

FALL 2026

PROGRAM GUIDE



PICKLEBALL COACH JONAS DAEHLER

ON COURT WITH ORC MEMBERS



Kids Activities



Art Club Ages 5 to 9

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. **No class Oct 12.**



Jr Craft Club Ages 9 to 12

Join our 7-week Craft Club for kids ages 9–12, where creativity comes to life through fun, hands-on projects each week. Participants will explore a variety of art techniques while creating unique crafts to take home and enjoy. This program encourages imagination, builds confidence, and helps develop new artistic skills in a positive and welcoming environment. No experience is needed, just bring your creativity and get ready to make new friends while creating something amazing! **No class Oct 12.**



Build-it Club Ages 5 to 8

Get ready to imagine, create, and build! In Builders Club, kids use everyday household items to design fun projects and explore how things work. From building bridges and towers to creating mini-inventions, each class sparks curiosity and hands-on learning through play. Kids will develop teamwork, problem-solving, and creativity while having a blast building something new each week!



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 10 & 12.**



Kinder Fit Ages 5 to 6

Your kindergartener gets to run, jump, throw, catch and play with lots of fun obstacles, game and activities.

Program	Clinic	Day	Time	Start	Ends	Price
Kinder Art Ages 5 to 6	F300 Session 1	Mon	5:15 to 6:00 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F300.1 Session 2	Mon	5:15 to 6:00 pm	Nov 2	Dec 14	\$75.00 7 Weeks
Kids Art Ages 7 to 9	F301 Session 1	Mon	4:00 to 5:00 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F301.1 Session 2	Mon	4:00 to 5:00 pm	Nov 2	Dec 14	\$75.00 7 Weeks
Jr Crafts Club Ages 9 to 12	F302 Session 1	Mon	6:00 to 7:00 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F302.1 Session 2	Mon	6:00 to 7:00 pm	Nov 2	Dec 14	\$75.00 7 Weeks
Build It Club Ages 5 to 8	F303 Session 1	Wed	4:00 to 5:00 pm	Sept 16	Oct 28	\$75.00 7 Weeks
	F303.1 Session 2	Wed	4:00 to 5:00 pm	Nov 4	Dec 16	\$75.00 7 Weeks
Preschool Fit Ages 3 to 4	F304 Session 1	Mon	4:30 to 5:15 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F305 Session 1	Wed	4:00 to 4:45 pm	Sept 16	Oct 28	\$75.00 7 Weeks
	F306 Session 1	Sat	10:00 to 10:45 am	Sept 19	Oct 31	\$64.00 6 Weeks
	F304.1 Session 2	Mon	4:30 to 5:15 pm	Nov 2	Dec 14	\$75.00 7 Weeks
	F305.1 Session 2	Wed	4:00 to 4:45 pm	Nov 4	Dec 16	\$75.00 7 Weeks
	F306.1 Session 2	Sat	10:00 to 10:45 am	Nov 7	Dec 19	\$75.00 7 Weeks
Kinder Fit Ages 5 to 6	F307 Session 1	Mon	4:30 to 5:15 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F308 Session 1	Fri	4:00 to 4:50 pm	Sept 18	Oct 30	\$75.00 7 Weeks
	F309 Session 1	Sat	10:00 to 10:45 am	Sept 19	Oct 31	\$64.00 6 Weeks
	F307.1 Session 2	Mon	4:30 to 5:15 pm	Nov 2	Dec 14	\$75.00 7 Weeks
	F308.1 Session 2	Fri	4:00 to 4:50 pm	Nov 6	Dec 18	\$75.00 7 Weeks
	F309.1 Session 2	Sat	10:00 to 10:45 am	Nov 7	Dec 19	\$75.00 7 Weeks

FAMILY MEMBERSHIPS

Kids on Family Memberships are entitled to two complimentary weekly classes. Any program with the **blue ORC Logo** is eligible!



Program Registration Dates

Session One Clinics

Registration Opens
Monday August 17th
at 10:00 am

Session Two Clinics

Registration Opens
Monday October 5th
at 10:00 am

CANCELLATIONS

Please request cancellations at least one week before your session starts. Late cancellations require a doctor's note for a pro-rated refund, while any clinic cancelled due to low enrollment will be refunded in full.



Kid Fit Ages 7 to 9

Kids develop hand-eye coordination and perform footwork drills. Kids will play games mixed with exercise. **No class Oct 12.**



Junior Fit Ages 9 to 12

Let's start our kids off on the right foot with fitness and being healthy. We will teach your kids fitness and exercise with games and fun. They will always get a great workout every class and have a big smile on their faces. **No class Oct 11.**



Basketball Ages 5 to 12

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 10, 11 & 12.**



Progression drills and games are used for the appropriate age/level. Every week kids get to learn warm ups, drills, skills games and scrimmage.

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)

In this **7-week** course, 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 with questions.

Clinic	Day	Time	Start	Ends	Price
F600.1 Session 2	Tues	4:15 to 5:15 pm	Oct 27	Dec 8	\$78.00 Members \$90.00 Guests

Program	Clinic	Day	Time	Start	Ends	Price
Kid Fit Ages 7 to 9	F310 Session 1	Mon	5:15 to 6:05 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F311 Session 1	Thurs	4:00 to 5:00 pm	Sept 17	Oct 29	\$75.00 7 Weeks
	F312 Session 1	Fri	4:00 to 4:50 pm	Sept 18	Oct 30	\$75.00 7 Weeks
	F310.1 Session 2	Mon	5:15 to 6:05 pm	Nov 2	Dec 14	\$75.00 7 Weeks
	F311.1 Session 2	Thurs	4:00 to 5:00 pm	Nov 5	Dec 14	\$75.00 7 Weeks
	F312.1 Session 2	Fri	4:00 to 4:50 pm	Nov 6	Dec 18	\$75.00 7 Weeks
Junior Fit Ages 9 to 12	F313 Session 1	Tues	4:00 to 5:00 pm	Sept 15	Oct 27	\$75.00 7 Weeks
	F314 Session 1	Sun	10:00 to 11:00 am	Sept 20	Nov 1	\$75.00 7 Weeks
	F313.1 Session 2	Tues	4:00 to 5:00 pm	Nov 3	Dec 15	\$75.00 7 Weeks
	F314.1 Session 2	Sun	10:00 to 11:00 am	Nov 8	Dec 20	\$75.00 7 Weeks
Kinder B-Ball Ages 5 to 6	F326 Session 1	Wed	5:00 to 6:00 pm	Sept 16	Oct 28	\$75.00 7 Weeks
	F327 Session 1	Fri	5:00 to 6:00 pm	Sept 18	Oct 30	\$75.00 7 Weeks
	F328 Session 1	Sun	10:00 to 11:00 am	Sept 20	Nov 1	\$64.00 6 Weeks
	F326.1 Session 2	Wed	5:00 to 6:00 pm	Nov 4	Dec 16	\$75.00 7 Weeks
	F327.1 Session 2	Fri	5:00 to 6:00 pm	Nov 6	Dec 18	\$75.00 7 Weeks
	F328.1 Session 2	Sun	10:00 to 11:00 am	Nov 8	Dec 20	\$75.00 7 Weeks
Kid B-Ball Ages 7 to 9	F329 Session 1	Tues	5:00 to 6:00 pm	Sept 15	Oct 27	\$75.00 7 Weeks
	F330 Session 1	Wed	5:00 to 6:00 pm	Sept 16	Oct 28	\$75.00 7 Weeks
	F331 Session 1	Fri	5:00 to 6:00 pm	Sept 18	Oct 30	\$75.00 7 Weeks
	F329.1 Session 2	Tues	5:00 to 6:00 pm	Nov 3	Dec 15	\$75.00 7 Weeks
	F330.1 Session 2	Wed	5:00 to 6:00 pm	Nov 4	Dec 16	\$75.00 7 Weeks
	F331.1 Session 2	Fri	5:00 to 6:00 pm	Nov 6	Dec 18	\$75.00 7 Weeks
Junior B-Ball Ages 9 to 12	F332 Session 1	Mon	5:15 to 6:05 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F333 Session 1	Sat	10:45 to 11:30 am	Sept 19	Oct 31	\$64.00 6 Weeks
	F332.1 Session 2	Mon	5:15 to 6:05 pm	Nov 2	Dec 14	\$75.00 7 Weeks
	F333.1 Session 2	Sat	10:45 to 11:30 am	Nov 7	Dec 19	\$75.00 7 Weeks



Soccer Ages 5 to 9

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.**

KINDER SOCCER - AGES 5 TO 6

Clinic	Day	Time	Start	Ends	Price
F335 <i>Session 1</i>	Tues	4:00 to 5:00 pm	Sept 15	Oct 27	\$75.00 7 Weeks
F336 <i>Session 1</i>	Thurs	4:00 to 5:00 pm	Sept 17	Oct 29	\$75.00 7 Weeks
F337 <i>Session 1</i>	Sun	11:00 to 12:00 pm	Sept 20	Nov 1	\$64.00 6 Weeks
F335.1 <i>Session 2</i>	Tues	4:00 to 5:00 pm	Nov 3	Dec 15	\$75.00 7 Weeks
F336.1 <i>Session 2</i>	Thurs	4:00 to 5:00 pm	Nov 5	Dec 17	\$75.00 7 Weeks
F337.1 <i>Session 2</i>	Sun	11:00 to 12:00 pm	Nov 8	Dec 20	\$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). Cody will also blend in current practices, allowing students to see how the skills they learn in karate can be applied to real world situations.

KARATE - AGES 5 TO 9

Clinic	Day	Time	Start	Ends	Price
F800 <i>Session 1</i>	Tues	5:30 to 6:15 pm	Sept 15	Oct 27	\$105.00 7 Weeks
F801 <i>Session 1</i>	Fri	5:30 to 6:15 pm	Sept 18	Oct 30	\$105.00 7 Weeks
F800.1 <i>Session 2</i>	Tues	5:30 to 6:15 pm	Nov 3	Dec 15	\$105.00 7 Weeks
F801.1 <i>Session 2</i>	Fri	5:30 to 6:15 pm	Nov 6	Dec 18	\$105.00 7 Weeks

KARATE - AGES 10 TO 16

Clinic	Day	Time	Start	Ends	Price
F802 <i>Session 1</i>	Tues	6:15 to 7:15 pm	Sept 15	Oct 27	\$105.00 7 Weeks
F803 <i>Session 1</i>	Fri	6:15 to 7:15 pm	Sept 18	Oct 30	\$105.00 7 Weeks
F802.1 <i>Session 2</i>	Tues	6:15 to 7:15 pm	Nov 3	Dec 15	\$105.00 7 Weeks
F803.1 <i>Session 2</i>	Fri	6:15 to 7:15 pm	Nov 6	Dec 18	\$105.00 7 Weeks

KID SOCCER - AGES 7 TO 9

Clinic	Day	Time	Start	Ends	Price
F338 <i>Session 1</i>	Tues	4:00 to 5:00 pm	Sept 15	Oct 27	\$75.00 7 Weeks
F339 <i>Session 1</i>	Thurs	5:00 to 6:00 pm	Sept 17	Oct 29	\$75.00 7 Weeks
F340 <i>Session 1</i>	Sun	11:00 to 12:00 pm	Sept 20	Nov 1	\$64.00 6 Weeks
F338.1 <i>Session 2</i>	Tues	4:00 to 5:00 pm	Nov 3	Dec 15	\$75.00 7 Weeks
F339.1 <i>Session 2</i>	Thurs	5:00 to 6:00 pm	Nov 5	Dec 17	\$75.00 7 Weeks
F340.1 <i>Session 2</i>	Sun	11:00 to 12:00 pm	Nov 8	Dec 20	\$75.00 7 Weeks



T-Ball Ages 5 to 9

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. Let's play ball! We will play a small version of T-ball in our sport court that will teach kids the basic of the sport. Bring your own glove or use one of ours. We will use tennis balls to be safe. **No class Oct 10.**

KINDER T-BALL - AGES 5 TO 6

Clinic	Day	Time	Start	Ends	Price
F341 <i>Session 1</i>	Thurs	5:00 to 6:00 pm	Sept 17	Oct 29	\$75.00 7 Weeks
F341.1 <i>Session 2</i>	Thurs	5:00 to 6:00 pm	Nov 5	Dec 17	\$75.00 7 Weeks

KID T-BALL - AGES 7 TO 9

Clinic	Day	Time	Start	Ends	Price
F342 <i>Session 1</i>	Sat	10:45 to 11:30 am	Sept 19	Oct 31	\$64.00 6 Weeks
F342.1 <i>Session 2</i>	Sat	10:45 to 11:30 am	Nov 7	Dec 19	\$75.00 7 Weeks



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.

BADMINTON - AGES 9 TO 16

Clinic	Day	Time	Start	Ends	Price
F325 <i>Session 1</i>	Thurs	6:00 to 7:00 pm	Sept 17	Oct 29	\$75.00 7 Weeks
F325.1 <i>Session 2</i>	Thurs	6:00 to 7:00 pm	Nov 5	Dec 17	\$75.00 7 Weeks

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 Skill*



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 with questions.

Clinic	Day	Time	Start	Ends	Price
F603.1 Session 2	Sat	9:00 am to 1:00 pm	Nov 7	Nov 14	\$78.00 Members \$90.00 Guests



Volleyball

Ages 9 to 16

Kids develop hand-eye coordination and perform footwork drills. Kids will play games mixed with exercise. **No class Oct 11.**



Yoga

Ages 9 to 16

This clinic is designed for young teens who are interested in yoga and exploring methods to connect with themselves. Each class is themed for self reflection. Learn poses and enjoy yoga flow.



Teen Pickleball

Ages 12 to 16

This fun clinic is for teens new to pickleball or still learning the basics. We focus on skills like paddle grip, basic strokes and game rules.

Teens build confidence, teamwork, and sportsmanship in a supportive environment. No experience needed - just come ready have fun! **No class Oct 10.**



Teen Kickboxing

Ages 13 to 16

This fun clinic is for teens new to pickleball or still learning the basics. We focus on skills like paddle grip, basic strokes and game rules.

Teens build confidence, teamwork, and sportsmanship in a supportive environment. No experience needed - just come ready have fun!

Program	Clinic	Day	Time	Start	Ends	Price
Junior Volleyball Ages 9 to 12	F343 Session 1	Tues	6:00 to 7:00 pm	Sept 15	Oct 27	\$64.00 6 Weeks
	F344 Session 1	Wed	4:00 to 5:00 pm	Sept 16	Oct 28	\$75.00 7 Weeks
	F343.1 Session 2	Tues	6:00 to 7:00 pm	Nov 3	Dec 15	\$75.00 7 Weeks
	F344.1 Session 2	Wed	4:00 to 4:50 pm	Nov 4	Dec 16	\$75.00 7 Weeks
Teen Volleyball Ages 13 to 16	F345 Session 1	Fri	6:00 to 7:00 pm	Sept 18	Oct 30	\$75.00 7 Weeks
	F346 Session 1	Sun	12:00 to 1:00 pm	Sept 20	Nov 1	\$64.00 6 Weeks
	F345.1 Session 2	Fri	6:00 to 7:00 pm	Nov 6	Dec 18	\$75.00 7 Weeks
	F346.1 Session 2	Sun	12:00 to 1:00 pm	Nov 8	Dec 20	\$75.00 7 Weeks
Junior Yoga Ages 9 to 12	F324 Session 1	Thurs	4:00 to 5:00 pm	Sept 17	Oct 29	\$75.00 7 Weeks
	F324.1 Session 2	Thurs	4:00 to 5:00 pm	Nov 5	Dec 17	\$75.00 7 Weeks
Teen Yoga Ages 13 to 16	F323 Session 1	Thurs	5:00 to 6:00 pm	Sept 17	Oct 29	\$75.00 7 Weeks
	F323.1 Session 2	Thurs	5:00 to 6:00 pm	Nov 5	Dec 17	\$75.00 7 Weeks
Teen Pickleball Ages 13 to 16	F334 Session 1	Sat	11:30 to 12:30 pm	Sept 19	Oct 31	\$64.00 6 Weeks
	F334.1 Session 2	Sat	11:30 to 12:30 pm	Nov 7	Dec 19	\$75.00 7 Weeks
Teen Kickboxing Ages 13 to 16	F315 Session 1	Tues	4:00 to 5:00 pm	Sept 15	Oct 27	\$75.00 7 Weeks
	F315.1 Session 2	Tues	4:00 to 5:00 pm	Nov 3	Dec 15	\$75.00 7 Weeks



Teen Training Ages 13 to

Learn to use the cardio machines, proper technique for body weight exercises and selectorized weight machines. Once your teen completes and attends all classes they can workout in the fitness center on their own. We encourage all teens to continue to learn by registering for more teen training clinics - same level or higher - to gain more knowledge and confidence. **No class Oct 12.**



Teen Training Girls Ages 13 to 16

Build strength, confidence and healthy habits in a supportive environment. Girls learn proper form using bodyweight exercises, light weights and resistance training. Sessions includes a mix of strength, cardio & flexibility work. **No class Oct 12.**



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	Start	Ends	Price
Teen Training Ages 13 to 16	F316 Session 1	Mon	4:30 to 5:30 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F317 Session 1	Wed	4:00 to 5:00 pm	Sept 16	Oct 28	\$75.00 7 Weeks
	F318 Session 1	Thurs	5:00 to 6:00pm	Sept 17	Oct 29	\$75.00 7 Weeks
	F316.1 Session 2	Mon	4:30 to 5:30 pm	Nov 2	Dec 14	\$75.00 7 Weeks
	F317.1 Session 2	Wed	4:00 to 5:00 pm	Nov 4	Dec 16	\$75.00 7 Weeks
	F318.1 Session 2	Thurs	5:00 to 6:00pm	Nov 5	Dec 17	\$75.00 7 Weeks
Teen Training Girls Ages 13 to 16	F319 Session 1	Mon	5:30 to 6:30 pm	Sept 14	Oct 26	\$64.00 6 Weeks
	F320 Session 1	Tues	5:00 to 6:00 pm	Sept 15	Oct 27	\$75.00 7 Weeks
	F321 Session 1	Wed	5:00 to 6:00 pm	Sept 16	Oct 28	\$75.00 7 Weeks
	F319.1 Session 2	Mon	5:30 to 6:30 pm	Nov 2	Dec 14	\$75.00 7 Weeks
	F320.1 Session 2	Tues	5:00 to 6:00 pm	Nov 3	Dec 15	\$75.00 7 Weeks
	F321.1 Session 2	Wed	5:00 to 6:00 pm	Nov 4	Dec 16	\$75.00 7 Weeks
Teen Weightlifting Ages 13 to 16	F322 Session 1	Thurs	4:00 to 5:00 pm	Sept 17	Oct 29	\$75.00 7 Weeks
	F322.1 Session 2	Thurs	4:00 to 5:00 pm	Nov 5	Dec 17	\$75.00 7 Weeks

More for Kids & Teens! Don't stop here! Check out the back page for our **Junior Pickleball Academy**, featuring skill development and level-based play.

Self Defense Clinic For Teens Age 15+

Join ORC's Cody Fisher for a practical and engaging self-defense clinic focused on realistic personal safety strategies. With over 14 years of experience in Karate (2nd degree black belt) and 8 years in Shorinji-kan Jiu Jitsu (brown belt), Cody blends traditional martial arts discipline with effective, real-world application.

This class is designed to help participants recognize and avoid dangerous situations, de-escalate conflict whenever possible, and respond with confidence when physical defense is necessary. Emphasis will be placed on understanding proper striking mechanics and applying them efficiently under pressure, along with key techniques for close-range defense.

Whether you're new to self-defense or seeking to deepen your knowledge, this clinic offers a balanced, thoughtful approach that empowers you to protect yourself with awareness, skill, and control. Contact Agustina at aquiros@ontarioracquetclub.com for any questions.

F602 Session 1	Fri	4:00 to 5:00 pm	Sept 11	Oct 23	\$78.00 Members	\$90.00 Guests	7 Weeks
F602.1 Session 2	Fri	4:00 to 5:00 pm	Oct 30	Dec 11	\$78.00 Members	\$90.00 Guests	7 Weeks



HEALTH & WELLNESS WORKSHOPS

Questions? Email Agustina at aquiros@ontarioracquetclub.com

Nutrition for Busy Families

September has a way of reshuffling everything - routines, schedules, sleep and nutrition.

Whether you're packing lunches for kids, or navigating back-to-office demands, join Registered Holistic Nutritionist Sara Bhamra for a practical session on how to fuel yourself and your family through the "back to it" season. We'll cover what nutrients tend to take a backseat when schedules get hectic, simple strategies for building meals and snacks that support energy, focus, and mood, plus easy swaps that work on your most chaotic days.

Thriving Through Perimenopause & Menopause

Join Jennifer Haight-Topley, CNP, certified holistic nutritionist, speaker, mental health advocate, and founder of Striving to Thrive Holistic Nutrition, for a supportive workshop designed to help you navigate perimenopause and menopause with ease and confidence.

With both personal and professional experience supporting health through life's transitions, Jennifer brings years of experience in holistic nutrition, with a focus on mental health, blood sugar balance, and chronic health concerns. Today, her passion is to empower women to better understand their bodies and navigate perimenopause and menopause with confidence through practical, sustainable nutrition and lifestyle strategies.

In this interactive session, you will explore the stages of perimenopause and menopause, including hormonal, physical, and emotional changes. Jennifer will highlight the essential role of nutrition and healthy lifestyle choices in supporting energy, mood, and overall well-being during this transition. Additionally, she will provide an overview of supplement options and guidance on working with your healthcare provider.

Nourishing Your Family: A Small Group Clinic for Parents

If you're a parent navigating picky eating, trying to get everyone on the same page at meal-time, or looking for sustainable, realistic habits that work for your family, this clinic is for you!

Join Sara Bhamra, Registered Holistic Nutritionist, for six weekly sessions built around your family, combining nutrition education, real-life strategies, and personalized guidance.

During this clinic we will cover everything from picky eating and label reading to meal planning for busy schedules and getting kids involved in the kitchen. You'll walk away with practical tools, take-home resources, and a framework you can sustain long-term.

Program	Clinic	Day	Time	Start	Ends	Price
Nutrition for Families	F600 <i>Session 1</i>	Tues	5:00 to 6:00 pm	September 22		\$10 Members \$15 Guests
Thriving Through Menopause	F601 <i>Session 1</i>	Tues	5:00 to 6:30 pm	October 6		\$10 Members \$15 Guests
Nourishing Your Family	F603 <i>Session 1</i>	Mon	4:00 to 5:00 pm	Sept 14	Oct 19	\$75 Members \$85 Guests

HEALTH & WELLNESS WORKSHOPS

Fuelling Her Performance: Nutrition for Female Athletes

A one-size-fits-all nutrition approach often falls short for female athletes, given the nutritional gaps that disproportionately affect this population. Whether you're a parent, athlete, or coach, this workshop gives better understanding of what it takes to support female performance.

Join Registered Holistic Nutritionist Sara Bhamra for a deep dive into the unique nutritional landscape of female athletes. We'll explore key nutrients where female athletes are most at risk for deficiency, how those gaps can show up, and the practical, food-first strategies that can support them.

Brain Health, Alzheimer's Disease & Healthy Aging

Join us for an empowering wellness workshop designed to help you protect your mind, stay active, and thrive at every stage of life. Discover the strong connection between physical activity and brain health, and explore evidence-based exercise strategies alongside balance, coordination, and mobility training that support daily independence and confidence. Beyond movement, we will dive into the essential roles of sleep, nutrition, stress management, and social connection, while addressing key lifestyle factors that can contribute to cognitive decline. You will also learn mind-body approaches like mindfulness to boost mental well-being and leave with practical strategies for building long-term habits that support ongoing quality of life. Perfect for older adults, caregivers, and anyone looking to enhance their long-term brain wellness.

Managing Arthritis, Sciatica, SI Joint Dysfunction & Back Pain

Take control of your mobility in this practical, movement-based workshop focused on managing joint issues, chronic pain, and back conditions. You will explore the underlying pathophysiology of arthritis, osteoarthritis, rheumatoid arthritis, sciatica, SI joint dysfunction, and lower back pain, along with their real-life impact on daily activity. Through evidence-based exercise strategies and Pilates-based methods, you will discover how to restore essential mobility across the pelvis, lumbar spine, hips, and thoracic region. Guided by functional movement and alignment techniques, this session provides achievable tools for effective pain management and long-term joint care. Ideal for individuals navigating chronic joint challenges, dedicated caregivers, and wellness professionals seeking to expand their movement toolset.

Program	Clinic	Day	Time	Start	Ends	Price
Fuelling Her Performance	F601.1 <i>Session 2</i>	Mon	5:00 to 6:00 pm	November 9		\$10 Members \$15 Guests
Healthy Aging	F604.1 <i>Session 2</i>	Wed	2:00 to 3:30 pm	December 2		\$15 Members \$20 Guests
Managing Arthritis	F605.1 <i>Session 2</i>	Thurs	2:00 to 3:30 pm	December 17		\$15 Members \$20 Guests



PLEASE NOTE

The presenter of The "Brain Health" and "Managing Arthritis" workshops is not a medical doctor.

These sessions are intended for informational purposes only and does not involve diagnosing, prognosticating, or prescribing treatments for any disease or condition. Additionally, no licensed or controlled acts that may constitute the practice of medicine in this province will be performed during the workshop.

For specific medical advice or treatment, please consult a licensed healthcare professional.

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 Oct 10.**

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 Oct 10.**

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 Oct 10.**

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, who will be courted according to experience and skill level. **No Class Oct 10.**

Registration Dates

Session one clinics open for registration
Monday August 17th at 10:00 am

Session two pink-coloured clinics open
Monday October 5th at 10:00 am

Program	Clinic	Day	Time	Start	Ends	Price
Tennis FUNdamentals	F100 <i>Session 1</i>	Fri	4:00 to 5:00 pm	Sept 11	Oct 23	\$192.50 7 Weeks
	F101 <i>Session 1</i>	Fri	5:00 to 6:00 pm	Sept 11	Oct 23	\$192.50 7 Weeks
	F102 <i>Session 1</i>	Sat	10:30 to 11:30 am	Sept 12	Oct 24	\$165.00 6 Weeks
	F100.1 <i>Session 2</i>	Fri	4:00 to 5:00 pm	Oct 30	Dec 18	\$220.00 8 Weeks
	F101.1 <i>Session 2</i>	Fri	5:00 to 6:00 pm	Oct 30	Dec 18	\$220.00 8 Weeks
	F102.1 <i>Session 2</i>	Sat	10:30 to 11:30 am	Oct 31	Dec 19	\$220.00 8 Weeks
Parent & Tot	F103 <i>Session 1</i>	Sat	11:30 to 12:30 pm	Sept 14	Oct 24	\$99.00 6 Weeks
	F103.1 <i>Session 2</i>	Sat	11:30 to 12:30 pm	Oct 31	Dec 19	\$132.00 8 Weeks
Progressive Development	F104 <i>Session 1</i>	Fri	4:00 to 5:00 pm	Sept 11	Oct 23	\$192.50 7 Weeks
	F105 <i>Session 1</i>	Fri	5:00 to 6:00 pm	Sept 11	Oct 24	\$192.50 7 Weeks
	F106 <i>Session 1</i>	Sat	10:30 to 11:30 am	Sept 12	Oct 24	\$165.00 6 Weeks
	F104.1 <i>Session 2</i>	Fri	4:00 to 5:00 pm	Oct 30	Dec 18	\$220.00 8 Weeks
	F105.1 <i>Session 2</i>	Fri	5:00 to 6:00 pm	Oct 30	Dec 18	\$220.00 8 Weeks
	F106.1 <i>Session 2</i>	Sat	10:30 to 11:30 am	Oct 31	Dec 19	\$220.00 8 Weeks
Teen Drill and Play	F107 <i>Session 1</i>	Fri	6:00 to 7:30 pm	Sept 11	Oct 23	\$269.50 7 Weeks
	F108 <i>Session 1</i>	Sat	12:30 to 2:00 pm	Sept 12	Oct 24	\$231.00 6 Weeks
	F107.1 <i>Session 2</i>	Fri	6:00 to 7:30 pm	Oct 30	Dec 18	\$308.00 8 Weeks
	F108.1 <i>Session 2</i>	Sat	12:30 to 2:00 pm	Oct 31	Dec 19	\$308.00 8 Weeks

Adult Tennis

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 12.**

Learn to Play 1.0 to 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 12.**

Clinic	Day	Time	Start	Ends	Price
F109 Session 1	Mon	9:00 to 10:30 am	Sept 14	Oct 19	\$212.50 5 Weeks
F110 Session 1	Mon	7:30 to 9:00 pm	Sept 14	Oct 19	\$212.50 5 Weeks
F109.1 Session 2	Mon	9:00 to 10:30 am	Oct 26	Dec 14	\$340.00 8 Weeks
F110.1 Session 2	Mon	7:30 to 9:00 pm	Oct 26	Dec 14	\$340.00 8 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. **No class Oct 12.**

Clinic	Day	Time	Start	Ends	Price
F111 Session 1	Mon	6:30 to 7:30 am	Sept 14	Oct 19	\$127.50 5 Weeks
F112 Session 1	Wed	6:30 to 7:30 am	Sept 9	Oct 21	\$178.50 7 Weeks
F111.1 Session 2	Mon	6:30 to 7:30 am	Oct 26	Dec 14	\$204.00 8 Weeks
F112.1 Session 2	Wed	6:30 to 7:30 am	Oct 28	Dec 16	\$204.00 8 Weeks

CARDIO + GAMES

Clinic	Day	Time	Start	Ends	Price
F113 Session 1	Fri	9:00 to 10:30 am	Sept 11	Oct 23	\$297.50 7 Weeks
F113.1 Session 2	Fri	9:00 to 10:30 am	Oct 30	Dec 18	\$340.00 8 Weeks

LEVEL 2.0-2.5

Clinic	Day	Time	Start	Ends	Price
F115 Session 1	Mon	7:30 to 9:00 am	Sept 14	Oct 19	\$212.50 5 Weeks
F116 Session 1	Tue	10:30 to 12:00 pm	Sept 8	Oct 20	\$297.50 7 Weeks
F115.1 Session 2	Mon	7:30 to 9:00 am	Oct 26	Dec 14	\$340.00 8 Weeks
F116.1 Session 2	Tue	10:30 to 12:00 pm	Oct 27	Dec 15	\$340.00 8 Weeks

LEVEL 2.5-3.0

Clinic	Day	Time	Start	Ends	Price
F117 Session 1	Mon	10:30 to 12:00 pm	Sept 14	Oct 19	\$212.50 5 Weeks
F118 Session 1	Wed	10:30 to 12:00 pm	Sept 9	Oct 21	\$297.50 7 Weeks
F119 Session 1	Wed	7:30 to 9:00 pm	Sept 9	Oct 21	\$297.50 7 Weeks
F120 Session 1	Fri	10:30 to 12:00 pm	Sept 11	Oct 23	\$297.50 7 Weeks
F117.1 Session 2	Mon	10:30 to 12:00 pm	Oct 26	Dec 14	\$340.00 8 Weeks
F118.1 Session 2	Wed	10:30 to 12:00 pm	Oct 28	Dec 16	\$340.00 8 Weeks
F119.1 Session 2	Wed	7:30 to 9:00 pm	Oct 28	Dec 16	\$340.00 8 Weeks
F120.1 Session 2	Fri	10:30 to 12:00 pm	Oct 30	Dec 18	\$340.00 8 Weeks

LEVEL 3.0-3.5

Clinic	Day	Time	Start	Ends	Price
F121 Session 1	Thu	10:30 to 12:00 pm	Sept 10	Oct 22	\$297.50 7 Weeks
F122 Session 1	Thu	7:30 to 9:00 pm	Sept 10	Oct 22	\$297.50 7 Weeks
F121.1 Session 2	Thu	10:30 to 12:00 pm	Oct 29	Dec 17	\$340.00 8 Weeks
F122.1 Session 2	Thu	7:30 to 9:00 pm	Oct 29	Dec 17	\$340.00 8 Weeks

Other Ways to Play

Want to join in? Email coach Kyle Rutherford at 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.

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

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

Adult Classes | Email Kyle Rutherford

krutherford@ontarioracquetclub.com



Women's Doubles Club 2.0 to 3.0

A coach-organized doubles session where you'll enjoy quality match play with players of a similar level. Partners and opponents are rotated throughout the session, and a coach is on court to organize play, provide guidance, and step in to play when needed.

Shot of the Week 2.0 to 3.0

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 11.**

Singles Bootcamp 2.5 to

Ninety minutes of Match Simulation Training: increased offensive and counter-offensive capacity, improved defensive ability, mental toughness.

Double Warriors 3.0 to 3.5

This class helps 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 get ready to be "aggressively smart, not aggressively sloppy" **No Class Oct 10.**

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 11.**

The Big Two Serve & Return 3.0+

A unique opportunity to obtain a consistent Serve & Return of Serve, including smart tactical intentions and an efficient kinetic chain with biomechanics that help prevent injury.

You will learn and train an efficient & effective kinetic chain, dictate points when serving, neutralize troublesome serves and much more! **No Class Oct 10.**

The Competitive Edge MEN 3.5 to 4.0

Every competitive player is looking for an edge. This men-only clinic is designed to help you develop a more complete game through advanced technical training, tactical coaching, and competitive point play.

Weekly themes focus on the skills and strategies that translate directly into stronger singles and doubles performance.

Adult Academy 4.5+

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 Oct 10.**

Program	Clinic	Day	Time	Start	Ends	Price
Women's Doubles Club 2.0 to 3.0	F123 Session 1	Tue	10:30 to 12:00 pm	Sept 8	Oct 20	\$297.50 7 Weeks
	F123.1 Session 2	Tue	10:30 to 12:00 pm	Oct 27	Dec 15	\$340.00 8 Weeks
Shot of the Week 2.0 to 3.0	F124 Session 1	Sun	10:30 to 12:00 pm	Sept 13	Oct 26	\$255.00 6 Weeks
	F124.1 Session 2	Sun	10:30 to 12:00 pm	Nov 1	Dec 20	\$340.00 8 Weeks
Singles Bootcamp 2.5 to 3.0	F126 Session 1	Wed	8:00 to 9:30 pm	Sept 9	Oct 21	\$297.50 7 Weeks
	F126.1 Session 2	Wed	8:00 to 9:30 pm	Oct 28	Dec 16	\$340.00 8 Weeks
Singles Bootcamp 3.5+	F130 Session 1	Thu	8:00 to 9:30 pm	Sept 10	Oct 22	\$297.50 7 Weeks
	F130.1 Session 2	Thu	8:00 to 9:30 pm	Oct 29	Dec 17	\$340.00 8 Weeks
Double Warriors 3.0 to 3.5	F127 Session 1	Sat	2:00 to 4:00 pm	Sept 12	Oct 24	\$288.00 6 Weeks
	F127.1 Session 2	Sat	2:00 to 4:00 pm	Oct 31	Dec 19	\$384.00 8 Weeks
Air Tennis 3.0+	F128 Session 1	Sun	1:30 to 3:30 pm	Sept 13	Oct 25	\$288.00 6 Weeks
	F128.1 Session 2	Sun	1:30 to 3:30 pm	Nov 1	Dec 20	\$384.00 8 Weeks
The Big Two 3.0+	F3129 Session 1	Sat	12:30 to 2:00 pm	Sept 12	Oct 24	\$255.00 6 Weeks
	F129.1 Session 2	Sat	12:30 to 2:00 pm	Oct 31	Dec 19	\$340.00 8 Weeks
The Competitive Edge 3.5 to 4.0	F131 Session 1	Tue	7:30 to 9:00 pm	Sept 8	Oct 20	\$297.50 7 Weeks
	F131.1 Session 2	Tue	7:30 to 9:00 pm	Oct 27	Dec 15	\$340.00 8 Weeks
Adult Academy 4.5+	F132 Session 1	Sat	9:00 to 10:30 am	Sept 12	Oct 24	\$288.00 6 Weeks
	F132.1 Session 2	Sat	9:00 to 10:30 am	Oct 31	Dec 19	\$384.00 8 Weeks
Women's Doubles Playbook 2.5 to 3.0	F114 Session 1	Thu	9:00 to 10:30 am	Sept 10	Oct 22	\$297.50 7 Weeks
	F114.1 Session 2	Thu	9:00 to 10:30 am	Oct 29	Dec 17	\$340.00 8 Weeks

Women's Doubles Playbook 2.5 to 3.0

Every great doubles team has a playbook. This women-only clinic is designed to help you master the strategies that win points, including positioning, movement, communication, and shot selection. Through a mix of instruction, drills, and match-play scenarios, you'll build the confidence and skills to become a more effective doubles player. **No class Oct 12.**

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. Please note court fees are extra.

Lesson Rates for ORC Members	
Lesson Type	Hourly Rate
Private	\$90 - Level 1 Coach
	\$98 - Level 2 Coach
	\$103 - Level 3 Coach
Semi-Private	\$56 - Level 1 Coach
	\$62 - Level 2 Coach
	\$65 - Level 3 Coach
Group of 3	\$44 - Level 1 Coach
	\$46 - Level 2 Coach
	\$50 - Level 3 Coach
Group of 4	\$34 - Level 1 Coach
	\$36 - Level 2 Coach
	\$39 - Level 3 Coach
Contact the tennis department for more information or to help you find the right instructor. tennis@ontarioracquetclub.com	

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 To 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	9:00 am to 6:00 pm
Rates Effective Tuesday, September 1st, 2026		

ORC Aquatics

Parent & Tot Ages 4 Months to 3 years

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 10, 11 & 12.

Clinic	Day	Time	Start	Ends	Price
F700 <i>Session 1</i>	Sat	10:00 to 10:30 am	Sept 12	Oct 24	\$120.00 6 Weeks
F702 <i>Session 1</i>	Sun	10:00 to 10:30 am	Sept 13	Oct 25	\$120.00 6 Weeks
F700.1 <i>Session 2</i>	Sat	10:00 to 10:30 am	Oct 31	Dec 12	\$136.00 7 Weeks
F702.1 <i>Session 2</i>	Sun	10:00 to 10:30 am	Nov 1	Dec 13	\$136.00 7 Weeks

Registration Start Date

Sign Up for September - Session One

Monday August 17th at 10:00 am
Until August 30th

Sign Up for November & December - Session Two

Monday October 5th at 10:00 am
Until October 18th

Any sign-ups after registration closing dates must be approved by Jackie, ORC's Aquatics Director
jvanhul@ontarioracquetclub.com



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



Preschool A Ages 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 10, 11 & 12.**

Clinic	Day	Time	Start	Ends	Price
F703 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F704 <i>Session 1</i>	Wed	6:15 to 6:55 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F705 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F706 <i>Session 1</i>	Sat	10:00 to 10:40 am	Sept 12	Oct 24	\$140.00 6 Weeks
F707 <i>Session 1</i>	Sun	10:00 to 10:40 am	Sept 13	Oct 25	\$140.00 6 Weeks
F703.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F704.1 <i>Session 2</i>	Wed	6:15 to 6:55 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F705.1 <i>Session 2</i>	Fri	5:30 to 6:10 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F706.1 <i>Session 2</i>	Sat	10:00 to 10:40 am	Oct 31	Dec 12	\$156.00 7 Weeks
F707.1 <i>Session 2</i>	Sun	10:00 to 10:40 am	Nov 1	Dec 12	\$156.00 7 Weeks

Preschool B Ages 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 10, 11 & 12.

Clinic	Day	Time	Start	Ends	Price
F709 <i>Session 1</i>	Mon	4:45 to 5:25 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F711 <i>Session 1</i>	Wed	4:00 to 4:40 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F712 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F713 <i>Session 1</i>	Sat	12:15 to 12:55 pm	Sept 12	Oct 24	\$140.00 6 Weeks
F714 <i>Session 1</i>	Sun	10:45 to 11:25 am	Sept 13	Oct 25	\$140.00 6 Weeks
F709.1 <i>Session 2</i>	Mon	4:45 to 5:25 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F711.1 <i>Session 2</i>	Wed	4:00 to 4:40 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F712.1 <i>Session 2</i>	Fri	5:30 to 6:10 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F713.1 <i>Session 2</i>	Sat	12:15 to 12:55 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F714.1 <i>Session 2</i>	Sun	10:45 to 11:25 am	Nov 1	Dec 13	\$156.00 7 Weeks

Preschool C Ages 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 10, 11 & 12.**

Clinic	Day	Time	Start	Ends	Price
F715 <i>Session 1</i>	Mon	5:30 to 6:10 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F716 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F717 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F718 <i>Session 1</i>	Sat	10:00 to 10:40 am	Sept 12	Oct 24	\$140.00 6 Weeks
F719 <i>Session 1</i>	Sun	10:45 to 11:25 am	Sept 13	Oct 25	\$140.00 6 Weeks
F715.1 <i>Session 2</i>	Mon	5:30 to 6:10 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F716.1 <i>Session 2</i>	Wed	4:45 to 5:25 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F717.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F718.1 <i>Session 2</i>	Sat	10:00 to 10:40 am	Oct 31	Dec 12	\$156.00 7 Weeks
F719.1 <i>Session 2</i>	Sun	10:45 to 11:25 am	Nov 1	Dec 13	\$156.00 7 Weeks

What Level Should My Child Be In?

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

Contact Jackie Van Hul, Aquatics Director
jvanhul@ontarioracquetclub.com



Preschool D Ages 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 10, 11 & 12.

Clinic	Day	Time	Start	Ends	Price
F721 <i>Session 1</i>	Mon	4:45 to 5:25 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F722 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F723 <i>Session 1</i>	Fri	4:00 to 4:40 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F724 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 12	Oct 24	\$140.00 6 Weeks
F725 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F721.1 <i>Session 2</i>	Mon	4:45 to 5:25 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F722.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F723.1 <i>Session 2</i>	Fri	4:00 to 4:40 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F724.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Oct 31	Dec 12	\$156.00 7 Weeks
F725.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 1	Dec 13	\$156.00 7 Weeks

Preschool E Ages 3 to 5 Years

Fifth Level. These youngsters get more adventuresome 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 10, 11 & 12.

Clinic	Day	Time	Start	Ends	Price
F726 <i>Session 1</i>	Mon	5:30 to 6:10 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F727 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F728 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F729 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 12	Oct 24	\$140.00 6 Weeks
F730 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F726.1 <i>Session 2</i>	Mon	5:30 to 6:10 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F727.1 <i>Session 2</i>	Wed	4:45 to 5:25 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F728.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F729.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F730.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 1	Dec 13	\$156.00 7 Weeks

Aquafit at the ORC

Water Running
Aqua Bootcamp

Aqua Deep Water Fitness
Aqua Gentle Mind & Body

Aqua Body Blast
Aqua Zumba
Aqua HIIT
Aqua Healthy Lifestyles



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

SWIMMER 1 Ages 5 years 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 10, 11 & 12.**

Clinic	Day	Time	Start	Ends	Price
F731 <i>Session 1</i>	Mon	6:15 to 6:55 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F732 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F733 <i>Session 1</i>	Wed	6:15 to 6:55 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F734 <i>Session 1</i>	Fri	4:00 to 4:40 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F735 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 12	Oct 24	\$140.00 6 Weeks
F736 <i>Session 1</i>	Sun	10:00 to 10:40 am	Sept 13	Oct 25	\$140.00 6 Weeks
F731.1 <i>Session 2</i>	Mon	6:15 to 6:55 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F732.1 <i>Session 2</i>	Wed	4:45 to 5:25 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F733.1 <i>Session 2</i>	Wed	6:15 to 6:55 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F734.1 <i>Session 2</i>	Fri	4:00 to 4:40 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F735.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F736.1 <i>Session 2</i>	Sun	10:00 to 10:40 am	Nov 1	Dec 13	\$156.00 7 Weeks

SWIMMER 2 Ages 6 years 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 10, 11 & 12.

Clinic	Day	Time	Start	Ends	Price
F737 <i>Session 1</i>	Mon	4:45 to 5:25 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F738 <i>Session 1</i>	Wed	4:00 to 4:40 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F739 <i>Session 1</i>	Fri	6:15 to 6:55 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F740 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 12	Oct 24	\$140.00 6 Weeks
F741 <i>Session 1</i>	Sun	10:45 to 11:25 am	Sept 13	Oct 25	\$140.00 6 Weeks
F737.1 <i>Session 2</i>	Mon	4:45 to 5:25 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F738.1 <i>Session 2</i>	Wed	4:00 to 4:40 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F739.1 <i>Session 2</i>	Fri	6:15 to 6:55 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F740.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Oct 31	Dec 12	\$156.00 7 Weeks
F741.1 <i>Session 2</i>	Sun	10:45 to 11:25 am	Nov 1	Dec 13	\$156.00 7 Weeks

Interested in Private Swim Lessons?



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

Contact Jackie to inquire: jvanhul@ontarioracquetclub.com

SWIMMER 3 Ages 6 years 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 10, 11 & 12.**

Clinic	Day	Time	Start	Ends	Price
F743 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F744 <i>Session 1</i>	Mon	5:30 to 6:10 pm	Sept 14	Oct 20	\$140.00 6 Weeks
F745 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F746 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F747 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 12	Oct 24	\$140.00 6 Weeks
F748 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 12	Oct 24	\$140.00 6 Weeks
F749 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F743.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F744.1 <i>Session 2</i>	Mon	5:30 to 6:10 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F745.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F746.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F747.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Oct 31	Dec 12	\$156.00 7 Weeks
F748.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F749.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 1	Dec 13	\$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 10, 11 & 12.**

Clinic	Day	Time	Start	Ends	Price
F750 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F752 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F753 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F754 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F755 <i>Session 1</i>	Sat	11:30 to 12:10 pm	Sept 12	Oct 24	\$140.00 6 Weeks
F756 <i>Session 1</i>	Sun	12:15 to 12:55 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F750.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F752.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F753.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F754.1 <i>Session 2</i>	Fri	5:30 to 6:10 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F755.1 <i>Session 2</i>	Sat	11:30 to 12:10 pm	Oct 31	Dec 12	\$156.00 7 Weeks
F756.1 <i>Session 2</i>	Sun	12:15 to 12:55 pm	Nov 1	Dec 13	\$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 10, 11 & 12.**

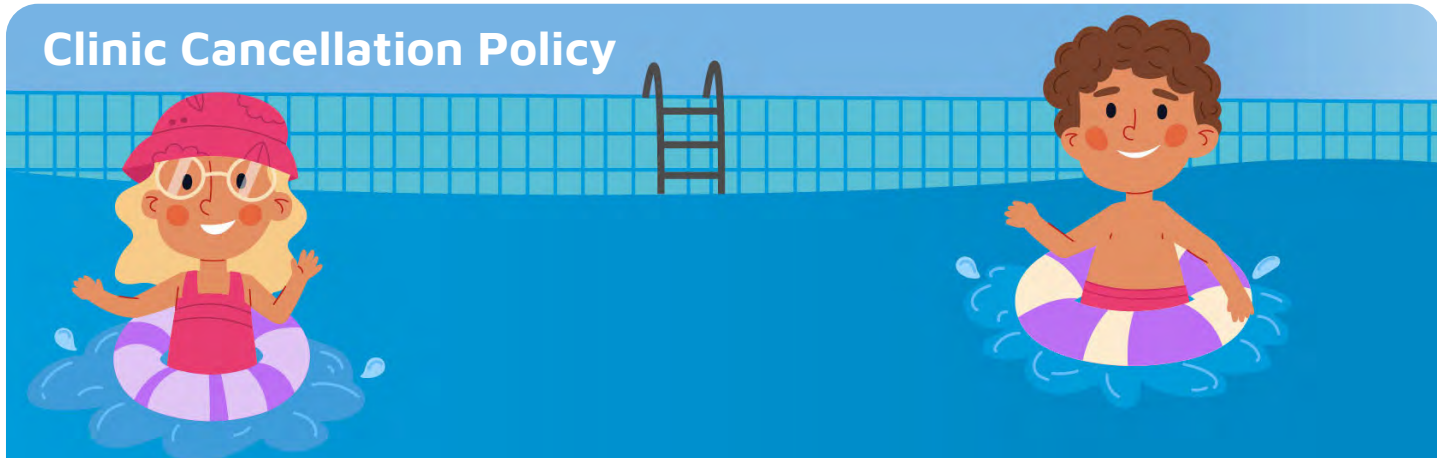
Clinic	Day	Time	Start	Ends	Price
F757 <i>Session 1</i>	Mon	4:00 to 4:40 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F758 <i>Session 1</i>	Wed	4:45 to 5:25 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F759 <i>Session 1</i>	Fri	5:30 to 6:10 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F760 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 12	Oct 24	\$140.00 6 Weeks
F762 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F757.1 <i>Session 2</i>	Mon	4:00 to 4:40 pm	Nov 2	Dec 7	\$140.00 6 Weeks
F758.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F759.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F760.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Oct 31	Dec 12	\$156.00 7 Weeks
F762.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 1	Dec 13	\$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 10, 11 & 12.**

Clinic	Day	Time	Start	Ends	Price
F763 <i>Session 1</i>	Mon	4:45 to 5:25 pm	Sept 14	Oct 26	\$140.00 6 Weeks
F764 <i>Session 1</i>	Wed	5:30 to 6:10 pm	Sept 9	Oct 20	\$156.00 7 Weeks
F766 <i>Session 1</i>	Fri	4:45 to 5:25 pm	Sept 11	Oct 23	\$156.00 7 Weeks
F767 <i>Session 1</i>	Sat	10:45 to 11:25 am	Sept 12	Oct 24	\$140.00 6 Weeks
F768 <i>Session 1</i>	Sun	11:30 to 12:10 pm	Sept 13	Oct 25	\$140.00 6 Weeks
F763.1 <i>Session 2</i>	Mon	4:45 to 5:25 pm	Nov 2	Dec 7	\$156.00 7 Weeks
F764.1 <i>Session 2</i>	Wed	5:30 to 6:10 pm	Oct 28	Dec 9	\$156.00 7 Weeks
F766.1 <i>Session 2</i>	Fri	4:45 to 5:25 pm	Oct 30	Dec 11	\$156.00 7 Weeks
F767.1 <i>Session 2</i>	Sat	10:45 to 11:25 am	Oct 31	Dec 12	\$156.00 7 Weeks
F768.1 <i>Session 2</i>	Sun	11:30 to 12:10 pm	Nov 1	Dec 13	\$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 swimmers ages 8 and up who have successfully completed Swimmer 6 and a team tryout, ready to continue developing 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 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 Oct 10.**

Bronze Star

Develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Prerequisite: successful completion of Swimmer level 6. 8 years old minimum

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.

Program	Clinic	Day	Time	Start	Ends	Price
Bronze Swim Team	F770 <i>Session 1</i>	Tues	4:00 to 5:00 pm	Sept 8	Dec 8	\$268.00 14 Weeks
	F772 <i>Session 1</i>	Sat	1:00 to 2:00 pm	Sept 12	Dec 12	\$230.00 13 Weeks
	F773 <i>Session 1</i>	Sat	2:00 to 3:00 pm	Sept 12	Dec 12	\$230.00 13 Weeks
Silver Swim Team	F774 <i>Session 1</i>	Tue	5:00 to 6:15 pm	Sept 8	Dec 10	\$380.00 14 Weeks
		Thur				
Gold Swim Team	F775 <i>Session 1</i>	Mon	6:15 to 7:45 pm	Sept 9	Dec 9	\$380.00 14 Weeks
		Wed				
Bronze Star	F776 <i>Session 1</i>	Fri	6:15 to 7:15 pm	Sept 11	Nov 13	\$120.00 11 Weeks
Bronze Cross	F777 <i>Session 1</i>	Thur	4:00 to 6:00 pm	Sept 10	Nov 19	\$240.00 11 Weeks
National Lifeguard	F778 <i>Session 1</i>	Thur	6:00 to 9:00 pm	Sept 10	Dec 10	\$365.00 14 Weeks

Bronze Cross

Bronze Cross builds on lifesaving skills by introducing lifeguarding principles, including active surveillance, teamwork, and emergency response. It is a prerequisite for the National Lifeguard and leadership certification programs. Applicants must hold a valid Bronze Medallion certification and either Intermediate First Aid (formerly Standard First Aid) or Basic First Aid (formerly Emergency First Aid) from standard first aid from an WSIB approved training provider.

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.

Contact Jackie at jvanhul@ontarioracquetclub.com to book your tryout. All registrations go through the Aquatics Director.

Accepted training agencies are approved by the Workplace Safety Insurance Board of Ontario (WSIB). You can find a list of all approved agencies here. <https://www.wsib.ca/en/find-your-first-aid-training-provider>

Squash

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.

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.

Training 1 Ages 7 to 17

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.

TRAINING 1 - MUST REGISTER WITH COACH

Clinic	Day	Time	Start	Ends	Price
F212 <i>Session 1</i>	Mon	4:40 to 6:00 pm	Sept 14	Oct 19	\$240.00 7 Weeks
F213 <i>Session 1</i>	Wed	4:40 to 6:00 pm	Sept 9	Oct 21	\$240.00 7 Weeks
F214 <i>Session 1</i>	Fri	5:20 to 6:40 pm	Sept 11	Oct 23	\$240.00 7 Weeks
F215 <i>Session 2</i>	Mon	4:40 to 6:00 pm	Oct 26	Dec 7	\$240.00 7 Weeks
F216 <i>Session 2</i>	Wed	4:40 to 6:00 pm	Oct 28	Dec 9	\$240.00 7 Weeks
F217 <i>Session 2</i>	Fri	5:20 to 6:40 pm	Oct 30	Dec 11	\$240.00 7 Weeks

Training 2 Ages 7 to 17

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.

TRAINING 2 - MUST REGISTER WITH COACH

Clinic	Day	Time	Start	Ends	Price
F218 <i>Session 1</i>	Mon	4:40 to 6:00 pm	Sept 14	Oct 19	\$240.00 7 Weeks
F219 <i>Session 1</i>	Wed	4:40 to 6:00 pm	Sept 9	Oct 21	\$240.00 7 Weeks
F220 <i>Session 1</i>	Fri	5:20 to 6:40 pm	Sept 11	Oct 23	\$240.00 7 Weeks
F221 <i>Session 2</i>	Mon	4:40 to 6:00 pm	Oct 26	Dec 7	\$240.00 7 Weeks
F222 <i>Session 2</i>	Wed	4:40 to 6:00 pm	Oct 28	Dec 9	\$240.00 7 Weeks
F223 <i>Session 2</i>	Fri	5:20 to 6:40 pm	Oct 30	Dec 11	\$240.00 7 Weeks

Program	Clinic	Day	Time	Start	Ends	Price
Squash Fundamentals	F200 <i>Session 1</i>	Wed	5:20 to 6:00 pm	Sept 9	Oct 21	\$160.00 7 Weeks
	F201 <i>Session 1</i>	Fri	4:40 to 5:20 pm	Sept 11	Oct 23	\$160.00 7 Weeks
	F202 <i>Session 1</i>	Sat	10:00 to 10:40 am	Sept 12	Oct 24	\$160.00 7 Weeks
	F203 <i>Session 2</i>	Wed	5:20 to 6:00 pm	Oct 28	Dec 9	\$160.00 7 Weeks
	F204 <i>Session 2</i>	Fri	4:40 to 5:20 pm	Oct 30	Dec 11	\$160.00 7 Weeks
	F205 <i>Session 2</i>	Sat	10:00 to 10:40 am	Oct 31	Dec 12	\$160.00 7 Weeks
Progressive Development	F206 <i>Session 1</i>	Wed	5:20 to 6:00 pm	Sept 9	Oct 21	\$160.00 7 Weeks
	F207 <i>Session 1</i>	Fri	4:40 to 5:20 pm	Sept 11	Oct 23	\$160.00 7 Weeks
	F208 <i>Session 1</i>	Sat	10:00 to 10:40 am	Sept 12	Oct 24	\$160.00 7 Weeks
	F209 <i>Session 2</i>	Wed	5:20 to 6:00 pm	Oct 28	Dec 9	\$160.00 7 Weeks
	F210 <i>Session 2</i>	Fri	4:40 to 5:20 pm	Oct 30	Dec 11	\$160.00 7 Weeks
	F211 <i>Session 2</i>	Sat	10:00 to 10:40 am	Oct 31	Dec 12	\$160.00 7 Weeks

To Register for Training 1 or 2, Please Email Allan Cook:
acook@ontarioracquetclub.com

Women's Novice Training

Taught by Sarah Hopton, this clinic is for women looking to improve their game. Each session will have a different focus.

Friday Fun Nights

A new, fun way to spend the third Friday of every month. Look for details on Squash Member emails, or email Al Cook if you have questions.

Program	Clinic	Day	Time	Start	Ends	Price
Women's Novice Training	F229 <i>Session 1</i>	Wed	6:00 to 6:40 pm	Sept 16	Sept 30	\$60.00 3 Weeks
	F230 <i>Session 1</i>	Wed	6:00 to 6:40 pm	Oct 7	Oct 21	\$60.00 3 Weeks
	F231 <i>Session 2</i>	Wed	6:00 to 6:40 pm	Oct 28	Nov 11	\$60.00 3 Weeks
	F232 <i>Session 2</i>	Wed	6:00 to 6:40 pm	Nov 18	Dec 2	\$60.00 3 Weeks
Friday Fun Nights	F226 <i>Session 1</i>	Fri	5:20 to 6:00 pm	September 25		\$15.00
	F227 <i>Session 1</i>	Fri	5:20 to 6:00 pm	October 23		\$15.00
	F228 <i>Session 2</i>	Fri	5:20 to 6:00 pm	November 20		\$15.00

New Member & Novice Nights

A night for new members and novice players to be assessed and meet new playing partners.

F233 <i>Session 1</i>	Monday	6:40 to 7:20 pm	September 21	No Cost
F224 <i>Session 1</i>	Monday	6:40 to 7:20 pm	October 19	
F225 <i>Session 2</i>	Monday	6:40 to 7:20 pm	November 16	

All Level Squash Drop-In

Every Friday Night | 5:20 to 6:40 pm

A welcoming way for players of all levels to meet and get a few matches in.

Intermediate Level Squash Drop-In

Every Saturday | 2:00 to 3:20 pm

Please email Allan Cook to take part:
acook@ontarioracquetclub.com

Pickleball

Social Play

A round robin supervised by an ORC Pro, this program is perfect for those looking for different partners to play with socially.

Early Riser's Social Play

Start your mornings on the court with a welcoming, supervised round robin designed for active adults who like to get an early jump on the day. This program is a wonderful way to enjoy friendly matches, rotate through different partners, and share a warm social game with fellow Early Risers.

Learn to Play

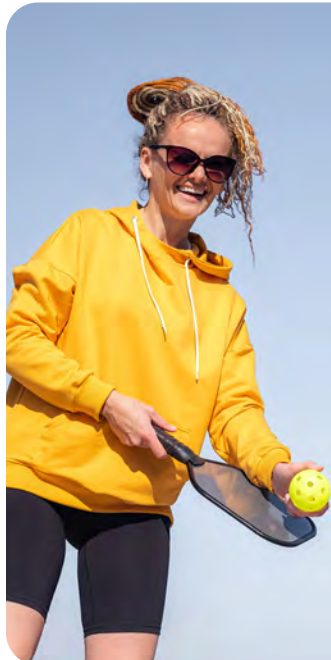
Ideal for new pickleball players. Learn the game format and rules. Focus on key fundamentals so that new players are set up for success.

Registration Dates

Session one clinics open for registration
Monday August 17th at 10:00 am

Session two pink-coloured clinics open
Monday October 5th at 10:00 am

Program	Clinic	Day	Time	Start	Ends	Price
Social Play	F500 <i>Session 1</i>	Mon	11:00 to 12:30 pm	Sept 7	Oct 19	\$84.00 7 Weeks
	F501 <i>Session 1</i>	Tues	11:00 to 12:30 pm	Sept 8	Oct 20	\$84.00 7 Weeks
	F502 <i>Session 1</i>	Thurs	11:00 to 12:30 pm	Sept 10	Oct 22	\$84.00 7 Weeks
	F503 <i>Session 1</i>	Fri	11:00 to 12:30 pm	Sept 11	Oct 23	\$84.00 7 Weeks
	F519 <i>Session 2</i>	Mon	11:00 to 12:30 pm	Oct 26	Dec 7	\$84.00 7 Weeks
	F520 <i>Session 2</i>	Tues	11:00 to 12:30 pm	Oct 27	Dec 8	\$84.00 7 Weeks
	F521 <i>Session 2</i>	Thurs	11:00 to 12:30 pm	Oct 29	Dec 10	\$84.00 7 Weeks
	F522 <i>Session 2</i>	Fri	11:00 to 12:30 pm	Oct 30	Dec 11	\$84.00 7 Weeks
Early Risers Social	F542 <i>Session 2</i>	Tues	7:30 to 9:00 am	Oct 27	Dec 8	\$84.00 7 Weeks
	F543 <i>Session 2</i>	Thurs	7:30 to 9:00 am	Oct 29	Dec 10	\$84.00 7 Weeks
Learn to Play	F513 <i>Session 1</i>	Mon	12:30 to 2:00 pm	Sept 7	Sept 28	\$60.00 4 Weeks
	F514 <i>Session 1</i>	Sat	12:30 to 2:00 pm	Sept 12	Oct 3	\$60.00 4 Weeks
	F515 <i>Session 1</i>	Mon	12:30 to 2:00 pm	Oct 5	Oct 26	\$60.00 4 Weeks
	F516 <i>Session 1</i>	Sat	12:30 to 2:00 pm	Oct 10	Oct 31	\$60.00 4 Weeks
	F532 <i>Session 2</i>	Mon	12:30 to 2:00 pm	Nov 2	Nov 23	\$60.00 4 Weeks
	F533 <i>Session 2</i>	Sat	12:30 to 2:00 pm	Nov 7	Nov 28	\$60.00 4 Weeks



Pickleball Drop-Ins

Pre-register to reserve your spot; these sessions will fill up!

Price is per-player, per-session.

Members must be rated by an ORC Pickleball Pro to participate in *Rated Play Level 3.0+ & 3.5+*

Rated Play Level 3.5+ play with and against ORC Pro Jonas Daehler.

Register on the ORC App under "Schedule".

Drop-In	Day	Time	Price
Social Play <i>All-Levels</i>	Wed	7:00 to 8:30 pm	\$10.50 <i>Per Session</i>
	Fri	7:30 to 9:00 pm	\$10.50 <i>Per Session</i>
	Sat	1:30 to 3:00 pm	\$10.50 <i>Per Session</i>
Rated Play <i>2.0 to 2.5</i>	Wed	12:30 to 2:00 pm	\$10.50 <i>Per Session</i>
Rated Play <i>2.5 to 3.5</i>	Tues	7:30 to 8:30 pm	\$10.50 <i>Per Session</i>
	Wed	11:00 to 12:30 pm	\$10.50 <i>Per Session</i>
Rated Play <i>Level 3.0+</i>	Mon	7:00 to 8:30 pm	\$10.50 <i>Per Session</i>
Rated Play <i>Level 3.5+</i>	Tues	11:00 to 12:30 pm	\$15.00 <i>Per Session</i>

Pickleball Masterclass

Elevate your game with intense small group training from ORC Pro Jonas Daehler - with a lot of individual coaching. Designed for players at various skill levels, this masterclass breaks down essential techniques, strategy, and court positioning to help you sharpen your skills, fix bad habits, and play with far more confidence. **No class November 18.**

LEVEL 2.0 - 2.5

Clinic	Day	Time	Start	Ends	Price
F538 Session 2	Wed	2:00 to 3:00 pm	Oct 28	Dec 9	\$210.00 6 Weeks

LEVEL 2.5 - 3.0

Clinic	Day	Time	Start	Ends	Price
F539 Session 2	Wed	12:00 to 1:00 pm	Oct 28	Dec 9	\$210.00 6 Weeks

LEVEL 3.0 - 3.5

Clinic	Day	Time	Start	Ends	Price
F540 Session 2	Wed	1:00 to 2:00 pm	Oct 28	Dec 9	\$210.00 6 Weeks

LEVEL 3.5+

Clinic	Day	Time	Start	Ends	Price
F541 Session 2	Wed	11:00 to 12:00 pm	Oct 28	Dec 9	\$210.00 6 Weeks

NEW ORC Junior Pickleball Academy

We are excited to announce the launch of our Junior Pickleball pathway!

Starting at the grassroots level, these programs focus on skill acquisition and level-based play within ORC's top-tier facilities.

Our goal is to grow the game for the next generation of players through fun and structured development.



We offer private and small group Pickleball Lessons
Email us: acook@ontarioracquetclub.com

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	Start	Ends	Price
F504 Session 1	Tues	12:30 to 2:00 pm	Sept 8	Sept 29	\$60.00 4 Weeks
F507 Session 1	Tues	12:30 to 2:00 pm	Oct 6	Oct 27	\$60.00 4 Weeks
F523 Session 2	Tues	12:30 to 2:00 pm	Nov 3	Nov 24	\$60.00 4 Weeks

LEVEL 2.5 - 3.0

Clinic	Day	Time	Start	Ends	Price
F505 Session 1	Thurs	12:30 to 2:00 pm	Sept 10	Sept 30	\$60.00 4 Weeks
F508 Session 1	Thurs	12:30 to 2:00 pm	Oct 8	Oct 29	\$60.00 4 Weeks
F524 Session 2	Thurs	12:30 to 2:00 pm	Nov 5	Nov 26	\$60.00 4 Weeks

LEVEL 3.0 - 3.5

Clinic	Day	Time	Start	Ends	Price
F506 Session 1	Fri	12:30 to 2:00 pm	Sept 11	Oct 1	\$60.00 4 Weeks
F509 Session 1	Fri	12:30 to 2:00 pm	Oct 9	Oct 30	\$60.00 4 Weeks
F525 Session 2	Fri	12:30 to 2:00 pm	Nov 6	Nov 27	\$60.00 4 Weeks

Pickleball Fundamentals

This program is designed for youngsters 8 to 13 learning their way around the court. The focus is on fundamental skill development and building confidence while having fun playing a new sport.

LEVEL 1.0 - 2.5

Clinic	Day	Time	Start	Ends	Price
F543	Fri	4:00 to 5:00 pm	Sept 11	Oct 23	\$175.00 7 Weeks

Progressive Development

Building on the foundation established in Fundamentals, this program is for players 12 to 16 ready to learn the finesse of the game. It targets intermediate players or juniors with a background in competitive racquet sports like tennis or squash who may consider playing in a tournament in the future.

LEVEL 3.0 - 4.0

Clinic	Day	Time	Start	Ends	Price
F542	Mon	3:30 to 4:30 pm	Sept 14	Oct 19	\$180.00 6 Weeks