

MEMBERSHIP

SILVER MEMBERSHIP

FREE - SILVER MEMBERSHIP

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Gym 10:00am-12:00pm		Adult Swim 6:30 a.m.-4:00 p.m.	Adult Swim 6:30 a.m.-4:00 p.m.	Adult Swim 6:30 a.m.-4:00 p.m.	Adult Swim 6:30 a.m.-4:00 p.m.	Adult Swim 6:30 a.m.-4:00 p.m.
Open Swim 12:00-7:00 p.m.	Open Swim 12:00-4:00 p.m.	Open Swim 4:00-8:00 p.m.	Open Gym Youth 12-15 yrs. 4:00-6:00 p.m. Family 6:00-7:00 p.m. Adult 16+ yrs. 7:00-8:00 p.m.	Open Swim 4:00-8:00 p.m.	Open Gym Youth 12-15 yrs. 4:00-6:00 p.m. Family 6:00-7:00 p.m. Adult 16+ yrs. 7:00-8:00 p.m.	Open Swim 4:00-8:00 p.m.
	Open Gym Youth 12-15 yrs. 4:00-6:00 p.m. Family 6:00-7:00 p.m. Adult 16+ yrs. 7:00-8:00 p.m.				Open Gym Youth 12-15 yrs. 4:00-6:00 p.m. Family 6:00-7:00 p.m. Adult 16+ yrs. 7:00-8:00 p.m.	
Adult Swim 7:00-9:00 p.m.	Adult Swim 7:00-9:00 p.m. 1 lane - (7-8)	Adult Swim 8:00-10:00 p.m.	Adult Swim 8:00-10:00 p.m.	Adult Swim 8:00-10:00 p.m.	Adult Swim 8:00-10:00 p.m.	Adult Swim 8:00-10:00 p.m.

OPEN SWIM: Silver members 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.

OPEN GYM: Silver members are welcome to use the gymnasium facilities. Please note: children under the age of 12 must be supervised by a parent or guardian over the age of 16.

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.

GUESTS: Silver members are welcome to bring their guests to the swimming facilities. (2 guests per visit) All guests must be signed in at the reception desk upon arrival.

MEMBERSHIP

ADULT PLATINUM MEMBERSHIP SCHEDULE

ADULT PLATINUM MEMBERSHIP

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weight & Cardio Room Access 8:00 a.m. - 9:00 p.m.	Weight & Cardio Room Access 8:00 a.m. - 9:00 p.m.	Weight & Cardio Room Access 6:00 a.m. - 10:00 p.m.	Weight & Cardio Room Access 6:00 a.m. - 10:00 p.m.	Weight & Cardio Room Access 6:00 a.m. - 10:00 p.m.	Weight & Cardio Room Access 6:00 a.m. - 10:00 p.m.	Weight & Cardio Room Access 6:00 a.m. - 10:00 p.m.
Cardio Boot Camp 9:00-9:45 a.m.	Aqua Fit 11:15-12:00 p.m.	Adult Swim 6:30 a.m.-4:00 p.m. 8:00-10:00 p.m.	Adult Swim 6:30 a.m.-4:00 p.m. 8:00-10:00 p.m.	Adult Swim 6:30 a.m.-4:00 p.m. 8:00-10:00 p.m.	Adult Swim 6:30 a.m.-4:00 p.m. 8:00-10:00 p.m.	Adult Swim 6:30 a.m.-4:00 p.m. 8:00-10:00 p.m.
Beginner Yoga 10:00-10:45 a.m.	Adult Swim 7:00-9:00 p.m. 1 lane (7-8)	Zumba Gold 10:15-10:45 a.m.	Pickleball 10:00-11:00 a.m.	Group Strength Training 10:00-10:45 a.m.	Aqua Fit 10:00-10:45 a.m.	Group Strength Training 10:00-10:45 a.m.
Adult Open Gym 7:00-9:00 p.m. Half court - Basketball Half court - Badminton	Adult Soccer 8:00-9:00 p.m.	Adult Open Gym 8:00-10:00 p.m. Half court - Basketball Half court - Badminton	Beginner Yoga 1:30-2:30 p.m. & 7:00-8:00 p.m.	CrossFit Workout 7:00-8:00 p.m.	Beginner Yoga 6:15-7:15 p.m.	Snowshoe Adventure 7:00-8:30 p.m.
		HIIT 7:00-8:00 p.m.	Adult Badminton 8:00-10:00 p.m.	Adult Basketball 8:00-10:00 p.m.	Zumba 7:30-8:30 p.m.	Adult Basketball 8:00-10:00 p.m.
Adult Badminton 8:00-10:00 p.m.					Adult Badminton 8:00-10:00 p.m.	

Membership Duration	Pricing
1-month	\$40
3-month	\$120
6-month	\$225
1 year	\$440

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!

Have your guests join in one of our open swim times. Admission standards apply.

FACILITY	DATES & TIMES		RATE	DAMAGE DEPOSIT
PARTY ROOM: WITH ALCOHOL	Monday to Thursday	4:00-10:00pm	\$40/hour	\$250
	Friday	4:00-11:00pm		
	Saturday & Sunday	8:30am-11:00pm		
PARTY ROOM: WITHOUT ALCOHOL	Monday to Thursday	4:00-10:00pm	\$30/hour	\$150
	Friday	4:00-11:00pm		
	Saturday & Sunday	8:30am-11:00pm		
GYMNASIUM	Saturday	12:00-1:00pm & 4:00-7:00pm	\$40/hour	\$250
	Sunday	12:00-4:00pm		
	Monday, Wednesday, Friday	7:00-8:00pm		
INDOOR POOL	Friday	2:00-8:00pm	\$40/hour	\$150
	Saturday	12:00-7:00pm		
	Sunday	12:00-4:00pm		

PROGRAMS

AFTER SCHOOL PROGRAM

LEAF (Laughter, Education, Action & Friendship)

Take advantage of our unique after school program for children in grades 1-6. Participants can be dropped off at the Accora Centre or may be picked up by our walking school bus from either Bayshore Public School or St. Rosa Lima.

The LEAF program will incorporate a wide variety of games and activities each day. Activities include, art, sports, outdoor play, STEM (science, technology, engineering and mathematics) and fitness. Check out our sample schedule...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:00-4:10 pm School Pickup & Outdoor Play	3:00-4:10 pm School Pickup & Outdoor Play	3:00-4:10 pm School Pickup & Outdoor Play	3:00-4:10 pm School Pickup & Outdoor Play	3:00-4:10 pm School Pickup & Outdoor Play
4:10-4:20 pm TRANSITION	4:10-4:20 pm TRANSITION	4:10-4:20 pm TRANSITION	4:10-4:20 pm TRANSITION	4:10-4:20 pm TRANSITION
4:20-4:50 pm Sport	4:20-4:50 pm STEM	4:20-4:50 pm Sport	4:20-4:50 pm STEM	4:20-4:50 pm Educational Activities & Homework
4:55-5:25 pm Art	4:55-5:25 pm Fitness	4:55-5:25 pm Art	4:55-5:25 pm Fitness	4:55-6:00 pm Friday Event
5:30-6:00 pm Educational Activities & Homework	5:30-6:00 pm Educational Activities & Homework	5:30-6:00 pm Educational Activities & Homework	5:30-6:00 pm Educational Activities & Homework	

PRICE: \$200 / MONTH

PROGRAMS

YOUTH PROGRAMS

EXPLORING EDUCATION

Math

Who says math can't be fun? Develop your child's math skills in a play-based learning environment that will expand on the foundations they are laying in the classroom.

English Language Arts

Explore the art of the English language through an inquiry based learning program.

Core French

Bonjour is only the beginning! Your child can explore the French language through interactive games and activities.

Immersion French

Immerse yourself in francophone culture through a variety of real life situation and activities.

Private Tutoring

Looking for something specific? We can help your child reach their full potential while fostering the student - tutor relationship by creating individualized learning plans in order to achieve success in a variety of subjects. For children in grades 1-8.

MUSIC MAKERS

Little-lele

Give ukulele a try in a group setting! Learn the basics with some rudimentary theory and learn some new songs! This is a beginner level course. Instruments will be provided for the class.

Private Music Lessons

Private lessons are available for anyone wanting to learn how to play the piano, ukulele or recorder! Participants are required to have their own instrument.

BABYSITTING

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

PD DAY CAMPS

Need a fun place for your child to go during their PD days? 8:30-4:30pm (before and after care available)

Holiday and March Break camps are available.

ADULT PROGRAMS

PAINT NIGHT

Enjoy a fun filled evening with your neighbours, exploring your creative side. Join us while we walk you through a pre-determined painting. We will provide snacks and non-alcoholic beverages.

COFFEE TIME

You need a break! Join us on Wednesday mornings for a cup of coffee or tea and enjoy guided conversation and opportunity to chat with your neighbours.

CRAFT NIGHT

Engage your creative side! Enjoy a fun filled evening with your neighbours while we walk you through a pre-determined adult craft. We will provide snacks and non-alcoholic beverages.

SENS ARMY

Join us once a month for an away game in our party room! We will project the game in high definition. We will provide snacks and non-alcoholic beverages.

TEAM TRIVIA NIGHT

Join us in the party room for a fun-filled evening of trivia! Five different categories - General knowledge, Sports, Music, History and a Surprise Theme! You'll have a chance to win prizes as you collaborate with your team on a quest to become the ultimate Accora Village

Quizmaster. Snacks and non-alcoholic beverages provided. Assemble a team of 4 to 6 players or join a "Meet My Neighbors" team!

DATE NIGHT

You deserve a break, drop the kids off at the Accora Centre for a fun-filled evening kids and parents can enjoy! The fun begins with programmed activities in the pool followed by bedtime snack and winds down with quiet programs to get ready for bed.

FLOAT

Join us for our NEW female leisure, open aquatic time program. Spend your Sunday mornings swimming in a girls only environment. In addition to this swim time take advantage of our gold membership services for the duration of the session. Note: Participants are welcome to bring two guests with them to the swimming facilities. Children (male/female) under 12 are welcome as guests.

FIRST AID

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.

PROGRAMS

YOUTH PROGRAMS

	SUBJECT	Day	Time(s)	Ages
Exploring Education	MATH	Tuesday	6:00-6:30 pm	Grade 1-3 Grade 4-6
	ENGLISH LANGUAGE ARTS	Wednesday	6:00-6:30 pm	Grade 1-3 Grade 4-6
	CORE FRENCH	Thursday	6:00-6:30 pm	Grade 1-3 Grade 4-6
	IMMERSION FRENCH	Thursday	6:00-6:30 pm	Grade 1-3 Grade 4-6
			6:30-7:00 pm	
		Tuesday	7:00-7:30 pm	
			7:30-8:00 pm	
	PRIVATE TUTORING	Wednesday	6:30-7:00 pm 7:00-7:30 pm 7:30-8:00 pm	Grade 1-8
		Thursday	6:30-7:00 pm 7:00-7:30 pm 7:30-8:00 pm	
	PROGRAM	Day	Time(s)	Ages
LITTLE-LELE	Thursday	6:00-6:30 pm	7-11	
PRIVATE MUSIC LESSONS	Thursday	6:30-7:05 pm 7:10-7:40 pm	6+	
BABYSITTING	Sunday	3:00-4:00 pm	10-14	
PD DAY CAMP	Oct 6, Nov 24, Jan 26, Feb 16, Apr 27, Jun 8	8:30-4:30 pm (before and after care available)	4-14	

ADULT PROGRAMS

PROGRAM	Day	Time(s)	Ages	Membership
DATE NIGHT	Sept 15, Oct 20, Nov 17, Dec 15, Jan 19, Feb 14, Mar 23	6:00-9:00 pm	4-12	Adult Gold & Platinum
FIRST AID	Saturday - Sunday Nov 25 & 26 (Fall) Feb 3 & 4 (Winter) May 5 & 6 (Spring)	9:00-5:00 pm	12+	N/A
FLOAT	Sunday	9:00-11:00 am	16+	N/A
COFFEE TIME	Wednesday	10:45-11:45 am	Any	Silver
SENS ARMY	Thursday	7:00-10:30 pm	19+	Silver
PAINT NIGHT	Thursday	7:00-10:30 pm	19+	Platinum
CRAFT NIGHT	Thursday	7:00-10:30 pm	19+	Platinum
TEAM TRIVIA	Thursday	7:00-10:30 pm	19+	Silver

PROGRAM PRICING

Exploring Education	\$50 / session
Private Tutoring	\$150 / session
Little-lele	\$50 / session
Private Music Lessons	\$200 / session
Date Night	\$10 / day (Included in Adult Gold & Platinum)
LEAF	\$200 / month Program Duration Sept 2017 - Jun 2018
PD Days	\$40 / day
FLOAT	\$65 / session
Babysitting	\$50 / session
Craft Night	\$48 / day (Included in Platinum)
Paint Night	\$48 / day (Included in Platinum)

Note: All sessions are based on 10 weeks of programming. For specific session dates refer to the AT A GLACE page or visit accoravillage.com

SWIMMING

RED CROSS LEVELS

SWIM PRE-SCHOOL AGES 3 MOS. TO 6 YRS.

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.

SWIM KIDS AGES 6+

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

SWIMMING LESSONS

LESSON TIMES

ADULT BEGINNER	Sunday Thursday	7:10 - 7:55 pm 7:00 - 7:45 pm	SWIM KIDS 1	Saturday Sunday Tuesday Thursday	9:00 - 9:30 am 4:35 - 5:05 pm 5:05 - 5:35 pm 4:30 - 5:00 pm	PRIVATE LESSONS	Saturday Sunday	10:45-11:15 am 11:20-11:50 am 4:00 - 4:30 pm 4:35 - 5:05 pm 5:10 - 5:40 pm
ADULT INTERMEDIATE	Sunday Thursday	7:10 - 7:55 pm 7:00 - 7:45 pm	SWIM KIDS 2	Saturday Sunday Tuesday Thursday	9:35 - 10:05 am 5:10 - 5:40 pm 5:40 - 6:10 pm 5:05 - 5:35 pm	PRIVATE LESSONS	Sunday	4:30 - 5:00 pm 5:05 - 5:35 pm 5:40 - 6:10 pm 6:15 - 6:45 pm 6:50 - 7:20 pm
PARENT & TOT	Sunday	4:00 - 4:30 pm	SWIM KIDS 3	Saturday Sunday Tuesday Thursday	10:10 - 10:40 am 5:45 - 6:15 pm 6:15 - 6:45 pm 5:40 - 6:10 pm	PRIVATE LESSONS	Thursday	6:50 - 7:20 pm
SEA OTTER	Saturday Sunday Tuesday Thursday	10:10 - 10:40 am 4:00 - 4:30 pm 5:05 - 5:35 pm 4:30 - 5:15 pm	SWIM KIDS 4	Saturday Sunday Tuesday Thursday	10:45 - 11:15 am 5:45 - 6:15 pm 6:50 - 7:20 pm 6:15 - 6:45 pm			
SALAMANDER	Saturday Sunday Tuesday Thursday	9:35-10:05 am 4:35 - 5:05 pm 4:30 - 5:00 pm 7:00 - 7:45 pm	SWIM KIDS 5/6	Sunday Thursday	6:20 - 7:05 pm 4:30 - 5:00 pm			
SUNFISH	Saturday Sunday Tuesday Thursday	9:00 - 9:30 am 5:10 - 5:40 pm 6:15 - 6:45 pm 5:05 - 5:35 pm	SWIM KIDS 7/8	Sunday Thursday	6:20 - 7:05 pm 5:20 - 6:05 pm			
CROCODILE / WHALE	Sunday Tuesday Thursday	6:20 - 6:50 pm 5:40 - 6:10 pm 6:40 - 6:10 pm	SWIM KIDS 9/10	Thursday	6:10 - 6:55 pm			

PRICING

Adult Swimming Lessons	\$75 / session
Preschool Swimming Lessons	\$50 / session
Swim Kids 1-4	\$50 / session
Swim Kids 5-10	\$75 / session
Private Swimming Lessons	\$100 / session

SESSION DATES

	SESSION #3	SESSION #4
SATURDAY	February 10 - April 14	April 28 - June 30
SUNDAY	February 11 - April 15	April 22 - June 24
TUESDAY	February 13 - April 17	April 24 - June 26
THURSDAY	February 15 - April 19	April 26 - June 28

PERSONAL TRAINING

PERSONAL TRAINING

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 play@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