

Program Appendix

*The following programs were offered in the identified category during 2022

Service Area - General Programs

General Programs - Category A

Badminton Family

Basketball Family

Museum Walking Tour: Oakville and the Underground Railroad

Tennis Indoors Family - JR and SR

Volleyball Family

Yoga - Mother and Daughter

Yoga - Parent and Child

Pickleball Lessons Family

General Programs - Category B

ABC Discovery

Badminton JR/SR/Level 1/2

Badminton Summer - Beg to Int

Cricket JR/SR

Dodgeball Games JR and SR

Football

Hearts, Friends & Fun!

Hippity Hop, Easter is Coming Workshop

Hop, Skip, Jump, Read

Kidfit Jump and Play - Jr and SR

Let's Play Together

Love Bugs

Multisport JR and SR

Pickleball Lessons

Power Play

Preschool Parented Workshops

Pumpkins, Paints & Poems

Sing and Play

Snow, Sleighs & Songs

Soccer Indoor JR and SR

Spring Has Sprung

Thanksgiving Fun

Volleyball - Youth/Level 1/2, Games

Winter Wonderland Wonders & Tales

Basketball - Youth/ Level 1/2, Games

General Programs - Category C

123 Math for Me

Dance - Ballet

Dance - Boyz Beat

Dance - Bollywood Tots

Dance - Bollywood Family

Dance - Creative Dance Junior

Dance - Creative Dance Senior

Dance - Hip Hop Junior

Dance - Hip Hop Senior

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Dance - Lyrical
Dance Mix - Junior
Dance Mix - Senior
Energy 2 Burn
Imagination Stations
Mini School
Multi-Sport
Proud to be Me
Tiny Tots
General Programs - Category D
Cross Training Kids/Youth
Get Strong Girls
Kickbox Kids Jr/Sr/Youth
Pilates Youth
Skateboarding at Glen Abbey - Level 1
Squash JR/SR/Youth/Level 1/2/Games
Table Tennis Adults
Table Tennis Children
Tennis Adult Beginner/Intermediate (indoor/outdoor)
Tennis JR/SR/Level 1/2 (indoors)
Tennis Tykes/Junior/Senior Level 1/2 (outdoors)
Yoga - Children/Youth
Zumba Tots/Children/ Youth
General Programs - Category E
Archery Games
Archery Youth
CAN-BIKE Cycling Basics Level 2
CAN-BIKE Fundamentals of Cycling Level 2
Cupcake Craze JR and SR
Oakville Basketball Development
Karate for Kids JR
Karate for Kids SR
Karate for Tykes - Junior and Senior Age
Karate Wado Ryu Orange Belt and Up Adults
Karate Wado Ryu Orange Belt and Up Youth
Karate Wado Ryu, Orange Belt and Up
Karate Wado Ryu, White to Yellow Belt
Karate Wado Ryu, White to Yellow Belt Adult
Karate Wado Ryu, White to Yellow Belt Youth
OHD Hockey Skills
Proud to be Me
Rock Climbing Level 1 and 2
Yoga - Youth

Program Appendix

General Programs - Category F

Hockey: OHD Girls Shooter Pad Lessons - Level 1
Hockey: OHD Girls Shooter Pad Lessons - Level 2
Hockey: OHD Girls Shooter Pad Lessons - Level 3
Hockey: OHD Goalie Pad Lessons Level 1
Hockey: OHD Goalie Pad Lessons Level 2
Hockey: OHD Goalie Pad Lessons Level 3
Hockey: OHD Shooter Pad Lessons Level 1
Hockey: OHD Shooter Pad Lessons Level 2
Hockey: OHD Shooter Pad Lessons Level 3
Skating

Service Area - Fitness

Fitness - Category A

Arriba
Begin to Spin
Bollywood Dance - Adult
Bollywood Dance - Family
Bootcamp
Bootcamp - Little Black Dress
Cardio/Body Sculpting
Cycle and Strength
Dance for Couples - Level 1, 2, 3
EQ Training
Healthy Back and Stretch
Heart and Sole Fitness
Zumba

Fitness - Category B

Kettlebell
Mindfulness, Meditation and Movement
Nordic Walking
Nordic Walking - Therapeutic Care
Pilates Level 1 and 2
Tai Chi 1
Tai Chi 2
TIME
Yoga - For Men
Yoga - Hatha
Yoga - Prenatal
Yoga - Vinyasa Flow
Yoga- Core
Yoga- Introduction
Yogalates Level 1

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Fitness - Category C
Kickbox Fit
Fitness - Category D
Weight Training Women
Fitness - Category E
Eldoa
Service Area - Aquatics
Aquatics Category A
Swim to Survive
Aquatics Category B - discontinued
Aquatics Category C
Novice Swim Team
Aquatics Category D
AquaAdult 101/201/301
Endurance Training - Adult
Female Only Introduction to Water (AquaAdult 101)
Female Only Swim For Fitness (AquaAdult 301)
Female Only Swim to Survive (AquaAdult 201)
Female Only Swimmer 8/9/10
Introduction to Water (AquaAdult 101)
Lifesaving Fitness
Senior Swimming Lessons
Swim Fit - Junior
Swim Fit - Youth
Swim for Fitness (AquaAdult 301)
Swim to Survive (AquaAdult 201)
Swimmer 10 (Star Patrol)
Swimmer 8 (Rookie Patrol)
Swimmer 8/9 (Rookie/Ranger Patrol)
Swimmer 8/9/10 (Rookie/Ranger/Star)
Swimmer 9 (Ranger Patrol)
Swimmer 9/10 (Ranger/Star Patrol)
Triathlon Training - Adult
Youth 101
Youth 101/201
Youth 201
Youth 301
Aquatics Category E
Aquacycle (Hydroriding)
Therapeutic Water Exercise
Aquatic Bone and Joint Therapeutic Care

Program Appendix

Aquatics Category F

Back Crawl Clinic
 Breast Stroke Clinic
 Front Crawl Clinic
 Leadership Skill Session
 Oakville Lifesaving Club - Junior
 Oakville Lifesaving Club - Youth
 Personal Best
 Swimmer 4 Improvement Clinic
 Swimmer 5 Improvement Clinic
 Swimmer 6 Improvement Clinic
 Synchro Skills and Drills - Adult
 Synchro Skills and Drills - Child
 Synchro Skills and Drills - Youth
 Synchronized Sampler - Level 1
 Synchronized Sampler - Level 2
 Synchronized Swimming - Adult
 Synchronized Swimming - Child
 Synchronized Swimming - Teen
 Synchronized Swimming - Youth
 Whipkick and Eggbeater Clinic

Aquatics Category G

Camp Swimming Lessons
 Camp Swimming Lessons - IRCC
 Family Swim Lessons
 Parent and Tot 1
 Parent and Tot 1/2
 Parent and Tot 1/2/3
 Parent and Tot 2
 Parent and Tot 2/3
 Parent and Tot 3
 Preschool A
 Preschool A/B
 Preschool A/B/C
 Preschool B
 Preschool B/C
 Preschool C
 Preschool C/D
 Preschool D
 Preschool D/E
 Preschool E
 Swimmer 1
 Swimmer 1/2

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Swimmer 2
Swimmer 2/3
Swimmer 3
Swimmer 3/4
Swimmer 4
Swimmer 5
Swimmer 5/6
Swimmer 6
Swimmer 6/7
Swimmer 7 (Fitness Swimmer)
Aquatics Category H
Adapted Aquatics - Aquadapt
Aquatics Category I
Semi-Private Swim
Aquatics Category J
Private Lessons - Child and Youth
Private Lessons - Preschool & Beginner
Private Lessons - Adult Swim
Aquatics Category K
Swimmer 1 H3O
Swimmer 2 H3O
Swimmer 3 H4O
Swimmer 4 H4O
Swimmer 5 H4O
Swimmer 6 H4O

Program Appendix

Service Area - Aquatic Leadership Stream

Aquatics Leadership Category - Pre-courses

Pool Pals

Pre-Bronze Skill Session

Pre-National Lifeguard

Aquatics Leadership Category - Challenge Exams

Bronze Cross Challenge Exam

Bronze Medallion Challenge Exam

Aquatics Leadership Category - Advanced Leadership

Aquatic Supervisor Training

Aquatic Supervisor Training Instructor

Examiner

LSS Sport Coach Level 1

National Lifeguard Instructor

Standard First Aid Instructor

Trainer

Service Area - Camps

Camp - Category A

Leader in Training

March Break Sizzlers for Juniors

March Break Sizzlers for Seniors

March Break Sizzlers for Tots

March Break Sizzlers for Tykes

Summer Sizzlers for Juniors

Summer Sizzlers for Seniors

Summer Sizzlers for Tots

Summer Sizzlers for Tykes

Aquatic LIT

Camp - Category B

Craft and Tour at the Museum

Museum Summer Camps

P.A. Day Afternoons at the Museum

Tiny Tots Discovery

Camp - Category C

Art Smart Junior

Art Smart Senior

Camp All-Star

Carpenter's Apprentice

Culinary Kids Summer Camp

Curtain Call

Digital Dimension

Dip Kick & Swing

Program Appendix

Glee Camp Junior
Glee Camp Senior
Holiday Happenings: Frequent Flyers
It's All About Clay!
Lil-sports Camp
Little Picasso
Little Splinters
March Break - Beetle Bugs
March Break - Bonanza
March Break - Break Out
March Break - Oakville Lifesaving Camp
March Break at the Museum
March Break Magic Camp
March Break Mix
March Break Studio Art Camp Junior
March Break Studio Art Camp Senior
More Than Babysitting Leadership Training
Museum Material World
Museum Motion & Commotion
Need for Speed Competitive Swim Camp
Oakville Cycle Camp
Oakville Lifesaving Camp - Junior
Oakville Lifesaving Camp - Senior
Oakville Sport Development Camps
P.A. Day - Frequent Flyers Age 6-12
P.A. Day Camp - Glen Abbey
Scout it out @ the Museum
Sizzlers Splash
So you Think You Can Dance Oakville Junior
So you Think You Can Dance Oakville Senior
Splish Splash Swim Camp
Squishy Sculpture
Summer Sport and Hockey Camp - Junior
Summer Sport and Hockey Camp - Senior
Summer Sport and Hockey Camp - Tyke
Summer Sport and Skating Camp- Junior
Summer Sport and Skating Camp- Senior
Summer Sport and Skating Camp- Tyke
Swim Leadership and Tennis Camp
Swim, Bike, Run - Wanna Tri?
Tales from Long Ago
Ultimate Sports Camp

Program Appendix

Camp Category D

Hockey Preseason Conditioning Camp
Musical Theatre
Oakville Soccer Camp - Junior
Oakville Soccer Camp - Senior
Pack and Play
Robotics Jr.
Robotics Sr.
Rock and Wave
Summer Eco-adventure Camp

Camp Category E

Aqua Adventure Camp
Girls Multisport Camp
Holiday Art Camp
Lil Sports Camp
P. A. Day Art Camp - Junior
P. A. Day Art Camp - Senior
Spa Day
Summer Golf and Sport Camp
Synchronized Swimming Camp
Teen Adventure Program

Camp Category F

Girls Hockey and Activity Camp
Hockey Skills with the Oakville Blades
Learn to Skate Camp with Skate Oakville
Mini Museum Explore Fairy Tales
Mini Scout it Out @ the Museum
Museum Tot's n Pots
Shoot and Swing, Summer Golf and Hockey Camp-Junior
Shoot and Swing, Summer Golf and Hockey Camp-Senior
Shoot and Swing, Summer Golf and Hockey Camp-Tyke

Program Appendix

Camp Category - G- Busing and Before/After care

After Care - Museum March Break
 After Care - Museum Summer Camp
 Before and After Care - Holiday Art Camp
 Before and After Care - Holiday Camp
 Before and After Care - March Break
 Before and After Care - March Break Studio Art Camp
 Before and After Care - P.A. Day Art Camp
 Before and After Care - P.A. Day Camp
 Before and After Care - Summer Camps
 Queen Elizabeth Park - Camp Bus 1
 Queen Elizabeth Park - Camp Bus 2
 One on One support -Additional fee added to Camp registration based on category

Service Area - Seniors

Senior Category A

Bridge
 Lecture Series

Senior Category B

Pickleball

Senior Category C

Art
 Drawing
 Painting
 Music Lessons
 Languages

Senior Category D

Fitness
 Tai Chi
 Yoga
 Dance

Senior Category E

Pilates

Senior Category F

Computer Lessons

Seniors Category G

Workshops

Program Appendix

Cultural Programs

Culture Category A

All about Minecraft - Child
Beat Making and Djing - Child
Beat Making and Djing - Summer Studio Child
Beat Making and Djing - Summer Studio Youth
Beat Making and Djing - Youth
Beat Making and Djing Workshop - Child
Bookbinding Workshop - Youth
Bookbinding Workshop (Parented) - Child
Clay Easter Egg Cups Workshop (Parented) - Child
Clay Hallowe'en Lanterns Workshop (Parented) - Child
Clay Kids Senior Summer Studio
Clay Ornaments Workshop (Parented) - Child
Clay Halloween Lanterns Workshop (Parented) - Child
Clay Easter Egg Workshop (Parented) - Child
Clay Sculpting - Youth
Clay Sculpting Junior
Clay Sculpting Senior
Clay Sculpting Studio - Child
Clay Summer Patio Food Platter Workshop (Parented) - Child
Crafty Kids Summer Studio
Digital - 3D Printing Child
Digital - 3D Printing Youth
Digital - 3D Printing Workshop Youth
Digital - Graphic Design Summer Studio Youth
Digital - Graphic Design Youth
Digital - Photography Child
Digital - Photography Youth
Digital - Website Design Youth
Digital - Website Design Summer Studio Youth
Digital - Website Design Child
Digital Discoveries
Drawing - Anime and Manga Senior
Drawing - Anime and Manga Youth
Drawing - Cartooning and Caricature Junior
Drawing - Cartooning and Caricature Senior
Drawing - Cartooning and Zines Workshop Child
Drawing - Classical Animation Youth
Drawing and Painting Junior
Drawing and Painting Level 1 Child
Drawing and Painting Level 1 Youth
Drawing and Painting Level 2 Child
Drawing and Painting Level 2 Youth
Drawing and Painting Junior
Drawing and Painting Senior
Drawing and Painting Senior Summer Studio
Drawing and Painting Summer Studio Junior
Drawing and Painting Summer Studio Youth
Fashion Designer Summer Studio Youth

<u>Program Appendix</u>
Film Making - Child
Film Making - Youth
Fun with Fibre
Music - Glee Club
Music - Record a Cover Song Workshop
Music - Steel Pan
Painting Pet Portraits Workshop (Parented) - Child
Paper Crafting
Photoshop, Powerpoint and Publisher Child
Printmaking Holiday Cards Workshop Child
Printmaking Level 1 - Child
Printmaking Level 1 - Youth
Printmaking Valentines Cards Workshop (Parented) - Child
Sewing - Level 1 Child
Sewing - Level 1 Youth
Sewing - Level 2 Child
Sewing - Level 2 Youth
Wood Wobot Holiday Ornaments Workshop Child
Woodworking - Level 1 Youth
Woodworking - Level 2 Youth
Woodworking - Summer Studio Child
Woodworking - Summer Studio Youth
Woodworking Child
Yarn Untangled
Culture Category B
Art Adventures
Art Adventures Summer Studio
Art Adventures Workshop
Art Explorers
Art Explorers Summer Studio
Art Explorers Workshop
Clay Adventures
Clay Explorers
Clay Explorers Summer Studio
Kids and Crafts

Program Appendix

Culture Category C

Bookbinding Level 1 - Adult
Bookbinding Level 2 - Adult
Ceramics - Friday Night Work Week Wind Down
Clay Basics 1
Clay Basics 2
Clay Ornaments Workshop
Clay Patio Planter Workshop Adult
Clay Wheel Throwing
Design - Residential Landscape
Design - Wreath Making Workshop
Digital - 3D Printing Workshop Adult
Digital - Photography Level 1
Digital - Photography Level 2
Drawing - Level 1 Adult
Drawing - Level 2 Adult
Drawing - The Figure Workshop
Drawing with Pastels - Friday Night Work Week Wind Down
Drawing and Painting Level 1
Drawing and Painting Level 2
Fibre Arts - Knitting Workshop Adult
Fibre Arts - Knitting Level 1 Adult
Fibre Arts - Friday Night Work Week Wind Down Adult
Monogram Embroidery Workshop
Painting - Friday Night Work Week Wind Down
Painting - Level 1 Adult
Painting - Level 2 Adult
Printmaking Level 1
Printmaking Level 2
Sewing - Level 1 Adult
Sewing - Level 2 Adult
Wood Carving - Friday Night Work Week Wind Down
Woodworking - Friday Night Work Week Wind Down
Woodworking - Level 1 Adult
Woodworking - Level 2 Adult
Woodworking - Outdoor Furniture Bench Adult
Woodworking - Tablesaw Workshop Adult
Woodworking Holiday Gifts

Program Appendix

Culture Category D

Culinary Collage Child
Culinary Collage Youth
Culinary Collage
Holiday Baking Workshop Youth
Holiday Baking Workshop Child
Pasta Making from Scratch - Child
Pasta Making from Scratch - Adult
Valentines Baking Workshop (Parented) - Child
Valentines Baking Workshop Youth
Baking Bonanza Summer Studio Child
Baking Bonanza Summer Studio Youth
Baking Bonanza Adult

Youth

Youth Category A

S.T.A.R.

Youth Category B

Bike Maintenance and Repair Workshop
Employment Readiness
Junior Engineers Workshop - Child
Junior Engineers Workshop - Youth