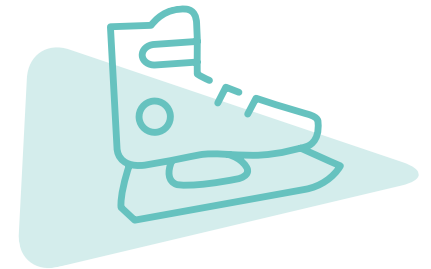


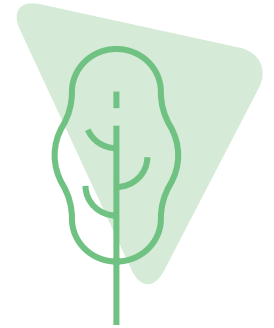
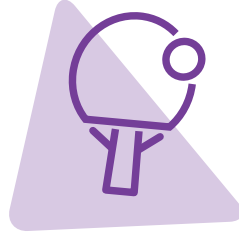
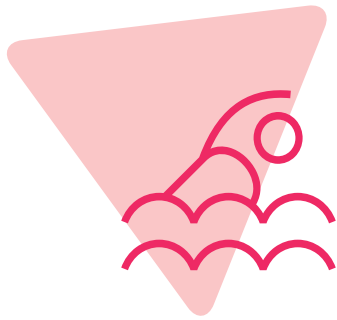
# stay active

## Older Adult

*Program Highlights Guide*

[stcatharines.ca/ActiveSTC](https://stcatharines.ca/ActiveSTC)





# stay active

Learn how to join our new portal for program registration, facility reservations and more!

Browse a variety of activities and programs.  
Register today at [stcatharines.ca/ActiveSTC](https://stcatharines.ca/ActiveSTC)

## Creating an account

1. Go to [stcatharines.ca/ActiveSTC](https://stcatharines.ca/ActiveSTC)
2. Click **Create an Account**
3. Follow instructions to create your account

## Activity registration

1. Visit **ActiveSTC**
2. Click on **Activities** tab
3. Search for your activity
4. Click on the green bar that says **enroll now**. Select participant and add to cart
5. Check off waivers and hit finish to complete the transaction

## Payment methods

We accept VISA, MasterCard and AMEX

## Contact us

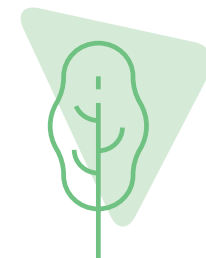
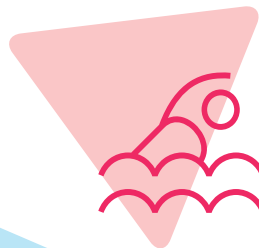
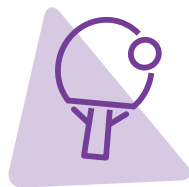
[activeSTC@stcatharines.ca](mailto:activeSTC@stcatharines.ca) | 905.688.5600

*Programs are subject to change without notice.*

activestc 

# Contents

what's inside



4 | Aquatics

5 | Arts and creative development

5 | Fitness

7 | Sports

7 | Special Interest

8 | OAC Drop in programs



# Older Adult

(50+ years)

## Aquatics

### Adult (18+ years)

Beginners work towards a 10 to 15 metre swim on front and back. Perform side jump entries and recover an object from the bottom in chest-deep water. Improve fitness and flutter kick with interval training. Higher levels focus on perform dive entries, stride entries, compact jumps and treading. Refine your front crawl, back crawl, and breaststroke, while increasing endurance. Fitness course encourages fitness through the sport of swimming through stroke improvement and basic workouts.

### Aquafit (15+ years)

A fun exercise program that combines the benefits of shallow and deep water. Emphasis is on cardiovascular fitness, conditioning and toning.

### Use Your Noodle (15+ years)

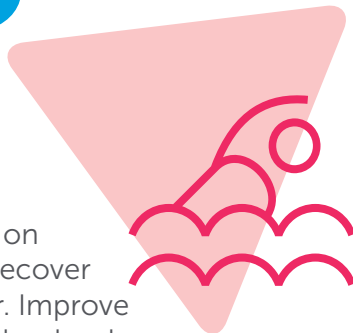
Gentle full body workout with pool noodles in warm water. Improve posture, stretch muscles, develop muscular strength and work the cardiovascular system.

### Deep Water Aquafit (15+ years)

Held in deep water with flotation belts to eliminate impact on joints. Great for core strength balance.

### Forever Fit (15+ years)

Activities include range of motion, core strength, cardio, balance, flexibility, and strength training designed to improve health.



### Hip, Knee and Back (15+ years)

Great for adults with hip and knee pain. Focus is on range of motion for the joints, muscle conditioning, balance, and postural training

### Leisure Swim (all ages)

Leisure Swims are an ideal activity for people of all ages to play in an aquatic setting.

### Lengths (10+ years)

Pool lanes are divided for swimming continuous lengths.

### Soak and Stretch (18+ years)

Work through prescribed exercises or simply enjoy the benefits of the warm water of the leisure pool.

### Strong and Steady (15+ years)

Improve strength, balance, and flexibility to support recovery from a fall. Warm water is an ideal, safe environment to improve agility, strength, and coordination.

### Therapeutic Aquatics (15+ years)

Improve posture, stretch muscles, develop muscular strength, and work the cardiovascular system through a variety of function and mobility exercises.

### Water Walking (18+ years)

Enjoy self-guided time in the lane pool. Use a flotation belt for support to eliminate any impacts on your joints. Enjoy the social aspects of this friendly and relaxing aquatic environment.

### Red Cross Blended Standard First Aid and CPR C / AED (12+ years)

Each blended learning course is divided into two components: participants first complete a self-paced online component, then successfully complete an instructor-led classroom session to achieve a Standard First Aid / CPR C / AED certification.

Recertification classes are also available.

# Older Adult

(50+ years)

## Arts and creative development

### Soapstone Carving (18+ years)

Create a beautiful piece of art from one of earth's natural elements in a stress free and fun environment. Instructor Anita Foran resides in St. Catharines and is a wood and soapstone carving enthusiast. While growing up in Port Dalhousie her father instilled, encouraged and nurtured an early love for nature that provides the inspiration for her carvings. Anita has been carving for 20 years and enjoys encouraging others in sharing her passion.



### Woodcarving Beginner (18+)

Come learn the basics of woodcarving. The session is led by an experienced woodcarver from the Niagara Woodcarvers Association.

## Fitness

### Adult Ballet

Join our instructor Jena for a beginner level class suitable for people who have danced in the past or are new to the form. This class focuses on the basics of ballet technique with a classic ballet class format. We perform a set of exercises at the barre and then in the center to classical ballet music. Please bring ballet shoes or some sort of soft shoe to dance in.

### Balance and Core Fitness Class (18+ years)

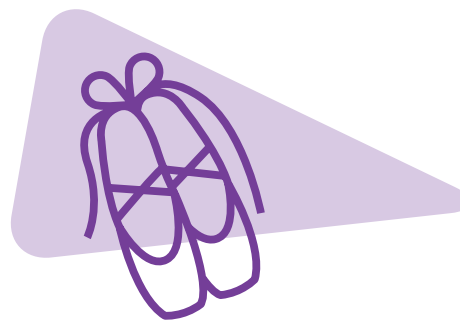
Join our low-intensity Balance and Core class, where you'll strengthen your foundation with mindful exercises for stability and flexibility. Improve posture, reduce injury risk, and leave feeling centered and revitalized. Suitable for all fitness levels.

### Barre Fit

Barre Fit is a fitness class inspired by ballet technique and taught by our instructor Jena. This class focuses on total body strength and mobility using bodyweight, bands, and light weights. We will also concentrate on deep core muscles and posture. Barre is a low to medium impact class suitable for all ages and is guaranteed to make you sweat! Please bring a yoga mat.

### Boogie Nights - Low Impact Dance

Boogie Nights! Low Impact is a fabulous way to get fit, have fun, and just BOOGIE! This dance fitness class is specially devised for older active adults looking for a lower-intensity class who still want to enjoy their workouts. There is a new theme each week; this applies to the music and style of dance. Expect an hour of cardio and strength training while we build choreography throughout the class to a final dance at the end. This class is suitable for all levels.



Register at [stcatharines.ca/ActiveSTC](https://stcatharines.ca/ActiveSTC)

# Older Adult

(50+ years)



## Fitness

### Fitness Circuit Training (18+ years)

Get moving with multiple exercises designed to improve your overall fitness and cardio levels in a circuit style program. A certified fitness instructor will challenge you to achieve personal goals.

### POUND Fitness

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements in partnership with Rhythm Fitness Niagara.

Using Ripstix®, lightly weighted drumsticks, POUND transforms drumming into an incredibly effective, fun, and sweat-dripping working out. Sticks provided, please bring a yoga mat.

### Kick Fit - Kickboxing Fitness (18+ years)

Non-combat kickboxing moves that will tone and sculpt your body as well as increase your cardio, balance and flexibility. This fun for everyone class will firm your body for a happier, healthier lifestyle. Gloves and pads are provided.



### Pilates: Intro to Fitness Reformer

In partnership with Compassionate Body Pilates, learn the basics of the reformer, how it works and feel the benefits of strengthening while you stretch. Using spring resistance, ropes and a moving carriage, the reformer is a fun way to start your Pilates practice.

Check out the recreation calendar at [stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC) for many drop-in recreation opportunities

### Intro to TRX (18+ years)

This class is designed for beginners. The TRX System, also known as Total Resistance Exercises, refers to a specialized form of suspension training, a fitness method that challenges you with your own bodyweight to get you stronger. Work to improve your health, meet like minded people and have fun! Please bring your own yoga mat.

### TRX (50+ years)

The TRX System, also known as Total Resistance Exercises, refers to a specialized form of suspension training, a fitness method that challenges you with your own bodyweight to get you stronger. This class is designed for beginners who are 50 years plus. Work to improve your health, meet like-minded people and have fun! Please bring your own yoga mat.



# Older Adult

(50+ years)

## Sports

### Fencing (18+ years)

Fencing is a classic art. Learn to master the basic techniques with all the benefits of cardio exercise. This program will improve lower body strength and speed, as well as hand-eye coordination. This sport develops concentration, agility and precision. Instructors are certified.

### Pickleball - Beginner Intro Clinic (18+ years)

With a focus on basic technique, and paddle/court positioning participants will get comfortable hitting the ball, and move around the court. Participants will also learn the rules and scoring of the game. Join us to meet other players at the same level and learn the game. 1 hour of exercises, plus 1 hour of game implementation.



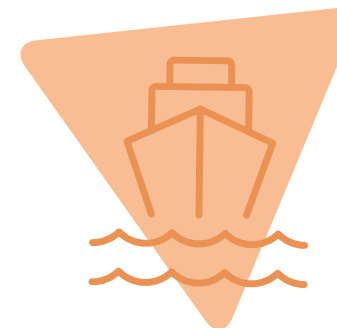
### Pickleball - Semi Private Lessons

Looking to level up a specific aspect of your pickleball game? Need some help with a tricky shot? Then sign up for these limited semi-private lessons. Get three weeks of semi-private lessons to get some specific attention and instruction to improve your pickleball game. New to the game, and want to learn the basics? Check out our Pickleball - Beginner Intro Clinic programs.

## Special Interest

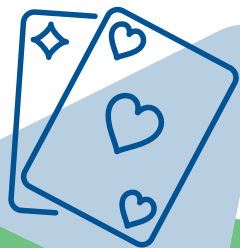
### Virtual Museum Lecture Series (all ages)

Audiences delve deeper into the history of St. Catharines and the Welland Canals in this bi-weekly series featuring museum historians and special guest experts from the community. Tune in to live online lectures from the comfort of your home. Participants must sign up in advance to receive the secure link to each lecture via email. For details on each Lecture, please visit the Museum events webpage.



# Older Adult

(50+ years)

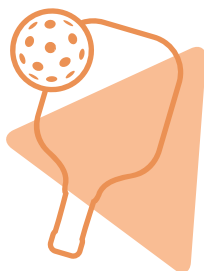


[stcatharines.ca/OAC](http://stcatharines.ca/OAC)

St. Catharines Older Adult Centres (OAC) and Community Centres offer social, recreational, and educational activities for residents aged 50 and older.

Annual memberships are valid at Older Adult Centres and Community Centres.

low cost, and  
**free** for 90+



## PLAY CARDS

can be used for public skating, leisure swimming, aquatic activities and drop-in recreation programs.

- Balance and Core
- Chair Yoga
- Essentrics
- Fit for Function
- Line Dancing
- Maximize Mobility
- Mobility for Movement
- Resistance Fitness with Sarah
- Resistance with Amanda
- Resistance with Eric
- Strength and Tone
- Tai Chi
- Yoga
- Zumba Gold

## OAC Drop in programs

### Cards

- 500 Cards
- 6 Handed Bid Euchre
- Bid Euchre
- Cribbage
- Duplicate Bridge
- Euchre
- Progressive Bridge

### Dance and Exercise

- Argentine Tango
- Balance and Core
- Chair Yoga
- Chinese Cultural Dancing
- Essentrics
- Fit for Function
- Line Dancing
- Maximize Mobility
- Mobility for Movement
- Nordic Pole Walking
- Resistance Fitness with Sarah
- Resistance with Amanda
- Resistance with Eric
- Strength and Tone with Amanda
- Tai Chi
- Walk Aerobics
- Yoga
- Zumba Gold

### Arts, Crafts and Hobbies

- Bunka Punch Art
- Crafts
- Indoor Model Flying
- Painting
- Quilting
- Rug Hooking
- Woodcarving
- Yarn Lovers

### Sports and Games

- Billiards
- Bingo
- Carpet Bowling
- Darts
- Mahjong
- Pickleball
- Shuffleboard
- Table Tennis



Register at [stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC)

If you have a suggestion for a new activity, please call **905.688.5601 x1570** or email [sphelan@stcatharines.ca](mailto:sphelan@stcatharines.ca)