



RECREATION GUIDE

 SWIMMING

 MEMBERSHIP

 CAMPS

 RENTALS

 PROGRAMS

SWIMMING

RED CROSS LEVELS

RED CROSS SWIM PRE-SCHOOL

PARENT & TOT | AGES 3 MOS. TO 3 YRS.

This refreshing class will introduce your little ones to the joys of swimming. They'll be taught submersion techniques, front and back floats and glides, front kicking, and front swim. Tots will also learn how to hop into chest-deep water, with the help and safety provided by their caregivers.

SEA OTTER | AGES 3 TO 6

Little swimmers will kick their legs with the help of an instructor, and work on their front and back floats and blasting off the wall to learn front and back glides. When they finish these lessons, they'll be able to swim one metre unassisted.

SALAMANDER

Get your kick on with the front and back glide, improve your front and back float, and take an unassisted jump into the water! Swimmers will complete two metres of continuous swim all by themselves.

SUNFISH

Kick, glide, float, and swim! Swimmers become little fish as they perform front and back glides, float in deep water, and swim five metres. They'll also learn how to safely enter deep water and swim with a personal flotation device.

CROCODILE

Swimmers perform the front and back glide, further developing the move with kicking. They'll learn front and back swim and take a leap into the deep end, swimming in these depths with the help of a personal flotation device. Watch them take off as they swim 10 metres continuously.

WHALE

Swimmers will kick to greater distances with the front and back glide, go even further with their front and back swim, and perform 15 metres of continuous swim.

RED CROSS SWIM KIDS

LEVEL 1 | AGES 6+

Little experience is needed to learn these basics. Includes assistance with front and back glides, front and back floats, flutter kick, entering and exiting from shallow waters, and swimming up to 5 metres.

LEVEL 2

When the basics are covered, continue to improve the distance on your front and back glide by adding the flutter kick to the mix. You'll learn the front swim, perform assisted deep-water activities, and reach new swimming milestones by completing the 10 metre distance.

LEVEL 3

Swim even further using front and back glides with the flutter kick. We'll introduce you to the importance of using a personal flotation device and floating in the deep end, and bring your swimming distance up to 15 metres.

LEVEL 4

Continue your swimming progress with new water moves like the back swim with shoulder roll and front crawl. You'll learn how to flutter kick on your back, and be introduced to the kneeling dive and sculling, all while achieving a new swimming distance of 25 metres.

LEVEL 5

Swimmers dive into deeper skill-building as they further develop their front crawl, and improve their back skills into full back crawl, going as far as 15 metres. Learn how to whip kick on your back, stride dive, and tread water. Perform head-first sculling while on your back, while doubling up on your distance by reaching 50 metres.

LEVEL 6

Increase your distance to 25 metres with front and back crawls. Swim 15 metres once you learn the elementary backstroke, and learn to dolphin kick and tread deep water.

LEVEL 7

Swim longer distances as you build your water skills. Swim 50 metres with the front and back crawl, 25 metres with the elementary backstroke, and 150 metres of continuous swim. Learn the front scull, stride entry, and perform the front whip and dolphin kicks.

LEVEL 8

Swim further with the front and back crawl (75 metres), the elementary backstroke (25 metres), and continuously swim up to 300 metres. You'll be taught how to swim 15 metres of breaststroke, learn eggbeater, and perform a feet-first surface dive.

LEVEL 9

Go the distance! Complete 100 metres of front and back crawl, 50 metres of elementary backstroke, 25 metres of breaststroke, and 400 metres of continuous swim. Learn sidestroke kick, and master the head-first surface dive.

LEVEL 10

In the final level, swimmers will reach longer distances in their front and back crawl (100 metres), elementary backstroke (50 metres), breaststroke (50 metres), sidestroke (25 metres), and reach 500 metres in continuous swim. Learn how to perform the vertical dolphin kick and graduate your surface diving with underwater swim.

SWIMMING

SPRING GROUP LESSONS

	DAY	TIME	DATES	PRICES
PARENT & TOT	Saturday	9:00-9:30am	April 8 – June 24	Resident Price - \$50
	Tuesday	6:55-7:25pm	April 18 – June 20	Friends & Family - \$70
SEA OTTER	Saturday	9:35-10:05am	April 8 – June 24	Resident Price - \$50
	Tuesday	6:20-6:50pm	April 18 – June 20	Friends & Family - \$70
	Thursday	5:10-5:40pm	April 20 – June 22	
SALAMANDER	Saturday	10:10-10:40am	April 8 – June 24	Resident Price - \$50
	Tuesday	5:45-6:15pm	April 18 – June 20	Friends & Family - \$70
SUNFISH	Saturday	10:45-11:15am	April 8 – June 24	Resident Price - \$50
	Tuesday	6:20-6:50pm	April 18 – June 20	Friends & Family - \$70
CROCODILE / WHALE	Saturday	11:20-11:50am	April 8 – June 24	Resident Price - \$50
	Tuesday	5:10-5:40pm	April 18 – June 20	Friends & Family - \$70
SWIM KIDS 1	Saturday	11:20-11:50am	April 8 – June 24	Resident Price - \$50
	Tuesday	5:10-5:40pm	April 18 – June 20	Friends & Family - \$70
	Thursday	5:45-6:15pm	April 20 – June 22	
SWIM KIDS 2	Saturday	10:45-11:15am	April 8 – June 24	Resident Price - \$50
	Tuesday	5:45-6:15pm	April 18 – June 20	Friends & Family - \$70
	Thursday	6:20-6:50pm	April 20 – June 22	
SWIM KIDS 3	Saturday	10:10-10:40am	April 8 – June 24	Resident Price - \$50
	Tuesday	6:55-7:25pm	April 18 – June 20	Friends & Family - \$70
	Thursday	6:55-7:25pm	April 20 – June 22	
SWIM KIDS 4	Saturday	9:35-10:05am	April 8 – June 24	Resident Price - \$50
	Tuesday	6:55-7:25pm	April 18 – June 20	Friends & Family - \$70
	Thursday	7:30-8:00pm	April 20 – June 22	
SWIM KIDS 5/6	Thursday	5:00-5:45pm	April 20 – June 22	Resident Price - \$70 Friends & Family - \$100
SWIM KIDS 7/8	Thursday	5:50-6:35pm	April 20 – June 22	Resident Price - \$70 Friends & Family - \$100
SWIM KIDS 9/10	Thursday	6:40-7:25pm	April 20 – June 22	Resident Price - \$70 Friends & Family - \$100
ADULT BEGINNER	Thursday	7:30-8:15pm	April 20 – June 22	Resident Price - \$70 Friends & Family - \$100
ADULT INTERMEDIATE	Thursday	8:05-8:50pm	April 20 – June 22	Resident Price - \$70 Friends & Family - \$100

Notes: All classes are based on a 10-week session.
No classes on April 15 & May 20

SWIMMING

SPRING PRIVATE LESSONS

	DAY	TIME	DATES	PRICES
PRIVATE LESSON	Saturday	9:00-9:30am 9:35-10:05am 10:10-10:40am 10:45-11:15am 10:20-11:50am 11:55-12:25pm	April 8 – June 24	Resident Price - \$100 Friends & Family - \$150
PRIVATE LESSON	Tuesday	4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm 7:30-8:00pm	April 18 – June 20	Resident Price - \$100 Friends & Family - \$150
PRIVATE LESSON	Thursday	4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm 6:55-7:25pm 7:30-8:00pm	April 20 – June 22	Resident Price - \$100 Friends & Family - \$150

Notes: All classes are based on a 10-week session.
No classes on April 15 & May 20

SWIMMING

SPRING DAILY LESSONS

LEVEL	DAY	TIME	DATES	RESIDENT PRICE	FRIENDS & FAMILY PRICE
SEA OTTER	Daily	9:00-9:30am	July 4 - July 14	\$45	\$63
	Mon-Fri	10:10-10:40am	July 17 - July 28	\$50	\$70
			July 31 - August 11	\$45	\$63
			August 14 - August 25	\$50	\$70
SALAMANDER	Daily	9:35-10:05am	July 4 - July 14	\$45	\$63
	Mon-Fri		July 17 - July 28	\$50	\$70
			July 31 - August 11	\$45	\$63
			August 14 - August 25	\$50	\$70
SUNFISH	Daily	10:45-11:15am	July 4 - July 14	\$45	\$63
	Mon-Fri		July 17 - July 28	\$50	\$70
			July 31 - August 11	\$45	\$63
			August 14 - August 25	\$50	\$70
CROCODILE / WHALE	Daily	11:20-11:50am	July 4 - July 14	\$45	\$63
	Mon-Fri		July 17 - July 28	\$50	\$70
			July 31 - August 11	\$45	\$63
			August 14 - August 25	\$50	\$70
SWIM KIDS 1	Daily	9:00-9:30am	July 4 - July 14	\$45	\$63
	Mon-Fri	11:20-11:50am	July 17 - July 28	\$50	\$70
			July 31 - August 11	\$45	\$63
			August 14 - August 25	\$50	\$70
SWIM KIDS 2	Daily	10:45-11:15am	July 4 - July 14	\$45	\$63
	Mon-Fri		July 17 - July 28	\$50	\$70
			July 31 - August 11	\$45	\$63
			August 14 - August 25	\$50	\$70
SWIM KIDS 3	Daily	10:10-10:40am	July 4 - July 14	\$45	\$63
	Mon-Fri		July 17 - July 28	\$50	\$70
			July 31 - August 11	\$45	\$63
			August 14 - August 25	\$50	\$70

SWIMMING

SPRING DAILY LESSONS

LEVEL	DAY	TIME	DATES	RESIDENT PRICE	FRIENDS & FAMILY PRICE
SWIM KIDS 4	Daily	9:35-10:05am	July 4 - July 14	\$45	\$63
	Mon-Fri		July 17 - July 28	\$50	\$70
			July 31 - August 11	\$45	\$63
			August 14 - August 25	\$50	\$70
SWIM KIDS 5	Daily	11:55am-12:25pm	July 4 - July 14	\$45	\$63
	Mon-Fri		July 17 - July 28	\$50	\$70
			July 31 - August 11	\$45	\$63
			August 14 - August 25	\$50	\$70
PRIVATE	Daily Mon-Fri	8:25-8:55am	July 4 - July 14	\$90	\$135
		9:00-9:30am	July 17 - July 28	\$100	\$150
		9:35-10:05am	July 31 - August 11	\$90	\$135
		10:10-10:40am	August 14 - August 25	\$100	\$150
		10:45-11:15am			
		11:20-11:50am			
		11:55am-12:25pm			

SWIMMING

SUMMER WEEKLY LESSONS

LEVEL	DAY	TIME	DATES	PRICES
SEA OTTER	Thursday	5:10-5:40pm	June 29 - August 31	Resident Price - \$50 Friends & Family - \$70
SWIM KIDS 1	Thursday	5:45-6:15pm	June 29 - August 31	Resident Price - \$50 Friends & Family - \$70
SWIM KIDS 2	Thursday	6:20-6:50pm	June 29 - August 31	Resident Price - \$50 Friends & Family - \$70
SWIM KIDS 3	Thursday	6:55-7:25pm	June 29 - August 31	Resident Price - \$50 Friends & Family - \$70
SWIM KIDS 4	Thursday	7:30-8:00pm	June 29 - August 31	Resident Price - \$50 Friends & Family - \$70
SWIM KIDS 5/6	Thursday	5:00-5:45pm	June 29 - August 31	Resident Price - \$70 Friends & Family - \$100
SWIM KIDS 7/8	Thursday	5:50-6:35pm	June 29 - August 31	Resident Price - \$70 Friends & Family - \$100
SWIM KIDS 9/10	Thursday	6:40-7:25pm	June 29 - August 31	Resident Price - \$70 Friends & Family - \$100
PRIVATE LESSONS	Thursday	5:10-5:40pm 5:45-6:15pm 6:20-6:50pm 6:55-7:25pm 7:30-8:00pm	June 29 - August 31	Resident Price - \$100 Friends & Family - \$150
ADULT BEGINNER	Thursday	7:30-8:15pm	June 29 - August 31	Resident Price - \$70 Friends & Family - \$100

SWIMMING

INDOOR & OUTDOOR POOL

INDOOR POOL

Features an 18m saltwater pool, with beach entry, a water feature, and a hot tub. This pool is located at 98 Woodridge Cres.

OUTDOOR POOL

Accora Village features an amazing outdoor pool located at 220 Woodridge Crescent. At 20m long with a 12ft deep end, this spot is the perfect place to spend your summer days swimming, lounging, or enjoying our picnic area. This year, we'll be opening the outdoor pool in June on weekends only. The full schedule will commence as of June 30th.

OPEN SWIM

All residents (and their guests) are welcome to swim! Please note: Children under the age of 12 must be accompanied by a parent or guardian over the age of 16. All children under the age of 8 must be accompanied in the water by a parent or guardian over the age of 16. Children between the ages of 8-12 must pass a swim test to enter the water unaccompanied.

ADULT SWIM

Residents over the age of 18 are welcome to enjoy the use of the pool for swimming laps, or relaxing in the water. There is no lifeguard on duty during this time, so for safety reasons there will be a maximum of 10 swimmers at a time in the pool.

SWIMMING POOL PLAY

This summer we will be introducing some programs that will take place during regularly scheduled swim times. Although participation is not required, it is encouraged!

SWIM WORKOUT

Join us for a coached swimming workout! Workouts are based on your needs and abilities. Swimmers must be able to swim 500m using a variety of stroke combinations.

DEEP WATER SKILLS

Summer is the perfect opportunity to enjoy the deep end! Work on your deep-water skills with one of our lifeguards. (220 Woodridge Cres.)

WATER GAMES

Swimming isn't just for cooling off in the summer heat! Join our lifeguard staff in a variety of interactive games and sports everyone can enjoy.

CRAFT OF THE DAY

Swimming all day isn't for everyone, sometimes you just want to get your hands dirty with an outdoor craft! (220 Woodridge Cres.)

SWIMMING

OUTDOOR POOL SOFT PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Swim Workout 9:00-10:00pm		Swim Workout 9:00-10:00am		Swim Workout 9:00-10:00am	
Craft of the Day 1:00-2:00pm	Craft of the Day 1:00-2:00pm	Craft of the Day 1:00-2:00pm	Craft of the Day 1:00-2:00pm	Craft of the Day 1:00-2:00pm	Craft of the Day 1:00-2:00pm	Craft of the Day 1:00-2:00pm
		Deep Water Skills 2:00-2:30pm				
Water Games 3:00-3:30pm				Water Games 3:00-3:30pm		Deep Water Skills 3:00-3:30pm
	Deep Water Skills 6:00-7:00pm		Water Games 6:00-7:00pm		Water Games 6:00-7:00pm	
		Swim Workout 7:00-8:00pm		Swim Workout 7:00-8:00pm		

SWIMMING

INDOOR POOL JULY / AUGUST SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Available for Rental 8:00am-12:00pm Rate: \$40/hr	Adult Swim 6:30-8:00am	Adult Swim 6:30-8:00am	Adult Swim 6:30-8:00am	Adult Swim 6:30-8:00am	Adult Swim 6:30-8:00am	Available for Rental 8:00am-12:00pm Rate: \$40/hr
	Closed for Lessons 8:00am-12:00pm	Closed for Lessons 8:00am-12:00pm	Closed for Lessons 8:00am-12:00pm	Closed for Lessons 8:00am-12:00pm	Closed for Lessons 8:00am-12:00pm	Adult Swim 8:30-12:00pm
Open Swim 12:00-7:00pm	Open Swim 12:00-7:00pm	Open Swim 12:00-7:00pm	Open Swim 12:00-7:00pm	Open Swim 12:00-5:00pm	Open Swim 12:00-7:00pm	Open Swim 12:00-7:00pm
Adult Swim 7:00-9:00pm	Adult Swim 7:00-10:00pm	Adult Swim 7:00-10:00pm	Adult Swim 7:00-10:00pm	Closed for Lessons 5:00-8:00pm	Adult Swim 7:00-10:00pm	Adult Swim 7:00-9:00pm
				Adult Swim 8:00-10:00pm		

Note: The pool will be closed for camp swim Tuesday and Friday from 3:00-4:00pm

SWIMMING

OUTDOOR POOL SUMMER SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Adult Swim 9:00am-12:00pm	Adult Swim 9:00am-12:00pm	Adult Swim 9:00am-12:00pm	Adult Swim 9:00am-12:00pm	Adult Swim 9:00am-12:00pm	
Open Swim 12:00-7:00pm	Open Swim 12:00-7:00pm	Open Swim 12:00-7:00pm	Open Swim 12:00-7:00pm	Open Swim 12:00-7:00pm	Open Swim 12:00-7:00pm	Open Swim 12:00-7:00pm
Adult Swim 7:00-8:00pm	Adult Swim 7:00-8:00pm	Adult Swim 7:00-8:00pm	Adult Swim 7:00-8:00pm	Adult Swim 7:00-8:00pm	Adult Swim 7:00-8:00pm	Adult Swim 7:00-8:00pm

Note: The pool will be closed for camp swim Tuesday and Friday from 3:00-4:00pm

MEMBERSHIP

YOUTH & ADULT

YOUTH MEMBERSHIP

The Youth Membership includes programs for two different youth age groups providing structured access to all of our amenities in the recreation centre (intermediate 7-11, and senior 12-15) at a cost of \$15 per month. Sample schedule is attached and is subject to change.

GYM PLAY

Dodge, duck, dip and dive into co-operative games and activities. (kickball, soccer baseball, dodgeball...)

OPEN GYM

A time for youth to run around and blow off some steam. Enjoy some unstructured supervised gym time!

SPORTS CENTRE

Burn off that energy with this mixed-sport play! Each session will include two activities that participants can choose from. Enjoy shooting hoops with your friends, playing soccer, badminton, hockey, pickleball and more.

SOCCER

Improve your soccer skills with drills and activities, followed by a scrimmage.

BASKETBALL

Improve your basketball skills with drills and activities, followed by a scrimmage.

CRAFTS & GAMES

Get creative and join our program leaders in some arts and crafts or play a social board game with your friends.

WATER GAMES

Try your hand at a variety of co-operative games and sports in the water, including water polo, water basketball, and many more.

ADULT GOLD AND PLATINUM MEMBERSHIP

The Adult Gold Membership includes Adult Sports Drop-In, Adult Open Gym, workshops, and WellBeats™ Virtual Reality Fitness Program, at a cost of \$25 per month.

The Adult Platinum Membership includes access to weight room and cardio room facilities, all instructor-led fitness classes, and access to all programs in the Gold level, at a cost of \$40 per month.

Facilities are open 6:00am-10:00pm Monday to Friday, and 8:00am-9:00pm on Saturdays and Sundays. Please see schedule for class details.

Adult memberships are available for individuals 16+. Any individuals under the age of 18 must be registered by a leaseholder.

GOLD & PLATINUM FITNESS CLASSES

Wellbeats™ is a virtual fitness platform that offers hundreds of classes taught by various instructors. We've programmed a variety of classes to meet the needs of adult members. Join us in achieving your fitness goals at any class that fits your schedule! Some classes may include...

KINETICS-METABOLIC CONDITIONING

You'll never be bored with our no-nonsense total-body training Wellbeats™ Kinetics program. This multi-activity class includes sport-style cardio intervals interspersed with resistance training circuits and muscle isolation work. It's the most effective way to torch calories and test your levels of fitness and endurance!

FUSION- PILATES/YOGA

Invigorating and vitalizing, each WELLBEATS™ class is the perfect integration of yoga and pilates moves, with attention to breath, form, flow and body balance.

DEFINITIONS- STRAIGHT SCULPT

Definitions is straight sculpt to define, re-shape, and re-contour. Ever popular for the body conscious, these classes offer a focus on multi-dimensional and isolated total-body training, utilizing the best of today's leading sculpt techniques.

STOMP- ALL AROUND STEP

WELLBEATS™ Stomp is truly a 'step revival'... as step was originally meant to be taught: go up, over and around the step for a total-body, cardio-driven workout. Easy to follow yet inventive step patterns make Stomp doable and fun! Give this fresh take on step a try!

EXPRESS- FAST, EFFICIENT FITNESS

WELLBEATS™ eXpress provides short, intense workouts that deliver results in minimal timeframe. All you need is 20 minutes. If you're ready for a quick calorie burn and focused training, jump on the eXpress!

MEMBERSHIP

YOUTH & ADULT

TRANSITIONS- ACTIVE AGING 45+

A totally refreshing outlook on fitness, Transitions is about staying active, strong, sexy, and vital, working out with intelligence while promoting optimum fitness and health for life. Each Transitions class features the perfect multi-level mix of cardio, resistance training, balance, mobility and awareness skills that can positively impact those in the 45+ market.

TKO KICKBOXING CONDITIONING

TKO is non-stop movement to channel one's inner fighter. Benefit from the power behind the punch and total-body training. A fusion of martial arts disciplines, each class includes a combination of punches, kicks, strikes, and techniques for a great knockout experience.

ZUMBA®

Join us for this interval-style, calorie-burning dance fitness party! Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise!

PLATINUM FITNESS CLASSES

Instructor-led fitness classes may include:

AQUA FIT

Use the water's resistance to add a level of difficulty to your total body aerobic workout! Aqua fit involves cardiovascular, balance, and muscle components using the water's resistance with low impact on joints. Great for all levels of fitness!

AQUA FIT TMC (TOTAL MUSCLE CONTROL)

Aqua Fit Total Muscle Control is a fun and challenging way to improve muscle strength using the water's resistance! This is a medium to high intensity focused class.

AQUA ZUMBA®

Make your Zumba steps more challenging with water resistance! This class is a fun low-impact, high-energy workout using the Zumba philosophy!

SUP - (STAND UP PADDLEBOARD)

The peacefulness of floating on the water combined with the meditative nature of yoga.

BEGINNER YOGA

Get your inner Zen on and see the benefits of yoga by learning the basic poses and breathing exercises practiced in this beginner class!

YIN YANG YOGA

This class will help build the foundations of yoga by focusing the first half of the class on building flexibility and warming the body through breath and holding poses for longer periods of time. The second half of the class focuses on movement through a flow of gentle yet powerful poses.

POWER YOGA VINYASA

Build total body strength and stamina in a challenging yoga environment! It is recommended to have some experience with yoga before attending this class. This class will build strength through a series of strong yoga poses strung together in a sequential flow.

CO-OPERATIVE CORE CONDITIONING

Bring a friend and build core strength with this intense partner workout! This class is designed to help you develop rock hard abs by targeting your core muscle groups using a variety of exercises.

TOTAL BODY BAR

Achieve your fitness goals with this total body workout! Our fitness instructor will help you improve your cardio and overall muscular strength through the use of body weight exercises and body bars.

MUD HERO TRAINING CAMP

Push the limits and crank up your adrenaline for the June 2017 Mud Hero

race! Set your sights on competing in the Mud Hero race by training with a team to motivate you to achieve your fitness goals! Tickets to the event are purchased individually. Transportation to the event will be provided.

TABATA PROTOCOL

This is a High-Intensity Interval Training (HIIT) workout! Challenge yourself in this total body workout that stresses cardiovascular and muscular fitness through a mix of high and low intensity light weight exercises.

CROSSFIT BOOTCAMP

Start your day off right by challenging yourself and revving up your metabolism! CrossFit Bootcamp is designed to build strength while stressing cardiovascular fitness using moderate to heavy weight.

SWIM WORKOUT

Join us for a coached swimming workout! Workouts are based on individual abilities. Swimmers must be able to swim 500m using a variety of stroke combinations.

BADASS DASH BOOTCAMP

If you're looking for a personal challenge, show your strength and represent Accora Village in August's Badass Dash.

ARMY RUN

Challenge yourself off the couch and into a 5k run this September.

PERSONAL TRAINING

PERSONAL TRAINING

Achieve your fitness goals in 2017! Whether you are looking to increase muscle strength, lose weight, or achieve specific training goals, we have a fitness professional committed to helping you improve your overall health and wellness. Our certified personal trainers are dedicated to helping you achieve your optimum fitness level by sharing their expertise in holistic wellness by improving your cardiovascular, muscular strength, and flexibility. Personal training sessions are booked for 45 minutes per visit.

Please visit us at the Accora Centre or e-mail us at personaltraining@accoravillage.com for more info!

CONSULTATION*

With the exception of the Kick Starter Package, all new clients must purchase a consultation prior to beginning a personal training session. The purpose of the consultation is to allow you to meet your personal trainer and for the trainer to discuss the details of your personal fitness goals. Together you will build a fitness program that meets your specific needs.

KICK STARTER PROGRAM

Are you just starting your fitness journey or getting back to the gym after a long break? Our certified personal trainers are there to motivate you along the way! The Kick Starter program is designed to get you into the groove with a routine built around your personal needs.

The package includes:

- **3 Month Platinum Membership**

- **Initial Consultation and Physical Assessment**

You'll break the ice by having a one-on-one meeting with your personal trainer. This will allow you to get to know one another on a professional level and for the trainer to discuss the details of your personal fitness goals.

You will also undertake a physical assessment that will include strength and flexibility measurements to set baseline goals. Together you will build a fitness program that meets your specific needs.

- **8 Personal Training Sessions**

Your personal trainer will go through your fitness program step by step, focusing on building proper technique and motivating you along the way. Booking the sessions is at the discretion of the client, however we do recommend seeing your trainer at least once per week.

- **Final Assessment**

You will have one final check-in with your personal trainer at the conclusion of your program to evaluate how far you've progressed. Your program will then be updated to keep you moving forward! If you feel that you would like to continue with your personal trainer, you will have the opportunity discuss the packages we offer.

PACKAGE TYPE

PRICE- PRIVATE

PRICE- SEMI-PRIVATE (2-3)

KICK STARTER

\$402

N/A

CONSULTATION*

\$24

\$18

1 SESSION

\$54

\$28

6 SESSIONS

\$276

\$156

12 SESSIONS

\$528

\$288

24 SESSIONS

\$1008

\$528

MEMBERSHIP

FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Kinetics - Metabolic Conditioning 6:30-7:00am	Fusion - Pilates/Yoga 6:30-7:00am	Definitions - Straight Sculpt 6:30-7:00am	Fusion - Pilates/Yoga 6:30-7:00am	Stomp - All Around Step 6:30-7:00am	
	Express - Fast, Efficient Fitness 7:30-8:00am	Express - Fast, Efficient Fitness 7:30-8:00am	Express - Fast, Efficient Fitness 7:30-8:00am	Express - Fast, Efficient Fitness 7:30-8:00am	Express - Fast, Efficient Fitness 7:30-8:00am	
Aqua Fit TMC 12:00-12:45pm	Low Impact 10:30-11:30am	Transitions 45+ 10:00-10:30am	Low Impact 10:30-11:30am	Aqua Fit 10:00-10:45am	Transitions 45+ 10:00-10:30am	Cardio Boot Camp 10:00-11:00am
		Fusion- Pilates/Yoga 12:15-12:45pm		Fusion- Pilates/Yoga 12:15-12:45pm		Beginner Yoga 1:00-2:00pm
	Express - Fast, Efficient Fitness 1:00-1:30pm	Express - Fast, Efficient Fitness 1:00-1:30pm	Express - Fast, Efficient Fitness 1:00-1:30pm	Express - Fast, Efficient Fitness 1:00-1:30pm	Express - Fast, Efficient Fitness 1:00-1:30pm	
	Definitions - Straight Sculpt 3:00-3:30pm	Stomp - All Around Step 3:00-3:30pm	Fusion - Pilates/Yoga 3:00-3:30pm	Kinetics - Metabolic Conditioning 3:00-3:30pm	TKO - Kickboxing Conditioning 3:00-3:30pm	
	BURN 6:00-7:00pm	Kinetics - Metabolic Conditioning 6:00-6:45pm	Mud Hero Training Camp 6:00-7:00pm	Zumba 6:00-6:45pm	Fusion - Pilates/Yoga 6:00-6:45pm	
	TKO - Kickboxing Conditioning 7:15-8:00pm	Yin/Yang Yoga 7:00-8:00pm	Definitions - Straight Sculpt 7:00-7:30pm	Yin & Meditation Yoga 7:00-8:00pm		



Wellbeats Led Class

Instructor Led Class

MEMBERSHIP

YOUTH MEMBERSHIP SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
GYM	GYM	POOL	GYM	POOL	GYM	LEAF Room	GYM		
Intermediate Open Gym	Senior Soccer 6:00- 7:00pm	Intermediate Water Games 6:00-7:00pm	Intermediate Open Gym 6:00-7:00pm	Intermediate Soccer 6:00-7:00pm	Senior Water Games 6:00- 7:00pm	Senior Open Gym 6:00-7:00pm	Intermediate Basketball 6:00-7:00pm	Intermediate Craft 12:00-1:00pm	Intermediate Open Gym 1:00-2:30pm
Senior - Open Gym 2:30-4:00pm					Senior Basketball 7:00-8:00pm			Senior Open Gym 2:30-4:00pm	



Intermediate - Ages 7-11

Senior - Ages 12-15

CAMPS

SPRING & SUMMER

PD DAY CAMPS

Need a fun place for your child to go during their PD days? Our day camps run on May 19 and June 9. Cost for residents is \$40. Friends and family can use the PD day camps as well at a cost of \$50 per camp. Please note that these camps are only for youth ages 4-12.

SUMMER DAY CAMP

Our summer day camp is an opportunity for our young residents to make the most of summer vacation, while exploring our surrounding community. Accora Village campers will make new friends, learn new skills, and have tons of fun, while embarking on a new adventure each week!

All sessions are \$200 per week for residents, and \$250 per week for friends and family.

Camps are for children ages 4 to 12 only. Please note there is no camp on July 3 (Session #1) and August 7 (Session #3). The price for these camps does not change, as we will include a major out trip.

SESSION #1: CANADA COAST TO COAST

WEEK #1: CANADA ADVENTURE SERIES

JULY 4-7 (NO CAMP JULY 3)

Explore a new time zone each day and see how far Canada has come in the last 150 years. Enjoy a variety of activities such as Inuksuk building, dream catcher making, orienteering, and an outing to Omega Park!

WEEK #2: FARM TO TABLE

JULY 10-14

Take a look at Canada's farming industry and come along for the journey your food takes as it makes its way from the farm to your table. Enjoy a variety of activities such as gardening, a visit to a farmers' market, and creating nutritious snacks using local produce.

SESSION #2: EXPRESS YOURSELF

WEEK #1: CREATE IT!

JULY 17-21

Learn to *express yourself* through a variety of physical art forms! Spend the week trying your hand at extreme art projects including instrument making, dart balloon art, and digital art creations.

WEEK #2: PERFORM IT!

JULY 24-28

Learn to *express yourself* through the art of performance! Spend the week learning about different types of performance art including magic, buskers, circus, theater, and dance.

SESSION #3: EXPLORING SPACE AND TIME

WEEK #1: THE DIGITAL AGE

JULY 31-AUGUST 4

Explore the world like never before! We'll show you how technology brings the world right to your own backyard. Enjoy activities like geo-caching, a trip to the Apple Store, digital music, robotics, and a virtual reality demo.

WEEK #2: BACK IN TIME

AUGUST 8-11 (NO CAMP AUGUST 7)

Travel back in time to discover common trades, fare, and sporting activities throughout the ages. Make your own ice cream, dust off some dinosaur bones, and take a trip to Upper Canada Village.

SESSION #4: PERSPECTIVE

WEEK #1: LIVE LIFE LARGE

AUGUST 14-18

It is a BIG world out there! Enjoy a variety of large games and extreme adventures such as Omnikin, life-sized board games, jumbo slip & slide, and building giant structures.

WEEK #2: IT'S A SMALL WORLD

AUGUST 21-25

Explore the interconnected framework of our world and how small things have a big impact. Enjoy activities such as bee keeping, a look under the microscope, carbon footprint, and six degrees of separation.

RENTALS

PARTY ROOM

Are you looking for a space to host a party or get-together? Our party room is available for renting and comfortably fits up to 75 guests. With a full kitchenette, tables and chairs, the party room is a convenient place for your next event. Visit the Accora Centre to book!

GYMNASIUM

Our gymnasium is available for rent to residents who would like to use the facility for sports and activities. We have plenty of equipment for use, but we cannot guarantee the availability of specialized equipment. To ensure all residents have equal access to bookings, we do not accommodate recurring events.

INDOOR POOL

Host a pool party any time of the year! Our indoor pool is available for residents to rent between 8:00am-2:00pm on Saturdays.

FACILITY	DATES & TIMES	RATE	DAMAGE DEPOSIT
PARTY ROOM: WITH ALCOHOL	Monday to Thursday 4:00-10:00pm Friday 4:00-11:00pm Saturday & Sunday 8:30am-11:00pm	\$40/hour	\$250
PARTY ROOM: WITHOUT ALCOHOL	Monday to Thursday 4:00-10:00pm Friday 4:00-11:00pm Saturday & Sunday 8:30am-11:00pm	\$30/hour	\$150
GYMNASIUM	Saturday & Sunday 12:00-2:00pm	\$40/hour	\$250
INDOOR POOL	Saturday 8:00am-12:00pm	\$40/hour	\$250

For more information, please contact us at play@accoravillage.com

PROGRAMS

SPRING TUTORING

The Accora Centre offers tutoring in both French and English for all elementary school subjects. Tutoring for intermediate and high school grades may be accommodated.

Tutoring is available in 30 minute sessions from 6:00-8:00pm on Tuesdays and Wednesdays from April 18 - June 20. Private lessons cost \$150 and semi-private lessons cost \$100 per child. Friends and family can use the tutoring services as well for \$200 per child.

SPRING MUSIC LESSONS

The Accora Centre offers music lessons for anyone wanting to learn how to play the piano, ukulele or recorder! Participants are required to have their own instrument.

Music lessons are available in 30 minute sessions from:

- 6:00-8:00pm, Thursdays, April 20-June 22.
- Private lessons: \$200 per child
- Semi-private lessons: \$150 per child.
- Friends and family: \$250 per child.

BABYSITTING COURSE

Are you interested in becoming a trained babysitter? Come learn babysitting techniques.

Topics include:

- Ages and stages
- Rights and responsibilities
- Emergency procedures
- Introductory first aid

The babysitting course runs from 6:00-7:00pm on Fridays from May 12 - June 23. It costs \$45 for residents and \$58 for friends and family. Please note this course is only for youth between the ages of 11-15.

FIRST AID

Want to learn first aid? Participants will develop an in-depth understanding of first aid with the help of medical professionals and the Canadian First Aid Manual. Learn about the medical and legal aspects of first aid and treating specific injuries, including: spinal, heat or cold, bone and joint, burns, and other medical injuries.

SCHOLARSHIPS

Accora Village is committed to the inclusion of all residents through our scholarships program. Other conditions may apply. Please e-mail us at play@accoravillage.com or visit us at the Accora Centre for more details.

COMMUNITY EVENTS

NEW RESIDENT MIXERS

Get to know your community! Accora Village hosts New Resident Mixers to introduce our new residents to the neighbourhood and give them an opportunity to meet their neighbours. Join us to learn more about Accora Village and the surrounding area. All residents welcome.

Mixers will be held on the following dates:

- Thursday, April 27th from 6:00 - 7:00 pm
- Thursday, September 28th from 6:00 - 7:00 pm

NEWS & EVENTS

We will be organizing some great community events throughout the spring and summer! To stay up-to-date with all events, please subscribe to our e-mail communications system. Visit www.accoravillage.com, and enter your name and e-mail into the subscription bar at the bottom of the page. We also update our social media channels frequently with information on our community events and programs.

FIRST AID

SESSION	DATES & TIMES	PRICE
SESSION 1	May 27-28: 9am-5:00pm	Residents: \$80 Friends & Family: \$120
SESSION 2	June 24-25: 9am-5:00pm	