688-3711

**Email:** dcniagara@distresscentreniagara.com

**Website:** www.distresscentreniagara.com

**Days/Hours in Need:** 7 Days/24 Hours



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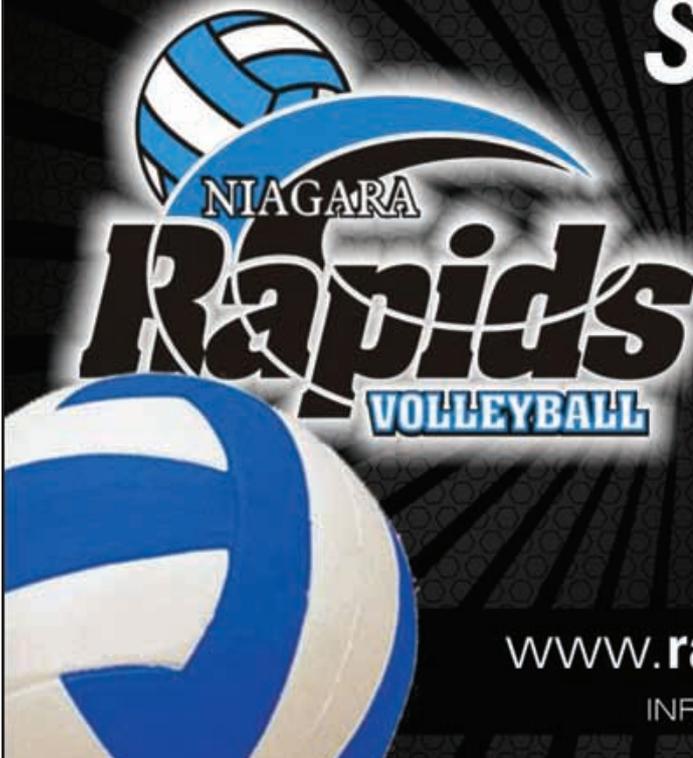
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