

## **Program Appendix**

\*The following programs were offered in the identified category during 2021

### **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

#### **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 Basics

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

Winter Wonderland Wonders & Tales

#### **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

Jr. NBA Basketball

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  
Diving-Springboard-Adult/Youth  
Diving-Springboard-CADA Level 1  
Diving-Springboard-CADA Level 1/2  
Diving-Springboard-CADA Level 2  
Diving-Springboard-CADA Level 3/4  
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

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Preschool C/D
Preschool D
Preschool D/E
Preschool E
Swimmer 1
Swimmer 1/2
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
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**Aquatics Category I**

Semi-Private Swim
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**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  
Glee Camp Junior

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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**

<b>Camp Category - G- Busing and Before/After care</b>
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**

<b>Senior Category A</b>
Bridge
Lecture Series
<b>Senior Category B</b>
Pickleball
<b>Senior Category C</b>
Art
Drawing
Painting
Music Lessons
Languages
<b>Senior Category D</b>
Fitness
Tai Chi
Yoga
Dance
<b>Senior Category E</b>
Pilates
<b>Senior Category F</b>
Computer Lessons
<b>Seniors Category G</b>
Workshops

## **Program Appendix**

### **Cultural Programs**

<b>Culture Category A</b>
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 Eatser 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

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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
<b>Culture Category B</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.
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**Youth Category B**

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