

# FALL 2025

## PROGRAM GUIDE



LILY ROCHON

U18 NATIONAL CHAMPION 2025



# Kids Activities

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

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

## **Kinder Fit** Ages 5 to 6

Your kindergartener gets to run, jump, throw, catch and play with lots of fun obstacles, game and activities. **No Class 11 & 13.**

## **Kid Yoga** Ages 5 to 8

Learn some yoga poses with fun and interactive cosmic yoga videos. Coaches will also play yoga games with the kids and tell stories through our poses. **No class Oct 14.**

## **Yoga Junior** Ages 9 to 12

Guided by an experienced instructor, this beginner-friendly yoga clinic features accessible poses, breathing techniques, and mindful movement. Participants improve flexibility, strength, and focus in a relaxed, supportive setting. Yoga video may be used if there is an instructor substitute.

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

This fun-filled clinic lets kids burn off energy and express themselves through movement! With an instructor leading from the stage, participants follow along to kid friendly music.

It's a great way to build coordination, stay active, and boost confidence, all while dancing and having fun. No experience needed, just bring your energy! Dance videos may be used if there is a substitute instructor. **No class Oct 13.**

## **Zumba Junior** Ages 9 to 12

Led by an energetic instructor on stage, participants follow fun, choreographed routines to popular, age-appropriate music.

It's a great way to stay active, improve coordination, and build confidence in a positive, social environment. No dance experience needed, just come ready to have fun! Dance videos may be used if there is a substitute instructor. **No class Oct 13.**

Program	Clinic	Day	Time	Date	Ends	Price
<b>Preschool Fit</b> Age 3 to 4	F307 <i>Session 1</i>	Tues	4:15 to 5:00 pm	Sept 9	Oct 21	\$75.00 7 Weeks
	F309 <i>Session 1</i>	Thurs	4:15 to 5:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F311 <i>Session 1</i>	Sat	10:00 to 10:40 am	Sept 13	Oct 25	\$64.00 6 Weeks
	F308 <i>Session 2</i>	Tue	4:00 to 4:45 pm	Oct 28	Dec 9	\$75.00 7 Weeks
	F310 <i>Session 2</i>	Thurs	4:00 to 4:45 pm	Oct 30	Dec 11	\$75.00 7 Weeks
	F312 <i>Session 2</i>	Sat	10:00 to 10:40 am	Nov 1	Dec 13	\$75.00 7 Weeks
<b>Kinder Fit</b> Age 5 to 6	F313 <i>Session 1</i>	Mon	5:00 to 6:00 pm	Sept 8	Oct 20	\$64.00 6 Weeks
	F315 <i>Session 1</i>	Wed	5:00 to 6:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F317 <i>Session 1</i>	Sat	10:45 to 11:30 am	Sept 13	Oct 25	\$64.00 6 Weeks
	F314 <i>Session 2</i>	Mon	5:00 to 6:00 pm	Oct 27	Dec 8	\$75.00 7 Weeks
	F316 <i>Session 2</i>	Wed	5:00 to 6:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
	F318 <i>Session 2</i>	Sat	10:45 to 11:30 am	Nov 1	Dec 13	\$75.00 7 Weeks
<b>Kid Yoga</b> Age 5 to 8	F327 <i>Session 1</i>	Tue	4:45 to 5:30 pm	Sept 9	Oct 21	\$75.00 7 Weeks
	F328 <i>Session 2</i>	Tue	4:45 to 5:30 pm	Oct 28	Dec 9	\$75.00 7 Weeks
<b>Jr Yoga</b> Age 9 to 12	F329 <i>Session 1</i>	Thurs	4:30 to 5:20 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F330 <i>Session 2</i>	Thurs	4:30 to 5:20 pm	Oct 30	Dec 11	\$75.00 7 Weeks
<b>Kid Zumba</b> Age 5 to 8	F333 <i>Session 1</i>	Mon	4:00 to 4:45 pm	Sept 8	Oct 20	\$64.00 6 Weeks
	F334 <i>Session 2</i>	Mon	4:00 to 4:45 pm	Oct 27	Dec 8	\$75.00 7 Weeks
<b>Zumba Junior</b> Age 9 to 12	F335 <i>Session 1</i>	Mon	4:45 to 5:30 pm	Sept 8	Oct 20	\$64.00 6 Weeks
	F336 <i>Session 1</i>	Mon	4:45 to 5:30 pm	Oct 27	Dec 8	\$75.00 7 Weeks
<b>Home Alone</b>	F600.1 <i>Session 2</i>	Tue	4:15 to 5:15 pm	Oct 28	Dec 9	\$75 <i>Members</i> \$90 <i>Guests</i>

## Home Alone Safety For Kids Ages 9 to 12

This program helps children and their families get ready for their child's first steps towards independence; being without adult supervision for short periods of time. Safety and accident prevention are the common themes throughout the program.

*Street Smarts | Bike Safety | Online Safety  
Kitchen Safety | Home Fire Safety  
Sibling Rivalry | Preventing Accidents  
Basic First Aid Skills | Handling Emergencies  
People Safety ("Tricky People" & Safe Strangers)*

Kids learn valuable life skills to help make safer choices when on their own. All participants who attend our program will receive the Home Alone Safety For Kids manual and certificate of attendance. Please note 100% attendance is required for certification. Contact [aquiros@ontarioracquetclub.com](mailto:aquiros@ontarioracquetclub.com) with questions.



## Have a Family Membership?

All blue, logo'd classes are included in your membership, up to two weekly classes per session.

### **Art Club** Ages 5 to 12

This class is a creative space for young artists to explore their imagination. Through drawing, painting, and hands-on projects, kids will learn basic art skills while expressing themselves freely.

### **T-Ball** Ages 5 to 6

Swing, run, and have a blast at our action-packed indoor T-Ball clinic! Perfect for young sluggers learning the basics – hitting, catching, and teamwork – all in a fun, safe, and energetic environment. Bring your own glove or use one of ours. We will use tennis balls to be safe. Let's play ball!

### **Kinder Basketball** Ages 5 to 6

This beginner clinic is designed for young kids who are just being introduced to the sport. Through fun games and simple activities, we teach basic skills like dribbling, passing, and shooting. The focus is on movement, teamwork, and building love for the game. **No class Oct 12.**

### **Basketball Kid** Ages 7 to 9

Progression drills and games are used for the appropriate age/level. Every week kids get to learn warm ups, drills, skills games and scrimmage. **No class Oct 12 & 13.**

### **Junior Basketball** Ages 9 to 12

This class is for kids with some basketball experience who are building their basic skills and growing their love for the game. We focus on improving dribbling, shooting, passing, and game awareness through fun drills and team play. Players will develop confidence, coordination, and teamwork in a positive environment.

### **Pickleball Junior** Ages 9 to 12

This fun clinic is for kids new to pickleball or still learning the basics. We focus on skills like paddle grip, basic strokes and game rules. Kids build confidence, teamwork, and sportsmanship in a supportive environment. No experience needed - just come ready have fun! **No Class Oct 13.**

## Registration Dates

Sign Up for Session 1 Programs on  
**Monday August 11th at 10:00 am**

Sign Up for Session 2 Programs on  
**Monday October 6th at 10:00 am**

Program	Clinic	Day	Time	Date	Ends	Price
<b>Kinder Art</b> Age 5 to 6	F301 Session 1	Tues	5:15 to 6:00 pm	Sept 9	Oct 21	\$75.00 7 Weeks
	F302 Session 2	Tues	5:15 to 6:00 pm	Oct 28	Dec 9	\$75.00 7 Weeks
<b>Kids Art</b> Age 7 to 9	F303 Session 1	Thurs	5:00 to 6:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F304 Session 2	Thurs	5:00 to 6:00 pm	Oct 30	Dec 11	\$75.00 7 Weeks
<b>Junior Art</b> Age 9 to 12	F305 Session 1	Fri	4:00 to 5:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F306 Session 2	Fri	4:00 to 5:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
<b>T-Ball</b> Age 5 to 6	F371 Session 1	Fri	4:00 to 5:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F372 Session 2	Fri	4:00 to 5:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
<b>Kinder B-Ball</b> Ages 5 to 6	F337 Session 1	Wed	4:00 to 5:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F339 Session 1	Fri	5:00 to 6:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F341 Session 1	Sun	11:00 to 12:00 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F338 Session 2	Wed	4:00 to 5:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
	F340 Session 2	Fri	5:00 to 5:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
	F342 Session 2	Sun	10:00 to 11:00 am	Nov 2	Dec 14	\$75.00 7 Weeks
<b>Kid B-Ball</b> Ages 7 to 9	F343 Session 1	Mon	5:00 to 6:00 pm	Sept 8	Oct 20	\$64.00 6 Weeks
	F345 Session 1	Wed	4:00 to 5:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F347 Session 2	Sun	10:00 to 11:00 am	Sept 14	Oct 26	\$64.00 6 Weeks
	F344 Session 2	Mon	5:00 to 6:00 pm	Oct 27	Dec 8	\$75.00 7 Weeks
	F346 Session 2	Wed	4:00 to 5:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
	F348 Session 2	Sun	10:00 to 11:00 am	Nov 2	Dec 14	\$75.00 7 Weeks
<b>Junior B-Ball</b> Ages 9 to 12	F349 Session 1	Wed	6:00 to 7:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F350 Session 2	Wed	6:00 to 7:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
<b>Pickleball Junior</b> Ages 9 to 12	F351 Session 1	Mon	4:00 to 5:00 pm	Sept 8	Oct 20	\$64.00 6 Weeks
	F352 Session 2	Mon	4:00 to 5:00 pm	Oct 27	Dec 8	\$75.00 7 Weeks

## **Soccer** Ages 5 to 12

Progression drills and games are used for the appropriate age and level. Every week kids get to learn warm ups, drills, skills games and scrimmage. **No class Oct 11 & 12.**

## **Track & Field** Ages 7 to 2

Every sport requires skill in running, jumping and throwing. This clinic will teach your kids how to use proper technique to excel at sports & play. Let's help our kids join the school track and cross country teams!

## **Babysitter's Course** Ages 11 to 15

In this course, participants learn how to run a small babysitting business, supervising children in a safe and responsible manner. This course covers:

*Caring for Children of All Ages  
Finding Clients and Making Money  
Creating Safe Environments | Preventing Accidents  
Fire Safety | Emergency Situations | Basic First Aid  
Good Decision-Making | Leadership Skills*

A snack will be provided, participants can also bring their own lunch. Participants take home a Babysitter's Manual and certification card (100% attendance required). Contact [aquiros@ontarioracquetclub.com](mailto:aquiros@ontarioracquetclub.com) with questions.

Clinic	Day	Time	Date	Ends	Price
F602.1 Session 2	Sat	9:00 am to 1:00 pm	Nov 8	Nov 15	\$75 Members \$85 Guests

Program	Clinic	Day	Time	Date	Ends	Price
<b>Soccer Kinder</b> Age 5 to 6	F355 Session 1	Tues	4:00 to 5:00 pm	Sept 9	Oct 21	\$75.00 7 Weeks
	F357 Session 1	Thurs	5:00 to 6:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F359 Session 1	Sun	11:00 to 12:00 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F356 Session 2	Tue	4:00 to 5:00 pm	Oct 28	Dec 9	\$75.00 7 Weeks
	F358 Session 2	Thurs	5:00 to 6:00 pm	Oct 30	Dec 11	\$75.00 7 Weeks
	F360 Session 2	Sun	11:00 to 12:00 pm	Nov 2	Dec 14	\$75.00 7 Weeks
<b>Kid Soccer</b> Age 7 to 9	F361 Session 1	Tues	5:00 to 6:00 pm	Sept 9	Oct 21	\$75.00 7 Weeks
	F363 Session 1	Thurs	4:00 to 5:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F365 Session 2	Sat	10:45 to 11:30 am	Sept 13	Oct 24	\$64.00 6 Weeks
	F362 Session 2	Tues	5:00 to 6:00 pm	Oct 28	Dec 9	\$75.00 7 Weeks
	F364 Session 2	Thurs	4:00 to 5:00 pm	Oct 30	Dec 11	\$75.00 7 Weeks
	F366 Session 2	Sat	10:45 to 11:30 am	Nov 1	Dec 13	\$75.00 7 Weeks
<b>Soccer Junior</b> Age 9 to 12	F367 Session 1	Thurs	5:00 to 6:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F368 Session 2	Thurs	5:00 to 6:00 pm	Oct 30	Dec 11	\$75.00 7 Weeks
<b>Track &amp; Field Kid</b> Age 7 to 9	F373 Session 1	Tue	4:00 to 5:00 pm	Sept 9	Oct 21	\$75.00 7 Weeks
	F375 Session 1	Fri	4:00 to 5:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F374 Session 2	Tue	4:00 to 5:00 pm	Oct 28	Dec 9	\$75.00 7 Weeks
	F376 Session 2	Fri	4:00 to 5:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
<b>Track &amp; Field Jr</b> Age 9 to 12	F377 Session 1	Thurs	4:00 to 5:00 pm	Sept 11	Oct 23	\$75.00 7 Weeks
	F378 Session 2	Thurs	4:00 to 5:00 pm	Oct 30	Dec 11	\$75.00 7 Weeks

## **Karate** Ages 5 to 16

Sensei Cody Fisher has over 10 years of martial arts experience, including karate, jiu-jitsu and wrestling. Also a math and science teacher, he has achieved a 2nd degree black belt in karate, purple belt in jiu-jitsu and attended national competitions in wrestling.

His karate style includes traditional ways such as kata (karate forms), kihon (the basics), kumite (controlled sparring), and kai (spirit).

Program	Clinic	Day	Time	Date	Ends	Price
<b>Karate</b> Age 5 to 9	F803 Session 1	Wed	6:05 to 6:50 pm	Sept 10	Oct 22	\$105.00 7 Weeks
	F801 Session 1	Thurs	5:30 to 6:15 pm	Sept 11	Oct 23	\$105.00 7 Weeks
	F805 Session 1	Fri	5:30 to 6:15 pm	Sept 12	Oct 24	\$105.00 7 Weeks
	F804 Session 2	Wed	6:05 to 6:50 pm	Oct 29	Dec 10	\$105.00 7 Weeks
	F802 Session 2	Thurs	5:30 to 6:15 pm	Oct 30	Dec 11	\$105.00 7 Weeks
	F806 Session 2	Fri	5:30 to 6:15 pm	Oct 31	Dec 12	\$105.00 7 Weeks
<b>Karate Teen</b> Age 10 to 16	F807 Session 1	Thurs	6:15 to 7:15 pm	Sept 11	Oct 23	\$105.00 7 Weeks
	F809 Session 1	Fri	6:15 to 7:15 pm	Sept 12	Oct 24	\$105.00 7 Weeks
	F808 Session 2	Thurs	6:15 to 7:15 pm	Oct 30	Dec 11	\$105.00 7 Weeks
	F810 Session 2	Fri	6:15 to 7:15 pm	Oct 31	Dec 12	\$105.00 7 Weeks

## Volleyball Junior Ages 9 to 12

This junior volleyball clinic is perfect for kids who are learning the fundamentals of the game. We focus on basic skills and teamwork through fun drills and games. Players will build confidence, coordination, and a strong foundation in a supportive environment. Great for beginners or those looking to improve!

## Sports Performance Academy

**Ages 9 to 12** - Enhance the performance of athletes at all levels. Our mission is to develop explosive, well-conditioned athletes who excel in their sport through training - improving foot work, speed and coordination. Focus will be on skipping rope, running technique, sprints, movement and coordination.

## Badminton Ages 9 to 16

Classes consist of a round-robin supervised by an NCCP certified pro with a seven week commitment from players. We supply birds and racquets.

Program	Clinic	Day	Time	Date	Ends	Price
Volleyball Junior Age 9 to 12	F379 Session 1	Wed	5:00 to 6:00 pm	Sept 10	Oct 22	\$75.00 7 Weeks
	F381 Session 1	Fri	5:00 to 6:00 pm	Sept 12	Oct 24	\$75.00 7 Weeks
	F379 Session 1	Wed	5:00 to 6:00 pm	Oct 29	Dec 10	\$75.00 7 Weeks
	F381 Session 2	Fri	5:00 to 6:00 pm	Oct 31	Dec 12	\$75.00 7 Weeks
SPA Age 9 to 12	F369 Session 1	Tue	5:00 to 6:00 pm	Sept 9	Oct 21	\$105.00 7 Weeks
	F370 Session 2	Tue	5:00 to 6:00 pm	Oct 28	Dec 9	\$105.00 7 Weeks
Badminton Age 9 to 16	F900 Session 1	Tues	6:00 to 7:00 pm	Sept 9	Oct 21	\$75.00 7 Weeks
	F901 Session 2	Tues	6:00 to 7:00 pm	Oct 28	Dec 9	\$75.00 7 Weeks

## Teen Clinics & Classes

### Teen Intramural Volleyball

**Ages 12 to 16** - Teens of all levels experience the calming, rejuvenating benefits of Yoga, designed to enhance flexibility, strength & mindfulness.

### Teen Yoga Ages 12 to 16

Teens of all levels experience the calming, rejuvenating benefits of Yoga. Enhance flexibility, strength & mindfulness.

### Teen Pickleball Ages 12 to 16

This clinic is a fun and active way for teens to learn and improve their game. We focus on building skills like serving, volleys, footwork, and game strategy through engaging drills and friendly matches. All skill levels are welcome! **No class Oct 11.**

### Teen Girls Fitness Ages 12 to 16

Build strength, confidence and healthy habits in a supportive environment. Girls learn proper form using bodyweight exercises, light weights, and resistance training. Each session includes a mix of strength, cardio & flexibility work.

### Teen Training Ages 13 to 16

Join our energizing class, where you'll build strength, flexibility, and confidence in a supportive and fun environment. Perfect for all fitness levels, this class helps improve posture, stability and overall well-being. **No class Oct 11 & 13.**

### Teen Weightlifting Ages 13 to 16

This class focuses on building strength safely with proper technique. Teens learn to use free weights and machines under close supervision. Includes exercises like squats, deadlifts and presses, tailored to individual skill levels. Emphasis is placed on injury prevention, discipline and healthy progress.

Program	Clinic	Day	Time	Date	Ends	Price
Teen Volleyball Age 12 to 16	F383 Session 1	Thurs	6:00 to 7:00 pm	Sept 11	Oct 23	\$75 7 Weeks
	F384 Session 2	Thurs	6:00 to 7:00 pm	Oct 30	Dec 11	\$75 7 Weeks
Teen Yoga Age 12 to 16	F331 Session 1	Wed	4:15 to 5:15 pm	Sept 10	Oct 22	\$75 7 Weeks
	F332 Session 2	Wed	4:15 to 5:15 pm	Oct 29	Dec 10	\$75 7 Weeks
Teen Pickleball Age 13 to 16	F353 Session 1	Sat	11:30 to 12:30 pm	Sept 13	Oct 25	\$64 6 Weeks
	F354 Session 2	Sat	11:30 to 12:30 pm	Nov 1	Dec 13	\$75 7 Weeks
Teen Girl Fit Age 13 to 16	F319 Session 1	Tue	5:00 to 6:00 pm	Sept 9	Oct 21	\$75 7 Weeks
	F320 Session 2	Tue	5:00 to 6:00 pm	Oct 28	Dec 9	\$75 7 Weeks
Teen Training Age 13 to 16	F321 Session 1	Mon	4:00 to 5:00 pm	Sept 8	Oct 20	\$64 6 Weeks
	F323 Session 1	Sat	9:00 to 10:00 am	Sept 13	Oct 25	\$64 6 Weeks
	F322 Session 1	Mon	4:00 to 5:00 pm	Oct 27	Dec 8	\$75 7 Weeks
	F324 Session 2	Sat	9:00 to 10:00 am	Nov 1	Dec 13	\$75 7 Weeks
Teen Weight Lifting Age 13 to 16	F325 Session 1	Fri	5:00 to 6:00 pm	Sept 12	Oct 24	\$75 7 Weeks
	F326 Session 2	Fri	5:00 to 6:00 pm	Oct 31	Dec 12	\$75 7 Weeks
Self Defense	F602 Session 1	Fri	4:00 to 5:00 pm	Sept 12	Oct 24	\$78 members \$90 guests

## Self Defense for Teens Ages 15 +

Join Cody Fischer for an empowering clinic, where you'll learn essential skills for personal safety. This class focuses on identifying dangerous situations and de-escalating confrontations. You'll be taught efficient self-defense techniques to use when necessary, ensuring your safety.

**No class Oct 12.**



# Pilates Reformer Classes

*Enhance Your Cognitive & Physical Well-Being*

**New This Season at ORC**

Program	Clinic	Day	Time	Date	Ends	Price
Level 1-2	F962 <i>Session 1</i>	Fri	11:30 to 12:20 pm	Sept 5	Sept 24	\$100.00 4 Weeks
	F963 <i>Session 1</i>	Fri	11:30 to 12:20 pm	Oct 3	Oct 31	\$125.00 5 Weeks
	F950 <i>Session 1</i>	Sun	12:35 to 1:25 pm	Sept 7	Sept 28	\$100.00 4 Weeks
	F951 <i>Session 1</i>	Sun	12:35 to 1:25 pm	Oct 5	Oct 26	\$100.00 4 Weeks
	F954 <i>Session 1</i>	Tues	11:15 to 12:05 pm	Sept 9	Sept 30	\$100.00 4 Weeks
	F955 <i>Session 1</i>	Tues	11:15 to 12:05 pm	Oct 7	Oct 28	\$100.00 4 Weeks
	F966 <i>Session 1</i>	Sun	9:50 to 10:40 am	Sept 14	Oct 26	\$150.00 6 Weeks
	F952 <i>Session 2</i>	Sun	12:35 to 1:25 pm	Nov 2	Nov 30	\$125.00 5 Weeks
	F953 <i>Session 2</i>	Sun	12:35 to 1:25 pm	Dec 7	Dec 28	\$100.00 4 Weeks
	F956 <i>Session 2</i>	Tues	11:15 to 12:05 pm	Nov 4	Nov 25	\$100.00 4 Weeks
	F957 <i>Session 2</i>	Tues	11:15 to 12:05 pm	Dec 2	Dec 30	\$100.00 4 Weeks
	F964 <i>Session 2</i>	Fri	11:30 to 12:20 pm	Nov 7	Nov 28	\$100.00 4 Weeks
	F965 <i>Session 2</i>	Fri	11:30 to 12:20 pm	Dec 5	Dec 26	\$100.00 4 Weeks
	F967 <i>Session 2</i>	Sun	9:50 to 10:40 am	Nov 2	Dec 7	\$150.00 6 Weeks

## Reformer Pilates Level 1-2

Designed for members who have already completed a beginner reformer class, our Level 1-2 classes build upon your practice with more compound movements. You will be introduced to new challenges, such as unilateral exercises to help balance the body and intermediate variations to further your knowledge of Pilates movement. This level has a moderate tempo and focuses on the practice of a seamless class flow. **No class Dec 23.**

## Reformer Pilates Level 2-3

A full body challenge that will test stability and technique with advanced variations and a moderate to fast paced class flow, our Level 2-3 classes will elevate your expectations of strength and endurance while challenging your muscles and your mind. A total body workout that creatively utilizes the reformer with a variety of props, you will be taken to a whole new level of mind-body connection.

Program	Clinic	Day	Time	Date	Ends	Price
Level 2-3	F958 <i>Session 1</i>	Thurs	11:50 to 12:40 pm	Sept 4	Sept 25	\$100.00 4 Weeks
	F959 <i>Session 1</i>	Thurs	11:50 to 12:40 pm	Oct 2	Oct 30	\$125.00 5 Weeks
	F960 <i>Session 2</i>	Thurs	11:50 to 12:40 pm	Nov 6	Nov 27	\$100.00 4 Weeks
	F961 <i>Session 2</i>	Thurs	11:50 to 12:40 pm	Dec 4	Jan 1	\$100.00 4 Weeks

# Wellness AT ORC

## Exercises to Improve Balance

Having trouble with your balance? Join Barbara for a practical, hands-on workshop where you'll explore the key factors that affect your balance and learn how to improve it through targeted progressions — from beginner to advanced levels. Using gym equipment and engaging activities, you'll discover fun and effective ways to challenge and strengthen your balance skills.

## Understanding Baby Sleep: A Workshop for Parents

Join us for a supportive, down-to-earth workshop on baby sleep during the first 18 months. We'll talk about what changes, what actually helps, and what you can let go of. Led by Sarah Murphy, Certified Pediatric Sleep Consultant and Founder of Ever Glow Sleep, this session combines expert guidance with real-life experience to help you feel more confident and grounded. Babies are welcome, or you can drop them off at the Kids Club at no cost.

## Dimensions of Wellness: Building Resilience

Building resilience is crucial for navigating life's challenges, it equips you with the ability to bounce back from difficulties, manage stress, and maintain overall well-being. It can help protect against mental health issues, promotes personal growth and improves your self worth and appreciation for life. Join us in this 5-week session that will provide you with the tools you need to help build your resilience.

## Myth or Fact:

### Fitness & Nutrition Over 40 Years (Part 2)

Join Sara and Gloria for part two as they take a closer look at current fitness and nutrition trends. They'll explore how some approaches may support your metabolism, hormones, weight loss, and energy—while others might not be as helpful. If you missed Part 1, don't worry—a brief recap of key highlights from the past 40 years will get you up to speed!

## Got a Friend? Bring Them!

Wellness Workshops are for Everyone!

Exercises to Improve Balance	F600	Fri	1:00 - 2:00 pm	Sept 26
	1 Hour Workshop		\$10/Members, \$15/Non Members	
Understanding Baby Sleep:	F601	Thurs	10:30 - 11:30 am	Oct 16
	1 Hour Workshop		\$10/Members, \$15/Non Members	
Building Resilience	F601.1	Fri	12:30 - 1:30 pm	Oct 31 to Nov 28
	1 Hour Workshop		\$50/Per Person, \$60/Non Members	
Working with Musculoskeletal Injuries	F602.1	Sun	1:45 - 3:15 pm	Nov 9
	90-Minute Workshop		\$15/Members, \$20/Non Members	
Fitness & Nutrition Over 40 Years	F604.1	Tues	1:00 - 2:00 pm	Dec 2
	1 Hour Workshop		\$10/Members, \$15/Non Members	

## Contact the ORC Health & Wellness Team

Agustina Quiros | Health & Wellness Director

## Working with Musculoskeletal Injuries

This workshop focuses on understanding and managing common musculoskeletal injuries affecting the shoulders, knees, hips, ankles, and back. Participants will learn how to work around existing injuries, understand the stages of healing, and prevent re-injury. The session also covers strategies for regaining strength and function, along with safe exercise modifications and progression plans during recovery. It's ideal for those recovering from injury and fitness professionals supporting clients through the process.

# Junior Tennis

## Tennis FUNdamentals

An introductory program for kids ages 4 to 6 years old where the goal is to get kids excited about being on a tennis court. They will learn how to hold the racket, develop their hand-eye and foot coordination and learn the basic fundamentals. **No class on Oct 11.**

## Parent & Tot

This program introduces young children, ages 3 to 5, and their parents to the fundamentals of tennis in a fun and engaging environment. Sessions include a variety of age-appropriate games and activities that promote movement, balance, and early tennis concepts. The goal is to spark a love for the game while building confidence and coordination in our young aspiring tennis players. **No class on Oct 11.**

## Progressive Development

Instructional tennis for beginner to intermediate players using modified balls & courts based on age + skill level. The lessons will cover forehand + backhand ground strokes, net play and starting the point skills with serve + return. **No class on Oct 11.**

## Teen Drill & Play

A combination of game-based drilling and point play where players will develop new skills in both a singles and doubles context. This class is for beginners and intermediate players,

### Registration Start Date

**Sign Up for Session 1 Programs On  
Monday August 11 at 10:00 am**

**Sign Up for Session 2 Programs On  
Monday October 6 at 10:00 am**

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

who will be courted according to experience and skill level. **No class on Oct 11.**

### Questions

Want to know more about ORC's Tennis classes, drop-ins or clinics?


**Adrian Tollstam** | Head of Junior Tennis  
atollstam@ontarioracquetclub.com

**Kyle Rutherford** | Head of Adult Tennis & Academy Coach  
krutherford@ontarioracquetclub.com

**General Email** | All Other Inquiries  
info@ontarioracquetclub.com

Program	Clinic	Day	Time	Date	Ends	Price
Tennis FUNdamentals	F100 <i>Session 1</i>	Fri	4:00 to 5:00 pm	Sept 12	Oct 24	\$175 7 Weeks
	F101 <i>Session 1</i>	Fri	5:00 to 6:00 pm	Sept 12	Oct 24	\$175 7 Weeks
	F102 <i>Session 1</i>	Sat	10:30 to 11:30 am	Sept 13	Oct 25	\$150 6 Weeks
	F103 <i>Session 2</i>	Fri	4:00 to 5:00 pm	Oct 31	Dec 12	\$175 7 Weeks
	F104 <i>Session 2</i>	Fri	5:00 to 6:00 pm	Oct 31	Dec 12	\$175 7 Weeks
	F105 <i>Session 2</i>	Sat	10:30 to 11:30 am	Nov 1	Dec 13	\$175 7 Weeks
Parent & Tot <small>Price Includes Both Parent &amp; Tot</small>	F106 <i>Session 1</i>	Sat	11:30 to 12:30 pm	Sept 13	Oct 25	\$75 6 Weeks
	F107 <i>Session 1</i>	Sat	11:30 to 12:30 pm	Nov 1	Dec 13	\$87.50 7 Weeks
Progressive Development	F108 <i>Session 1</i>	Fri	4:00 to 5:00 pm	Sept 12	Oct 24	\$175 7 Weeks
	F109 <i>Session 1</i>	Fri	5:00 to 6:00 pm	Sept 12	Oct 24	\$175 7 Weeks
	F110 <i>Session 1</i>	Sat	10:30 to 11:30 am	Sept 13	Oct 25	\$150 6 Weeks
	F111 <i>Session 2</i>	Fri	4:00 to 5:00 pm	Oct 31	Dec 12	\$175 7 Weeks
	F112 <i>Session 2</i>	Fri	5:00 to 6:00 pm	Oct 31	Dec 12	\$175 7 Weeks
	F113 <i>Session 2</i>	Sat	10:30 to 11:30 am	Nov 1	Dec 13	\$175 7 Weeks
Teen Drill & Play	F114 <i>Session 1</i>	Fri	6:00 to 7:30 pm	Sept 12	Oct 24	\$245 6 Weeks
	F115 <i>Session 1</i>	Sat	12:30 to 2:00 pm	Sept 13	Oct 25	\$210 6 Weeks
	F116 <i>Session 2</i>	Fri	6:00 to 7:30 pm	Oct 31	Dec 12	\$245 7 Weeks
	F117 <i>Session 2</i>	Sat	12:30 to 2:00 pm	Nov 1	Dec 13	\$245 7 Weeks





# Tennis Academy

ORC's Tennis Academy provides specialized training and playing opportunities for committed young players aged six and up who already have a solid foundation in tennis.

## Performance Stream

Designed for athletes seeking a competitive pathway to success at the Collegiate, National, and International levels of competition.

## Junior Stream

For players who have a strong foundation of technique and a genuine desire to continually improve and be challenged. This program is not for beginners or recreational players.

Email Coach Adrian for Questions  
[atollstam@ontarioracquetclub.com](mailto:atollstam@ontarioracquetclub.com)

Or Inquire About Joining at  
<http://www.orcjrtennis.com/>

## Clinic Cancellation Policy

To ensure proper class numbers, please request cancellations at least one week prior to the start of any session. In this case, we will be happy to fully credit or refund you the amount of the clinic. Requesting to be removed after this point will be subject to a prorated credit depending on how far into the session the request was made. Any session that was cancelled due to low enrollment will be automatically credited or refunded.

No credits will be given for any classes missed due to personal reasons. If you know in advance that you'll be away, you are encouraged to give your spot to another member that you know who is at a similar level.

Junior Classes | Email Adrian Tollstam  
[atollstam@ontarioracquetclub.com](mailto:atollstam@ontarioracquetclub.com)

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

## Other Ways to Play

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

### Men's League

#### Toronto Men's Winter League

Sunday Evening Matches - Level 4.0+

### Ladies' Leagues

#### WINDOOR Daytime League

Daytime Weekday Matches, Weekly Practice – Level 2.5+

#### Business League

Saturday Daytime Matches – Level 3.5+

### Mixed Doubles Round Robins

*Register up to seven days in advance with the ORC Reception Team.*

#### Social Mixed Round Robin

*Sundays 12:00 to 1:30 pm | \$20 Per Week*

Join us on Sundays from noon to 1:30 pm for fun, friendly organized play for players rated 2.5+. Weekly sign-up seven days in advance via Reception. \$20 per person, including balls.

#### Competitive Speed Doubles

*Fridays 7:00 to 9:00 pm*

*\$26 Per Week | \$10 One Time Prize Fee*

Can you be calm, cool & collected against the clock? Want lots of competitive games and variety of partners and opponents? Want lots of fun and possibly win a gift card? Then Speed Doubles is for you! The only 2-hour organized play program! Recommended for 3.0+ Players. Weekly sign-up seven days in advance via Reception.

#### Online Mixed Singles Box Ladder

Play competitive matches against players your level and try to work your way up the ladder. There are five players in each box, which means four matches a month to play. The top two in each box move up, bottom two move down and the middle player stays. Cost is \$25 per 12-month (consecutive) period.



# FALL 2025

## LEARN & PLAY WITH

### ORC MINOR TENNIS LEAGUE!

Initiated by **Tennis Canada** and **Mississauga Little Aces**, the **ORC Minor League** is an exciting community tennis program that provides participants with the opportunity to practice and play with a focus on skill development through match play. The **Minor League** promotes a game-based approach to stimulate and maintain both excitement and enjoyment for participants. This is not a lesson program for beginners.

### Division 1 *(Red Ball - 1/2 Court)*

Participants practice and play matches on 1/2 court with low-compression red balls, in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. Players must have a minimum level of skill but be able to exchange the ball over the net at least 4 times on a 1/2 court. This is not a lesson program for beginners. **Please bring your own racquet. 6 to 8 years. No class on Oct 12.**

<b>Division 1</b>	F981	Sun	1:30 to 3:00 pm	Sept 21	Dec 7
<b>Red Ball</b>	11 Weeks <i>\$319/Player - Register at ORC</i>				

### Division 2 *(Orange Ball - 3/4 Court)*

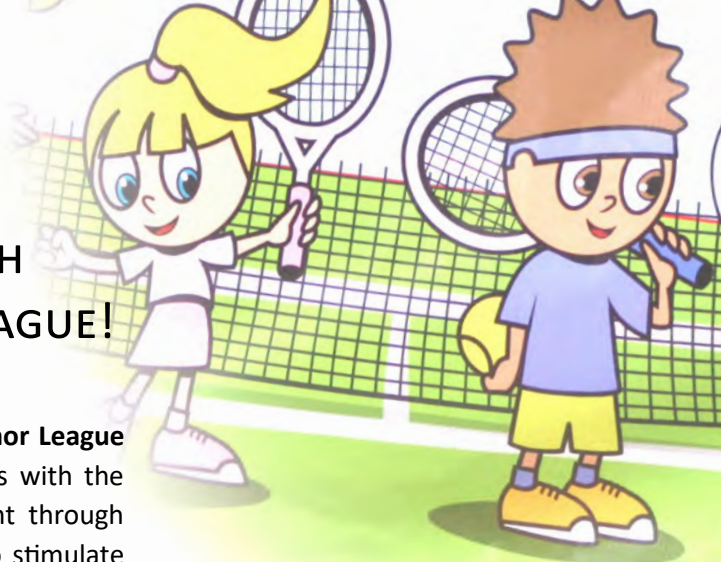
Participants practice and play matches on a 3/4 court with low-compression orange balls (faster than red balls) in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. Players must be able to rally at least four times on a 3/4 court. This is not a lesson program for beginners. **Please bring your own racquet. Ages 8 to 10 years. No class on Oct 13.**

<b>Division 2</b>	F982	Sun	3:00 to 4:30 pm	Sept 21	Dec 7
<b>Orange Ball</b>	11 Weeks <i>\$319/Player - Register at ORC</i>				

### Division 3 *(Green Dot Ball - Modified Full Court)*

Participants practice and play matches on a modified full court with low-compression green dot balls (faster than orange balls) in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. This program is suitable for those who are proficient in playing with orange balls and are in transition to a full-court. Players must be able to rally at least four times on a modified full court. This is not a lesson program for beginners. **Please bring your own racquet. Ages 8 to 11 years. No class on Oct 12.**

<b>Division 3</b>	F983	Sun	4:30 to 6:00 pm	Sept 21	Dec 7
<b>Green Dot Ball</b>	11 Weeks <i>\$319/Player - Register at ORC</i>				



**Non-Members are  
Welcome to Participate  
in ORC Minor League!**

**We are looking for  
Parent Coaches & High  
School Volunteers!**

Hey Parents! Instead of sitting on the sidelines why not volunteer to be a parent coach?

This is a great opportunity for you to engage with your child's development, and reinforce many of the program benefits and skills with your child. We are also looking for high school volunteers to monitor scores and assist parent coaches. It's a fun, hands-on way to meet your required number of volunteer hours!

**Learn the 5 fundamentals of  
progressive tennis and see  
how these ideas are applied  
in the league!**

To register please contact:

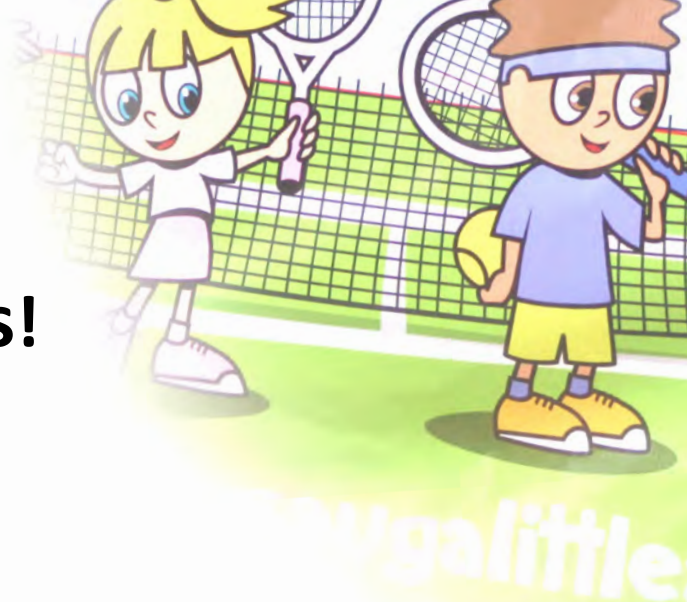
**Albert Fong**

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

Please visit [mississaugalittleaces.com](http://mississaugalittleaces.com) for more information.



# LEARN & PLAY WITH ORC MINOR LEAGUES!



## Division 4 *(Green Dot Ball - Full Court)*

Participants practice and play matches on a full-court with low-compression green dot balls (faster than orange balls) in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. Players are expected to serve overhead and rally at least four times from the baseline on a full court. Players should be familiar with regulation scoring. This is not a lesson program for beginners. **Please bring your own racquet. Ages 9 to 11 years. No class on Oct 12.**

<b>Division 4</b> Green Dot Ball	F984	Sun	4:30 to 6:00 pm	Sept 21	Dec 7
11 Weeks		\$319/Player - Register at ORC			

## Division 5 *(Regular Ball - Full Court)*

Participants practice and play matches on a full-court with regular balls in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. Players are expected to serve overhead and rally at least four times from the baseline on a full court. Players must be familiar with regulation scoring. This is not a lesson program for beginners. **Please bring your own racquet. Ages 10 to 12 years. No class on Oct 12.**

<b>Division 5</b> Regular Ball	F985	Sun	6:00 to 7:30 pm	Sept 21	Dec 7
11 Weeks		\$319/Player - Register at ORC			

## Division 6 *(Teen Regular Ball - Full Court)*

Teen participants practice and play matches on a full-court with regular balls in a friendly, learning-based environment. Teams will be formed in the latter part of the league based on the head-to-head results in the first half. Players are expected to serve overhead and rally at least four times from the baseline on a full court. Players must be familiar with regulation scoring. This is not a lesson program for beginners. **Please bring your own racquet. Ages 12 to 16 years. No class on Oct 12.**

<b>Division 6</b> Regular Ball	F986	Sun	7:30 to 9:00 pm	Sept 21	Dec 7
11 Weeks		\$319/Player - Register at ORC			

## Wheelchair Tennis

This clinic is suitable for players over 12+ years old with physical disabilities. Beginner and intermediate players welcome. Equipment, including racquets, balls and sport chairs will be provided.

<b>Adult Wheelchair</b>	F987	Sat	4:00 to 5:00 pm	Oct 18	Dec 6
8 Weeks			\$140/Player		

Please visit [mississaugalittleaces.com](http://mississaugalittleaces.com) for more information.



# Adult Tennis

## Learn to Play 1.0 - 1.5

A perfect opportunity for adults with minimal or no exposure to tennis, and who are keen to learn how to play the game. You'll learn the fundamentals for each shot, court positioning and the scoring system. This clinic is also offered to ORC Fitness members two weeks after registration opens for Racquet members. May be taken only once if on a Fitness membership. **No class Oct 13.**

Clinic	Day	Time	Date	Ends	Price
F118 Session 1	Mon	9:00 to 10:30 am	Sept 8	Oct 20	\$240 6 Weeks
F119 Session 1	Mon	7:30 to 9:00 pm	Sept 8	Oct 20	\$240 6 Weeks
F120 Session 2	Mon	9:00 to 10:30 am	Oct 27	Dec 8	\$280 7 Weeks
F121 Session 2	Mon	7:30 to 9:00 pm	Oct 27	Dec 8	\$280 7 Weeks

## Cardio Tennis Level 2.5 & Up

If you're looking for an intense workout while playing tennis at the same time then look no further! Fast-paced feeding drills will get your heart rate up and provide lots of repetitions to groove your shots.

Clinic	Day	Time	Date	Ends	Price
F122 Session 1	Mon	6:30 to 7:30 am	Sept 8	Oct 20	\$144 6 Weeks
F123 Session 1	Wed	6:30 to 7:30 am	Sept 10	Oct 22	\$168 7 Weeks
F124 Session 2	Mon	6:30 to 7:30 am	Oct 27	Dec 8	\$168 7 Weeks
F125 Session 2	Wed	6:30 to 7:30 am	Oct 29	Dec 10	\$168 7 Weeks

### CARDIO + GAMES

Clinic	Day	Time	Date	Ends	Price
F126 Session 1	Fri	9:00 to 10:30 am	Sept 12	Oct 17	\$240 6 Weeks
F127 Session 2	Fri	9:00 to 10:30 am	Oct 31	Dec 12	\$280 7 Weeks

## Doubles Shot of the Week 2.5 to 3.0

Each week you will learn the fundamentals for specific shots and apply them to doubles games situations. There's a lot to learn, with an emphasis on net play. Let's get tactical!

Clinic	Day	Time	Date	Ends	Price
F146 Session 1	Thurs	9:00 to 10:30 am	Sept 11	Oct 23	\$280 7 Weeks
F147 Session 2	Thurs	9:00 to 10:30 am	Oct 30	Dec 11	\$280 7 Weeks

## Drill & Play Offered at Multiple Levels

You will train specific tactics or technique for 45 minutes and then put what you learned into context afterwards with point play for 45 minutes. This clinic is offered at all levels and playing abilities. **No class Oct 13.**

### LEVEL 2.0 - 2.5

Clinic	Day	Time	Date	Ends	Price
F128 Session 1	Mon	7:30 to 9:00 pm	Sept 8	Oct 20	\$240 6 Weeks
F129 Session 1	Tue	10:30 to 12:00 pm	Sept 9	Oct 21	\$280 7 Weeks
F130 Session 1	Wed	10:30 to 12:00 pm	Sep 10	Oct 22	\$280 7 Weeks
F131 Session 2	Mon	7:30 to 9:00 pm	Oct 27	Dec 8	\$280 7 Weeks
F132 Session 2	Tue	10:30 to 12:00 pm	Oct 28	Dec 9	\$280 7 Weeks
F133 Session 2	Wed	10:30 to 12:00 pm	Oct 29	Dec 10	\$280 7 Weeks

### LEVEL 2.5 - 3.0

Clinic	Day	Time	Date	Ends	Price
F134 Session 1	Mon	10:30 to 12:00 pm	Sept 8	Oct 20	\$280 7 Weeks
F135 Session 1	Wed	7:30 to 9:00 pm	Sept 10	Oct 22	\$280 7 Weeks
F136 Session 1	Fri	10:30 to 12:00 pm	Sept 12	Oct 14	\$240 6 Weeks
F137 Session 2	Mon	10:30 to 12:00 pm	Oct 27	Dec 8	\$280 7 Weeks
F138 Session 2	Wed	7:30 to 9:00 pm	Oct 29	Dec 10	\$280 7 Weeks
F139 Session 2	Fri	10:30 to 12:00 pm	Oct 31	Dec 12	\$280 7 Weeks

### LEVEL 3.0 - 3.5

Clinic	Day	Time	Date	Ends	Price
F140 Session 1	Thurs	10:30 to 12:00 pm	Sept 11	Oct 23	\$280 7 Weeks
F141 Session 1	Thurs	7:30 to 9:00 pm	Sept 11	Oct 23	\$280 7 Weeks
F142 Session 2	Thurs	10:30 to 12:00 pm	Oct 30	Dec 11	\$280 7 Weeks
F143 Session 2	Thurs	7:30 to 9:00 pm	Oct 30	Dec 11	\$280 7 Weeks

## Ladies Doubles

### House League 2.5 to 3.5

This house league is for intermediate players who enjoy a friendly game. Players are paired up with different partners every 20 minutes after a 10 to 15 minute match play warm-up, followed by doubles play.

### Shot of the Week 2.0 to 3.5

Each week you will learn the fundamentals for specific shots and apply them to game situations. We'll cover the topspin forehand & backhand, serve & return, overhead, volley & slice.

**No class Oct 12.**

### Singles Bootcamp 2.5 to 3.5+

Ninety minutes of Match Simulation Training: increased offensive and counter-offensive capacity, improved defensive ability, mental toughness. Oh - you'll sweat and have fun, too!

### Start the Point Right 2.5 to 3.5+

Struggling to place you serve or to get your return deep? The stats show that the majority of points are ended in the first four shots. Take this class to level up your serve and return game so you can start the point with more confidence!

### Doubles Warriors 3.0 to 3.5

This class will help get you there through candid coaching of shot selection tactics, strategic positioning and sweat equity training through almost non-stop point play. Warm up before the clinic, bring lots of fluids and be ready to be "aggressively smart, not aggressively sloppy"

**No class Oct 12.**

### Air Tennis 3.0+

Everything players need to know about when and how to hit balls before the bounce. Solid volleys and crushing percentage-placed overheads with neutralizing lobs and moon balls. The serve is an air ball, too! **No class Oct 12.**

### Adult Academy 4.0+

A unique opportunity to hit with the coaches. Improve your game and conditioning with high volume hitting drills. Each class ends with point play where you can put your skills into context.

**No class on Oct 12.**

	Clinic	Day	Time	Date	Ends	Price
Ladies Doubles HL 2.5 to 3.5	F148 Session 1	Tues	11:00 am to 12:30 pm	Sept 9	Oct 21	\$210 7 Weeks
	F149 Session 2	Tues	11:00 am to 12:30 pm	Oct 28	Dec 9	\$210 7 Weeks
Shot of the Week 2.0 to 3.5	F154 Level 2.0 to 3.0 Session 1	Sun	10:30 am to 12:00 pm	Sep 14	Oct 26	\$240 6 Weeks
	F155 Level 2.0 to 3.0 Session 2	Sun	10:30 am to 12:00 pm	Nov 2	Dec 14	\$280 7 Weeks
	F156 Level 2.5 to 3.0 Session 1	Tues	12:30 to 2:00 pm	Sept 9	Oct 21	\$280 7 Weeks
	F157 Level 2.5 to 3.0 Session 2	Tues	12:30 to 2:00 pm	Oct 28	Dec 9	\$280 7 Weeks
	F158 Level 3.5+ Session 1	Tues	7:30 to 9:00 pm	Sept 9	Oct 21	\$280 7 Weeks
	F159 Level 3.5+ Session 2	Tues	7:30 to 9:00 pm	Oct 28	Dec 9	\$280 7 Weeks
Singles Bootcamp 2.5 to 3.5+	F160 Level 2.5 to 3.0 Session 1	Wed	8:30 to 10:00 pm	Sept 10	Oct 22	\$280 7 Weeks
	F161 Level 2.5 to 3.0 Session 2	Wed	8:30 to 10:00 pm	Oct 29	Dec 10	\$280 7 Weeks
	F164 Level 3.5+ Session 1	Thurs	8:30 to 10:00 pm	Sept 11	Oct 23	\$280 7 Weeks
	F165 Level 3.5+ Session 2	Thurs	8:30 to 10:00 pm	Oct 30	Dec 11	\$280 7 Weeks
Start the Point Right 2.5 to 3.5	F164 Session 1	Wed	12:30 to 2:00 pm	Sep 10	Oct 22	\$280 7 Weeks
	F165 Session 2	Wed	12:30 to 2:00 pm	Oct 29	Dec 10	\$280 7 Weeks
Doubles Warriors 3.0 to 3.5	F146 Session 1	Sat	1:30 to 3:30 pm	Sept 13	Oct 25	\$270 6 Weeks
	F147 Session 2	Sat	1:30 to 3:30 pm	Nov 1	Dec 13	\$315 7 Weeks
Air Tennis 3.0+	F152 Session 1	Sun	2:00 to 4:00 pm	Sep 14	Oct 26	\$270 6 Weeks
	F153 Session 2	Sun	2:00 to 4:00 pm	Nov 2	Dec 14	\$315 7 Weeks
Adult Academy 4.5+	F154 Session 1	Sat	9:00 to 10:30 am	Sept 13	Oct 25	\$270 6 Weeks
	F155 Session 2	Sat	9:00 to 10:30 am	Nov 1	Dec 13	\$315 7 Weeks
Please Contact Andrea Prior to Registering for Adult Academy: arabzak@ontarioracquetclub.com						

# Private Lessons *Tennis Members Only*

Our seasoned roster of qualified club professionals can offer our members private, semi private and small group tennis instruction to help you bring your game to the next level.

ORC tennis members can contact any Tennis Professional to book a lesson directly. Email us at [tennis@ontarioracquetclub.com](mailto:tennis@ontarioracquetclub.com). Please note court fees are extra.

Lesson Rates for ORC Members	
Lesson Type	Hourly Rate
Private	\$82 - Level 1 Coach
	\$89 - Level 2 Coach
	\$94 - Level 3 Coach
Semi-Private	\$51 - Level 1 Coach
	\$56 - Level 2 Coach
	\$59 - Level 3 Coach
Group of 3	\$40 - Level 1 Coach
	\$42 - Level 2 Coach
	\$45 - Level 3 Coach
Group of 4	\$31 - Level 1 Coach
	\$33 - Level 2 Coach
	\$35 - Level 3 Coach
Contact the tennis department for more information or to help you find the right instructor. <a href="mailto:tennis@ontarioracquetclub.com">tennis@ontarioracquetclub.com</a>	

# Booking Tennis at ORC

Please note court and lesson bookings are limited to ORC tennis members. Tennis courts may be booked up to seven days in advance through the Reception Desk.

Club phone lines are opened at 7:30 am each day and calls will be answered in sequence. Seven day bookings can be made on the app or website as of that time as well. In fairness to all members, please be aware that the Reception Team will be ensuring there is only one advanced booking, per member, per day. You may book one hour for singles; 1.5 hours for doubles.

Court fees apply to all indoor and bubble courts. ORC members do not pay court fees for outdoor courts over the summer months.

Indoor Court Fees		
Monday thru Friday	Non Prime \$15/Hour	5:00 am to 9:00 am --- & --- 8:00 pm to Closing
	Prime Time \$26/Hour	9:00 am to 8:00 pm
Weekends & Holidays	Non Prime \$15/Hour	7:00 am to 9:00 am --- & --- 6:00 pm to Closing
	Prime Time \$26/Hour	8:00 am to 6:00 pm
Rates Effective Monday September 1st, 2025		



# ORC Aquatics

## Parent & Tot (4 Months to 3 Yrs)

These levels are especially for children aged 4 months to 3+ years and their caregivers. Based on the principle "Within Arms Reach," the Parent & Tot levels focus on close playful interaction and shared fun between child, caregiver and water.

Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Through safety tips provided, caregivers learn what it takes to make Water Smart® choices. **No class Oct 11 & 12.**

## Preschool A (Age 3 to 5 Years)

**First Level.** These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater. **No class Oct 11, 12 & 13.**

### Registration Start Date

*Sign Up for September Session*  
**Monday August 11th at 10:00 am**  
*Until August 30th*

*Sign Up for November/December Session*  
**Monday October 6th at 10:00 am**  
*Until October 18th*

Any sign-ups after registration closing dates must be approved by Ashley Do, Acting Aquatics Director  
[ado@ontarioracquetclub.com](mailto:ado@ontarioracquetclub.com)

To register, go to  
<https://orc.clubautomation.com/>

Program	Code	Day	Time	Date	Ends	Price
Parent & Tot	F700 <i>Session 1</i>	Sat	10:00 to 10:30 am	Sept 13	Oct 25	\$120 6 Weeks
	F702 <i>Session 1</i>	Sun	10:00 to 10:30 am	Sept 14	Oct 26	\$120 6 Weeks
	F700.1 <i>Session 2</i>	Sat	10:00 to 10:30 am	Nov 1	Dec 13	\$136 7 Weeks
	F702.1 <i>Session 2</i>	Sun	10:00 to 10:30 am	Nov 2	Dec 14	\$136 7 Weeks
Preschool A	F703 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 8	Oct 20	\$140.00 6 Weeks
	F704 <i>Session 1</i>	Wed	6:15 to 6:55 pm	Sept 10	Oct 22	\$156.00 7 Weeks
	F705 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 12	Oct 24	\$156.00 7 Weeks
	F706 <i>Session 1</i>	Sat	10:00 to 10:40 am	Sept 13	Oct 25	\$140.00 6 Weeks
	F707 <i>Session 1</i>	Sun	10:00 to 10:40 am	Sept 14	Oct 26	\$140.00 6 Weeks
	F703.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Oct 27	Dec 8	\$156.00 7 Weeks
	F704.1 <i>Session 2</i>	Wed	6:15 to 6:55 pm	Oct 29	Dec 10	\$156.00 7 Weeks
	F705.1 <i>Session 2</i>	Fri	5:30 to 6:10 pm	Oct 31	Dec 12	\$156.00 7 Weeks
	F706.1 <i>Session 2</i>	Sat	10:00 to 10:40 am	Nov 1	Dec 13	\$156.00 7 Weeks
	F707.1 <i>Session 2</i>	Sun	10:00 to 10:40 am	Nov 2	Dec 14	\$156.00 7 Weeks

## Preschool B (Age 3 to 5 Years)

**Second Level.** These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back. **No class Oct 11, 12 & 13.**

## Preschool C (Age 3 to 5 Years)

**Third Level.** These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. **No class Oct 11, 12 & 13.**

### What Level Should My Child Be In?



We're happy to help you select the best class for your child, or answer any other questions you may have.

Contact Ashley Do, Acting Aquatics Director  
ado@ontarioracquetclub.com

Program	Code	Day	Time	Date	Ends	Price
Preschool B	F709 Session 1	Mon	4:45 to 5:25 pm	Sept 8	Oct 20	\$140.00 6 Weeks
	F711 Session 1	Wed	4:00 to 4:40 pm	Sept 10	Oct 22	\$156.00 7 Weeks
	F712 Session 1	Fri	5:30 to 6:10 pm	Sept 12	Oct 24	\$156.00 7 Weeks
	F713 Session 1	Sat	12:15 to 12:55 pm	Sept 13	Oct 25	\$140.00 6 Weeks
	F714 Session 1	Sun	10:45 to 11:25 am	Sept 14	Sept 26	\$140.00 6 Weeks
	F709.1 Session 2	Mon	4:45 to 5:25 pm	Oct 27	Dec 8	\$156.00 7 Weeks
	F711.1 Session 2	Wed	4:00 to 4:40 pm	Oct 29	Dec 10	\$156.00 7 Weeks
	F712.1 Session 2	Fri	5:30 to 6:10 pm	Oct 31	Dec 12	\$156.00 7 Weeks
	F713.1 Session 2	Sat	12:15 to 12:55 pm	Nov 1	Dec 13	\$156.00 7 Weeks
	F714.1 Session 2	Sun	10:45 to 11:25 am	Nov 2	Dec 14	\$156.00 7 Weeks
Preschool C <i>See Next Page For Session 2</i>	F715 Session 1	Mon	5:30 to 6:10 pm	Sept 8	Oct 20	\$140.00 6 Weeks
	F716 Session 1	Wed	4:45 to 5:25 pm	Sept 10	Oct 22	\$156.00 7 Weeks
	F717 Session 1	Fri	4:45 to 5:25 pm	Sept 12	Oct 24	\$156.00 7 Weeks
	F718 Session 1	Sat	10:00 to 10:40 am	Sept 13	Oct 25	\$140.00 6 Weeks
	F719 Session 1	Sun	10:45 to 11:25 am	Sept 14	Oct 26	\$140.00 6 Weeks

## Preschool C (Age 3 to 5 Years)


**Third Level.** These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. **No class Oct 11, 12 & 13.**

## Preschool D (Age 3 to 5 Years)

**Fourth Level.** Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side. **No class Oct 11, 12 & 13.**

### Aquafit at ORC

- Water Running
- Aqua Bootcamp
- Aqua Deep Water Fitness
- Aqua Gentle Mind & Body
- Aqua Healthy Lifestyles
- Aqua Body Blast
- Aqua Zumba
- Aqua HIIT



Classes are offered seven days a week.  
View class times and sign up on the ORC App.

Program	Code	Day	Time	Date	Ends	Price
Preschool C (Cont)	F715.1 Session 2	Mon	5:30 to 6:10 pm	Oct 27	Dec 8	\$156.00 7 Weeks
	F716.1 Session 2	Wed	4:45 to 5:25 pm	Oct 29	Dec 10	\$156.00 7 Weeks
	F717.1 Session 2	Fri	4:45 to 5:25 pm	Oct 31	Dec 12	\$156.00 7 Weeks
	F719.1 Session 2	Sat	10:00 to 10:40 am	Nov 1	Dec 13	\$156.00 7 Weeks
	F720.1 Session 2	Sun	10:45 to 11:25 am	Nov 2	Dec 14	\$156.00 7 Weeks
Preschool D	F721 Session 1	Mon	4:45 to 5:25 pm	Sept 8	Oct 20	\$140.00 6 Weeks
	F722 Session 1	Wed	5:30 to 6:10 pm	Sept 10	Oct 22	\$156.00 7 Weeks
	F723 Session 1	Fri	4:00 to 4:40 pm	Sept 12	Oct 24	\$156.00 7 Weeks
	F724 Session 1	Sat	10:45 to 11:25 pm	Sept 13	Oct 25	\$140.00 6 Weeks
	F725 Session 1	Sun	11:30 to 12:10 pm	Sept 14	Oct 26	\$140.00 6 Weeks
	F721.1 Session 2	Mon	4:45 to 5:25 pm	Oct 27	Dec 8	\$156.00 7 Weeks
	F722.1 Session 2	Wed	5:30 to 6:10 pm	Oct 29	Dec 10	\$156.00 7 Weeks
	F723.1 Session 2	Fri	4:00 to 4:40 pm	Oct 31	Dec 12	\$156.00 7 Weeks
	F724.1 Session 2	Sat	10:45 to 11:25 pm	Nov 1	Dec 13	\$156.00 7 Weeks
	F725.1 Session 2	Sun	11:30 to 12:10 pm	Nov 2	Dec 14	\$156.00 7 Weeks



## Preschool E *(Age 3 to 5 Years)*

**Fifth Level.** These youngsters get more adventure-some with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick. **No class Oct 11, 12 & 13.**

Code	Day	Time	Date	Ends	Price
F726 <i>Session 1</i>	Mon	5:30 to 6:10 pm	Sept 8	Oct 20	\$140.00 6 Weeks
F727 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 10	Oct 22	\$156.00 7 Weeks
F728 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 12	Oct 24	\$156.00 7 Weeks
F729 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F730 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F726.1 <i>Session 2</i>	Mon	5:30 to 6:10 pm	Oct 27	Dec 8	\$156.00 7 Weeks
F727.1 <i>Session 2</i>	Wed	4:45 to 5:25 pm	Oct 29	Dec 10	\$156.00 7 Weeks
F728.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F729.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Nov 1	Dec 13	\$156.00 7 Weeks
F730.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 2	Dec 14	\$156.00 7 Weeks

## Swimmer 1 *(Ages 5 and Up)*

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back. **No class Oct 11, 12 & 13.**

Code	Day	Time	Date	Ends	Price
F731 <i>Session 1</i>	Mon	6:15 to 6:55 pm	Sept 8	Oct 20	\$140.00 6 Weeks
F732 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 10	Oct 22	\$156.00 7 Weeks
F733 <i>Session 1</i>	Wed	6:15 to 6:55 pm	Sept 10	Oct 22	\$156.00 7 Weeks
F734 <i>Session 1</i>	Fri	4:00 to 4:40 pm	Sept 12	Oct 24	\$156.00 7 Weeks
F735 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F736 <i>Session 1</i>	Sun	10:00 to 10:40 am	Sept 14	Oct 26	\$140.00 6 Weeks
F731.1 <i>Session 2</i>	Mon	6:15 to 6:55 pm	Oct 27	Dec 8	\$156.00 7 Weeks
F732.1 <i>Session 2</i>	Wed	4:45 to 5:25 pm	Oct 29	Dec 10	\$156.00 7 Weeks
F733.1 <i>Session 2</i>	Wed	6:15 to 6:55 pm	Oct 29	Dec 10	\$156.00 7 Weeks
F734.1 <i>Session 2</i>	Fri	4:00 to 4:40 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F735.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Nov 1	Dec 13	\$156.00 7 Weeks
F736.1 <i>Session 2</i>	Sun	10:00 to 10:40 am	Nov 2	Dec 14	\$156.00 7 Weeks

## Interested in Private Swim Lessons?



We offer Private, Semi-Private and Group Lessons to members of all ages.

Contact Ashley Do to inquire: [ado@ontarioracquetclub.com](mailto:ado@ontarioracquetclub.com)

## Swimmer 2 *(Ages 6 and Up)*

Students will jump into deeper water and learn to be comfortable falling sideways wearing a lifejacket. They'll be able to support themselves at the surface without an aid, to whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m). **No class Oct 11, 12 & 13.**

Code	Day	Time	Date	Ends	Price
F737 <i>Session 1</i>	Mon	4:45 to 5:25 pm	Sept 8	Oct 20	\$140.00 6 Weeks
F738 <i>Session 1</i>	Wed	4:00 to 4:40 pm	Sept 10	Oct 22	\$156.00 7 Weeks
F739 <i>Session 1</i>	Fri	6:15 to 6:55 pm	Sept 12	Oct 24	\$156.00 7 Weeks
F740 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 13	Oct 25	\$140.00 6 Weeks
F742 <i>Session 1</i>	Sun	10:45 to 11:25 am	Sept 14	Oct 26	\$140.00 6 Weeks
F737.1 <i>Session 2</i>	Mon	4:45 to 5:25 pm	Oct 27	Dec 8	\$156.00 7 Weeks
F738.1 <i>Session 2</i>	Wed	4:00 to 4:40 pm	Oct 29	Dec 10	\$156.00 7 Weeks
F739.1 <i>Session 2</i>	Fri	6:15 to 6:55 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F740.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Nov 1	Dec 13	\$156.00 7 Weeks
F742.1 <i>Session 2</i>	Sun	10:45 to 11:25 am	Nov 2	Dec 14	\$156.00 7 Weeks

## Swimmer 3 *(Ages 6 and Up)*

These junior swimmers will work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m. **No class Oct 11, 12 & 13.**

Code	Day	Time	Date	Ends	Price
F743 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 8	Oct 20	\$140.00 6 Weeks
F744 <i>Session 1</i>	Mon	5:30 to 6:10 pm	Sept 8	Oct 20	\$140.00 6 Weeks
F745 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 10	Oct 22	\$156.00 7 Weeks
F746 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 12	Oct 24	\$156.00 7 Weeks
F747 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 13	Oct 25	\$140.00 6 Weeks
F748 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F749 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F743.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Oct 27	Dec 8	\$156.00 7 Weeks
F744.1 <i>Session 2</i>	Mon	5:30 to 6:10 pm	Oct 27	Dec 8	\$156.00 7 Weeks
F745.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 29	Dec 10	\$156.00 7 Weeks
F746.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F747.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Nov 1	Dec 13	\$156.00 7 Weeks
F748.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Nov 1	Dec 13	\$156.00 7 Weeks
F749.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 2	Dec 14	\$156.00 7 Weeks

## Swimmer 4

Students will swim 5 m underwater plus lengths of front, back crawl, whip kick, and breaststroke arms with breathing. This class includes the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training. **No class Oct 11, 12 & 13.**

Code	Day	Time	Date	Ends	Price
F750 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 8	Oct 20	\$140.00 6 Weeks
F752 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 10	Oct 22	\$156.00 7 Weeks
F753 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 12	Oct 24	\$156.00 7 Weeks
F754 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 12	Oct 24	\$156.00 7 Weeks
F755 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F756 <i>Session 1</i>	Sun	12:15 to 12:55 pm	Sept 14	Oct 26	\$140.00 6 Weeks

Code	Day	Time	Date	Ends	Price
F750.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Oct 27	Dec 8	\$156.00 7 Weeks
F752.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 29	Dec 10	\$156.00 7 Weeks
F753.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F754.1 <i>Session 2</i>	Fri	5:30 to 6:10 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F755.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Nov 1	Dec 13	\$156.00 7 Weeks
F756.1 <i>Session 2</i>	Sun	12:15 to 12:55 pm	Nov 2	Dec 14	\$156.00 7 Weeks

## Swimmer 5

These swimmers will refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m.

Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke. **No class Oct 11, 12 & 13.**

Code	Day	Time	Date	Ends	Price
F757 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 8	Oct 20	\$140.00 6 Weeks
F758 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 10	Oct 22	\$156.00 7 Weeks
F759 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 12	Oct 24	\$156.00 7 Weeks
F760 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 13	Oct 25	\$140.00 6 Weeks
F762 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F757.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Oct 27	Dec 8	\$156.00 7 Weeks
F758.1 <i>Session 2</i>	Wed	4:45 to 5:25 pm	Oct 29	Dec 10	\$156.00 7 Weeks
F759.1 <i>Session 2</i>	Fri	5:30 to 6:10 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F760.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Nov 1	Dec 13	\$156.00 7 Weeks
F762.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 2	Dec 14	\$156.00 7 Weeks

## Swimmer 6

Advanced swimmers will be challenged by stride entries, compact jumps and lifesaving kicks - eggbeater & scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25m. They'll swim lengths of front crawl, back crawl & breaststroke, then complete the 300m workout. **No class Oct 11, 12 & 13.**

Code	Day	Time	Date	Ends	Price
F763 <i>Session 1</i>	Mon	4:45 to 5:25 pm	Sept 8	Oct 20	\$140.00 6 Weeks
F764 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 10	Oct 22	\$156.00 7 Weeks
F766 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 12	Oct 24	\$156.00 7 Weeks
F767 <i>Session 1</i>	Sat	10:45 to 11:25 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F768 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F763.1 <i>Session 2</i>	Mon	4:45 to 5:25 pm	Oct 27	Dec 8	\$156.00 7 Weeks
F764.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 29	Dec 10	\$156.00 7 Weeks
F766.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F767.1 <i>Session 2</i>	Sat	10:45 to 11:25 pm	Nov 1	Dec 13	\$156.00 7 Weeks
F768.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 2	Dec 14	\$156.00 7 Weeks

## Clinic Cancellation Policy



Please note cancelling from any paid program must be done one week in advance for a full refund. Cancelling after this window will require a doctors note for refund. Cancellations may be subject to a \$20 Admin Fee.



## Bronze Swim Team

The Bronze Swim Team is for kids who have successfully completed Swimmer 6 and are looking to continue with their swimming skills. The intro to competitive swimming allows them to learn new drills, skills and strokes all while having fun. These swimmers will swim once a week with 15 minutes of fitness training with their coach before practice. **No class on Oct 11.**

## Silver Swim Team

The Silver Swim team is for swimmers that have passed experience on the Bronze Swim Team. The Silver team will be challenged more through distance and pace times all while having fun and still learning the developmental stages of competitive swimming. Swimmer will swim twice a week for one hour followed by 15 minutes of dryland training.

## Gold Swim Team

The Gold Swim Team is for swimmers that have experience from being on the Silver team or came from a competitive background. These swimmers will swim three times a week with 30 minutes of fitness training with their coach before practice. **No class on Oct 13.**

## ORCAS 21+ Swim Team

Age 21+. This team is for members who are looking to improve their technique and speed in the pool, either for fitness or to compete. This is a great way to cross train and stay fit while having fun. This group swims twice a week, with a coach on one of the two days. Three Lanes allotted for both days. Must be able to swim 1000m. **No class on Oct 12.**

## National Lifeguard

The National Lifeguard is a legal certificate for lifeguarding throughout the country and is recognized by the province of Ontario for lifeguarding public swimming pools. Prerequisites: Minimum 15 years of age, Bronze Cross, and Lifesaving Society Standard First Aid (need not be current) or Standard First Aid from one of these approved agencies.

## Want To Join a Swim Team?

We're eager to get you on one of our teams! Please note that a try out will be **required** to assess which team is the best fit.

Please contact Ashley at [ado@ontarioracquetclub.com](mailto:ado@ontarioracquetclub.com) to book your try out; **all swim team registrations must be made via the Aquatics Director.**

Program	Code	Day	Time	Date	Ends	Price
Bronze Swim Team	F770 <i>Session 1</i>	Tue	4:00 to 5:00 pm	Sept 9	Dec 9	\$268 14 Weeks
	F772 <i>Session 1</i>	Sat	1:00 to 2:00 pm	Sept 13	Dec 13	\$230 13 Weeks
Silver Swim Team	F773 <i>Session 1</i>	Tue	5:00 to 6:15 pm	Sept 9	Dec 11	\$380 14 Weeks
		Thurs	5:00 to 6:15 pm			
Gold Swim Team	F774 <i>Session 1</i>	Mon	6:15 to 7:45 pm	Sept 8	Dec 12	\$410 14 Weeks
		Wed	6:15 to 7:45 pm			
		Fri	6:15 to 7:45 pm			
ORCAS 21 +	F775 <i>Session 1</i>	Sun	7:30 to 9:00 am	Sept 14	Dec 14	\$250 13 Weeks
Bronze Cross	F777 <i>Session 1</i>	Thurs	6:30 to 8:30 pm	Sept 11	Dec 11	\$300 14 Weeks
National Lifeguard	F778 <i>Session 1</i>	Thurs	4:00 to 6:00 pm	Sept 11	Dec 11	\$365 14 Weeks

Please note registration to above programs are subject to the approval of ORC's Aquatics Director, Jackie Van Hul - [jvanhul@ontarioracquetclub.com](mailto:jvanhul@ontarioracquetclub.com)

## Bronze Cross

Bronze Cross begins the transition from lifesaving to lifeguarding. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. *Prerequisite:* Bronze Medallion and Lifesaving Society Emergency or Standard First Aid certifications (need not be current) or EFA or SFA from one of these approved agencies.

# ORC Squash

Updated 08/04/2025

## Squash

### Fundamentals Ages 6 to 13

This class is a fun introductory clinic for youngsters learning basic game play, the rules of squash and rudimentary movements. For kids ages 6 to 13 years.

## Progressive

### Development Ages 6 to 13

ORC Progressive Development is a fun introductory clinic for youngsters learning basic game play, the rules of squash and rudimentary movements. Kids should have some experience with squash or have participated in Squash Fundamentals. For ages 6 to 13 years. No class Oct 11.

## Training 1

### Ages 7 to 17 - Must Register With Coach

Training 1 is designed for players of all ages and skill levels who are passionate about developing their squash game. With a focus on fundamental skill development, personalized coaching, and competitive play, participants gain the tools and confidence needed to succeed on court. Players benefit from access to top-tier facilities, experienced coaches, and structured support throughout their training journey. **No class Oct 11 & 13.**

## Training 2

### Ages 7 to 17 - Must Register With Coach

Training 2 builds on the foundation established in Training 1, offering a more advanced and intensive program for players ready to take the next step. Emphasizing tactical refinement, physical conditioning, and higher-level competition, this stage is ideal for committed athletes aiming to compete at provincial or national levels. Players continue to receive elite coaching, tournament support, and full access to ORC's high-performance environment.

**Interested in Training 1  
or Training 2?**

*Email Al Cook to Inquire*  
[acook@ontarioracquetclub.com](mailto:acook@ontarioracquetclub.com)

		Day	Time	Date	Ends	Price
Squash Fundamentals	F200 <small>Session 1</small>	Wed	5:20 to 6:00 pm	Sept 11	Oct 23	\$110 7 Weeks
	F201 <small>Session 1</small>	Sat	10:00 to 10:40 am	Sept 14	Oct 26	\$95 6 Weeks
	F202 <small>Session 2</small>	Wed	5:20 to 6:00 pm	Oct 30	Dec 18	\$125 8 Weeks
	F203 <small>Session 2</small>	Sat	10:00 to 10:40 am	Nov 2	Dec 21	\$125 8 Weeks
Progressive Development	F206 <small>Session 1</small>	Wed	5:20 to 6:00 pm	Sept 11	Oct 23	\$110 7 Weeks
	F207 <small>Session 1</small>	Sat	10:00 to 10:40 am	Sept 14	Oct 26	\$95 6 Weeks
	F208 <small>Session 2</small>	Wed	5:20 to 6:00 pm	Oct 30	Dec 18	\$125 8 Weeks
	F209 <small>Session 2</small>	Sat	10:00 to 10:40 am	Nov 2	Dec 21	\$125 8 Weeks
Training 1	F215 <small>Session 1</small>	Mon	4:40 to 6:00 pm	Sept 8	Oct 20	\$180 6 Weeks
	F216 <small>Session 1</small>	Thurs	4:40 to 6:00 pm	Sept 11	Oct 23	\$210 7 Weeks
	F226 <small>Session 1</small>	Sat	1:20 to 2:40 pm	Sept 13	Oct 25	\$180 6 Weeks
	F217 <small>Session 2</small>	Mon	4:40 to 6:00 pm	Oct 27	Dec 15	\$210 7 Weeks
	F218 <small>Session 2</small>	Thurs	4:40 to 6:00 pm	Oct 30	Dec 18	\$210 7 Weeks
	F227 <small>Session 2</small>	Sat	1:20 to 2:40 pm	Nov 1	Dec 20	\$210 7 Weeks
Training 2	F219 <small>Session 1</small>	Tue	4:40 pm to 6:00 pm	Sept 9	Oct 21	\$210 7 Weeks
	F220 <small>Session 1</small>	Thurs	4:40 pm to 6:00 pm	Sept 11	Oct 23	\$210 7 Weeks
	F228 <small>Session 1</small>	Sat	1:20 pm to 2:40 pm	Sept 13	Oct 25	\$240 8 Weeks
	F221 <small>Session 2</small>	Tue	4:40 pm to 6:00 pm	Oct 28	Dec 16	\$240 8 Weeks
	F222 <small>Session 2</small>	Thurs	4:40 pm to 6:00 pm	Oct 30	Dec 18	\$240 8 Weeks
	F229 <small>Session 2</small>	Sat	1:20 pm to 2:40 pm	Nov 1	Dec 20	\$240 8 Weeks

## Registration Start Date

*Sign Up for Session 1 Programs On  
Monday August 11 at 10:00 am*

*Sign Up for Session 2 Programs On  
Monday October 8 at 10:00 am*

## Teen Drill & Play

Teen Squash Drill & Play is a fun and active session designed for teens to sharpen their squash skills through a mix of guided drills and friendly match play. With a focus on improving technique, footwork, and strategy, players will gain confidence and experience in a supportive environment. It's a great way to stay active, meet new friends, and take your game to the next level.

Clinic	Day	Time	Date	Ends	Price
F212 <i>Session 1</i>	Fri	5:00 to 6:00 pm	Sept 12	Oct 24	\$140 7 Weeks
F214 <i>Session 2</i>	Fri	5:00 to 6:00 pm	Oct 31	Dec 19	\$160 8 Weeks

## Learn to Play Squash

Join this adult beginner class and dive into the dynamic world of squash. Perfect for new players, this class focuses on learning the rules, building essential skills, and enjoying friendly competition.

Clinic	Day	Time	Date	Ends	Price
F223 <i>Session 1</i>	Wed	7:20 to 8:00 pm	Sept 10	Oct 1	\$75 4 Weeks
F224 <i>Session 1</i>	Wed	7:20 to 8:00 pm	Oct 8	Oct 29	\$75 4 Weeks
F225 <i>Session 2</i>	Wed	7:20 to 8:00 pm	Nov 5	Nov 26	\$75 4 Weeks

## Friday Squash Drop-In

Sign Up One Week in Advance

**Friday Drop-In | All Levels | Fridays 4:40 to 6:00 pm**

Join us every Friday from 4:40 to 6:00 pm for our Squash Drop-In — a fun, social session open to players of all levels. It's a great way to meet fellow members, get on court, and enjoy some casual matches in a relaxed setting. There's no charge to participate, but spots are limited, so be sure to sign up one week in advance!

## Questions?

Allan Cook | [acook@ontarioracquetclub.com](mailto:acook@ontarioracquetclub.com)  
Director of Squash & Pickleball





# ORC Pickleball

## Drop In Programs

Pre-register to reserve your spot; these sessions will fill up! Price is per-player, per session.

	Day	Time	Price
Social Play All Levels	Fri	7:00 to 8:30 pm	\$7.50 <i>Per Session</i>
	Sat	1:30 to 3:00 pm	\$7.50 <i>Per Session</i>
Level Play 2.0 to 2.5	Wed	12:30 to 2:00 pm	\$7.50 <i>Per Session</i>
Level Play 2.5 to 3.0	Tues	7:00 to 8:30 pm	\$7.50 <i>Per Session</i>
	Wed	11:00 to 12:30 pm	\$7.50 <i>Per Session</i>
Level Play 3.0 to 3.5+	Thurs	7:00 to 8:30 pm	\$7.50 <i>Per Session</i>
Email Albert To Participate: <a href="mailto:afong@ontarioracquetclub.com">afong@ontarioracquetclub.com</a> Or Register on the ORC App			

## Social Play

A round robin supervised by an ORC Pro, this program is perfect for those looking for different partners to play with socially. **No class Oct 13.**

Clinic	Day	Time	Date	End	Price
F500 <i>Session 1</i>	Mon	11:00 to 12:30 pm	Sept 8	Oct 20	\$63.00 6 Weeks
F501 <i>Session 1</i>	Tues	11:00 to 12:30 pm	Sept 9	Oct 21	\$73.50 7 Weeks
F502 <i>Session 1</i>	Thurs	11:00 to 12:30 pm	Sept 11	Oct 23	\$73.50 7 Weeks
F503 <i>Session 1</i>	Fri	11:00 to 12:30 pm	Sept 12	Oct 24	\$73.50 7 Weeks
F505 <i>Session 2</i>	Mon	11:00 to 12:30 pm	Oct 27	Dec 15	\$84.00 8 Weeks
F506 <i>Session 2</i>	Tues	11:00 to 12:30 pm	Oct 28	Dec 16	\$84.00 8 Weeks
F507 <i>Session 2</i>	Thurs	11:00 to 12:30 pm	Oct 30	Dec 18	\$84.00 8 Weeks
F508 <i>Session 2</i>	Fri	11:00 to 12:30 pm	Oct 31	Dec 19	\$84.00 8 Weeks

## PICKLEBALL LESSONS

Private	1 person	\$80
Semi Private	2 people	\$55
Group of Three	3 people	\$45
Group of Four	4 people	\$35

Questions? Interested in Private Lessons?

Albert Fong: [afong@ontarioracquetclub.com](mailto:afong@ontarioracquetclub.com)  
Allan Cook: [acook@ontarioracquetclub.com](mailto:acook@ontarioracquetclub.com)

## Learn-to-Play

Ideal for new pickleball players. Learn the game format and rules. Focus on key fundamentals so that new players are set up for success. **No class Oct 13.**

Clinic	Day	Time	Date	End	Price
F518 <i>Session 1</i>	Mon	12:30 to 2:00 pm	Sept 8	Sept 29	\$54.00 4 Weeks
F519 <i>Session 1</i>	Sat	12:00 to 1:30 pm	Sept 13	Oct 4	\$54.00 4 Weeks
F520 <i>Session 1</i>	Mon	12:30 to 2:00 pm	Oct 6	Oct 27	\$40.50 3 Weeks
F521 <i>Session 1</i>	Wed	12:00 to 1:30 pm	Oct 11	Nov 1	\$54.00 4 Weeks
F522 <i>Session 2</i>	Mon	12:30 to 2:00 pm	Nov 3	Nov 24	\$54.00 4 Weeks
F523 <i>Session 2</i>	Sat	12:00 to 1:30 pm	Nov 8	Nov 29	\$54.00 4 Weeks

## Pickleball Drill & Play

You will train specific tactics and put what you have learned into practice afterwards. This clinic is offered to intermediate to advanced players.

### Level 2.0 - 2.5

Clinic	Day	Time	Date	End	Price
F509 <i>Session 1</i>	Tues	12:30 to 2:00 pm	Sept 9	Sept 30	\$54.00 4 Weeks
F512 <i>Session 1</i>	Tues	12:30 to 2:00 pm	Oct 7	Oct 28	\$54.00 4 Weeks
F515 <i>Session 2</i>	Tues	12:30 to 2:00 pm	Nov 4	Nov 25	\$54.00 4 Weeks

### Level 2.5 - 3.0

Clinic	Day	Time	Date	End	Price
F510 <i>Session 1</i>	Thurs	12:30 to 2:00 pm	Sept 11	Oct 2	\$54.00 4 Weeks
F513 <i>Session 1</i>	Thurs	12:30 to 2:00 pm	Oct 9	Oct 30	\$54.00 4 Weeks
F516 <i>Session 2</i>	Thurs	12:30 to 2:00 pm	Nov 6	Nov 28	\$54.00 4 Weeks

### Level 3.0 - 3.5

Clinic	Day	Time	Date	End	Price
F511 <i>Session 1</i>	Fri	12:30 to 2:00 pm	Sept 12	Oct 3	\$54.00 4 Weeks
F514 <i>Session 1</i>	Fri	12:30 to 2:00 pm	Oct 10	Oct 31	\$54.00 4 Weeks
F517 <i>Session 1</i>	Fri	12:30 to 2:00 pm	Nov 7	Nov 28	\$54.00 4 Weeks