

Rec Centre Navigation Guide

The first thing you see are Alerts:

Alerts

October 5th, 2021

The Rec Centre has consolidated existing policies governing usage of facilities into the following 2 documents:

- [Rec Centre Facility Usage Policy](#)
- [Rec Centre Amenity Usage Policy](#)

Please read these policies carefully before visiting the Rec Centre.

The second section are Classes / Programs:

Classes / Programs

- Review this list for classes of interest, note weekday and start date.
- Scroll down to **Rec Centre Calendar** below.
- Click on down arrow next to month to select starting month.
- Click on class you are interested in to see details.

Free Classes

- **Arthritis Fitness Fusion** – Mondays
- **Balance and Core Stability** – Tuesdays
- **Bfit Class** – Tuesdays
- **Cardio Mix** – Wednesdays
- **Mindfulness: Wake Up to Wellness** – Mondays
- **Posture Prep Exercise Class** – Wednesdays
- **Stretching and Relaxation** – Thursdays

\$\$ Required

Active Recovery Classes

- **Body Balance** Thursdays
 - Session 1 = Sep 16 – Oct 21
 - Session 2 = Oct 28 – Dec 2
- **Having a Ball** Tuesdays
 - Session 1 = Sep 14 – Oct 19
 - Session 2 = Oct 26 – Nov 30, no class Nov 10 & 17

Issues with Mobility and Balance (Parkinson's, MS, Stroke)

- **T.I.M.E Together in Movement and Exercise** Mon & Wed
 - Session 1 = Sep 13 – Oct 18, no class Oct 11
 - Session 2 = Oct 20 – Nov 29, no class Nov 10 & 17

- The Classes / Programs section lists classes and seminars / workshops that have been scheduled, as well as any new ones added to the schedule.
- This is a listing only, as all details are posted in the Rec Centre Calendar section below.

Below this section is the Calendar of Events.

All scheduled activities, whether in person or via Zoom, are in the Calendar. Just click on the activity for details.

Calendar of Events

- Default Calendar view covers all activities and events.
- You can narrow view by clicking one of the buttons on the Filter Bar, such as Event Category, then selecting the specific Category you want to see. When done, click on the "X" at the top right of the chosen Category to return to standard view.

FIND EVENTS
Hide Filters
List
Month
Week

EVENT CATEGORY
LOCALS
DAY
COST (\$)
CITY

< > Today **OCTOBER 2021** v

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
26	<p>8:30 am - 9:50 am ↻ Monday Mindfulness: Wake Up to Wellness free</p> <p>10:30 am - 11:00 am ↻ Arthritis Fitness Fusion free</p> <p>10:30 am - 11:30 am ↻ Muscle Conditioning and Stretch, Mondays, Session 1 \$\$ required</p> <p>11:15 am - 12:00 pm ↻ T.I.M.E. – Together In Movement and Exercise, Mondays & Wednesdays, Session 1 \$\$ required</p> <p>5:00 pm - 6:00 pm ↻ Yoga – Gentle Yoga ; session 1 \$\$ required</p>	<p>8:30 am - 9:30 am ↻ Having a Ball, session 1 \$\$ required</p> <p>10:15 am - 10:45 am ↻ Balance and Core Stability free</p> <p>11:00 am - 11:45 am ↻ Thrive to Bfit free Back to In-person at Rec Centre</p>	<p>9:45 am - 10:15 am ↻ Posture Prep Exercise Class free</p> <p>10:30 am - 11:00 am ↻ Cardio Mix free</p> <p>10:30 am - 11:30 am ↻ Muscle Conditioning and Stretching, Wednesdays, Session 1 \$\$ required</p> <p>11:15 am - 12:00 pm ↻ T.I.M.E. – Together In Movement and Exercise, Mondays & Wednesdays, Session 1 \$\$ required</p> <p>11:45 am - 12:30 pm ↻ Chair Fit, Session 1 \$\$ required</p>	<p>8:30 am - 9:30 am ↻ Body Balance, session 1 \$\$ required</p> <p>10:00 am - 12:00 pm ↻ Farmer's Market at the Rec Centre</p> <p>10:30 am - 11:00 am ↻ Stretching and Relaxation Class free</p>	1	<p>9:00 am - 10:00 am ↻ Yoga – Friday Yoga Mix, session 1 \$\$ required</p>	2
3	<p>8:30 am - 9:50 am ↻ Monday Mindfulness: Wake Up to Wellness free</p> <p>10:30 am - 11:00 am ↻ Arthritis Fitness Fusion free</p>	<p>8:30 am - 9:30 am ↻ Having a Ball, session 1 \$\$ required</p> <p>10:15 am - 10:45 am ↻ Balance and Core Stability free</p>	<p>9:45 am - 10:15 am ↻ Posture Prep Exercise Class free</p> <p>10:30 am - 11:00 am ↻ Cardio Mix free</p> <p>10:30 am - 11:30 am ↻</p>	<p>8:30 am - 9:30 am ↻ Body Balance, session 1 \$\$ required</p> <p>10:30 am - 11:00 am ↻ Stretching and Relaxation Class free</p>	8	<p>9:00 am - 10:00 am ↻ Yoga – Friday Yoga Mix, session 1 \$\$ required</p> <p>1:00 pm - 2:00 pm ↻ Alzheimer's Disease Overview & How to Keep Your Brain Healthy</p>	9

The last section is an accordion folder with various information and links:

- + Address, Hours, Contacts & Operations**
- + Registration Information**
- + Resident Organized Activities**
- + Seminar Presentations**
- + Swimming Pool**
- + Tennis**
- + Active Aging Week**
- + Resources**
- + Medical Emergency Forms**