



WINTER SCHEDULE 2015 FAMILY, CHILD & YOUTH PROGRAMS

Effective January 5, 2015

*Registered programs. Extra fees may apply. See inside for details

Special Conditions: Parents/ Guardians of children under the age of 12 must remain within the Abilities Centre facility while their child is participating in any membership inclusion programs

When not participating in a supervised program children under 12 must be directly supervised by parent of guardian at all times.

CSG: Child Sports and Games

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30am – 10:30am Story Time & Sign (2-5 yrs) Music Room	9:30am – 10:30am Tiny Tumblers (2-5 yrs) Court 1	9:30am – 10:30am Move to the Music (2-5 yrs) Music Room	9:30am – 10:30am Li'l Sportsters (2-5 yrs) Court 1
9:30am – 11:30am *JK HERE I COME (3-5 yrs) Art Room	10:30am – 11:30am Play & Grow (2-5 yrs) RMHC Play Space	9:30am – 11:30am *JK HERE I COME (3-5 yrs) Art Room	10:30am – 11:30am Play & Grow (2-5 yrs) RMHC Play Space
10:30am – 11:30am Monkey Around (2-5 yrs) RMHC Play Space	2:00pm – 5:00pm Drop-in Badminton - Court 1	10:30am – 11:30am Monkey Around(2-5 yrs) RMHC Play Space	2:00pm – 5:00pm Drop-in Badminton - Court 1
1:00pm - 3:00pm Pickleball - Court 3 (12yrs+)	4:00pm – 5:55pm Drop-in Basketball - Court 3	2:00pm – 5:00pm Drop-in Badminton - Court 1	4:00pm – 5:55pm Drop-in Basketball - Court 3
6:00pm – 7:00pm *Youth Conditioning Cert (12-15 yrs) - Fitness Room	6:00pm – 7:00pm Rattle Bing Bang - Music Room	6:00pm – 7:00pm Tiny Tutus (2-5 yrs) - Studio 2 Improv for Social Skills (all ages) Music Room	6:00pm – 7:00pm Sensory Art (2-5 yrs) Art Room
6:00pm – 8:00pm Supervised Play (2-5 yrs) RMHC Play Space	6:00pm – 8:00pm Supervised Play (2-5 yrs) RMHC Play Space	6:00pm – 8:00pm Supervised Play (2-5 yrs) RMHC Play Space	6:00pm – 8:00pm Supervised Play (2-5 yrs) RMHC Play Space
6:00pm – 7:00pm CSG - Net/Wall/Racquet Sports (6yrs+) Court 1	6:00pm – 7:00pm CSG- Target/Striking/Fielding Games (6yrs+) - Court 2	6:00pm – 7:00pm CSG- Collaborative and Territory Games (6yrs+) - Court 1	6:00pm – 7:00pm CSG- Collaborative and Territory Games (6yrs+) - Court 1
7:00pm – 8:00pm CSG - Wheelchair Lacrosse (6yrs+) Court 1	7:00pm – 8:00pm CSG- Collaborative and Territory Games (6yrs+) - Court 2	6:30pm – 8:00pm *ASC Sports Night - Court 2 (1st & 3rd Wednesday)	7:00pm – 8:00pm CSG- Target/Striking/Fielding Games (6yrs+) - Court 1
*TAEKWONDO -Atrium (see inside for class breakdown)	7:00pm – 8:00pm Feel the Beat (6-11yrs) Music Room	7:00pm – 8:00pm CSG- Net/Wall/Racquet Sports (6yrs+) - Court 1	7:00pm – 8:00pm Art Attack (6 -11yrs) Art Room
8:00pm-9:00pm Wheelchair Lacrosse- Court 1 (12+)	8:00pm – 10:00pm Drop-in Basketball- Court 2	7:00pm – 8:00pm Dance Dynamics (6-11 yrs)- Studio 2 Performing Arts (12yrs+)- Music Room	
8:00pm – 10:00pm Drop-in Badminton- Court 3 Drop-in Basketball - Court 2		8:00pm – 10:00pm Drop-in Basketball - Court 2	

FRIDAY	SATURDAY	SUNDAY
9:30am – 10:30am Alphabet Art (2-5 yrs) Art Room	9:00am – 11am Child Sports & Games (6-11 yrs) - Court 1	10:00am – 12pm CSG (6-11 yrs) - Court 3 Supervised Play (2-5 yrs) - RMHC Play Space
10:30am – 11:30am Monkey Around (2-5 yrs) RMHC Play Space	9:00am – 12pm Supervised Play (2-5 yrs) - RMHC Play Space	10:00am – 11:00am *Junior Bootcamp - MoveStrong
1:00pm - 3:00pm *Pickleball- Court 3 (12yrs+)	9:00am – 10:00am Story Time & Art (2-5yrs) - Art Room	1:00pm – 3:00pm: Open Art Studio (all ages) Art Room
5:00pm – 8:00pm: Family Badminton - Court 1	11:00am - 12:00pm: Art Attack (6 -11yrs) Art Room *Intro Wheelchair Basketball (6-11yrs) - Court 3	3:00pm – 5:00pm: Family Badminton - Court 1
8:00pm – 10:00pm: Drop-in Basketball - Court 3	12:00pm – 1:00pm CSG - Wheelchair basketball (12yrs +) - Court 3	
	3:00pm – 5:00pm: Family Badminton - Court 1	

HOURS OF OPERATION:

Weekdays 5:30am-10:00pm • Saturdays 7:00am-5:00pm • Sundays 8:00am-5:00pm • Holidays 8:00am-4:00pm

55 Gordon Street, Whitby ON L1N 0J2 | Tel: 905-665-8500 | www.abilitiescentre.org



WINTER SCHEDULE 2015 GROUP EXERCISE















Effective January 5, 2015

For non-members all membership inclusion programs are available with purchase of a day-pass

Please note all Registered/ Specialty Fitness classes are not included in your day-pass (Additional fees apply)

*Registered programs. Extra fees may apply. See inside for details

 Suitable for individuals with, or at risk of developing a cardiovascular or chronic health condition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00am – 6:45am Spin n Sculpt- Studio 1	6:00am – 6:45am Body Sculpt- Court 3	6:00am – 6:45am Spin n Sculpt- Studio 1	6:00am – 6:45am Body Sculpt- Court 3
8:30am – 9:25am Body Sculpt- Court 3	9:30am – 10:15am Spin – Studio 1	8:30am – 9:15am Low Impact Strength & Stretch - Court 3 	9:30am – 10:15am Spin - Studio 1
9:30am – 10:15am Spin – Studio 1 Low Impact Aerobics Court 3 	9:30am – 10:25am Pump it!- Court 3	9:30am – 10:25am Spin - Studio 1 Body Sculpt - Court 3	9:30am – 10:25am Pump it!- Court 3
10:30am – 11:25am Gentle Yoga – Studio 2 Low Impact Strength & Stretch - Court 3 	10:30am – 11:25am Seated Yoga – Studio 2 Respiratory & Cardiac Maintenance - Court 1 	10:30am – 11:25am Gentle Yoga - Studio 2 Low Impact Strength & Stretch - Field House 	10:30am – 11:25am Yoga - Studio 2 Respiratory & Cardiac Maintenance - Court 1 
12:00pm-12:45pm Spin- Studio 1	12:00pm – 1:00pm *TIME - Court 1 	12:00pm-12:45pm Spin- Studio 1	12:00pm – 1:00pm *TIME - Court 1 
6:00pm – 6:55pm Body Sculpt - Court 3	6:00pm – 6:55pm Pump it!- Court 3	12:00pm-12:45pm Spin- Studio 1	6:00pm – 6:55pm Pump it!- Court 3
6:30pm – 7:15pm Spin- Studio 1	6:30pm – 7:15pm Spin- Studio 1	12:00pm – 1:00pm *TIME - Court 1 	6:30pm – 7:15pm Spin- Studio 1
7:00pm – 7:55pm *TRX – MoveStrong Zumba – Court 3 Yoga- Studio 2 	7:00pm – 7:55pm *Ultimate Bootcamp- Court 3 *Specialty Yoga- Studio 2 Zumba – Court 1 Cardiac Maintenance -Field House 	6:00pm – 6:55pm Body Sculpt - Court 3	7:00pm – 7:55pm *Ultimate Bootcamp- Court 3
8:00pm – 8:55pm Gentle Yoga- Studio 2 	7:30pm – 8:15pm Spin- Studio 1	6:30pm – 7:15pm Spin- Studio 1	7:30pm – 8:15pm Spin- Studio 1
	7:00pm – 7:55pm *TRX – MoveStrong Cardio Kickbox - Court 3 	7:00pm – 7:55pm Yoga- Studio 2	8:00pm-8:55pm Zumba - Court 3 Yoga- Studio 2 
	8:00pm – 8:55pm Yoga- Studio 2		

FRIDAY	SATURDAY	SUNDAY
6:00am – 6:45am: Spin n Sculpt- Studio 1	9:00am – 9:45am: Spin - Studio 1	10:00am – 10:45am: Spin - Studio 1
9:30am – 10:30am: Spin - Studio 1 Body Sculpt- Court 3	9:00am – 9:55am: Body Sculpt - Court 3	10:00am – 10:55am: *Junior Bootcamp - MoveStrong
10:30am – 11:15am: Low Impact Aerobics- Court 3  Seated Yoga - Studio 2 	10:00am – 10:45am: Spin - Studio 1 	11:00am – 11:55am: Gentle Yoga - Studio 2 
12:00pm – 1:00pm: *TIME- Court 1 	10:00am – 10:55am: Zumba - Court 3 *Junior Bootcamp (6yrs+) - MoveStrong	
6:00pm – 6:55pm: Body Sculpt - Court 3	11:00am – 11:45am: Kids Zumba- Studio 1	
	11:00am – 11:55am: Yoga - Studio 2 	

This is your week at a glance for all Abilities Centre classes & programs including those that are free for members as well as those that are fee-based for members & non-members
All Group exercise classes require a minimum participant age of 12 years, unless otherwise stated.

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Program Descriptions

Body Sculpt

Ready to strengthen and sculpt your entire body? Come and learn how to incorporate fitness equipment such as free weights, weight bars, stability balls and exercise bands into your workout to strengthen and tone your body. This class is beneficial to women and men of all ages and abilities.

Cardiac Maintenance

Designed as post-rehabilitation, this program is ideal for those who have experienced heart conditions such as a heart attack, arrhythmias, angina, etc. It is not intended to replace rehabilitation, but rather to act as a resource to continue on with your exercise routine. *Physician referral needed.

Gentle Yoga

This gentle practice yoga class is specially adapted for sitting or lying on a mat. It offers a practical option while still allowing participants to achieve the same results as they would with regular yoga poses.

Respiratory Maintenance

Designed as post-rehabilitation, this program is ideal for individuals with chronic lung disease such as COPD, pulmonary fibrosis, chronic asthma, etc. It is not intended to replace a rehabilitation program, but rather to provide a resource for allowing you to continue your exercise routine. *Physician referral needed.

Seated Yoga

Seated yoga adapts a variety of yoga poses for sitting in an armless chair. This gentle practice offers a practical option for achieving the same results as regular yoga poses. Ideal for the elderly or those with weight issues, arthritis, diabetes, heart or lung disease, osteoporosis or multiple sclerosis, seated yoga will help clear your mind and relax your body for the whole day.

Yoga

Yoga is one of the oldest forms of organized exercise. Control your body as you move through traditional postures and poses (asana) using conscious breathing (pranayama) and mental focus. This class helps you develop awareness, strength, flexibility and relaxation. Open to participants of all levels.

Pump It!

This bar and plate workout is designed to strengthen and tone your entire body.

Spin

If you like to ride, this class is for you! Enjoy 45 min. of fun, efficient, effective interval training on a bike. Come and feel the burn for this great ride that will sculpt your legs and condition your heart and lungs.

Spin 'n Sculpt

This combination class of 20 to 25 minutes of spinning at your own pace using your choice of resistance, followed by 15 minutes of body sculpting using a variety of exercises, including squats, push ups, jumping jacks and abdominal core exercises. This class is beneficial to women and men of all ages and abilities.

Low Impact Strength & Stretch

This class helps improve posture, strengthen muscles and improve flexibility, which enhances range of motion.

Zumba / Kids Zumba

Zumba is a fun, effective, simple way to burn calories and tone your body. Exciting Latin rhythms create a party-like atmosphere for a "feel happy" workout.

Low Impact Aerobics

This cardio-based choreographed workout with both high and low impact alternatives. This class may also incorporate some dance moves. Muscle conditioning and core conditioning may be included at the end of class.

Cardio Kickbox

Supercharge your workouts with this unique cardio class. Kick and punch your way to a healthier you.

Alphabet Art

This program is a creative and fun way to combine literacy and art! Each week kids create a unique alphabet themed craft.

Art Attack

Bring out your creative side! Create fun works of art using a variety of media.

Sensory Art

Art involves all of the senses... Seeing, hearing, touching, smelling and sometimes even tasting! This class encourages your child to learn about art by exploring all of their senses.

Feel the Beat

Using a variety of percussion instruments, Feel the Beat allows kids to develop their musical literacy while having fun in a group setting.

Dance Dynamics

Your kids will learn balance and body movement in this dance class for child or youth.

Li'l Sportsters

This program provides a great introduction to the world of sport. Toddlers develop physical literacy skills while exploring the basics of different sports.

Monkey Around

This program provides a great opportunity for kids to develop social skills while having fun using our Ronald McDonald House Charities Play Space.

Performing Arts

Acting, monologues, scene work, music, singing...the sky's the limit in our Performing Arts program. Come develop and showcase your unique talent!

Move to the Music

This program encourages kids to improve their motor skills, coordination and rhythm as they explore movement with music.

Tiny Tutus

Your kids will learn balance and body movement in this ballet-inspired dance class for little ones.

Improv for Social Skills

Express yourself. Be confident. Communicate more effectively. Most of all, have fun! Try your hand at improv through a variety of games and activities. Learn how to use these skills in real life situations to improve social skills. *This program is open to all ages but parents/guardians are required to remain with children under 12 years.

Play & Grow

With our Play & Grow program, kids develop their physical literacy (and have a blast doing it) while they participate in structured games and activities using our Ronald McDonald House Charities Play Space.

Rattle Bing Bang

Come and make some noise! This program introduces kids to a variety of percussion instruments, helping them develop a sense of rhythm and musical expression through fun activities.

Family Badminton

Designed for kids and families to play together, you can be as competitive or as casual as you like with your opponent!

Story Time (Art or Sign)

Don't just hear a story... get involved in it! Join us in our Story Time class and listen to a story (either read or told) by our expert instructor, using either American Sign Language (ASL) interpretation or an arts component.

Wheelchair Basketball

Wheelchair basketball is an adapted version of this popular sport.

Tiny Tumblers

Run! Jump! Play! Come join us on the court while we tumble, balance and roll to develop gross motor skills, coordination, agility and a love for movement.

Open Art Studio

Spend quality time in our Art Room and create a masterpiece! Work with program outlines or bring your own piece to work on. *Parents/guardians are required to remain with children under 12 years.

Supervised Play

Come and enjoy supervised free play time at the Ronald McDonald House Charities Play Space.

Drop-in Badminton

Badminton is open to singles, doubles and families. Be as competitive or as casual as you like with your opponent!

Drop-in Basketball

Come and enjoy fun, non-competitive basketball on our Field House courts.

Wheelchair Lacrosse

Come try out the fun & exciting sport of wheelchair lacrosse. Adapted to meet the varying abilities and all skill levels; Beginners welcome.

Drop-in Volleyball

Come and enjoy this fun, non-competitive sport on our Field House courts.

CSG- Child Sports & Games

In this supervised activity time, children are exposed to a variety of sports, cooperative games and play. Parents are welcome to stay and play, or they can drop-off their children and set out for their own workout:

Parasport Sport Sampler

Children develop fundamental movement skills through a variety of adapted activities suited for all abilities ages 6 and up. Parasport examples include: Para Badminton, Wheelchair Lacrosse, Wheelchair Handball, Wheelchair Basketball, and Sitting Volleyball.

Net/Wall/Racquet

Your child will learn fundamental skills through games and sports that involve a net, wall, or racquet. Examples include: Basketball, Soccer, Pickleball, Volleyball and Badminton.

Target/Striking/Fielding Games

Children are exposed to a variety of target, striking and fielding games including: Hockey, Soccer, Boccea, Bowling, Soccer-Baseball and Goalball.

Collaborative and Territory Games

Your child will develop teamwork and spatial awareness through a variety of collaborative and territorial games. Activities include: Hockey, Soccer-Baseball, Dodgeball, Relay Races, and Parachute.



Are you looking for a fun and educational program designed to prepare your child for Kindergarten?

JK Here I Come will explore concepts of language, math, and physical literacy through a mix of one-to-one instruction, hands-on learning stations, and active court games.

*Parents/guardians are NOT required to remain at Abilities Centre during this registered program

**To Register your child for JK Here I Come!
Contact our Welcome Desk
or email: lbest@abilitiescentre.org**

Specialty Programs

SPECIALTY FITNESS PROGRAMS

6 Week Sessions GET RESULTS

Members: \$60 Non-members \$120

Fitness Goals for 2015?

Take the first step with our Personal Trainers

1-5 sessions	\$60.00 per hour
6-10 sessions	\$55.00 per hour
11-20 sessions	\$49.00 per hour
20+ sessions	\$44.00 per hour

Contact Tracy at tmahon@abilitiescentre.org or call us to book your FREE consultation!
905 665 8500 EXT.200



Main Floor:

- Atrium
- Studio 1
- Fitness Rooms
- Courts 1, 2, 3
- MoveStrong
- Field House
- Track

Second Floor:

- Multi-Purpose Room
- Music Room
- Art Room
- Games Room
- Lounge
- Studio 2
- Life Skills Apartment

Ultimate Bootcamp

Learn to use the exclusive MoveStrong functional fitness trainer that will take you through a unique total body workout! Easy to follow and very effective, the MoveStrong functional fitness trainer features a variety of different stations to use, such as ropes, barbells, resistance bands and more.

Specialty Yoga

You're sure to love this advanced yoga class that flows at a quicker, more dynamic pace.

Junior Bootcamp

Encourage your kids to burn off a little extra energy in this boot camp designed just for them! \$4 per child.

TRX

Come and get toned using nothing but your body weight! TRX is a fast, efficient total body workout.

TIME (Together in Movement and Exercise)

This exercise program is ideal for individuals with a range of neuromuscular conditions, such as stroke, MS or acquired brain injury. Anyone with a neuromuscular condition who is able to walk at least 10m (with or without a walking aid such as a cane, walker, etc.) is encouraged to participate. *Physician referral needed. Members \$160 Non-Members \$200.

Youth Conditioning Certificate

This course teaches youth how to work out. They gain knowledge in anatomy, physiology and safety, and then put what they've learned into practice under the guidance of a certified fitness trainer. Completion of this course allows youth as young as 12 to use the weight room for our fall/winter sessions.

Intro Wheelchair Lacrosse

Come try out the fun and exciting sport of wheelchair lacrosse! Adapted to meet varying abilities and all skill levels; Beginners welcome! Register at the Welcome desk.

Intro Wheelchair Basketball

Wheelchair basketball is an adapted version of this popular sport. Register at the front desk for our fall/winter sessions.

Pickleball

Give Pickleball a try on Monday or Friday. It's a unique, exciting paddle sport that combines Badminton, tennis and table tennis, and is played using a paddle and a whiffle ball over a lowered net. Play singles or doubles. See if you can beat your friends and family in this fun sport for everyone!

Free for Members:

\$3 Drop in rate for Whitby Seniors

\$4 Drop in rate for Non-members

Taekwondo

Build confidence, self-discipline and focus while improving your fitness! Taekwondo combines combat techniques, self-defense, sport and exercise.

Visit our Welcome desk to register for fall/winter sessions:

6:00pm-6:45 White belt - Sr.White belt Ages 5-11

6:45pm-7:30pm Yellow belt and above Ages 5-11

7:30pm-8:15pm All belts, ages 12-Adult

Adult Social Club Sports Night

This recreational program sponsored by Scotiabank is offered to adults with disabilities, aged 18-35, who live in Durham Region. The sports are focused on learning new skills while making new friends, enhancing self-esteem and personal growth, and having fun! ASC Sports Night is held the first and third Wednesday of every month from 6:30pm-8:00pm on Court 2 in our Field House.