

# WINTER 2026

## PROGRAM GUIDE



Reformer Pilates Instructor Jen Poole

With Members Robyn, Tina, Jon & Melanie





# Winter 2026 Program Guide

**Covering Classes Starting  
in January, February,  
March, April & May**



**ORC Team Members at Our  
Annual Staff Appreciation Event**

**Register Online at**  
<https://orc.clubautomation.com/>  
or via the ORC APP

These are your two best options  
for a quick, easy sign-up  
experience for yourself and  
your family members.

Email registration can be accepted at  
[info@ontarioracquetclub.com](mailto:info@ontarioracquetclub.com), but may not  
get processed until the next business day.



## **ORC Family Memberships** *Blue Classes Are Complimentary!*

In this first section of the Program Guide, you'll see certain classes labelled with **Blue Titles** and an ORC logo.

These classes are free to children and teens on an ORC Family Membership; up to two weekly classes per session.

If you would like to use your annual coupon for a complimentary racquet class for your child, please register at the Reception Desk and mention you'd like to apply your voucher.

Alternatively, you can register normally online, then email us at the address below and we can apply the coupon, crediting you for the class.

**Questions? Want to use your racquet voucher for  
your child's class? Email us here:**

**[info@ontarioracquetclub.com](mailto:info@ontarioracquetclub.com)**

## **Registration Start Date**

*Here's When You Can Sign Up*

***Sign Up for Session 1 Programs on  
Monday December 8th at 10:00 am***

Session One Programs are on White

***Sign Up for Session 2 Programs on  
Monday February 9th at 10:00 am***

Session Two Programs are on Pink

***Sign Up for Session 3 Programs on  
Monday April 6th at 10:00 am***

Session Three Programs are on Light Purple

**<https://orc.clubautomation.com/>  
or the ORC APP**

# Kids Activities

Updated 11/27/2025

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

Run, play and have fun with friends. This clinic is comprised of obstacle courses, racing games, exercise activities & more. **No class Feb 14, Mar 14 to 21, Apr 4 & May 16.**

## **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 Feb 14, Mar 14 to 21, Apr 4, May 16.**

## **Kid & Jr Yoga** Ages 5 to 12

Learn some yoga poses with fun and interactive cosmic yoga videos. Coaches play yoga games with the kids and tell stories through poses. **No class Mar 17.**

## **Builders 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! **No class Feb 16, Mar 16, Apr 6 & May 18.**

## PA DAY Camps

**Ages 4 to 12 Years | 9:00 am to 4:00 pm**

Want your kids to have a fun, safe and engaging PA Day while you're at work? Sign up for PA Day Camps at the Kids Club.

**Pizza lunch & swimming included!**

Mon Jan 19	Fri Apr 24
Mon Jan 26	Fri May 15
Fri Jan 30	Fri June 5
Fri Feb 13	Mon June 8
Mon Apr 6	<i>Before &amp; After Care Available</i>

**\$75 Members | \$100 Guests**  
Email Ali Palmer to Register  
[apalmer@ontarioracquetclub.com](mailto:apalmer@ontarioracquetclub.com)

Program	Clinic	Day	Time	Date	Ends	Price
<b>Preschool Fit</b> Age 3 to 4	W313 Session 1	Tues	4:00 to 4:45 pm	Jan 6	Feb 17	\$75.00 7 Weeks
	W316 Session 1	Thurs	4:00 to 4:45 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W319 Session 1	Sat	10:00 to 10:40 am	Jan 10	Feb 21	\$64.00 6 Weeks
	W314 Session 2	Tues	4:00 to 4:45 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	W317 Session 2	Thurs	4:00 to 4:45 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	W320 Session 2	Sat	10:00 to 10:40 am	Feb 28	Apr 18	\$54.00 5 Weeks
	S315 Session 3	Tues	4:00 to 4:45 pm	Apr 21	June 2	\$75.00 7 Weeks
	S318 Session 3	Thurs	4:00 to 4:45 pm	Apr 23	June 4	\$75.00 7 Weeks
<b>Kinder Fit</b> Age 5 to 6	S321 Session 3	Sat	10:00 to 10:40 am	Apr 25	June 6	\$64.00 6 Weeks
	W322 Session 1	Mon	5:00 to 6:00 pm	Jan 5	Feb 9	\$64.00 6 Weeks
	W325 Session 1	Wed	5:00 to 6:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W328 Session 1	Sat	10:45 to 11:30 am	Jan 10	Feb 21	\$64.00 6 Weeks
	W323 Session 2	Mon	5:00 to 6:00 pm	Feb 23	Apr 13	\$64.00 6 Weeks
	W326 Session 2	Wed	5:00 to 6:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	W329 Session 2	Sat	10:45 to 11:30 am	Feb 28	Apr 18	\$54.00 5 Weeks
	S324 Session 3	Mon	5:00 to 6:00 pm	Apr 20	June 1	\$64.00 6 Weeks
<b>Kid Yoga</b> Age 5 to 8	S327 Session 3	Wed	5:00 to 6:00 pm	Apr 22	June 3	\$75.00 7 Weeks
	S330 Session 3	Sat	10:45 to 11:30 am	Apr 25	June 6	\$64.00 6 Weeks
	W349 Session 1	Tues	4:45 to 5:30 pm	Jan 6	Feb 17	\$75.00 7 Weeks
<b>Jr Yoga</b> Age 9 to 12	W350 Session 2	Tues	4:45 to 5:30 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	S351 Session 3	Tues	4:45 to 5:30 pm	Apr 21	Jun 2	\$75.00 7 Weeks
	W352 Session 1	Thurs	4:30 to 5:20 pm	Jan 8	Feb 19	\$75.00 7 Weeks
<b>Builders Club</b> Age 5 to 8	W353 Session 2	Thurs	4:30 to 5:20 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	S354 Session 3	Thurs	4:30 to 5:20 pm	Apr 23	Jun 4	\$75.00 7 Weeks
	W307 Session 1	Mon	4:05 to 4:50 pm	Jan 5	Feb 16	\$64.00 6 Weeks
	W308 Session 2	Mon	4:05 to 4:50 pm	Feb 23	Apr 13	\$64.00 6 Weeks
	S309 Session 3	Mon	4:05 to 4:50 pm	Apr 20	Jun 1	\$64.00 6 Weeks



**OJRC T-Ball** Ages 5 to 8

**Track & Field** Ages 7 to 12

**OJRC Volleyball** Ages 9 to 12

# Home Alone

## Safety For Kids Ages 9 to 12

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. **No Class Mar 17.**

Program	Clinic	Day	Time	Date	Ends	Price
<b>T-Ball</b> Ages 5 to 6	W409 <i>Session 1</i>	Fri	4:00 to 5:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W410 <i>Session 2</i>	Fri	4:00 to 5:00 pm	Feb 27	Apr 17	\$64.00 6 Weeks
	S411 <i>Session 3</i>	Fri	4:00 to 5:00 pm	Apr 24	June 5	\$75.00 7 Weeks
<b>Track &amp; Field</b> Ages 7 to 9	W412 <i>Session 1</i>	Tues	4:00 to 5:00 pm	Jan 6	Feb 17	\$75.00 7 Weeks
	W415 <i>Session 1</i>	Fri	4:00 to 5:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W413 <i>Session 2</i>	Tues	4:00 to 5:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	W416 <i>Session 2</i>	Fri	4:00 to 5:00 pm	Feb 27	Apr 17	\$64.00 6 Weeks
	S414 <i>Session 3</i>	Tues	4:00 to 5:00 pm	Apr 21	June 2	\$75.00 7 Weeks
	S417 <i>Session 3</i>	Fri	4:00 to 5:00 pm	Apr 24	June 5	\$75.00 7 Weeks
<b>Track &amp; Field</b> Ages 9 to 12	W418 <i>Session 1</i>	Thurs	4:00 to 5:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W419 <i>Session 2</i>	Thurs	4:00 to 5:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	S420 <i>Session 3</i>	Thurs	4:00 to 5:00 pm	Apr 23	June 4	\$75.00 7 Weeks
<b>Volleyball</b> Ages 9 to 12	W421 <i>Session 1</i>	Wed	5:00 to 6:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W424 <i>Session 2</i>	Fri	5:00 to 6:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W422 <i>Session 2</i>	Wed	5:00 to 6:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	W425 <i>Session 2</i>	Fri	5:00 to 6:00 pm	Feb 27	Apr 17	\$64.00 6 Weeks
	S423 <i>Session 3</i>	Wed	5:00 to 6:00 pm	Apr 22	June 3	\$75.00 7 Weeks
	S426 <i>Session 3</i>	Fri	5:00 to 6:00 pm	Apr 24	June 5	\$75.00 7 Weeks
<b>Home Alone</b> Ages 9 to 12	W603.1 <i>Session 2</i>	Tues	4:15 to 5:15 pm	Mar 3	Apr 21	\$78 <i>Members</i> \$90 <i>Guests</i>
Home Alone Safety Inquiry? Email Agustina - <a href="mailto:aquiros@ontarioracquetclub.com">aquiros@ontarioracquetclub.com</a>						



## 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. **No class on Mar 13, 14 & Apr 18**

Program	Clinic	Day	Time	Date	Ends	Price
Karate Age 5 to 9	W803 Session 1	Thurs	5:30 to 6:15 pm	Jan 8	Feb 19	\$105.00 7 Weeks
	W806 Session 1	Fri	5:30 to 6:15 pm	Jan 9	Feb 20	\$105.00 7 Weeks
	W804 Session 2	Thurs	5:30 to 6:15 pm	Feb 26	Apr 16	\$105.00 7 Weeks
	W807 Session 2	Fri	5:30 to 6:15 pm	Feb 27	Apr 17	\$90.00 6 Weeks
	S805 Session 3	Thurs	5:30 to 6:15 pm	Apr 23	June 4	\$105.00 7 Weeks
	S808 Session 3	Fri	5:30 to 6:15 pm	Apr 24	June 5	\$105.00 7 Weeks
Karate Age 10 to 16	W806 Session 1	Thurs	6:15 to 7:15 pm	Jan 8	Feb 19	\$105.00 7 Weeks
	W809 Session 1	Fri	6:15 to 7:15 pm	Jan 9	Feb 20	\$105.00 7 Weeks
	W807 Session 2	Thurs	6:15 to 7:15 pm	Feb 26	Apr 16	\$105.00 7 Weeks
	W810 Session 2	Fri	6:15 to 7:15 pm	Feb 27	Apr 17	\$90.00 6 Weeks
	S808 Session 3	Thurs	6:15 to 7:15 pm	Apr 23	June 4	\$105.00 7 Weeks
	S811 Session 3	Fri	6:15 to 7:15 pm	Apr 24	June 5	\$105.00 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 Skills*

A snack will be provided; participants can bring their own lunch. Participants take home a Babysitter's Manual and certification (100% attendance required).

W604.1 Session 1	Sat	9:00 am to 1:00 pm	Jan 31	Feb 7	\$78 Members \$90 Guests
W604.1 Session 3	Sat	9:00 am to 1:00 pm	May 2	May 9	\$78 Members \$90 Guests

Questions? Email Agustina - [aquiros@ontarioracquetclub.com](mailto:aquiros@ontarioracquetclub.com)

## OJRC 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 on Feb 15 & 16, Mar 15 to 22, Apr 5, May 17 & 18.**

Program	Clinic	Day	Time	Date	Ends	Price
B-Ball Age 5 to 6	W358 Session 1	Wed	4:00 to 5:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W361 Session 1	Fri	5:00 to 6:00 pm	Jan 9	Feb 20	\$75.00 7 Weeks
	W364 Session 1	Sun	10:00 to 11:00 am	Jan 11	Feb 22	\$64.00 6 Weeks
	W359 Session 2	Wed	4:00 to 5:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	W362 Session 2	Fri	5:00 to 6:00 pm	Feb 27	Apr 17	\$64.00 6 Weeks
	W365 Session 2	Sun	10:00 to 11:00 am	Mar 1	Apr 19	\$54.00 5 Weeks
	S360 Session 3	Wed	4:00 to 5:00 pm	Apr 22	June 3	\$75.00 7 Weeks
	S363 Session 3	Fri	5:00 to 6:00 pm	Apr 24	June 5	\$75.00 7 Weeks
B-Ball Age 7 to 9	S366 Session 3	Sun	10:00 to 11:00 am	Apr 26	June 7	\$64.00 6 Weeks
	W367 Session 1	Mon	5:00 to 6:00 pm	Jan 5	Feb 16	\$64.00 6 Weeks
	W370 Session 1	Wed	4:00 to 5:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W373 Session 1	Sun	10:00 to 11:00 am	Jan 11	Feb 22	\$64.00 6 Weeks
	W368 Session 2	Mon	5:00 to 6:00 pm	Feb 23	Apr 13	\$64.00 6 Weeks
	W371 Session 2	Wed	4:00 to 5:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	W374 Session 2	Sun	10:00 to 11:00 am	Mar 1	Apr 19	\$54.00 5 Weeks
	S369 Session 3	Mon	5:00 to 6:00 pm	Apr 20	June 1	\$64.00 6 Weeks
B-Ball Age 9 to 12	S372 Session 3	Wed	4:00 to 5:00 pm	Apr 22	June 3	\$75.00 7 Weeks
	S375 Session 3	Sun	10:00 to 11:00 am	Apr 26	June 7	\$64.00 6 Weeks
	W376 Session 1	Wed	6:00 to 7:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W379 Session 1	Sun	11:00 to 12:00 pm	Jan 11	Feb 22	\$64.00 6 Weeks
	W377 Session 2	Wed	6:00 to 7:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	W380 Session 2	Sun	11:00 to 12:00 pm	Mar 1	Apr 19	\$54.00 5 Weeks
	S378 Session 3	Wed	6:00 to 7:00 pm	Apr 22	June 3	\$75.00 7 Weeks
	S381 Session 3	Sun	11:00 to 12:00 pm	Apr 26	June 7	\$64.00 6 Weeks

## Soccer 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 on Feb 15, Mar 15 to 22, Apr 5, May 17 & 19.**

Program	Clinic	Day	Time	Date	Ends	Price
Soccer Age 5 to 6	W388 Session 1	Tues	4:00 to 5:00 pm	Jan 6	Feb 17	\$75.00 7 Weeks
	W391 Session 1	Thurs	5:00 to 6:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W394 Session 1	Sun	11:00 to 12:00 pm	Jan 11	Feb 22	\$64.00 6 Weeks
	W389 Session 2	Tues	4:00 to 5:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	W392 Session 2	Thurs	5:00 to 6:00 pm	Feb 26	Apr 16	\$64.00 6 Weeks
	W395 Session 2	Sun	11:00 to 12:00 pm	Mar 1	Apr 19	\$54.00 5 Weeks
	S390 Session 3	Tues	4:00 to 5:00 pm	Apr 21	June 2	\$75.00 7 Weeks
	S393 Session 3	Thurs	5:00 to 6:00 pm	Apr 23	June 4	\$75.00 7 Weeks
	S396 Session 3	Sun	11:00 to 12:00 pm	Apr 26	June 7	\$64.00 6 Weeks
Soccer Age 7 to 9	W397 Session 1	Tues	5:00 to 6:00 pm	Jan 6	Feb 17	\$75.00 7 Weeks
	W400 Session 1	Thurs	4:00 to 5:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W403 Session 1	Sat	10:45 to 11:30 am	Jan 10	Feb 21	\$64.00 6 Weeks
	W398 Session 2	Tues	5:00 to 6:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	W401 Session 2	Thurs	4:00 to 5:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	W404 Session 2	Sat	10:45 to 11:30 am	Feb 28	Apr 18	\$54.00 5 Weeks
	S399 Session 3	Tues	5:00 to 6:00 pm	Apr 21	June 2	\$75.00 7 Weeks
	S402 Session 3	Thurs	4:00 to 5:00 pm	Apr 23	June 4	\$75.00 7 Weeks
	S405 Session 3	Sat	10:45 to 11:30 am	Apr 25	June 6	\$64.00 6 Weeks
Soccer Age 9 to 12	W406 Session 1	Thurs	5:00 to 6:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W407 Session 2	Thurs	5:00 to 6:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	S408 Session 3	Thurs	5:00 to 6:00 pm	Apr 23	June 4	\$75.00 7 Weeks

## Junior Pickleball 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 Feb 16, Mar 16, Apr 6 & May 18.**

Clinic	Day	Time	Date	Ends	Price
W382 Session 1	Mon	4:00 to 5:00 pm	Jan 5	Feb 16	\$64.00 6 Weeks
W383 Session 2	Mon	4:00 to 5:00 pm	Feb 23	Apr 13	\$64.00 6 Weeks
S384 Session 3	Mon	4:00 to 5:00 pm	Apr 20	June 1	\$64.00 6 Weeks

## 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. **No class on Mar 17.**

Clinic	Day	Time	Date	Ends	Price
W430 Session 1	Tues	5:00 to 6:00 pm	Jan 6	Feb 17	\$105.00 7 Weeks
W431 Session 2	Tues	5:00 to 6:00 pm	Feb 24	Apr 14	\$105.00 7 Weeks
S432 Session 3	Tues	5:00 to 6:00 pm	Apr 21	June 2	\$105.00 7 Weeks

## Badminton Junior To Teen - 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. **No class Mar 17.**

Clinic	Day	Time	Date	Ends	Price
W355 Session 1	Tues	6:00 to 7:00 pm	Jan 6	Feb 17	\$64.00 6 Weeks
W323 Session 2	Tues	6:00 to 7:00 pm	Feb 24	Apr 14	\$64.00 6 Weeks

# Teen Activities

## Teen Girls Fitness Ages 13 to 16

Teen Girls Fitness focuses on building 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 and flexibility work tailored to their fitness level.

The program encourages empowerment, teamwork and a positive mindset. **No class on Mar 17 & 19.**

## Teen Kickboxing Ages 13 to 16

Get fit and build confidence in our Teen Kickboxing class, combining high-energy workouts with self-defense. **No class on Mar 17.**

## Teen Training Ages 13 to 16

Learn proper use of the cardio machines, weight machines and body weight exercises. After completing all 7 classes, teens can work out independently in the fitness center. Register for additional sessions to gain knowledge and confidence. **No class Feb 16, Mar 16 to 18, Apr 6 & May 18.**

## Self Defense for Teens Ages 13 to 18

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. **No Class Mar 20 & Apr 3.**

Clinic	Day	Time	Date	Ends	Price
W602 Session 1	Fri	4:00 to 5:00 pm	Jan 9	Feb 20	\$78 Members \$90 Guests
W602.1 Session 2	Fri	4:00 to 5:00 pm	Feb 27	Apr 24	\$78 Members \$90 Guests
S602 Session 3	Fri	4:00 to 5:00 pm	May 1	June 12	\$78 Members \$90 Guests

Program	Clinic	Day	Time	Date	Ends	Price
<b>Girls Fitness</b> Ages 13 to 16	W331 Session 1	Tues	5:00 to 6:00 pm	Jan 6	Feb 17	\$75.00 7 Weeks
	W334 Session 1	Thurs	4:00 to 5:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W332 Session 2	Tues	5:00 to 6:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	W335 Session 2	Thurs	4:00 to 5:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	S333 Session 3	Tues	5:00 to 6:00 pm	Apr 21	June 2	\$75.00 7 Weeks
	S336 Session 3	Thurs	4:00 to 5:00 pm	Apr 23	June 4	\$75.00 7 Weeks
<b>Teen Kickboxing</b> Ages 13 to 16	W337 Session 1	Tues	4:00 to 5:00 pm	Jan 6	Feb 17	\$75.00 7 Weeks
	W338 Session 2	Tues	4:00 to 5:00 pm	Feb 24	Apr 14	\$75.00 7 Weeks
	S339 Session 3	Tues	4:00 to 5:00 pm	Apr 21	June 2	\$75.00 7 Weeks
<b>Teen Training</b> Ages 13 to 16	W340 Session 1	Mon	4:00 to 5:00 pm	Jan 5	Feb 9	\$64.00 6 Weeks
	W343 Session 1	Wed	5:00 to 6:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
	W341 Session 2	Mon	4:00 to 5:00 pm	Feb 23	Apr 13	\$64.00 6 Weeks
	W344 Session 2	Wed	5:00 to 6:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
	S342 Session 3	Mon	4:00 to 5:00 pm	Apr 20	Jun 1	\$64.00 6 Weeks
	S345 Session 3	Wed	5:00 to 6:00 pm	Apr 22	Jun 3	\$75.00 7 Weeks





## C.I.T. - Coach In Training Ages 13 to 15

Step into leadership with our Coach in Training clinic designed for youth who want to learn how to coach and lead children's sports, camps, and activities.

This interactive clinic focuses on **safety, engaging groups, and building confidence** as a young leader. Participants will learn how to manage groups of kids, solve problems on the spot, and break down skills to teach them in fun and effective ways. Through hands-on activities, teamwork, and real coaching experience, future coaches will gain the knowledge and confidence to make a positive impact on younger athletes. **No class Mar 17.**

Clinic	Day	Time	Date	Ends	Price
W310 <i>Session 1</i>	Wed	4:00 to 5:00 pm	Jan 7	Feb 18	\$75.00 7 Weeks
W311 <i>Session 2</i>	Wed	4:00 to 5:00 pm	Feb 25	Apr 15	\$75.00 7 Weeks
S312 <i>Session 3</i>	Wed	4:00 to 5:00 pm	Apr 22	June 3	\$75.00 7 Weeks



## Teen Pickleball Ages 12 to 16

Come for this trial Pickleball clinic to play with other teens in a fun, relaxed environment. Paddles and balls are provided - just bring your energy and enthusiasm! Make friends and enjoy the game. **No class on Feb 14, Mar 14 to 21, Apr 4 & May 16.**

## Teen Volleyball Intramural - Ages 12 to 16

Progression drills and games are used for the appropriate age and level. Every week kids learn volleyball warm ups, drills, skills games and scrimmage. **No class on Mar 19.**

## Teen Weight Lifting Ages 15 to 16

Learn to lift weights and build strength with proper technique in a guided, age-appropriate manner. **No class on Mar 19.**

**Questions about Teen or Sports programming?**  
Reach out to Nicole Crewe, Fitness & Family Activities Director  
[ncrewe@ontarioracquetclub.com](mailto:ncrewe@ontarioracquetclub.com)

Program	Clinic	Day	Time	Date	Ends	Price
<b>Teen Pickleball</b> Ages 12 to 16	W385 <i>Session 1</i>	Sat	11:30 to 12:30 pm	Jan 10	Feb 21	\$75.00 7 Weeks
	W386 <i>Session 2</i>	Sat	11:30 to 12:30 pm	Feb 28	Apr 18	\$75.00 7 Weeks
	S387 <i>Session 3</i>	Sat	11:30 to 12:30 pm	Apr 25	June 6	\$75.00 7 Weeks
<b>Teen Volleyball</b> Ages 13 to 16	W427 <i>Session 1</i>	Thurs	6:00 to 7:00 pm	Jan 8	Feb 18	\$75.00 7 Weeks
	W428 <i>Session 2</i>	Thurs	6:00 to 7:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	S429 <i>Session 3</i>	Thurs	6:00 to 7:00 pm	Apr 23	June 4	\$75.00 7 Weeks
<b>Teen Weightlifting</b> Ages 13 to 16	W346 <i>Session 1</i>	Thurs	5:00 to 6:00 pm	Jan 8	Feb 19	\$75.00 7 Weeks
	W347 <i>Session 2</i>	Thurs	5:00 to 6:00 pm	Feb 26	Apr 16	\$75.00 7 Weeks
	S348 <i>Session 3</i>	Thurs	5:00 to 6:00 pm	Apr 23	June 4	\$75.00 7 Weeks



# Pilates Reformer Clinics

*Enhance Your Cognitive & Physical Well-Being*

Continue This Season at ORC

## Reformer Pilates **Beginner**

With a focus on set up and form, our introductory clinics are designed to challenge you to rediscover your posture, and find balance and stability, as you strengthen your body in new ways. With a main focus on mind-to-muscle connection, form, and alignment, you will be led through your practice using anatomical cuing, to ensure you are getting the most out of your workout and can progress. This clinic can be easily modified for those with physical limitations and is great for students of all fitness backgrounds.

## Private Instruction

Transform your fitness journey with our Pilates Reformer training! Experience the ultimate blend of strength, flexibility, and core stability in every session. Our reformer equipment ensures a low-impact, high-intensity workout that tones muscles and improves posture. Join us today and discover the power of Pilates reformer for a healthier, happier you!

Private Session	\$85
Semi-Private Session	\$45 Per Person
Group of Three	\$32 Per Person
Group of Four	\$25 Per Person

Taxes Extra. Contact Nicole to Learn More:  
ncrewe@ontarioracquetclub.com

### BEGINNER - MONDAYS WITH GABRIELLA

Program	Clinic	Day	Time	Date	Ends	Price
Beginner	Wxxx Session 1	Mon	5:00 to 5:50 pm	Jan 5	Jan 26	\$100.00 4 Weeks
	Wxxx Session 1	Mon	5:00 to 5:50 pm	Feb 9	Mar 2	\$100.00 4 Weeks
	Wxxx Session 2	Mon	5:00 to 5:50 pm	Mar 10	Mar 30	\$100.00 4 Weeks

### BEGINNER - TUESDAYS WITH GABRIELLA

Program	Clinic	Day	Time	Date	Ends	Price
Beginner	Wxxx Session 1	Tues	9:00 to 9:50 am	Jan 6	Jan 27	\$100.00 4 Weeks
	Wxxx Session 1	Tues	10:00 to 10:50 am	Jan 6	Jan 27	\$100.00 4 Weeks
	Wxxx Session 1	Tues	9:00 to 9:50 am	Feb 10	Mar 3	\$100.00 4 Weeks
	Wxxx Session 1	Tues	10:00 to 10:50 am	Feb 10	Mar 3	\$100.00 4 Weeks
	Wxxx Session 2	Tues	9:00 to 9:50 am	Mar 10	Mar 31	\$100.00 4 Weeks
	Wxxx Session 2	Tues	10:00 to 10:50 am	Mar 10	Mar 31	\$100.00 4 Weeks

### BEGINNER - SUNDAYS WITH FARIBA

Program	Clinic	Day	Time	Date	Ends	Price
Beginner	Wxxx Session 1	Sun	1:25 to 2:15 pm	Jan 4	Jan 25	\$100.00 4 Weeks
	Wxxx Session 1	Sun	1:25 to 2:15 pm	Feb 1	Feb 22	\$100.00 4 Weeks
	Wxxx Session 2	Sun	1:25 to 2:15 pm	Mar 1	Mar 29	\$125.00 5 Weeks
	Wxxx Session 2	Sun	1:25 to 2:15 pm	Apr 5	Apr 26	\$100.00 4 Weeks
	Wxxx Session 3	Sun	1:25 to 2:15 pm	May 3	May 31	\$125.00 5 Weeks

# Pilates Reformer Clinics



## Reformer Pilates Level 1-2

Designed for members who have previous Pilates mat experience, our Level 1-2 clinics 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.

Program	Clinic	Day	Time	Date	Ends	Price
Level 1-2	Wxxx Session 1	Thurs	11:45 to 12:35 pm	Jan 1	Jan 29	\$125.00 5 Weeks
	Wxxx Session 1	Thurs	11:45 to 12:35 pm	Feb 5	Feb 26	\$100.00 4 Weeks
	Wxxx Session 1	Fri	9:00 to 9:50 am	Jan 2	Jan 30	\$125.00 5 Weeks
	Wxxx Session 1	Fri	9:00 to 9:50 am	Feb 6	Feb 27	\$100.00 4 Weeks
	Wxxx Session 1	Fri	11:30 to 12:20 pm	Jan 2	Jan 30	\$125.00 5 Weeks
	Wxxx Session 1	Fri	11:30 to 12:20 pm	Feb 6	Feb 27	\$100.00 4 Weeks
	Wxxx Session 1	Sat	12:30 to 1:20 pm	Jan 3	Jan 31	\$125.00 5 Weeks
	Wxxx Session 1	Sat	12:30 to 1:20 pm	Feb 7	Feb 28	\$100.00 4 Weeks
	Wxxx Session 1	Sun	12:30 to 1:20 pm	Jan 4	Jan 25	\$100.00 4 Weeks
	Wxxx Session 1	Sun	12:30 to 1:20 pm	Feb 1	Feb 22	\$100.00 4 Weeks
	Wxxx Session 1	Tues	11:00 to 11:50 am	Jan 6	Jan 20	\$75.00 3 Weeks
	Wxxx Session 1	Tues	11:00 to 11:50 am	Feb 3	Feb 24	\$100.00 4 Weeks

Program	Clinic	Day	Time	Date	Ends	Price
Level 1-2	Wxxx Session 2	Thurs	11:45 to 12:35 pm	Mar 5	Mar 26	\$100.00 4 Weeks
	Wxxx Session 2	Thurs	11:45 to 12:35 pm	Apr 2	Apr 30	\$125.00 5 Weeks
	Wxxx Session 2	Fri	9:00 to 9:50 am	Mar 6	Mar 27	\$100.00 4 Weeks
	Wxxx Session 2	Fri	11:30 to 12:20 pm	Mar 6	Mar 27	\$100.00 4 Weeks
	Wxxx Session 2	Sat	12:30 to 1:20 pm	Mar 7	Mar 28	\$100.00 4 Weeks
	Wxxx Session 2	Sat	12:30 to 1:20 pm	Apr 4	Apr 25	\$100.00 4 Weeks
	Wxxx Session 2	Sun	12:30 to 1:20 pm	Mar 1	Mar 29	\$125.00 5 Weeks
	Wxxx Session 2	Sun	12:30 to 1:20 pm	Apr 5	Apr 26	\$100.00 4 Weeks
	Wxxx Session 2	Tues	11:00 to 11:50 am	Mar 3	Mar 31	\$125.00 5 Weeks
	Wxxx Session 2	Tues	11:00 to 11:50 am	Apr 7	Apr 28	\$100.00 4 Weeks
	Wxxx Session 3	Fri	9:00 to 9:50 am	May 1	May 29	\$125.00 5 Weeks
	Wxxx Session 3	Fri	11:30 to 12:20 pm	May 1	May 29	\$125.00 5 Weeks
	Wxxx Session 3	Sat	12:30 to 1:20 pm	May 2	May 30	\$125.00 5 Weeks
	Wxxx Session 3	Sun	12:30 to 1:20 pm	May 3	May 31	\$125.00 5 Weeks
	Wxxx Session 3	Tues	11:00 to 11:50 am	May 5	May 26	\$100.00 4 Weeks
	Wxxx Session 3	Thurs	11:45 to 12:35 pm	May 7	May 28	\$100.00 4 Weeks



# Wellness AT ORC

## Understanding Nutrition Labels

Ever wonder when you look at a nutrition label, what it all means? In this workshop Sara Bhamra, ORC's Registered Holistic Nutritionist, will break down each component, allowing individuals the opportunity to truly understand the complexity of nutrition labels. This includes identification and calculation of macronutrients; what to look for and avoid on the ingredient list. Sara will share tips on how to identify foods that support performance and recovery, so athletes and those living active lifestyles can select the best option for their goals.

## Understanding & Preventing Common Shoulder Injuries

The shoulder is the most mobile joint in the body — and that flexibility also makes it one of the most vulnerable to injury. In this practical workshop, Fariba will explore the most common shoulder problems, including sprains and strains, dislocations, separations, tendinitis, bursitis, frozen shoulder and arthritis. A special focus will be given to understanding and managing rotator cuff injuries.

Participants will gain valuable insight into the causes, symptoms, and prevention of these conditions, along with strategies to maintain shoulder strength, mobility and long-term joint health.

## Supporting Your Young Athlete

Fuelling young athletes can be challenging - between busy schedules, picky eating and changing energy needs - many parents wonder if their child is getting the right nutrition for their sport. In this workshop, Sara Bhamra, Registered Holistic Nutritionist, will answer the most common questions parents have about fuelling young athletes. From what to eat before and after games, to snacks that actually support recovery, to balancing performance with long-term health. You'll walk away with practical strategies to support your athlete!

## Pickleball Seminar

Take your pickleball game to the next level! Join our ORC pickleball experts for an engaging session covering equipment selection, technique and game strategies. Certified Athletic Therapist Russell Gunner from Club Physio Plus will also share practical tips to help you prevent injuries and keep playing your best.

**Regarding Common Shoulder Injuries and Sciatica & SI Joint workshops:** Please note the presenter of these workshops is not a medical doctor. These sessions are intended for informational purposes only and do 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 workshops. For specific medical advice or treatment, please consult a licensed healthcare professional.

Nutrition Labels	W600 Session 1	Tues	1:00 to 2:00 pm	Jan 27
	60-Min Workshop \$10/Members, \$15/Non Members			
Common Shoulder Injuries	W601 Session 1	Thurs	1:30 to 3:00 pm	Feb 26
	90-Min Workshop \$15/Members, \$20/Non Members			
Supporting Your Young Athlete	W600.1 Session 2	Tues	6:30 to 7:30 pm	Mar 31
	60-Min Workshop \$10/Members, \$15/Non Members			
Pickleball Seminar	W601.1 Session 2	Tues	2:00 to 3:00 pm	Apr 21
	60-Min Workshop \$10/Members, \$15/Non Members			
Tennis Workshop	S600 Session 3	Tues	7:00 to 9:00 pm	May 19
	120-Min Workshop \$15/Members, \$20/Non Members			
Sciatica & SI Joint	S601 Session 3	Thurs	1:30 to 3:00 pm	June 4
	90-Min Workshop \$15/Members, \$20/Non Members			

## Tennis Player Workshop

Join us for an interactive session designed to help you elevate your game! Some of our ORC tennis experts will be on hand to share tips on equipment, technique and overall performance. Additionally, Certified Athletic Therapist Russell Gunner from Club Physio Plus will provide valuable advice on how to stay injury-free on the court.

## Sciatica & SI Joint

### How to Avoid Injuries & Strengthen Supporting Muscles

Discover how to protect your lower back, relieve discomfort, and strengthen the muscles that support the sciatic nerve and sacroiliac (SI) joint. In this workshop, Fariba will guide you through the most common causes of sciatica and SI joint pain, demonstrate safe mobility & strengthening exercises, plus teach posture & movement techniques to prevent flare-ups.

Participants will leave with practical tools and strategies to enhance joint stability, reduce pain, and maintain long-term lower back health.

# 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 Feb 14, Mar 20 & 21, April 3 & 4, May 16.**

## 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 Feb 14, Mar 20 & 21, April 3 & 4, May 16.**

## 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 Feb 14, Mar 21, Apr 4, May 16**

## 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 on Feb 14, Mar 20 & 21, April 3 & 4, May 16.**

### Registration Start Dates

<https://orc.clubautomation.com/>

#### Session One

Register Monday December 8th at 10:00 am for all Session One white-coloured programs

#### Session Two

Register Monday February 9th at 10:00 am for all Session Two pink-coloured programs

#### Session Three

Register Monday April 6th at 10:00 am for all Session Three purple-coloured programs

Program	Clinic	Day	Time	Date	Ends	Price
Tennis FUNdamentals	W100 Session 1	Fri	4:00 to 5:00 pm	Jan 9	Feb 20	\$175.00 7 Weeks
	W101 Session 1	Fri	5:00 to 6:00 pm	Jan 9	Feb 20	\$175.00 7 Weeks
	W102 Session 1	Sat	10:30 to 11:30 am	Jan 10	Feb 21	\$150.00 6 weeks
	W103 Session 2	Fri	4:00 to 5:00 pm	Feb 27	Apr 17	\$150.00 6 Weeks
	W104 Session 2	Fri	5:00 to 6:00 pm	Feb 27	Apr 17	\$150.00 6 Weeks
	W105 Session 2	Sat	10:30 to 11:30 am	Feb 28	Apr 18	\$150.00 6 weeks
	W106 Session 3	Fri	4:00 to 5:00 pm	Apr 24	June 5	\$175.00 7 Weeks
	W107 Session 3	Fri	5:00 to 6:00 am	Apr 24	June 5	\$175.00 7 Weeks
	W108 Session 3	Sat	10:30 to 11:30 am	Apr 25	Jun 6	\$150.00 6 weeks
Parent & Tot	W109 Session 1	Sat	11:30 to 12:30 pm	Jan 10	Feb 21	\$90.00 6 Weeks
	W110 Session 1	Sat	11:30 to 12:30 pm	Feb 28	Apr 18	\$90.00 6 Weeks
	W111 Session 1	Sat	11:30 to 12:30 pm	Apr 25	June 6	\$90.00 6 Weeks
Progressive Development	W112 Session 1	Fri	4:00 to 5:00 pm	Jan 9	Feb 20	\$175.00 7 Weeks
	W113 Session 1	Fri	5:00 to 6:00 pm	Jan 9	Feb 20	\$175.00 7 Weeks
	W114 Session 1	Sat	10:30 to 11:30 am	Jan 10	Feb 21	\$150.00 6 Weeks
	W115 Session 2	Fri	4:00 to 5:00 pm	Feb 27	Apr 17	\$150.00 6 Weeks
	W116 Session 2	Fri	5:00 to 6:00 pm	Feb 27	Apr 17	\$150.00 6 Weeks
	W117 Session 2	Sat	10:30 am to 11:30 am	Feb 28	Apr 18	\$150.00 6 Weeks
	W118 Session 3	Fri	4:00 to 5:00 pm	Apr 24	June 5	\$175.00 7 Weeks
	W119 Session 3	Fri	5:00 to 6:00 pm	Apr 24	June 5	\$175.00 7 Weeks
	W120 Session 3	Sat	10:30 to 11:30 am	Apr 25	Jun 6	\$150.00 6 Weeks
Teen Drill & Play	W121 Session 1	Fri	6:00 to 7:30 pm	Jan 9	Feb 20	\$245.00 7 Weeks
	W122 Session 1	Sat	12:30 to 2:00 pm	Jan 10	Feb 21	\$210.00 6 Weeks
	W123 Session 2	Fri	6:00 to 7:30 pm	Feb 27	Apr 17	\$210.00 6 Weeks
	W124 Session 2	Sat	12:30 to 2:00 pm	Feb 28	Apr 18	\$210.00 6 Weeks
	W125 Session 3	Fri	6:00 to 7:30 pm	Apr 24	June 5	\$175.00 7 Weeks
	W126 Session 3	Sat	12:30 to 2:00 pm	Apr 25	June 6	\$150.00 6 Weeks



# WINTER 2026

## 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 February 15th, March 15th, and May 17th.**

Division 1 Red Ball	W980 Session 1	Sun	1:30 to 3:00 pm	Jan 4	Mar 29
	W980.1 Session 1	Sun	1:30 to 3:00 pm	Apr 12	June 28
	11 Weeks \$319/Player - Register at ORC				

## 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 February 15th, March 15th, and May 17th.**

Division 2 Orange Ball	W981 Session 1	Sun	3:00 to 4:30 pm	Jan 4	Mar 29
	W981.1 Session 1	Sun	3:00 to 4:30 pm	Apr 12	June 28
	11 Weeks \$319/Player - Register at ORC				

## 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 February 15th, March 15th and May 17th.**

Division 3 Green Dot Ball	W982 Session 1	Sun	4:30 to 6:00 pm	Jan 4	Mar 29
	W982.1 Session 1	Sun	4:30 to 6:00 pm	Apr 12	June 28
	11 Weeks \$319/Player - Register at ORC				



**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)

*The rain date for the spring session will be scheduled on a best-effort basis. If a rain date cannot be arranged, no refunds will be issued.*

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 Feb 15, Mar 15th and May 17th**

Division 4 Green Dot Ball	W983 Session 1	Sun	4:30 to 6:00 pm	Jan 4	Mar 29
	W983.1 Session 1	Sun	4:30 to 6:00 pm	Apr 12	June 28
	11 Weeks <span style="float: right;">\$319/Player - Register at ORC</span>				

## 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 February 15th, March 15th and May 17th.**

Division 5 Regular Ball	W984 Session 1	Sun	6:00 to 7:30 pm	Jan 4	Mar 29
	W984.1 Session 1	Sun	6:00 to 7:30 pm	Apr 12	June 28
	11 Weeks <span style="float: right;">\$319/Player - Register at ORC</span>				

## 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 13 to 16 years. No class on February 15th, March 15th, and May 17th.**

Division 6 Regular Ball	W985 Session 1	Sun	7:30 to 9:00 pm	Jan 4	Mar 29
	W985.1 Session 1	Sun	7:30 to 9:00 pm	Apr 12	June 28
	11 Weeks <span style="float: right;">\$319/Player - Register at ORC</span>				

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



# Tennis Academy

ORC's Tennis Academy offers tennis specific training and playing opportunities for dedicated young players age six years and up, who already have a strong foundation in the sport.

## 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.

## 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 will learn the basic 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 ORC Racquet members. May be taken only once if on a Fitness membership. **No class on Mar 16, Apr 6 or May 18.**

Clinic	Day	Time	Date	Ends	Price
W127 Session 1	Mon	9:00 to 10:30 am	Jan 5	Feb 9	\$240.00 6 Weeks
W128 Session 1	Mon	7:30 to 9:00 pm	Jan 5	Feb 22	\$240.00 6 Weeks
W129 Session 2	Mon	9:00 to 10:30 am	Feb 23	Apr 13	\$240.00 6 Weeks
W130 Session 2	Mon	7:30 to 9:00 pm	Feb 23	Apr 13	\$240.00 6 Weeks
W131 Session 3	Mon	9:00 to 10:30 am	Apr 20	June 1	\$240.00 6 Weeks
W132 Session 3	Mon	7:30 to 9:00 pm	Apr 20	June 1	\$240.00 6 Weeks

## Cardio Tennis 2.5+

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. Cardio & Games caters to 2.5+. **No class Mar 16, 18 & 20, Apr 3 & 6, May 18.**

Clinic	Day	Time	Date	Ends	Price
W116 Session 1	Mon	6:30 to 7:30 am	Jan 5	Feb 9	\$144.00 6 Weeks
W119 Session 1	Wed	6:30 to 7:30 am	Jan 7	Feb 18	\$168.00 7 Weeks
W117 Session 2	Mon	6:30 to 7:30 am	Feb 23	Apr 13	\$144.00 6 Weeks
W120 Session 2	Wed	6:30 to 7:30 am	Feb 25	Apr 15	\$168.00 7 Weeks
W118 Session 3	Mon	6:30 to 7:30 am	Apr 20	Jun 1	\$144.00 6 Weeks
W121 Session 3	Wed	6:30 to 7:30 am	Apr 22	Jun 3	\$168.00 7 Weeks

### CARDIO & GAMES

Clinic	Day	Time	Date	Ends	Price
W139 Session 1	Fri	9:00 to 10:30 am	Jan 9	Feb 20	\$280.00 7 Weeks
W140 Session 2	Fri	9:00 to 10:30 am	Feb 27	Apr 17	\$240.00 6 Weeks
W141 Session 3	Fri	9:00 to 10:30 am	Apr 24	June 5	\$280.00 7 Weeks

## Drill & Play Offered at Multiple Levels

Train specific tactics for 45 minutes and then put what you learned into practice with point play for 45 minutes. This clinic is offered at all levels and playing abilities. **No class on Mar 16 to 19, April 3 & 6, May 18.**

### LEVEL 2.0 - 2.5

Clinic	Day	Time	Date	Ends	Price
W142 Session 1	Mon	7:30 to 9:00 pm	Jan 5	Feb 9	\$240.00 6 Weeks
W143 Session 1	Tues	10:30 to 12:00 pm	Jan 6	Feb 17	\$280.00 7 Weeks
W144 Session 2	Mon	7:30 to 9:00 pm	Feb 23	Apr 13	\$240.00 6 Weeks
W145 Session 2	Tues	10:30 to 12:00 pm	Feb 24	Apr 14	\$280.00 7 Weeks
W146 Session 3	Mon	7:30 to 9:00 pm	Apr 20	June 1	\$240.00 6 Weeks
W147 Session 3	Tues	10:30 to 12:00 pm	Apr 21	June 2	\$280.00 7 Weeks

### LEVEL 2.5 - 3.0

Clinic	Day	Time	Date	Ends	Price
W148 Session 1	Mon	10:30 to 12:00 pm	Jan 5	Feb 9	\$240.00 6 Weeks
W149 Session 1	Wed	10:30 to 12:00 pm	Jan 7	Feb 18	\$280.00 7 Weeks
W150 Session 1	Wed	7:30 to 9:00 pm	Jan 7	Feb 18	\$280.00 7 Weeks
W151 Session 1	Fri	10:30 to 12:00 pm	Jan 9	Feb 20	\$280.00 7 Weeks
W152 Session 2	Mon	10:30 to 12:00 pm	Feb 23	Apr 13	\$240.00 6 Weeks
W153 Session 2	Wed	10:30 to 12:00 pm	Feb 25	Apr 15	\$280.00 7 Weeks
W154 Session 2	Wed	7:30 to 9:00 pm	Feb 25	Apr 15	\$280.00 6 Weeks
W155 Session 2	Fri	10:30 to 12:00 pm	Feb 27	Apr 17	\$240.00 6 Weeks
W156 Session 3	Mon	10:30 to 12:00 pm	Apr 20	June 1	\$240.00 6 Weeks
W157 Session 3	Wed	10:30 to 12:00 pm	Apr 22	June 3	\$280.00 7 Weeks
W158 Session 3	Wed	7:30 to 9:00 pm	Apr 22	June 3	\$280.00 7 Weeks
W159 Session 3	Fri	10:30 to 12:00 pm	Apr 24	June 5	\$280.00 7 Weeks

### LEVEL 3.0 - 3.5

Clinic	Day	Time	Date	Ends	Price
W160 Session 1	Thurs	10:30 to 12:00 pm	Jan 8	Feb 19	\$280.00 7 Weeks
W161 Session 1	Thurs	7:30 to 9:00 pm	Jan 8	Feb 19	\$280.00 7 Weeks
W162 Session 2	Thurs	10:30 to 12:00 pm	Feb 26	Apr 16	\$280.00 7 Weeks
W163 Session 2	Thurs	7:30 to 9:00 pm	Feb 26	Apr 16	\$280.00 7 Weeks
W164 Session 3	Thurs	10:30 to 12:00 pm	Apr 23	June 4	\$280.00 7 Weeks
W165 Session 3	Thurs	7:30 to 9:00 pm	Apr 23	June 4	\$280.00 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! **No class on Mar 19.**

## 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 Feb 15, Mar 17 & 22, Apr 5 & May 17.**

## 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! **No Class on Mar 18 & 19.**

## 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 on Feb 14, Mar 21, Apr 4 & May 16.**

## Start the Point Right 2.0 to 3.0

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! **No Class on Mar 18.**

## 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 Feb 15, Mar 22, Apr 5 & May 17.**

	Clinic	Day	Time	Date	Ends	Price
Doubles Shot of the Week <span>2.5 to 3.0</span>	W149 Session 1	Thurs	9:00 to 10:30 am	Jan 8	Feb 19	\$280.00 7 Weeks
	W150 Session 2	Thurs	9:00 to 10:30 am	Feb 26	Apr 16	\$280.00 7 Weeks
	W151 Session 3	Thurs	9:00 to 10:30 am	Apr 23	June 4	\$280.00 7 Weeks
Shot of the Week <span>2.0 to 3.0</span>	W181 Session 1	Sun	10:30 to 12:00 pm	Jan 11	Feb 22	\$240.00 6 Weeks
	W182 Session 2	Sun	10:30 to 12:00 pm	Mar 1	Apr 19	\$240.00 6 Weeks
	W186 Session 3	Sun	10:30 to 12:00 pm	Apr 26	June 7	\$240.00 6 Weeks
Shot of the Week <span>3.5+</span>	W184 Session 1	Tues	7:30 to 9:00 pm	Jan 6	Feb 17	\$280.00 7 Weeks
	W185 Session 2	Tues	7:30 to 9:00 pm	Feb 24	Apr 14	\$280.00 7 Weeks
	W186 Session 3	Tues	7:30 to 9:00 pm	Apr 21	June 2	\$280.00 7 Weeks
Singles Bootcamp <span>2.5 to 3.0</span>	W187 Session 1	Wed	8:30 to 10:00 pm	Jan 7	Feb 18	\$280.00 7 Weeks
	W188 Session 2	Wed	8:30 to 10:00 pm	Feb 25	Apr 15	\$280.00 7 Weeks
	W189 Session 3	Wed	8:00 to 10:00 pm	Apr 22	June 3	\$280.00 7 Weeks
Singles Bootcamp <span>Level 3.5+</span>	W190 Session 1	Thurs	8:30 to 10:00 pm	Jan 8	Feb 19	\$280.00 7 Weeks
	W191 Session 2	Thurs	8:30 to 10:00 pm	Feb 26	Apr 16	\$280.00 7 Weeks
	W192 Session 3	Thurs	8:30 to 10:00 pm	Apr 23	June 4	\$280.00 7 Weeks
Doubles Warriors <span>3.0 to 3.5</span>	W169 Session 1	Sat	1:30 to 3:30 pm	Jan 10	Feb 21	\$270.00 6 Weeks
	W170 Session 2	Sat	1:30 to 3:30 pm	Feb 28	Apr 18	\$270.00 6 Weeks
	W171 Session 3	Sat	1:30 to 3:30 pm	Apr 25	June 6	\$270.00 6 Weeks
Start the Point Right <span>2.0 to 3.0</span>	W193 Session 1	Wed	12:30 to 2:00 pm	Jan 7	Feb 18	\$280.00 7 Weeks
	W194 Session 2	Wed	12:30 to 2:00 pm	Feb 25	Apr 15	\$280.00 7 Weeks
	W195 Session 3	Wed	12:30 to 2:00 pm	Apr 22	June 3	\$280.00 7 Weeks
Air Tennis <span>Level 3.0+</span>	W175 Session 1	Sun	2:00 to 4:00 pm	Jan 11	Feb 22	\$270.00 6 Weeks
	W176 Session 2	Sun	2:00 to 4:00 pm	Mar 1	Apr 19	\$270.00 6 Weeks
	W177 Session 3	Sun	2:00 to 4:00 pm	Apr 26	June 7	\$270.00 6 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. **No class Mar 17.**

Clinic	Day	Time	Date	Ends	Price
W155 Session 1	Tues	11:00 to 12:30 am	Jan 6	Feb 17	\$210.00 7 Weeks
W156 Session 2	Tues	11:00 to 12:30 pm	Feb 24	Apr 14	\$210.00 7 Weeks
W157 Session 3	Tues	11:00 to 12:30 pm	Apr 21	June 2	\$210.00 7 Weeks

## 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>	

## 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 on Feb 14, Mar 21, Apr 4 or May 16.**

Clinic	Day	Time	Date	Ends	Price
W161 Session 1	Sat	9:00 to 10:30 am	Jan 10	Feb 21	\$240.00 6 Weeks
W162 Session 2	Sat	9:00 to 10:30 am	Feb 28	Apr 18	\$270.00 6 Weeks
W163 Session 3	Sat	9:00 to 10:30 am	Apr 25	June 6	\$270.00 6 Weeks
Sign-Up To Be Approved By Andrea: <a href="mailto:arabzak@ontarioracquetclub.com">arabzak@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.

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 8:00 am --- & --- 6:00 pm to Closing
	Prime Time \$26/Hour	8:00 am to 6:00 pm

# 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 Feb 14,15, Mar 14, 15, 21, 22, Apr 21, 27, May 16, 17.**

## 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 Feb 14 to 16 Mar 14,15,16,18 & 20, Apr 3 to 6 & May 16 to 18.**

### Registration Start Date

#### Session One

Register Monday December 8th at 10:00 am for all Session One white-coloured programs

#### Session Two

Register Monday February 9th at 10:00 am for all Session Two pink-coloured programs

#### Session Three

Register Monday April 6th at 10:00 am for all Session Three purple-coloured programs

Any sign-ups after registration closing dates must be approved by Jackie, Aquatics Director

[jvanhul@ontarioracquetclub.com](mailto:jvanhul@ontarioracquetclub.com)

To register, go to

<https://orc.clubautomation.com/>

Program	Code	Day	Time	Date	Ends	Price
Parent & Tot	W700 Session 1	Sat	10:00 to 10:30 am	Jan 10	Feb 21	\$120.00 6 Weeks
	W702 Session 1	Sun	10:00 to 10:30 AM	Jan 11	Feb 22	\$120.00 6 Weeks
	W700.1 Session 2	Sat	10:00 to 10:30 AM	Feb 28	Apr 25	\$120.00 6 Weeks
	W702.1 Session 2	Sun	10:00 to 10:30 am	Mar 1	Apr 26	\$120.00 6 Weeks
	S700 Session 3	Sat	10:00 to 10:30 am	May 2	June 13	\$120.00 6 Weeks
	S702 Session 3	Sun	10:00 to 10:30 am	May 3	June 14	\$120.00 6 Weeks
Preschool A	W703 Session 1	Mon	4:00 to 4:40 pm	Jan 5	Feb 9	\$140.00 6 Weeks
	W704 Session 1	Wed	6:15 to 6:55 pm	Jan 7	Feb 18	\$156.00 7 Weeks
	W705 Session 1	Fri	5:30 to 6:10 pm	Jan 9	Feb 20	\$156.00 7 Weeks
	W706 Session 1	Sat	10:00 to 10:40 am	Jan 10	Feb 21	\$140.00 6 Weeks
	W707 Session 1	Sun	10:00 to 10:40 am	Jan 11	Feb 22	\$140.00 6 Weeks
	W703.1 Session 2	Mon	4:00 to 4:40 pm	Mar 2	Apr 20	\$140.00 6 Weeks
	W704.1 Session 2	Wed	6:15 to 6:55 pm	Mar 4	Apr 22	\$156.00 7 Weeks
	W705.1 Session 2	Fri	5:30 to 6:10 pm	Mar 6	Apr 24	\$140.00 6 Weeks
	W706.1 Session 2	Sat	10:00 to 10:40 pm	Feb 28	Apr 25	\$140.00 6 Weeks
	W707.1 Session 2	Sun	10:00 to 10:40 am	Mar 1	Apr 26	\$140.00 6 Weeks
	W703 Session 3	Mon	4:00 to 4:40 pm	Apr 27	Jun 8	\$140.00 6 Weeks
	W704 Session 3	Wed	6:15 to 6:55 pm	Apr 29	Jun 10	\$156.00 7 Weeks
	W705 Session 3	Fri	5:30 to 6:10 pm	May 1	June 12	\$156.00 7 Weeks
	W706 Session 3	Sat	10:00 to 10:40 pm	May 2	June 13	\$140.00 6 Weeks
	W707 Session 3	Sun	10:00 to 10:40 am	May 3	June 14	\$140.00 6 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 Feb 14 to 16, Mar 14, 15, 16, 18 & 20 & Apr 18 to 21 & May 16 to 18.**

## 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 Feb 14 to 16, Mar 14 to 22, Apr 3 to 6, May 16 to 18.**

## 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  
Jackie**

[jvanhul@ontarioracquetclub.com](mailto:jvanhul@ontarioracquetclub.com)

Program	Code	Day	Time	Date	Ends	Price
Preschool B	W709 Session 1	Mon	4:45 to 5:25 pm	Jan 5	Feb 9	\$140.00 6 Weeks
	W711 Session 1	Wed	4:00 to 4:40 pm	Jan 7	Feb 18	\$156.00 7 Weeks
	W712 Session 1	Fri	5:30 to 6:10 pm	Jan 9	Feb 20	\$156.00 7 Weeks
	W713 Session 1	Sat	12:15 to 12:55 pm	Jan 10	Feb 21	\$140.00 6 Weeks
	W714 Session 1	Sun	10:45 to 11:25 am	Jan 11	Feb 22	\$140.00 6 Weeks
	W709.1 Session 2	Mon	4:45 to 5:25 pm	Mar 2	Apr 20	\$140.00 6 weeks
	W711.1 Session 2	Wed	4:00 to 4:40 pm	Mar 4	Apr 22	\$156.00 7 weeks
	W712.1 Session 2	Fri	5:30 to 6:10 pm	Mar 6	Apr 24	\$140.00 6 weeks
	W713.1 Session 2	Sat	12:15 to 12:55 pm	Feb 28	Apr 25	\$140.00 6 weeks
	W714.1 Session 2	Sun	10:45 to 11:25 am	Mar 1	Apr 26	\$140.00 6 weeks
	S709 Session 3	Mon	4:45 to 5:25 pm	Apr 27	June 08	\$140.00 6 Weeks
	S711 Session 3	Wed	4:00 to 4:40 pm	Apr 29	June 10	\$156.00 7 Weeks
	S712 Session 3	Fri	5:30 to 6:10 pm	May 1	June 12	\$156.00 7 Weeks
	S713 Session 3	Sat	12:15 to 12:55 pm	May 2	June 13	\$140.00 6 Weeks
	S714 Session 3	Sun	10:45 to 11:25 am	May 3	June 14	\$140.00 6 Weeks
Preschool C	W715 Session 1	Mon	5:30 to 6:10 pm	Jan 5	Feb 9	\$140.00 6 Weeks
	W716 Session 1	Wed	4:45 to 5:25 pm	Jan 7	Feb 18	\$156.00 7 Weeks
	W717 Session 1	Fri	4:45 to 5:25 pm	Jan 9	Feb 20	\$156.00 7 Weeks
	W719 Session 1	Sat	10:00 to 10:40 am	Jan 10	Feb 21	\$140.00 6 Weeks
	W720 Session 1	Sun	10:45 to 11:25 am	Jan 11	Feb 22	\$140.00 6 Weeks
	W715.1 Session 2	Mon	5:30 to 6:10 pm	Mar 2	Apr 20	\$140.00 6 Weeks
	W716.1 Session 2	Wed	4:45 to 5:25 pm	Mar 4	Apr 22	\$156.00 7 Weeks
	W717.1 Session 2	Fri	4:45 to 5:25 pm	Mar 6	Apr 24	\$140.00 6 Weeks
	W719.1 Session 2	Sat	10:00 to 10:40 am	Feb 28	Apr 25	\$140.00 6 Weeks
	W720.1 Session 2	Sun	10:45 to 11:25 am	Mar 1	Apr 26	\$140.00 6 Weeks
	S715 Session 3	Mon	5:30 to 6:10 pm	Apr 27	June 8	\$140.00 6 Weeks
	S716 Session 3	Wed	4:45 to 5:25 pm	Apr 29	June 10	\$156.00 7 Weeks
	S717 Session 3	Fri	4:45 to 5:25 pm	May 1	June 12	\$156.00 7 Weeks
	S719 Session 3	Sat	10:00 to 10:40 am	May 2	June 13	\$140.00 6 Weeks
	S720 Session 3	Sun	10:45 to 11:25 am	May 3	June 14	\$140.00 6 Weeks

## 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 Feb 14 to 16, Mar 14,15,16,18 & 20, Apr 18 to 21, May 16 to 18.**

## 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 Feb 14 to 16, Mar 14,15,16,18 & 20 & Apr 3 to 6, May 16 to 18.**



# Aquafit at ORC

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

Classes are offered 7-days a week.  
Sign up on the ORC App!

Program	Code	Day	Time	Date	Ends	Price
Preschool D	W721 Session 1	Mon	4:45 to 5:25 pm	Jan 5	Feb 9	\$140.00 6 Weeks
	W722 Session 1	Wed	5:30 to 6:10 pm	Jan 7	Feb 18	\$156.00 7 Weeks
	W723 Session 1	Fri	4:00 to 4:40 pm	Jan 9	Feb 20	\$156.00 7 Weeks
	W724 Session 1	Sat	10:45 to 11:25 am	Jan 10	Feb 21	\$140.00 6 Weeks
	W725 Session 1	Sun	11:30 am 12:10 pm	Jan 11	Feb 22	\$140.00 6 Weeks
	W721.1 Session 2	Mon	4:45 to 5:25 pm	Mar 2	Apr 20	\$140.00 6 Weeks
	W722.1 Session 2	Wed	5:30 to 6:10 pm	Mar 4	Apr 22	\$156.00 7 Weeks
	W723.1 Session 2	Fri	4:00 to 4:40 pm	Mar 6	Apr 24	\$140.00 6 Weeks
	W724.1 Session 2	Sat	10:45 to 11:25 am	Feb 28	Apr 25	\$140.00 6 Weeks
	W725.1 Session 2	Sun	11:30 am 12:10 pm	Mar 1	Apr 26	\$140.00 6 Weeks
	S721 Session 3	Mon	4:45 to 5:25 pm	Apr 27	June 08	\$140.00 6 Weeks
	S722 Session 3	Wed	5:30 to 6:10 pm	Apr 29	June 10	\$156.00 7 Weeks
	S723 Session 3	Fri	4:00 to 4:40 pm	May 1	June 12	\$156.00 7 Weeks
	S724 Session 3	Sat	10:45 to 11:25 am	May 2	June 13	\$140.00 6 Weeks
	S725 Session 3	Sun	11:30 am 12:10 pm	May 3	June 14	\$140.00 6 Weeks
Preschool E	W726 Session 1	Mon	5:30 to 6:10 pm	Jan 5	Feb 9	\$140.00 6 Weeks
	W727 Session 1	Wed	4:45 to 5:25 pm	Jan 7	Feb 18	\$156.00 7 Weeks
	W728 Session 1	Fri	4:45 to 5:25 pm	Jan 9	Feb 20	\$156.00 7 Weeks
	W729 Session 1	Sat	11:30 am 12:10 pm	Jan 10	Feb 21	\$140.00 6 Weeks
	W730 Session 1	Sun	11:30 am 12:10 pm	Jan 11	Feb 22	\$140.00 6 Weeks
	W726.1 Session 2	Mon	5:30 to 6:10 pm	Mar 2	Apr 20	\$140.00 6 Weeks
	W727.1 Session 2	Wed	4:45 to 5:25 pm	Mar 4	Apr 22	\$156.00 7 Weeks
	W728.1 Session 2	Fri	4:45 to 5:25 pm	Mar 6	Apr 24	\$140.00 6 Weeks
	W729.1 Session 2	Sat	11:30 am 12:10 pm	Feb 28	Apr 25	\$140.00 6 Weeks
	W730.1 Session 2	Sun	11:30 am 12:10 pm	Mar 1	Apr 26	\$140.00 6 Weeks
	S726 Session 3	Mon	5:30 to 6:10 pm	Apr 27	June 08	\$140.00 6 Weeks
	S727 Session 3	Wed	4:45 to 5:25 pm	Apr 29	June 10	\$156.00 7 Weeks
	S728 Session 3	Fri	4:45 to 5:25 pm	May 1	June 12	\$156.00 7 Weeks
	S729 Session 3	Sat	11:30 am 12:10 pm	May 2	June 13	\$140.00 6 Weeks
	S730 Session 3	Sun	11:30 am 12:10 pm	May 3	June 14	\$140.00 6 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 Feb 14 to 16, Mar 14 to 22, Apr 3 to 6, May 16 to 18.**

Code	Day	Time	Date	Ends	Price
W731 Session 1	Mon	6:15 to 6:55 pm	Jan 5	Feb 9	\$140.00 6 Weeks
W732 Session 1	Wed	4:45 to 5:25 pm	Jan 7	Feb 18	\$156.00 7 Weeks
W733 Session 1	Wed	6:15 to 6:55 pm	Jan 7	Feb 18	\$156.00 7 Weeks
W734 Session 1	Fri	4:00 to 4:40 pm	Jan 9	Feb 20	\$156.00 7 Weeks
W735 Session 1	Sat	11:30 am 12:10 pm	Jan 10	Feb 21	\$140.00 6 Weeks
W736 Session 1	Sun	10:00 to 10:40 am	Jan 11	Feb 22	\$140.00 6 Weeks
W731.1 Session 2	Mon	6:15 to 6:55 pm	Mar 2	Apr 20	\$140.00 6 Weeks
W732.1 Session 2	Wed	4:45 to 5:25 pm	Mar 4	Apr 22	\$156.00 7 Weeks
W733.1 Session 2	Wed	6:15 to 6:55 pm	Mar 4	Apr 22	\$156.00 7 Weeks
W734.1 Session 2	Fri	4:00 to 4:40 pm	Mar 6	Apr 24	\$140.00 6 Weeks
W735.1 Session 2	Sat	11:30 am 12:10 pm	Mar 1	Apr 26	\$140.00 6 Weeks
W736.1 Session 2	Sun	10:00 to 10:40 am	Mar 2	Apr 27	\$140.00 6 Weeks
S731 Session 3	Mon	6:15 to 6:55 pm	Apr 27	June 08	\$140.00 6 Weeks
S732 Session 3	Wed	4:45 to 5:25 pm	Apr 29	June 10	\$156.00 7 Weeks
S733 Session 3	Wed	6:15 to 6:55 pm	Apr 29	June 10	\$156.00 7 Weeks
S734 Session 3	Fri	4:00 to 4:40 pm	May 1	June 12	\$156.00 7 Weeks
S735 Session 3	Sat	11:30 am 12:10 pm	May 2	June 13	\$140.00 6 Weeks
S736 Session 3	Sun	10:00 to 10:40 am	May 3	June 14	\$140.00 6 Weeks

## 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 Feb 14 to 16, Mar 14,15,16,18, Apr 3 to 6, May 16 to 18.**

Code	Day	Time	Date	Ends	Price
W737 Session 1	Mon	4:45 to 5:25 pm	Jan 5	Feb 9	\$140.00 6 Weeks
W738 Session 1	Wed	4:00 to 4:40 pm	Jan 7	Feb 18	\$156.00 7 Weeks
W739 Session 1	Fri	6:15 to 6:55 pm	Jan 9	Feb 20	\$156.00 7 Weeks
W740 Session 1	Sat	10:45 to 11:25 am	Jan 10	Feb 21	\$140.00 6 Weeks
W742 Session 1	Sun	10:45 to 11:25 am	Jan 11	Feb 22	\$140.00 6 Weeks
W737.1 Session 2	Mon	4:45 to 5:25 pm	Mar 2	Apr 20	\$140.00 6 Weeks
W738.1 Session 2	Wed	4:00 to 4:40 pm	Mar 4	Apr 22	\$156.00 7 Weeks
W739.1 Session 2	Fri	6:15 to 6:55 pm	Mar 6	Apr 24	\$140.00 6 Weeks
W740.1 Session 2	Sat	10:45 to 11:25 am	Feb 28	Apr 25	\$140.00 6 Weeks
W742.1 Session 2	Sun	10:45 to 11:25 am	Mar 1	Apr 26	\$140.00 6 Weeks
S737 Session 3	Mon	4:45 to 5:25 pm	Apr 27	June 08	\$140.00 6 Weeks
S738 Session 3	Wed	4:00 to 4:40 pm	Apr 29	June 10	\$156.00 7 Weeks
S739 Session 3	Fri	6:15 to 6:55 pm	May 1	June 12	\$156.00 7 Weeks
S740 Session 3	Sat	10:45 to 11:25 am	May 2	June 13	\$140.00 6 Weeks
S742 Session 3	Sun	10:45 to 11:25 am	May 3	June 14	\$140.00 6 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 Feb 14 to 16, Mar 8 to 16, Apr 18 to 21, May 17 to 19.**

Code	Day	Time	Date	Ends	Price
W743 Session 1	Mon	4:00 to 4:40 pm	Jan 5	Feb 9	\$140.00 6 Weeks
W744 Session 1	Mon	5:30 to 6:10 pm	Jan 5	Feb 9	\$140.00 6 Weeks
W745 Session 1	Wed	5:30 to 6:10 pm	Jan 7	Feb 18	\$156.00 7 Weeks
W746 Session 1	Fri	4:45 to 5:25 pm	Jan 9	Feb 20	\$156.00 7 Weeks
W747 Session 1	Sat	10:45 to 11:25 am	Jan 10	Feb 21	\$140.00 6 Weeks
W748 Session 1	Sat	11:30 to 12:10 pm	Jan 10	Feb 21	\$140.00 6 Weeks
W749 Session 1	Sun	11:30 to 12:10 pm	Jan 11	Feb 22	\$140.00 6 Weeks
W743.1 Session 2	Mon	4:00 to 4:40 pm	Mar 2	Apr 20	\$140.00 6 Weeks
W744.1 Session 2	Mon	5:30 to 6:10 pm	Mar 2	Apr 20	\$140.00 6 Weeks
W745.1 Session 2	Wed	5:30 to 6:10 pm	Mar 4	Apr 22	\$156.00 7 Weeks
W746.1 Session 2	Fri	4:45 to 5:25 pm	Mar 6	Apr 24	\$140.00 6 Weeks
W747.1 Session 2	Sat	10:45 to 11:25 am	Feb 28	Apr 25	\$140.00 6 Weeks
W748.1 Session 2	Sat	11:30 to 12:10 pm	Feb 28	Apr 25	\$140.00 6 Weeks
W749.1 Session 2	Sun	11:30 to 12:10 pm	Mar 1	Apr 26	\$140.00 6 Weeks
S743 Session 3	Mon	4:00 to 4:40 pm	Apr 27	Jun 08	\$140.00 6 Weeks
S744 Session 3	Mon	5:30 to 6:10 pm	Apr 27	Jun 08	\$140.00 6 Weeks
S745 Session 3	Wed	5:30 to 6:10 pm	Apr 29	June 10	\$156.00 7 Weeks
S746 Session 3	Fri	4:45 to 5:25 pm	May 1	June 12	\$156.00 7 Weeks
S747 Session 3	Sat	10:45 to 11:25 am	May 2	June 13	\$140.00 6 Weeks
S748 Session 3	Sat	11:30 to 12:10 pm	May 2	June 13	\$140.00 6 Weeks
S749 Session 3	Sun	11:30 to 12:10 pm	May 3	June 14	\$140.00 6 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 Feb 14 to 16, Mar 14 to 22 Apr 3 to 6, May 16 to 18.**

Code	Day	Time	Date	Ends	Price
W750 Session 1	Mon	4:00 to 4:40 pm	Jan 5	Feb 09	\$140.00 6 Weeks
W752 Session 1	Wed	5:30 to 6:10 pm	Jan 7	Feb 18	\$156.00 7 Weeks
W753 Session 1	Fri	4:45 to 5:25 pm	Jan 9	Feb 20	\$156.00 7 Weeks
W754 Session 1	Fri	5:30 to 6:10 pm	Jan 9	Feb 20	\$156.00 7 Weeks
W755 Session 1	Sat	11:30 to 12:10 pm	Jan 10	Feb 21	\$140.00 6 Weeks
W756 Session 1	Sun	12:15 to 12:55 pm	Jan 11	Feb 22	\$140.00 6 Weeks
W750.1 Session 2	Mon	4:00 to 4:40 pm	Mar 2	Apr 20	\$140.00 6 Weeks
W752.1 Session 2	Wed	5:30 to 6:10 pm	Mar 4	Apr 22	\$156.00 7 Weeks
W753.1 Session 2	Fri	4:45 to 5:25 pm	Mar 6	Apr 24	\$140.00 6 Weeks
W754.1 Session 2	Fri	5:30 to 6:10 pm	Mar 6	Apr 24	\$140.00 6 Weeks
W755.1 Session 2	Sat	11:30 to 12:10 pm	Feb 28	Apr 25	\$140.00 6 Weeks
W756.1 Session 2	Sun	12:15 to 12:55 pm	Mar 1	Apr 26	\$140.00 6 Weeks
S750 Session 3	Mon	4:00 to 4:40 pm	Apr 27	June 08	\$140.00 6 Weeks
S752 Session 3	Wed	5:30 to 6:10 pm	Apr 29	June 10	\$156.00 7 Weeks
S753 Session 3	Fri	4:45 to 5:25 pm	May 1	June 12	\$156.00 7 Weeks
S754 Session 3	Fri	5:30 to 6:10 pm	May 1	June 12	\$156.00 7 Weeks
S755 Session 3	Sat	11:30 to 12:10 pm	May 2	June 13	\$140.00 6 Weeks
S756 Session 3	Sun	12:15 to 12:55 pm	May 3	June 14	\$140.00 6 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 Feb 14 to 16, Mar 14 to 22, Apr 3 to 6, May 16 to 18.**

Code	Day	Time	Date	Ends	Price
W757 Session 1	Mon	4:00 to 4:40 pm	Jan 5	Feb 9	\$140.00 6 Weeks
W758 Session 1	Wed	4:45 to 5:25 pm	Jan 7	Feb 18	\$156.00 7 Weeks
W759 Session 1	Fri	5:30 to 6:10 pm	Jan 9	Feb 20	\$156.00 7 Weeks
W760 Session 1	Sat	10:45 to 11:25 am	Jan 10	Feb 21	\$140.00 6 Weeks
W762 Session 1	Sun	11:30 am 12:10 pm	Jan 11	Feb 22	\$156.00 6 Weeks
W757.1 Session 2	Mon	4:00 to 4:40 pm	Mar 2	Apr 20	\$140.00 6 Weeks
W758.1 Session 2	Wed	4:45 to 5:25 pm	Mar 4	Apr 22	\$156.00 7 Weeks
W759.1 Session 2	Fri	5:30 to 6:10 pm	Mar 6	Apr 24	\$140.00 6 Weeks
W760.1 Session 2	Sat	10:45 to 11:25 am	Feb 28	Apr 25	\$140.00 6 Weeks
W762.1 Session 2	Sun	11:30 am 12:10 pm	Mar 1	Apr 26	\$140.00 6 Weeks
S757 Session 3	Mon	4:00 to 4:40 pm	Apr 27	June 08	\$140.00 6 Weeks
S758 Session 3	Wed	4:45 to 5:25 pm	Apr 29	June 10	\$156.00 7 Weeks
S759 Session 3	Fri	5:30 to 6:10 pm	May 1	June 12	\$156.00 7 Weeks
S760 Session 3	Sat	10:45 to 11:25 am	May 2	June 13	\$140.00 6 Weeks
S762 Session 3	Sun	11:30 am 12:10 pm	May 3	June 14	\$140.00 6 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, and breaststroke, and complete the 300m workout. **No class Feb 14 to 16, Mar 14 to 22, Apr 3 to 6, May 16 to 18.**

Code	Day	Time	Date	Ends	Price
W763 Session 1	Mon	4:45 to 5:25 pm	Jan 5	Feb 09	\$140.00 6 Weeks
W764 Session 1	Wed	5:30 to 6:10 pm	Jan 7	Feb 18	\$156.00 7 Weeks
W766 Session 1	Fri	4:45 to 5:25 pm	Jan 9	Feb 20	\$156.00 7 Weeks
W767 Session 1	Sat	10:45 to 11:25 am	Jan 10	Feb 21	\$140.00 6 Weeks
W768 Session 1	Sun	11:30 am 12:10 pm	Jan 11	Feb 22	\$140.00 6 Weeks
W763.1 Session 2	Mon	4:45 to 5:25 pm	Mar 2	Apr 20	\$140.00 6 Weeks
W764.1 Session 2	Wed	5:30 to 6:10 pm	Mar 4	Apr 22	\$156.00 7 Weeks
W766.1 Session 2	Fri	4:45 to 5:25 pm	Mar 6	Apr 24	\$140.00 6 Weeks
W767.1 Session 2	Sat	10:45 to 11:25 am	Feb 28	Apr 25	\$140.00 6 Weeks
W768.1 Session 2	Sun	11:30 am 12:10 pm	Mar 1	Apr 26	\$140.00 6 Weeks
S763 Session 2	Mon	4:45 to 5:25 pm	Apr 27	June 08	\$140.00 6 Weeks
S764 Session 2	Wed	5:30 to 6:10 pm	Apr 29	June 10	\$156.00 7 Weeks
S766 Session 2	Fri	4:45 to 5:25 pm	May 1	June 12	\$156.00 7 Weeks
S767 Session 2	Sat	10:45 to 11:25 pm	May 2	June 13	\$140.00 6 Weeks
S768 Session 2	Sun	11:30 am 12:10 pm	May 3	June 14	\$140.00 6 Weeks

## Private Swim Lessons

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

For details, contact Jackie at [jvanhul@ontarioracquetclub.com](mailto:jvanhul@ontarioracquetclub.com)



## 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 Feb 14, Mar 14 to 21, Apr 4, May 16.**

## 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. **No class on March 17 & 19.**

## Gold Swim Team

The Gold Team is for swimmers with experience being on the Silver team, or have 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 Feb 16, Mar 16 & 18, Apr 6 & May 18.**

## 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 both days. Must be able to swim 1000m. **No class on Feb 15, Mar 15 & 22, Apr 05 & May 17.**

## 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. **No class on Mar 19.**

## 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 Jackie at [jvanhul@ontarioracquetclub.com](mailto:jvanhul@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	W770 Session 1	Tue	4:00 to 5:00 pm	Jan 6	June 9	\$421 22 Weeks
	W772 Session 1	Sat	1:00 to 2:00 pm	Jan 10	June 13	\$318 18 Weeks
	W772.1 Session 1	Sat	2:00 to 3:00 pm	Jan 10	June 13	\$318 18 Weeks
Silver Swim Team	W773 Session 1	Tue	5:00 to 6:15 pm	Jan 6	June 11	\$450 22 Weeks
		Thurs	5:00 to 6:15 pm			
Gold Swim Team	W774 Session 1	Mon	6:15 to 7:45 pm	Jan 5	June 10	\$595 22 Weeks
		Wed	6:15 to 7:45 pm			
ORCAS 21 +	W775 Session 1	Sun	7:30 to 9:00 am	Jan 10	June 14	\$420 22 Weeks
Bronze Med	W777 Session 1	Thurs	6:30 to 8:30 pm	Jan 8	Apr 23	\$300 14 Weeks
National Lifeguard	W778 Session 1	Thurs	4:00 to 7:00 pm	Jan 8	Apr 23	\$365 14 Weeks
Please note registration to above programs are subject to the approval of ORC's Aquatics Director, Jackie - <a href="mailto:jvanhul@ontarioracquetclub.com">jvanhul@ontarioracquetclub.com</a>						

## Bronze Medallion *with Emergency FA/CPR B*

Develops physical fitness, decision-making and judgment skills in preparation for challenging rescues of increased risk. Lifesavers demonstrate stroke efficiency and endurance in a timed swim. Bronze Medallion is a prerequisite for all advanced lifesaving awards. Candidates must complete a 500m swim in 15 min or less. The Emergency First Aid component teaches general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, CPR, choking, respiratory and circulatory emergencies such as heart attack and stroke, and how to deal with external bleeding.

The CPR-B component teaches the appropriate CPR and choking procedures for children and infants. Successful candidates receive both Emergency First Aid with CPR-B certifications. Emergency First Aid is recognized by the WSIB. Prerequisites: Bronze Star or minimum age 13 years. Bronze Medallion is the prerequisite for all advanced Lifesaving Awards. **No class on Mar 19.**



# ORC Squash

Updated 11/19/2025

## 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	W200 <small>Session 1</small>	Wed	5:20 to 6:00 pm	Jan 7	Feb 18	\$110 7 Weeks
	W201 <small>Session 1</small>	Sat	10:00 to 10:40 am	Jan 10	Feb 21	\$110 7 Weeks
	W202 <small>Session 2</small>	Wed	5:20 to 6:00 pm	Feb 25	Apr 8	\$110 7 Weeks
	W203 <small>Session 2</small>	Sat	10:00 to	Feb 28	Apr 11	\$110 7 Weeks
	W204 <small>Session 3</small>	Wed	5:20 to	Apr 15	June 3	\$110 7 Weeks
	W205 <small>Session 3</small>	Sat	10:00 to 10:40 am	Apr 18	June 6	\$110 7 Weeks
Progressive Development	W206 <small>Session 1</small>	Wed	5:20 to 6:00 pm	Jan 7	Feb 18	\$110 7 Weeks
	W207 <small>Session 1</small>	Sat	10:00 to 10:40 am	Jan 10	Feb 21	\$110 7 Weeks
	W208 <small>Session 2</small>	Wed	5:20 to 6:00 pm	Feb 25	Apr 8	\$110 7 Weeks
	W209 <small>Session 2</small>	Sat	10:00 to	Feb 28	Apr 11	\$110 7 Weeks
	W210 <small>Session 3</small>	Wed	5:20 to 6:00 pm	Apr 15	June 3	\$110 7 Weeks
	W211 <small>Session 3</small>	Sat	10:00 to 10:40 am	Apr 18	June 6	\$110 7 Weeks
Training 1	W212 <small>Session 1</small>	Mon	4:40 to 6:00 pm	Jan 5	Feb 16	\$210 7 Weeks
	W213 <small>Session 1</small>	Thurs	4:40 to 6:00 pm	Jan 8	Feb 19	\$210 7 Weeks
	W214 <small>Session 1</small>	Sat	1:20 to 2:40 pm	Jan 10	Feb 21	\$240 7 Weeks
	W215 <small>Session 2</small>	Mon	4:40 to	Feb 23	Apr 6	\$210 7 Weeks
	W216 <small>Session 2</small>	Thurs	4:40 to 6:00 pm	Feb 26	Apr 9	\$210 7 Weeks
	W217 <small>Session 2</small>	Sat	1:20 to	Feb 28	Apr 11	\$240 7 Weeks
	W218 <small>Session 3</small>	Mon	4:40 to	Apr 13	June 1	\$210 7 Weeks
	W219 <small>Session 3</small>	Thurs	4:40 to 6:00 pm	Apr 16	June 4	\$210 7 Weeks
Training 2	W220 <small>Session 3</small>	Sat	1:20 to 2:40 pm	Apr 18	June 6	\$240 7 Weeks
	W221 <small>Session 1</small>	Tues	4:40 to 6:00 pm	Jan 6	Feb 17	\$210 7 Weeks
	W222 <small>Session 1</small>	Thurs	4:40 to 6:00 pm	Jan 8	Feb 19	\$210 7 Weeks
	W223 <small>Session 1</small>	Sat	1:20 to 2:40 pm	Jan 10	Feb 21	\$240 7 Weeks
	W224 <small>Session 2</small>	Tues	4:40 to 6:00 pm	Feb 24	Apr 7	\$210 7 Weeks
	W225 <small>Session 2</small>	Thurs	4:40 to 6:00 pm	Feb 26	Apr 9	\$210 7 Weeks
	W226 <small>Session 2</small>	Sat	1:20 to	Feb 28	Apr 11	\$240 7 Weeks
	W227 <small>Session 3</small>	Tues	4:40 to	Apr 14	June 2	\$210 7 Weeks
	W228 <small>Session 3</small>	Thurs	4:40 to 6:00 pm	Apr 16	June 4	\$210 7 Weeks
	W229 <small>Session 3</small>	Sat	1:20 to 2:40 pm	Apr 18	June 6	\$240 7 Weeks

# ORC Pickleball

## Drop In Programs

For drop-ins, register on the ORC App under "Classes", or by logging into [orc.clubautomation.com](http://orc.clubautomation.com); select "Group Activities".

	Day	Time	Starts	Price
Level Play 2.5 to 3.0	Tues	8:00 to 9:30 pm	Ongoing	\$7.50 <i>Per Session</i>
	Wed	11:00 am to 12:30 pm	Ongoing	\$7.50 <i>Per Session</i>
Level Play 3.0 to 3.5+	Mon	8:00 to 9:30 pm	Ongoing	\$7.50 <i>Per Session</i>
Social Play All Levels	Wed	12:30 to 2:00 pm	Ongoing	\$7.50 <i>Per Session</i>
	Wed	7:00 to 8:30 pm	Ongoing	\$7.50 <i>Per Session</i>
	Fri	7:30 to 9:00 pm	Ongoing	\$7.50 <i>Per Session</i>
	Sat	2:00 to 3:30 pm	Ongoing	\$7.50 <i>Per Session</i>
Questions? Email <a href="mailto:afong@ontarioracquetclub.com">afong@ontarioracquetclub.com</a>				

## 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.

Clinic	Day	Time	Date	End	Price
W527 Session 1	Mon	12:30 to 2:00 pm	Jan 5	Jan 26	\$54.00 4 Weeks
W528 Session 1	Sat	12:30 to 2:00 pm	Jan 10	Jan 31	\$54.00 4 Weeks
W529 Session 1	Mon	12:30 to 2:00 pm	Feb 2	Feb 23	\$54.00 4 Weeks
W530 Session 1	Sat	12:30 to 2:00 pm	Feb 8	Feb 28	\$54.00 4 Weeks
W531 Session 2	Mon	12:30 to 2:00 pm	Mar 2	Mar 23	\$54.00 4 Weeks
W532 Session 2	Sat	12:30 to 2:00 pm	Mar 4	Mar 25	\$54.00 4 Weeks
W533 Session 2	Mon	12:30 to 2:00 pm	Mar 30	Apr 20	\$54.00 4 Weeks
W534 Session 2	Sat	12:30 to 2:00 pm	Apr 4	Apr 25	\$54.00 4 Weeks
W535 Session 3	Mon	12:30 to 2:00 pm	Apr 27	May 18	\$54.00 4 Weeks
W536 Session 3	Sat	12:30 to 2:00 pm	May 2	May 23	\$54.00 4 Weeks

## Social Play

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

Clinic	Day	Time	Date	End	Price
W500 Session 1	Mon	11:00 am to 12:30 pm	Jan 5	Feb 16	\$73.50 7 Weeks
W501 Session 1	Tues	11:00 am to 12:30 pm	Jan 6	Feb 17	\$73.50 7 Weeks
W502 Session 1	Thurs	11:00 am to 12:30 pm	Jan 8	Feb 19	\$73.50 7 Weeks
W503 Session 1	Fri	11:00 am to 12:30 pm	Jan 10	Feb 20	\$73.50 7 Weeks
W504 Session 1	Mon	11:00 am to 12:30 pm	Feb 23	Apr 6	\$73.50 7 Weeks
W505 Session 1	Tues	11:00 am to 12:30 pm	Feb 24	Apr 7	\$73.50 7 Weeks
W506 Session 1	Thurs	11:00 am to 12:30 pm	Feb 26	Apr 9	\$73.50 7 Weeks
W507 Session 1	Fri	11:00 am to 12:30 pm	Feb 27	Apr 10	\$73.50 7 Weeks
W508 Session 2	Mon	11:00 am to 12:30 pm	Apr 13	May 25	\$73.50 7 Weeks
W509 Session 2	Tues	11:00 am to 12:30 pm	Apr 14	May 26	\$73.50 7 Weeks
W510 Session 2	Thurs	11:00 am to 12:30 pm	Apr 16	May 28	\$73.50 7 Weeks
W511 Session 2	Fri	11:00 am to 12:30 pm	Apr 17	May 29	\$73.50 7 Weeks



## PICKLEBALL LESSONS

<b>Private</b>	<b>1 person</b>	<b>\$80</b> <small>Per Person Per Hour</small>
<b>Semi Private</b>	<b>2 people</b>	<b>\$55</b> <small>Per Person Per Hour</small>
<b>Group of Three</b>	<b>3 people</b>	<b>\$45</b> <small>Per Person Per Hour</small>
<b>Group of Four</b>	<b>4 people</b>	<b>\$35</b> <small>Per Person Per Hour</small>

Private or small group pickleball lessons with a qualified coach are a fantastic way for players of all levels to elevate their game. Beginners can build confidence while learning proper techniques and strategies. More experienced players can refine their skills, correct bad habits, and tackle specific areas for improvement.

Contact the ORC Pickleball Team to discuss lessons  
 Albert Fong: [afong@ontarioracquetclub.com](mailto:afong@ontarioracquetclub.com)  
 Allan Cook: [acook@ontarioracquetclub.com](mailto: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 advanced beginners through high-level players.

### Level 2.0 - 2.5

Clinic	Day	Time	Date	End	Price
W512 Session 1	Tues	12:30 to 2:00 pm	Jan 6	Jan 27	\$54.00 4 Weeks
W515 Session 1	Tues	12:30 to 2:00 pm	Feb 3	Feb 24	\$54.00 4 Weeks
W518 Session 2	Tues	12:30 to 2:00 pm	Mar 3	Mar 24	\$54.00 4 Weeks
W521 Session 2	Tues	12:30 to 2:00 pm	Mar 31	Apr 21	\$54.00 4 Weeks
W524 Session 3	Tues	12:30 to 2:00 pm	Apr 28	May 19	\$54.00 4 Weeks

### Level 2.5 - 3.0

Clinic	Day	Time	Date	End	Price
W513 Session 1	Thurs	12:30 to 2:00 pm	Jan 8	Jan 29	\$54.00 4 Weeks
W516 Session 1	Thurs	12:30 to 2:00 pm	Feb 5	Feb 26	\$54.00 4 Weeks
W519 Session 2	Thurs	12:30 to 2:00 pm	Mar 5	Mar 26	\$54.00 4 Weeks
W522 Session 2	Thurs	12:30 to 2:00 pm	Apr 2	Apr 23	\$54.00 4 Weeks
W525 Session 3	Thurs	12:30 to 2:00 pm	Apr 30	May 21	\$54.00 4 Weeks

### Level 3.0 - 3.5

Clinic	Day	Time	Date	End	Price
W514 Session 1	Fri	12:30 to 2:00 pm	Jan 9	Jan 30	\$54.00 4 Weeks
W517 Session 1	Fri	12:30 to 2:00 pm	Feb 6	Feb 27	\$54.00 4 Weeks
W520 Session 2	Fri	12:30 to 2:00 pm	Mar 6	May 27	\$54.00 4 Weeks
W523 Session 2	Fri	12:30 to 2:00 pm	Apr 3	Apr 24	\$54.00 4 Weeks
W526 Session 3	Fri	12:30 to 12:30 pm	May 1	May 22	\$54.00 4 Weeks

## Registration Start Dates

Sign Up for Session 1 Programs on  
**Monday December 8th at 10:00 am**

Sign Up for Session 2 Programs on  
**Monday February 9th at 10:00 am**

Sign Up for Session 3 Programs on  
**Monday April 6th at 10:00 am**

<https://orc.clubautomation.com/>