

Variety Village – Spring 2010

Community Based Program Schedule

Spring Registration Dates March 6, Saturday - 7:30am-2:00pm (in person only)
Special Needs Children – March 3&4, Wednesday & Thursday - 8am – 7pm
 (In person, by phone or fax)

For a description of all classes, please see the Program Description Guide or online at www.varietyonario.ca/village.

* Denotes programs for members with special needs only.

** Denotes classes not discounted for Gold Members.

Drop-in Fitness and Kids' Zone will be available on a first come, first serve basis the day/night of the class. Please sign in with the instructor at the location of the class.

Drop-in Fitness Classes

Aquafit

Mon 7:30-8:30 p.m.	Age: 14+	Class limit: 20
Tue 6:30-7:15 a.m.	Age: 14+	Class limit: 20
Wed 7:30-8:30 p.m.	Age: 14+	Class limit: 20
Sat 12 noon-1:00 p.m.	Age: 14+	Class limit: 20

Cardio & Weights

Mon 6:00-7:00 p.m.	Age: 14+	Class limit: 50
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New Body

Tue 9:30-10:30 a.m.	Age: 14+	Class limit: 50
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Stability & Tone

Tue 6:00-7:00 p.m.	Age: 14+	Class limit: 50
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Wednesday Morning Workout

Wed 9:30-10:30 a.m.	Age: 14+	Class limit: 50
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Fit in Action

Thu 9:30-10:30 a.m.	Age: 14+	Class limit: 50
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Kickboxing

Tue 6:00-7:00 p.m.	Age: 14+	Class limit: 50
Thu 7:00-8:00 p.m.	Age: 14+	Class limit: 50

Cardio Challenge

Thu 10:30-11:00 a.m.	Age: 14+	Class limit: 50
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[NEW] AB Blast

Fri 6:30-7:30 a.m.	Age: 14+	Class limit: 50
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Latin Rhythms

Sat 9:00-10:00 a.m.	Age: 14+	Class limit: 50
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Chair Fitness*

Tue 11:00-12 noon	Age: 14+	Class limit: 50
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Drop-in Children Classes

Kids' Zone (Field House)

Wed 9:30- 10:30 a.m.	Age: 3-7
Thu 9:30- 10:30 a.m.	Age: 3-7

Kids' Zone (Aquatics)

Mon 6:00- 7:00 p.m.	Age: 5-12
Sat 10:00- 11:00 a.m.	Age: 5-12

IMPORTANT DATES

2010 Spring Session – March 29-June 13, 2010

- April 2 – Village Closed (no classes)
- April 4 – Village Closed
- May 24 – Village Closed (no classes)

2010 Summer Registration

- June 12, 2010
- June 9&10, 2010 for special needs children.

2010 Summer Session – June 28 – August 29, 2010 (9 weeks)

Wellness Classes

Pilates, beginners

8616	Wed 6:00-7:00 p.m.	Age: 14+	Fee: \$110
8617	Thu 1:30-2:30 p.m.	Age: 14+	Fee: \$110

Pilates, intermediate

8618	Tue 7:00-8:00 p.m.	Age: 14+	Fee: \$110
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Tai Chi

8619	Tue 6:00-7:00 p.m.	Age: 14+	Fee: \$110
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Yoga

8620	Mon 7:00-8:00 p.m.	Age: 14+	Fee: \$110
8621	Sat 10:00-11:00 a.m.	Age: 14+	Fee: \$110

Hatha Yoga

8622	Wed 7:30-8:30 p.m.	Age: 14+	Fee: \$110
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Drop In Pay-Per Class Programs

Please pay at reception on the day of the program.

Yoga Stretch (Beginner)

8623	Sat 11:30-12:30 p.m.	Age: 14+	Fee: \$12
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Adult Volleyball

8624	Tue 8:00-9:30 p.m.	Age: 16+	Fee: \$3
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[NEW] Latin Rhythms presents "FUEGO"

8838	Tue 7:00-8:30 p.m.	Age: 16+	Fee: \$50/5 classes \$12 per class
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(5 weeks only - May 4th - June 1st)

Leisurehouse Programs

Recreational Programs

[NEW]Adrenaline Challenge

8839 Wed 7:00-8:00 p.m. Age: 9-14 Fee: \$55

[NEW]Adventure Warriors

8625 Thu 6:00-7:00 p.m. Age: 5-8 Fee: \$55
8626 Thu 7:00-8:00 p.m. Age: 9-12 Fee: \$55

Boccia

8627 Sat 11:00-12:00p.m. Age: 6+ Fee: \$55

Children in Motion Level 1

8628 Sat 9:00- 9:45 a.m. Age: 3-12 Fee: \$55

Children in Motion Level 2

8629 Sat 10:00-10:45 a.m. Age: 3-12 Fee: \$55

Children in Motion Level 3

8630 Sat 11:00-11:45 a.m. Age: 3-12 Fee: \$55

Floor Hockey

8631 Fri 6:00-7:00 p.m. Age: 5-10 Fee: \$55
8632 Fri 7:00-8:00 p.m. Age: 11+ Fee: \$55

Multisport

8638 Mon 6:00-7:00 p.m. Age: 5-8 Fee: \$55
8639 Mon 6:00-7:00 p.m. Age: 9-13 Fee: \$55

Kindergym

8633 Tue 1:30-2:30 p.m. Age: 1-5 Fee: \$55
8634 Sat 9:00-9:45 a.m. Age: 1-5 Fee: \$55

[NEW TIME]Sport & Social*

8636 Mon 7:00-8:30 p.m. Age: 14+ Fee: \$82.50
8635 Sat 1:30-4:00 p.m. Age: 16+ Fee: \$140

[NEW]Trifit

8637 Wed 6:00-7:00 p.m. Age: 8-14 Fee: \$55

Specialty Programs

Drama, junior **

8640 Fri 6:00-7:00 p.m. Age: 6-12 Fee: \$80

Drama, senior **

8641 Thu 6:00-8:00 p.m. Age: 12+ Fee \$190

1 on 1 Reading Program **

8642 Fri 5:00-5:30 p.m. Age: All Ages Fee \$110
8643 Fri 5:30-6:00 p.m. Age: All Ages Fee \$110
8644 Fri 6:00-6:30 p.m. Age: All Ages Fee \$110
8645 Fri 6:30-7:00 p.m. Age: All Ages Fee \$110

Group Reading Program **

8650 Tue 7:00-7:30 p.m. Age: 5-7 Fee \$55
8651 Tue 7:30-8:00 p.m. Age: 8-9 Fee \$55
8646 Wed 6:00-6:30 p.m. Age: 5-7 Fee \$55
8647 Wed 6:30-7:00 p.m. Age: 5-7 Fee \$55
8648 Wed 7:00-7:30 p.m. Age: 8-9 Fee \$55
8649 Wed 7:30-8:00 p.m. Age: 8-9 Fee \$55

Grassroots Gym Programs

Taekwondo, Children

8652 Mon 4:30-5:15 p.m. Age: 4-9 Fee: \$55
8653 Thu 4:30-5:15 p.m. Age: 4-9 Fee: \$55

Taekwondo, Family

8655 Mon 5:30-6:30 p.m. Age: 4+ Fee: \$55
8654 Wed 5:30-6:30 p.m. Age: 4+ Fee: \$55
8656 Sat 11:00 a.m.-12 noon Age: 4+ Fee: \$55

Taekwondo, special needs (1st year)*

8657 Mon 6:30-7:30 p.m. Age: 4+ Fee: \$55

Taekwondo, special needs (2nd year)*

8658 Wed 6:30-7:30 p.m. Age: 4+ Fee: \$55
8659 Sat 12 noon-1:00 p.m. Age: 4+ Fee: \$55

Taekwondo, special needs (3rd year)*

8660 Wed 7:30-8:30 p.m. Age: 4+ Fee: \$55

Taekwondo, Youth/Adult

8661 Mon 7:30-8:30 p.m. Age: 10+ Fee: \$55
8662 Wed 7:30-8:30 p.m. Age: 10+ Fee: \$55
8663 Sat 1:00-2:00 p.m. Age: 10+ Fee: \$55

Track & Field

8664 Tue 6:00-7:00 p.m. Age: 7-12 Fee: \$55
8665 Thu 6:00-7:00 p.m. Age: 7-12 Fee: \$55

Dance

8666 Tue 6:00-7:00 p.m. Age: 6-11 Fee: \$55

Wheelchair Basketball

8667 Sat 12 noon-2:00 p.m. Age: 6+ Fee: \$110

Judo

8668 Tue 7:00-8:00 p.m. Age: 7-12 Fee: \$55
8669 Tue 8:00-9:30 p.m. Age: 13+ Fee: \$82.50

Weightlifting

8670 Tue 6:30-7:30 p.m. Age: 12-18 Fee: \$55
8671 Sat 10:30-11:30 a.m. Age: 12-18 Fee: \$55

Private Lessons

One-On-One Fitness Conditioning* **

8672 Tue 5:00-5:30 p.m. Age: 4+ Fee: \$110
8673 Tue 5:30-6:00 p.m. Age: 4+ Fee: \$110
8674 Thu 5:00-5:30 p.m. Age: 4+ Fee: \$110
8675 Thu 5:30-6:00 p.m. Age: 4+ Fee: \$110

Flexible times are available at \$220 per session. Please call Katie at 416-699-7167 ext 283

Aquatics Programs

Learn-to-Swim Programs

Instructors reserve the right to refuse a participant's entry, if he or she has failed to pass the previous level's skill requirements. If parents/guardians wish to have their child's level of achievement evaluated, they may contact Kristina Chadwick at 416-699-7167 ext. 237.

Red Cross Preschool

Parent & Tot (Starfish, Duck, Sea Turtle)

8678	Mon	6:00-6:30 p.m.	Age: 4-36mths	Fee: \$55
8680	Thu	10:00-10:30 a.m.	Age: 4-36mths	Fee: \$55
8679	Sat	10:00-10:30 a.m.	Age: 4-36mths	Fee: \$55

Sea Turtle

8681	Mon	5:30-6:00 p.m.	Age: 3-5	Fee: \$55
8682	Tue	5:00-5:30 p.m.	Age: 3-5	Fee: \$55
8683	Tue	6:30-7:00 p.m.	Age: 3-5	Fee: \$55
8687	Wed	6:45-7:15 p.m.	Age: 3-5	Fee: \$55
8686	Thu	5:30-6:00 p.m.	Age: 3-5	Fee: \$55
8685	Sat	1:00-1:30 p.m.	Age: 3-5	Fee: \$55
8684	Sat	3:00-3:30 p.m.	Age: 3-5	Fee: \$55

Salamander

8690	Mon	5:00-5:30 p.m.	Age: 3-5	Fee: \$55
8691	Tue	6:00-6:30 p.m.	Age: 3-5	Fee: \$55
8692	Wed	5:30-6:00 p.m.	Age: 3-5	Fee: \$55
8689	Sat	2:00-2:30 p.m.	Age: 3-5	Fee: \$55

Salamander/Sunfish

8693	Thu	9:30-10:00 a.m.	Age: 3-5	Fee: \$55
8694	Thu	5:00-5:30 p.m.	Age: 3-5	Fee: \$55
8695	Sat	3:15-3:45 p.m.	Age: 3-5	Fee: \$55

Sunfish

8697	Mon	5:00-5:30 p.m.	Age: 3-5	Fee: \$55
8698	Tue	5:00-5:30 p.m.	Age: 3-5	Fee: \$55
8699	Wed	6:00-6:30 p.m.	Age: 3-5	Fee: \$55
8696	Sat	2:00-2:30 p.m.	Age: 3-5	Fee: \$55

Crocodile

8700	Mon	6:30-7:00 p.m.	Age: 3-5	Fee: \$55
8701	Tue	5:30-6:00 p.m.	Age: 3-5	Fee: \$55
8702	Thu	6:00-6:30 p.m.	Age: 3-5	Fee: \$55
8703	Sat	2:30-3:00 p.m.	Age: 3-5	Fee: \$55

Whale

8704	Mon	6:45-7:15 p.m.	Age: 3-5	Fee: \$55
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Red Cross Swim Kids

Level 1

8706	Mon	5:30-6:00 p.m.	Age: 6-18	Fee: \$55
8707	Wed	5:30-6:00 p.m.	Age: 6-18	Fee: \$55
8705	Sat	4:00-4:30 p.m.	Age: 6-18	Fee: \$55

Level 1/2

8708	Tue	6:00-6:30 p.m.	Age: 6-18	Fee: \$55
8709	Thu	6:30-7:00 p.m.	Age: 6-18	Fee: \$55
8710	Sat	1:30-2:00 p.m.	Age: 6-18	Fee: \$55

Level 2

8711	Mon	5:00-5:30 p.m.	Age: 6-18	Fee: \$55
8713	Wed	5:00-5:30 p.m.	Age: 6-18	Fee: \$55
8712	Sat	4:00-4:30 p.m.	Age: 6-18	Fee: \$55

Level 3

8719	Mon	5:30-6:00 p.m.	Age: 6-18	Fee: \$55
8714	Tue	5:30-6:00 p.m.	Age: 6-18	Fee: \$55
8715	Wed	6:00-6:30 p.m.	Age: 6-18	Fee: \$55
8716	Thu	6:00-6:30 p.m.	Age: 6-18	Fee: \$55
8717	Thu	7:00-7:30 p.m.	Age: 6-18	Fee: \$55
8718	Sat	1:30-2:00 p.m.	Age: 6-18	Fee: \$55

Level 4

8720	Mon	7:15-7:45 p.m.	Age: 6-18	Fee: \$55
8721	Tue	7:00-7:30 p.m.	Age: 6-18	Fee: \$55
8722	Wed	6:45-7:15 p.m.	Age: 6-18	Fee: \$55
8723	Thu	5:00-5:30 p.m.	Age: 6-18	Fee: \$55
8724	Sat	1:00-1:30 p.m.	Age: 6-18	Fee: \$55
8725	Sat	2:30-3:00 p.m.	Age: 6-18	Fee: \$55

Level 5

8726	Mon	6:15-6:45 p.m.	Age: 6-18	Fee: \$55
8729	Tue	7:00-7:30 p.m.	Age: 6-18	Fee: \$55
8727	Thu	5:30-6:00 p.m.	Age: 6-18	Fee: \$55

Level 5/6

8730	Mon	7:45-8:15 p.m.	Age: 6-18	Fee: \$55
8731	Wed	5:00-5:30 p.m.	Age: 6-18	Fee: \$55
8734	Wed	7:15-7:45 p.m.	Age: 6-18	Fee: \$55
8732	Sat	2:00-2:30 p.m.	Age: 6-18	Fee: \$55
8733	Sat	3:30-4:00 p.m.	Age: 6-18	Fee: \$55

Level 6

8736	Mon	7:00-7:30 p.m.	Age: 6-18	Fee: \$55
8738	Tue	6:30-7:00 p.m.	Age: 6-18	Fee: \$55
8737	Thu	6:30-7:00 p.m.	Age: 6-18	Fee: \$55
8735	Sat	2:30-3:00 p.m.	Age: 6-18	Fee: \$55

Level 7

8740	Mon	7:30-8:15 p.m.	Age: 6-18	Fee: \$82.50
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Level 7/8

8745	Tue	7:45-8:30 p.m.	Age: 6-18	Fee: \$82.50
8742	Wed	5:30-6:15 p.m.	Age: 6-18	Fee: \$82.50
8743	Thu	7:30-8:15 p.m.	Age: 6-18	Fee: \$82.50
8746	Sat	1:00-1:45 p.m.	Age: 6-18	Fee: \$82.50
8744	Sat	3:45-4:30 p.m.	Age: 6-18	Fee: \$82.50

Level 8

8747	Mon	8:15-9:00 p.m.	Age: 6-18	Fee: \$82.50
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Level 9/10

8750	Tue	8:15-9:00 p.m.	Age: 6-18	Fee: \$82.50
8751	Wed	8:00-8:45 p.m.	Age: 6-18	Fee: \$82.50
8752	Thu	8:15-9:00 p.m.	Age: 6-18	Fee: \$82.50
8753	Sat	3:15-4:00 p.m.	Age: 6-18	Fee: \$82.50

Adult Learn-to-Swim – Beginner Group Lesson

8754	Wed	7:30-8:15 p.m.	Age: 14+	Fee: \$82.50
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Grassroots Swim Programs

Flames Swimming, beginner

8755	Tue	5:00-5:30 p.m.	Age: 6+	Fee: \$55
8756	Fri	5:00-5:30 p.m.	Age: 6+	Fee: \$55

Flames Swimming, intermediate

8757	Tue	5:30-6:15 p.m.	Age: 6+	Fee: \$82.50
8758	Tue	6:15-7:00 p.m.	Age: 6+	Fee: \$82.50
8759	Fri	5:30-6:15 p.m.	Age: 6+	Fee: \$82.50
8760	Fri	6:30-7:15 p.m.	Age: 6+	Fee: \$82.50

Flames Swimming, advanced

8761	Tue	7:15-8:00 p.m.	Age: 6+	Fee: \$82.50
8762	Fri	7:15-8:00 p.m.	Age: 6+	Fee: \$82.50

Sunshine Swimming, beginner*

8763 Wed 5:00-5:30 p.m. Age: 6+ Fee: \$55

Sunshine Swimming, intermediate*

8764 Wed 6:30-7:15 p.m. Age: 6+ Fee: \$82.50

Sunshine Swimming, advanced*

8765 Wed 7:15-8:00 p.m. Age: 6+ Fee: \$82.50

Synchronized Swimming, beginner

8766 Thu 5:00-5:30 p.m. Age: 3-5 Fee: \$55

8767 Thu 5:30-6:00 p.m. Age: 6-7 Fee: \$55

Synchronized Swimming, intermediate

8768 Thu 6:15-7:00 p.m. Age: 7-10 Fee: \$55

Recreational Programs**Trifit**

8637 Wed 6:00-7:00 p.m. Age: 8-14 Fee: \$55

Individual Swimming Lessons**One-On-One Conditioning* ****

8789 Mon 1:30-2:00 p.m. Age: 4+ Fee: \$110

8790 Mon 2:00-2:30 p.m. Age: 4+

8791 Mon 2:30-3:00 p.m. Age: 4+

8792 Mon 3:00-3:30 p.m. Age: 4+

8793 Mon 3:30-4:00 p.m. Age: 4+

8796 Mon 5:00-5:30 p.m. Age: 4+

8781 Mon 5:30-6:00 p.m. Age: 4+

8783 Mon 6:00-6:30 p.m. Age: 4+

8784 Mon 6:30-7:00 p.m. Age: 4+

8785 Mon 7:00-7:30 p.m. Age: 4+

8787 Mon 7:30-8:00 p.m. Age: 4+

8794 Wed 1:30-2:00 p.m. Age: 4+

8795 Wed 2:00-2:30 p.m. Age: 4+

8770 Wed 2:30-3:00 p.m. Age: 4+

8771 Wed 3:00-3:30 p.m. Age: 4+

8772 Wed 3:30-4:00p.m. Age: 4+

8797 Wed 5:00-5:30 p.m. Age: 4+

8800 Wed 5:30-6:00 p.m. Age: 4+

8801 Wed 6:00-6:30 p.m. Age: 4+

8803 Wed 6:30-7:00 p.m. Age: 4+

8804 Wed 7:00-7:30 p.m. Age: 4+

8805 Wed 7:30-8:00 p.m. Age: 4+

8808 Thu 10:30-11:00 a.m. Age: 4+

8809 Thu 11:00-11:30 a.m. Age: 4+

8810 Thu 11:30-12:00 p.m. Age: 4+

8773 Fri 5:00-5:30 p.m. Age: 4+

8774 Fri 5:30-6:00 p.m. Age: 4+

8775 Fri 6:00-6:30 p.m. Age: 4+

8776 Fri 6:30-7:00 p.m. Age: 4+

8777 Fri 7:00-7:30 p.m. Age: 4+

8788 Fri 7:30-8:00 p.m. Age: 4+

8798 Sat 9:00-9:30 a.m. Age: 4+

8799 Sat 9:30-10:00 a.m. Age: 4+

8002 Sat 10:00-10:30 a.m. Age: 4+

8806 Sat 10:30-11:00 a.m. Age: 4+

8807 Sat 11:00-11:30 a.m. Age: 4+

8778 Sat 11:30 a.m.-12 noon Age: 4+

8779 Sat 12 noon-12:30 p.m. Age: 4+

8780 Sat 12:30-1:00 p.m. Age: 4+

8782 Sat 1:00-1:30 p.m. Age: 4+

8786 Sat 1:30-2:00 p.m. Age: 4+

Private swimming lessons for adults and children **

8817 Mon 5:00-5:30 p.m. Age: 4+ Fee \$200

8818 Mon 5:30-6:00 p.m. Age: 4+

8819 Mon 7:00-7:30 p.m. Age: 4+

8820 Mon 7:30-8:00 p.m. Age: 4+

8811 Fri 5:00-5:30 p.m. Age: 4+

8812 Fri 5:30-6:00 p.m. Age: 4+

8813 Fri 6:00-6:30 p.m. Age: 4+

8814 Fri 6:30-7:00 p.m. Age: 4+

8815 Fri 7:00-7:30 p.m. Age: 4+

8816 Fri 7:30-8:00 p.m. Age: 4+

8825 Sat 10:00-10:30 a.m. Age: 4+

8826 Sat 10:30-11:00 a.m. Age: 4+

8827 Sat 11:00-11:30 a.m. Age: 4+

8828 Sat 11:30-12:00p.m. Age: 4+

8821 Sat 12:30-1:00 p.m. Age: 4+

8822 Sat 1:00-1:30 p.m. Age: 4+

8823 Sat 1:30-2:00 p.m. Age: 4+

8824 Sat 2:00-2:30 p.m. Age: 4+

Aquatics Leadership Courses

A minimum number of students is required to run these courses.

Bronze Star **8829 Mon 8:00-8:45 p.m. Age: 12+ Fee: \$110
(no manual is required)**Bronze Medallion ****

8830 Wed 6:30-9:30 p.m. Age: 13+ Fee: \$150

8831 Mat: Can L.S. Manual* Fee: \$40

Bronze Medallion ** SUMMER 1 WEEK INTENSIVE

(Course will run for one week August 30-September 3, 2010)

8840 Mon-Fri 9 a.m. – 5 p.m. Age: 13+ Fee: \$150

8831 Mat: Can L.S. Manual* Fee: \$40

Bronze Cross **

Bronze Cross candidates must possess a valid Bronze Medallion certificate.

8832 Wed 6:30-9:30 p.m. Age: 13+ Fee: \$155

8831 Mat: Can L.S. Manual* Fee: \$40

Bronze Cross ** SUMMER 1 WEEK INTENSIVE

(Course will run for one week August 30-September 3, 2010)

Bronze Cross candidates must possess a valid Bronze Medallion certificate.

8841 Mon-Fri 9 a.m. – 5 p.m. Age: 13+ Fee: \$155

8831 Mat: Can L.S. Manual* Fee: \$40

*Participants must have a manual or register for one to participate in the Bronze Medallion and Cross courses. They will be handed out at the first class.

National Lifeguard Service (NLS) **

Candidates must hold Bronze Cross and current Standard First Aid & CPR certificate.

Age: 16+

Fee Members: \$220

Fee Non Member: \$250

(fee includes manual, certification fee and exam fee)

Course is run over 2 weekends: March 26-28 and April 9-11, 2010.

8588 Friday 5:30 p.m. - 9:30 p.m.
Saturday 8:00 a.m. - 5:00 p.m.
Sunday 8:00 a.m. - 5:00 p.m.**Water Safety Instructor (Red Cross) ****

Candidates must hold Bronze Cross or higher and AWSI certification. Age: 16+

Fee Members: \$220

Fee Non Member: \$250

(fee includes manual, certification fee and exam fee)

Course is run over 2 weekends: May 7-9 and May 14-16, 2010.

8589 Friday 5:30 p.m. - 9:30 p.m.
Saturday 8:00 a.m. - 5:00 p.m.
Sunday 8:00 a.m. - 5:00 p.m.

For more information regarding the Aquatic Leadership Courses please contact the pool office at 416-699-7167 x 242 or the Aquatics Coordinator, Kristina at x 237.

Registration Information

Registration Days and Times: Registration days and times are printed on page 1 of this guide. Please note that Special Needs Children have an exclusive registration period. Registration is subject to availability on a first come, first served basis. **Gold member children are limited to 2 free programs per session (ie. one aquatic and one fieldhouse program). Additional programs can be purchased at the listed price.**

1. Complete Registration Form: Complete the registration form, available at reception or online at www.varietyonario.ca/villAge. Ensure all program codes are included. Program codes are located beside program times. Ensure the waiver portion is signed.

2. Registration forms may be submitted the following ways (Please note: First day of registration is in person only)

Phone: Call 416-699-7167 ext. 221 during business hours and register by phone. You may only pay by credit card.

Drop-Off: Drop off registration form and payment at the reception desk during business hours. You may pay by cash, credit card or cheque.

Fax: Fax registration form to 416-699-3926 including credit card only payment information and expiry date.

Mail: Mail form and payment to: Membership Services
Variety VillAge, 3701 Danforth Ave., Scarborough, Ontario
M1N 2G2

You may pay by credit card or cheque. Please do not send cash.

Payment Information: Accepted credit cards are VISA, Mastercard and American Express.

Note: If your cheque does not clear, you must pay by cash or certified cheque (within two business days) the outstanding balance plus a \$25.00 NSF (non-sufficient funds) administration fee.

Age: specifications: Registrants must reach the specified minimum Age: of the program within three weeks of program start.

For your SAFETY: To ensure your health and safety, please make program staff aware of any medical conditions, medication requirements, behavioural issues, allergies or recent surgeries. All information will be treated confidentially.

Withdrawals and refunds: All registration cancellations/withdrawals must be initiated, and followed in writing, prior to the start of the program's third class/day only. No refunds or credits will be considered after this date. Withdrawals will be prorated based on the date of withdrawal, not based on attendance in the program. A \$15 administration fee will be deducted per person, per program for all refunds, withdrawals and credits. Requests must be submitted in writing, dated and delivered in person to the Membership Office at Variety VillAge, e-mailed or faxed to 416-699-3926.

Program cancellation: Variety VillAge: reserves the right to cancel or alter any programs, times, costs, or locations outlined in this guide without notice, due to lack of registration, change of policy, availability of space, instructors and special events. Refunds will be issued for course cancellations only. No refund for Gold Members.

Waiting lists: If you can't be accommodated, you may choose to be added to a waiting list.

Transfers: There is no transfer fee to move from one program to another or one class to another. Transfers are not permitted for certification programs after the first two weeks/classes.

Non-attendance policy: If you decide to no longer attend or a medical condition prevents you from attending, please be considerate and call 416-699-7167 to withdraw from the program. Otherwise, we may contact you and ask you to leave the program so someone from the waiting list can join.

For Red Cross Swimming programs, we reserve the right to cancel without calling if participants miss the first two weeks of the program without notifying us.

Summer Program Schedule will be available in June.

Contact Information

Variety VillAge:
3701 Danforth Ave., Scarborough, ON M1N 2G2
Main Number: 416-699-7167
Toll Free: 1-800-387-7686
TTY: 416-699-8147
Main Fax: 416-699-3926
Web: www.varietyonario.ca/villAge

Description of Programs and Services at Variety Village

Variety Village offers a wide range of programming to our members of all abilities – and we want to make it easy for you to keep track of everything that we have to offer. For the latest scheduling details, please look for the separate program schedule at reception. You can also find them online at www.varietyonario.ca/village. For each session there will be an updated schedule.

Registration is necessary for each session since programs have class limits. Register early to avoid disappointment. Registration dates will be posted around the Village and online.

*Denotes programs for members with special needs only.

Drop-in Fitness Classes

Aquafit

Find out why our water-based fitness class has become so popular. Improve your cardiovascular fitness and muscle tone through low impact movements. Exercise at your own rate and choose to use the deep end or shallow end. Age: 14+.

Cardio & Weights

In this class learn proper exercise techniques. Increase muscle tone and exercise your heart at the same time. Please wear supportive shoes and bring your own 3lb and 5lb dumbbells. Age: 14+.

New Body

New Body is a fusion of cardio conditioning, weight training and Pilates that will reinvigorate your morning workout and leave you energized for the rest of the day. This combination workout will keep your muscles guessing and improve endurance and strength to create the New YOU. Age: 14+.

Stability & Tone

This program is designed to improve your strength, coordination and flexibility while providing aerobic conditioning. It incorporates equipment such as stability, medicine balls and weights. Age: 14+.

Wednesday Morning Workout

Using the cushioned indoor track this workout routine will focus on the combination of walking and running to distribute the workload among a variety of muscles. This will provide you with a great cardio workout. Age: 14+.

Fit in Action

Participate in low to moderate intensity plyometrics, strength training and aerobic exercise. This stimulating program will increase your metabolism, flexibility, and heart rate. Burn calories hours after your workout while achieving a healthy state of mind. Age: 14+.

Kickboxing

This empowering workout incorporates moves from boxing and self-defense. This intense cardio workout will include boxing moves such as jabs, hooks and uppercuts in combination with various kickboxing and self-defense moves to provide a fabulous workout for people of all skill levels. Come and take a jab at it! Age 14+

[NEW] The Cardio Challenge

This half an hour class will raise your heart beat and give you a great cardio workout. Enjoy different workout styles and challenge your body to keep up. Age: 14+.

[NEW] AB Blast

Blast your Abdominals with this muscle toning, muscle firming and muscle strengthening class. Get that stomach and back beach ready! Perfect for those who need to spice up their abdominal routine or push it to the limit. Age: 14+.

Latin Rhythms

This fast paced class will get you moving to the beats of Salsa, meringue and much more. Break a sweat while you learn dance moves that will transfer to the dance floor. Age: 14+.

Chair Fitness *

Warm up and exercises leading into games in a group setting to enhance individual fitness. Class is facilitated in an encouraging and social atmosphere. Age: 14+.

Drop-in Children Classes

Kids' Zone

Looking for a great workout and need a safe place for your children to play? Kids' Zone is a supervised play area for kids where they will be safe and have fun! Participants must be independent or come with an attendant. Parents must be in a fitness class/working out to drop their children off at a Kids' Zone.

Age: Aquatics: 5-12

Field House: 3-7

Wellness Classes

Pilates

Pilates is a great way to improve your posture, align your body, and increase strength using the principles of core control, breathing and muscular integration. Pilates incorporates elements of Yoga, Greco Roman exercise. Age: 14+.

Tai Chi

The practice of Tai Chi is a well-known method of staying healthy, balanced, and strong. It's an ideal exercise for members of all ages. Age: 14+.

Yoga

Learn yoga positions, breathing patterns and stretching techniques. Make the body and mind connect in this class by increasing flexibility and releasing tensions. Age: 14+.

Hatha Yoga

Hatha Yoga is an ancient practice that integrates physical postures, breathing techniques and meditation to promote health and well-being. The main benefits of Hatha Yoga include greater self-awareness, increased mental clarity, stress release and improved physical fitness. Age: 14+.

Drop In Pay-Per Class Classes

Yoga Stretch

Come to workout in the morning? Never get a good post workout stretch? Enjoy an hour of relaxation and stretches using Yoga techniques.

Adult Volleyball

Looking to play in a recreational volleyball league environment? Come register for adult volleyball. Sign up with friends or as an individual. This program will take place in the fieldhouse. Age: 19+.

[NEW] Latin Rhythms presents "FUEGO"

This five week hour and a half class will take you through an intense Latin dance cardio workout. Dance to the beat of Salsa, Merengue and much more. Join the party, feel the burn and get addicted! Age: 14+. (5 weeks only - May 4th - June 1st)

Fieldhouse Programs

Recreational Programs

[NEW] The Adrenaline Challenge

This class will give your youth a workout without feeling like an exercise class. Each week participants will be challenged mentally and physically and complete tasks that will give them stamina and confidence to live their daily lives. Ages: 9-14

[NEW] Adventure Warriors

Adventure Warriors will get the chance to climb the rock wall, participate in team sports, swing on the high elements course, and learn new outdoor extreme games, play Gladiator activities and much more. The activities in the class promote team building and improve fitness. Age: 5-8; 9-12.

Boccia*

Boccia can be enjoyed by people with special needs of all ages and a wide range of abilities. The game involves planning and strategy. Boccia develops hand eye coordination in a fun environment. Age: 6+.

Progressive Children in Motion Level 1

This NEW and exciting change to the Children in Motion program is designed to focus on fundamentals and sport improvement. The program is a noncompetitive, developmental program that prepares participants to participate successfully and independently in CIM Level 2 and 3.

Further assessments will be made on weeks 1 and 2 of each session to place participants in their appropriate level. A level 1 participant must be accompanied by a parent or attendant. Ages 3 - 12

Progressive Children in Motion Level 2

Challenging skills and new concepts are introduced. The emphasis is on individual motor skill development and fitness. This class will reinforce skills learned in Level 1 such as, listening and following instructions. They will also be focusing of fine and gross motor skills. Advanced skills are developed using fun games.

Age: 3 - 12

Progressive Children in Motion Level 3

Advanced skill development games are played. Emphasis is on teamwork and fitness.

Age: 3 - 12

Floor Hockey

Enjoy the intensity of floor hockey in a recreational setting. Based on registration numbers, players are organized into teams.

Age: 5-10; 11+.

Multisport

What is your child's favorite sport? Don't know? Multisport gives children the opportunity to try a different sport every week. Program activities promote team building, self-confidence and fitness. Age: 5-8; 9-13.

KinderGym

A great alternative to the park, socialize with other parents and children while participating in fun and unique activities. Circle games and activity stations are the basis of this program. Age: 1-5.

Sport & Social*

Sport & social is a program for young adults with disabilities. This successful program includes gym, crafts, cooking & group outings presented in a social atmosphere. Age: 14+ or 16+.

[NEW] Tri Fit

This is a great introductory program into the world of Triathlons. Triathlons are composed of 3 components swimming, biking and running. The Tri Fit program will introduce young people to activities they can participate in for years to come.

Age: 7-12

Specialty Programs

Drama

This program promotes creative movement through stories and fun interactive drama workshops in a completely integrated atmosphere. It provides participants with opportunities to use their imagination and communication skills. Students will put on a performance for family members and staff at the end of the session.

Junior Drama - Age: 6 – 12

Senior Drama - Age: 12+

Reading Development Clinic

1 on 1 Reading Age: All ages

Group Reading Age: 5-7, 7-9

Help increase your child's reading ability and comprehension skills through group discussion, reflection and activities. Group reading classes provide your son or daughter with a comfortable reading environment to develop strengths in making inferences, predictions, and comparisons.

Grassroots Athletic Programs

Grassroots athletic programs are an introduction to Variety Village's competitive sport teams. Each sport-specific program develops the techniques and skills that help children and youth prepare to participate and compete on one of Variety Village's athletic teams.

Tae Kwon Do

This introductory program offers children, youth and adults of all abilities the opportunity to develop fitness, balance, coordination, strength, and self-discipline. Students can participate recreationally or test for belts. Age: 4+.

Track & Field

This demanding program is for participants looking for an introduction to Track & Field. The program consists of one hour of training for distance runners and sprinters including a proper warm-up and a workout specific to their event. Age: 7-12.

Dance

This program is ideal as an introduction to the world of dance. By learning basic dance moves, participants will put together one dance piece for parents at the end of the session. Ages: 6 – 11yrs

Wheelchair Basketball

Our wheelchair basketball program gives beginners and experienced players the opportunity to compete in organized, timed and officiated games. Games take place in a recreational setting. Wheelchairs are provided. Age: 6+.

Judo

Welcome to the sport of judo, the first martial art to be included in the Olympics. Lead by Alex, a Kodokan black belt and NCCP coach. This program will teach grappling, wrestling, throwing techniques and discipline with an emphasis on fun. Judo will run all year with the goal of promoting students through their belts.

Ages: 7-12 and 13+

Weightlifting

This is the ideal program for someone looking for strength training and an introduction to Olympic Weightlifting. It's also an excellent program for athletes already training in a specific sport and looking for a program to increase overall athletic performance and self-confidence. Age: 12-18.

Private Fitness Lessons

Private lessons in the Fieldhouse are a great way to learn new skills and improve fitness. This program is for members with special needs only.

One-on-One Conditioning for members with Special needs*

Individual instruction in the Fieldhouse for 30 minutes to increase your coordination, endurance and flexibility. Age: 4+.

Aquatics Programs

Learn-to-Swim Programs

Red Cross Swim Preschool

The Red Cross Swim Preschool program is a fun seven-level program with flexible entry and exit points. Children enter levels based on age and ability and then can progress through the levels.

The seven levels increase opportunity for parents and their children to take swimming and water safety lessons together – babies as young as four months old may be enrolled. Older preschoolers learn in small groups with qualified instructors.

Please direct any inquires regarding levels to our Aquatics staff.

Please note: Parents of swimmers aged 4-36 months are required to participate in the water with their child. Parents of swimmers aged 3 years+ must stay on deck for the duration of the class and may be required to enter the water.

Starfish, Duck and Sea Turtle

Age: 4 months-36 months.

Sea Turtle Age: 3-5.

Salamander Age: 3-5.

Sunfish Age: 3-5.

Crocodile Age: 3-5.

Whale Age: 3-5.

Red Cross Swim Kids

Red Cross Swim Kids is a ten-level progressive program.

Swimmers are active and in the water throughout the course as they learn swimming and water safety skills.

For a detailed description of the Red Cross Swim Kids program, please direct any inquiries to our Aquatics staff.

Level 1 to 10 Age: 6+.

Adult Learn-to-Swim – Beginner Group Lesson

For beginner swimmers who would like to learn the basic swimming skills such as floats, rhythmic breathing, front crawl, back crawl etc. Working towards being comfortable swimming in the deep end and treading water.

Age: 16+

Grassroots Aquatic Programs

Grassroots Athletic Programs are an introduction to Variety Village's competitive sport teams. Each sport specific program develops the techniques and skills that help children and youth prepare to participate and compete on one of Variety Village's athletic teams.

Flames Grassroots

This program helps participants develop swimming techniques and progress towards becoming a competitive swimmer. Swimmers learn the four competitive swim strokes, racing dives, fast turns and the rules of competition.

Please review requirements for each level.

Beginner

Focus is on discovery, kicking and breath control. This level introduces swimming skills and basic competitive strokes. Swimmers learn to be independent in chest deep water. Age: 6+.

Intermediate

Focus is on stroke technique and development. This level develops the basic competitive strokes, skills while increase endurance. Swimmers must be able to swim two widths of the shallow end, be independent in the water and comfortable with submerging their head. Age: 6+.

Advanced

Focus is on competition and pre-competition. This level teaches the rules of competition and refines strokes and skills. Swimmers must know the basic skills for all four competitive strokes. Age: 6+.

Sunshine Grassroots

This program will assist participants with developmental disabilities through a three-step program to learn to swim competitively. Participants will learn about being safe in an aquatics center while improving their swimming skills, techniques, coordination, endurance and speed. Participants will be encouraged and challenged to achieve their own individual goals through fun activities.

Please review requirements for each level.

Beginner

Focus is on discovery, kicking and breath control. This level introduces swimming skills and basic competitive strokes. Swimmers must be independent and comfortable in chest deep water. Age: 6+.

Intermediate

Focus is on stroke technique and development. In this level, swimmers must be able to support themselves for two widths in the shallow end, be independent in the water and comfortable submerging their head. Age: 6+.

Advanced

Focus is on introduction to competition and pre-competition. This level focuses on learning the rules of competition and becoming a more efficient swimmer. Swimmers must know basic skills for all four competitive strokes. Age: 6+.

Synchro Grassroots

The objective of this program is to develop strokes, figures, flexibility, and overall swimming ability. Use this program as a stepping stone to competitive synchronized swimming. As a Synchro Grassroots participant, you will be invited to Variety Village Synchro Club social events and shows. This program is designed for individuals who look for something different, fun and innovative.

Please review requirements for each level.

Beginner

Focus is on swimming skills and learning the basics of synchronized swimming such as body positions and sculling as well as water safety. Age: 3-5, 5-7.

Intermediate

Focus is on stroke development and endurance. Participants will learn sculling, positions, transitions and more. There will also be work on synchronized routine development. Age: 7-10.

Private Swim Lessons

Private swim lessons are a great way to learn and improve your swimming skills. The lessons are held for 30 minutes at the appropriate depth and are tailored to the swimmer's individual needs.

One-on-One Conditioning* Age: 4+.

Private Swimming Lessons Age: 4+

Aquatic Leadership Programs

Please note - Check all prerequisites. Classes include in-water time as well as classroom time and attendance of all days and times is mandatory.

Bronze Star

Bronze Star award is the pre-Bronze Medallion training standard and it provides excellent preparation for success in obtaining the Bronze Medallion award. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and as a group. Candidates learn cardiopulmonary resuscitation (CPR), and develop Water Smart confidence and the lifesaving skills needed to be their own personal lifeguard.

Age: 12+

Bronze Medallion, Emergency First Aid & CPR B

Bronze Medallion teaches lifesaving principles. Rescuers learn tows and carries, and defense and release methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim.

Age: 13+ or Bronze Star Award.

Materials: Canadian Lifesaving Manual

Bronze Cross

Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Water Safety Instructor certification. Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision of aquatic facilities. It includes a timed 600-metre swim.

Prerequisite: Bronze Medallion and Emergency First Aid + CPR B.

Age: 14+.

Materials: Canadian Lifesaving Manual

National Lifeguard Service (NLS)

National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country, and the only certificate recognized by the province of Ontario.

Prerequisite: Bronze Cross and current Standard First Aid & CPR.

Age: 16+

Materials: Alert – Lifeguarding in Action

Water Safety Instructor (Red Cross)

The Water Safety Instructor course is designed to enable successful candidates to teach the Red Cross Preschool and Swim Kids programs. The focus will be on teaching strategies, progression breakdown of skills and water safety skills.

Prerequisite: Bronze Cross or higher and AWSI certification.

Age: 16+

Materials: RC Water Safety Services – Instructor Manual

Other Programs and Services at Variety Village

Sports Camps

Are you a parent looking for a fun place for your kids to be active and busy during spring or summer break? Variety Village offers a broad range of integrated full-day camps for participants of all abilities, ages 4 to 20+.

Our camp experience includes:

- A combination of sports, swimming, games and activities – all under one roof;
- A fun way to learn new skills, make new friends, and enhance self-esteem;
- An inclusive and barrier-free environment with experienced camp counselors.

We also offer **Kid Development Day Camps** for children off school on P.D. days and a special **Holiday Camp** between Christmas and New Year's.

For more information, visit www.varietyyontario.ca/village/camp.htm and download our camp information.

Personal Training

Need a change in your fitness routine? Let our personal trainers design a new program to help motivate and guide you towards your health and fitness goals.

Personal training is available to all members during regular membership hours. For packages, rates or more details please contact Debbie at 416-699-7167 ext 238 or e-mail dmurray@varietyvillage.on.ca.

Variety Village Athletic Clubs (VVAC)

Our young athletes compete in many sports, including competitive swimming, synchronized swimming, wheelchair basketball, Track & Field, weightlifting and martial arts. Competitions are held both at Variety Village and at other locations throughout Canada and North America.

For more information, visit our website at www.varietyyontario.ca/village/teams.htm.

Variety Village LINKS Program

LINKS is a program for young adults, 20+, with developmental disabilities to gain independence through continuing education, life skills, sports and employability skills.

Registration is on-going. Participants are encouraged to register for a minimum of 2 days per week.

For more information, visit our website at www.varietyyontario.ca/village/links.htm.

Physiotherapy at Variety Village

East Toronto Orthopaedic & Sports Injury Clinic

The clinic offers physiotherapy and rehabilitation services, with an emphasis on manual therapy and rehabilitation exercise. All associates have extensive training in manual and manipulative physiotherapy, exercise therapy and other therapies.

Please note: To book an appointment or for more information call the associates' office at 416-691-3943 ext 0 or email admin1@easttorontophysiotherapy.com.

Paediatric Physiotherapy Associates

Paediatric Physiotherapy Associates offers private physiotherapy services to children 0-18 years of age. Clients have access to assessment and physiotherapy treatment for a wide variety of conditions.

To book an appointment or for more information call their office at 416-358-1382 or email paedphysio@sympatico.ca.

See physiotherapy brochure for more details.

Outreach (Diversity in Action)

The Outreach program provides groups of students, educators, coaches, service industry leaders and participants from municipality's practical experiences to promote inclusive physical education activities. For more information, visit www.varietyyontario.ca/whatwedo/workshops.htm.

Certification Program

The Certification Program is for students, educators, parents or coaches who want to increase their awareness of people with diverse abilities. This three-level program teaches them how to remove the barriers facing people with disabilities and provide them with opportunities. Learn more at www.varietyyontario.ca/whatwedo/inclusion.htm.

Coop and Placement Program

Variety Village offers high school, college and university students the opportunity to apply their classroom knowledge and training to a work-related setting. The students participate and assist in all areas of Village programming. For more information, visit www.varietyyontario.ca/whatwedo/coop.htm.