Program Appendix

*The following programs were offered in the identified category during 2025

Service Area - General Programs

General Programs Category A - Family/ Children's General Interest
Badminton Family
Basketball Family
Museum Walking Tour: Oakville and the Underground Railroad - Child
Museum Walking Tour: Oakville and the Underground Railroad - Youth
Museum Walking Tour: Oakville and the Underground Railroad - Adult
Tennis Indoors Family - JR and SR
Volleyball Family
Yoga - Mother and Daughter
Yoga - Parent and Child
Pickleball Lessons Family
General Programs Category B - Parented Preschool/Sports Family Specialized/ Children's Specialty
ABC Discovery
Cricket JR/SR
Dodgeball Games JR and SR
Kidfit Jump and Play - Jr and SR
Let's Play Together
Multisport JR and SR
Preschool Parented Workshops
Sing and Play
Soccer Indoor JR and SR
Volleyball - Children/Youth/Level 1/2, Games
Basketball - Children/Youth/ Level 1/2, Games
General Programs Category C - Unparented Preschool/Children's and Preschool Dance Programs
123 Math for Me
Badminton JR/SR/Level 1/2 (Moving to GP Cat D in Fall 2027)
Dance - Ballet
Dance - Bollywood Dance
Dance - Dance Mix
Dance - Hip Hop
Energy 2 Burn
Mini School
Multi-Sport
Museum Mornings
Museum Tot's n Pots
Pickleball Lessons - All ages (Moving to GP Cat D in Fall 2027)
Proud to be Me
General Programs - Category D - Sports Trendy
Cross Training Kids/Youth
Kickbox Kids Jr/Sr/Youth
Pilates Youth

Program Appendix
Squash JR/SR/Youth/Level 1/2/Games
Table Tennis
Tennis (Indoor & Outdoor) All Ages
General Programs Category E- Karate Programs/ Highly Specialized
Cupcake Craze
Oakville Basketball Development
OHD Hockey Skills
Rock Climbing
General Program Category F - Hockey & Skating
Hockey: OHD Goalie Pad Lessons Level 1, 2 & 3
Hockey: OHD Shooter Pad Lessons Level 1, 2 & 3
Skating

Service Area - Fitness

Fitness - Category A
Begin to Spin
Bollywood Dance - Adult
Bootcamp
Cardio/Body Sculpting
Cycle and Strength
Healthy Back and Stretch
Heart and Sole Fitness
Zumba
Return to Fitness
Dance Fit
Sit Fit
Stride & Strength
Total Body Tone
Stroller Fit
Fitness - Category B
Kettlebell
Mindfulness, Meditation and Movement
Nordic Walking
Nordic Walking - Therapeutic Care
Pilates - All levels
Tai Chi - All levels
TIME
Yoga - All styles
Yogalates
Fitness - Category C
Kickbox Fit

Program Appendix
Fitness - Category D
Weight Training Women
Yoga Therapy - Small group
Nutrition Workshops - Small group
Fitness - Category E
Boxing (Contracted)
Kickboxing (Contracted)

Service Area - Aquatics

Aquatics Category A
Swim to Survive
Swim Assessment Clinics
Aquatics Category B - discontinued
Aquatics Category C
Novice Swim Team
Aquatics Category D
Endurance Training - Adult
Female Only Introduction to Water (AquaAdult 101)
Female Only Swim For Fitness (AquaAdult 301)
Female Only Swim to Survive (AquaAdult 201)
Introduction to Water (AquaAdult 101)
Lifesaving Fitness
Swim Fit - Junior
Swim Fit - Youth
Swim for Fitness (AquaAdult 301)
Swim to Survive (AquaAdult 201)
Triathlon Training - Adult
Youth 101/201/301
Aquatics Category E
Aquacycle (Hydroriding)
Therapeutic Water Exercise
Aquatic Bone and Joint Therapeutic Care
Aquatics Category F
Stroke Clinics -Back Crawl, Breast Stroke, Front Crawl, Whipkick and Eggbeater
Swimmer Level Improvement Clinics
Leadership Skill Session
Oakville Lifesaving Club - Junior/ Senior/ Youth
Personal Best
All Synchronized Swimming - Children, Youth, Adults and Clinics

Program Appendix
Aquatics Category G
Camp Swimming Lessons
Family Swim Lessons
All Parent and Tot levels 1 - 3
All Preschool Levels A - E
All Swimmer Levels Swimmer 1 - Swimmer 10 (inclusive)
Female Only Swimmer 8/9/10
Aquatics Category H
Adapted Aquatics - Aquadapt
Aquatics Category I
Semi-Private Swim
Aquatics Category J
Private Lessons - Child and Youth/ Preschool& Beginner/ Adult

Aquatics Category K
All Small Group lessons H30, H40

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

Program Appendix

Service Area - Camps

Camp - Category A
Leader in Training
Learn to Lead
CampOAK
Camp - Category B
Museum Camps
Camp - Category C
All-Star
Aqua Sports Camp
Art Apprentices
Art Explorers
Art Pros
Artificial Inteligence
Arts and Crafts
Curtain Call
Digital Dimensions
Kinder Krafts
Lil-Sports
Maker Space
Minecraft Mania
Multi-Sport
Need for Speed Competitive Swim
Oakville Lifesaving
Sewing and Soft Sculpture
Splish Splash Swim
Sport and Hockey
Sport Camps - Sport Specific (ex: Racquet, Volleyball etc.)
Camp Category D
Carpenter's Apprentice
Half-Day Studio Art
Kid's Adventure Program
Robotics
Rock and Wave
Camp Category E
Culinary Kids
Aqua Sports
It's All About Clay
P. A. Day Art
Teen Adventure Program
Camp Category F
Hockey Skills with the Oakville Blades
Learn to Skate Camp with Skate Oakville

Program Appendix

Service Area - Seniors

Senior Category A
Bridge
Lecture Series
Senior Category B
Pickleball
Senior Category C
Acrylic Painting Level 1 50+
Botanical Drawings 50+
Coloured Pencils 50+
Drawing and Painting Level 1 - The Art of the Still Life 50+
Drawing Level 1 50+
Drawing Level 2 50+
Drawing Landscapes 50+
Fun with Brush Lettering 50+
Pen and Ink 50+
Portrait Drawing 50+
Printmaking Fun 50+
Watercolour Painting Landscapes 50+
Watercolour Painting Level 1 50+
Watercolour Painting Level 2 50+
Watercolours Skill Development 50+
Celtic Fiddling Level 1 50+
Celtic Fiddling Level 2 50+
Guitar Lessons Level 1 50+
Guitar Lessons Level 2 50+
Guitar Lessons Level 3 50+
French Level 1 50+
French Level 2 50+
French Level 1 503
Spanish Conversational 50+
Spanish for Travelers Level 1 50+
Spanish for Travelers Level 2 50+
Woodcarving 50+

Program Appendix
Senior Category D
Fitness
Tai Chi
Yoga
Dance - Line Dance
Dance - Line Dancing Level 1
Dance - Line Dance Level 2
Dance - Square Dancing
Dance - Tap Dancing
Pilates
Senior Category E
No programs offerred at this time
Senior Category F
Computers - Getting to know your Android
Computers - Getting to know your Apple
Computers - Working with Windows
Computers - Cyber Safety and Social Media Platforms
Computers - Exploring practical uses for AI
Seniors Category G
Workshops

Program Appendix

Cultural Programs

Culture Category A
Art Pros - Child
Art Apprentices - Child
Clay Easter Egg Cups Workshop (Parented) - Child
Clay Flower Vase Workshop Parented - Child
Clay Hallowe'en Lanterns Workshop (Parented) - Child
Clay Ornaments Workshop (Parented) - Child
Clay Sculpting - Youth
Clay Sculpting Junior - Child
Clay Sculpting Senior - Child
Crafting Valentine Traditions (Parented) - Preschool
Crafting Valentine Traditions (Parented) - Child
Digital - 3D Printing - Child
Digital - 3D Printing - Youth
Digital - All About Minecraft
Digital - Animation - Youth
Digital - Artful Artificial Intelligence - Child
Digital - Artful Artificial Intelligence - Youth
Digital - Drawing with Wacom Tablets - Child
Digital - Drawing with Wacom Tablets - Youth
Digital - Graphic Design - Youth
Digital - Website Design- Youth
Digital - Website Design - Child
Digital - You Tube Master Class - Child
Digital - Photoshop, Keynote, InDesign - Child
Digital - Maker Space Intro - Child
Digital - Maker Space Intro - Youth
Drawing - Anime and Manga - Senior
Drawing - Anime and Manga - Youth
Drawing - Cartooning and Caricature - Junior
Drawing - Cartooning and Caricature - Senior
Drawing and Painting Level 1 - Youth
Drawing and Painting Level 2- Youth
Drawing and Painting Junior - Child
Drawing and Painting Senior - Child
Film Making - Child
Graphic Novels and Comics - Youth
Music - Musical Juniors - Child
Painting Pet Portraits Workshop (Parented) - Child
Printmaking Holiday Cards Workshop - Child (Parented)
Printmaking Valentines Cards Workshop (Parented) - Child
Wood Wobot Holiday Ornaments Workshop (Parented) - Child
Woodworking - Level 1 - Youth
Woodworking - Level 2 - Youth
Woodworking - Child

Program Appendix
Culture Category B
Art Adventures (Parented)
Art Explorers (Parented)
Clay Adventures (Parented)
Clay Explorers (Parented)
Musical Explorers
Visit with Santa (Parented) - Child
Culture Category C
Ceramics - Friday Night Work Week Wind Down - Adult
Clay Basics Level 1 - Adult
Clay Basics Level 2 - Adult
Clay Bowls Workshop - Adult
Clay Ornaments Workshop - Adult
Clay Patio Planter Workshop - Adult
Clay Sculpting - Adult
Clay Wheel Throwing Level 1 - Adult
Clay Wheel Throwing Level 2 - Adult
Digital - 3D Printing Workshop - Adult
Digital - Photography Level 1 - Adult
Digital - Photography Level 2 - Adult
Drawing with Pastels - Friday Night Work Week Wind Down - Adult
Drawing and Painting Level 1 - Adult
Drawing and Painting Level 2 - Adult
Glazing Workshop for Current Ceramic Members
Museum Christmas tour and Treat
Museum Workshop - Knitted Scarf - Adult
Woodworking Cutting and Making Wood Joints - Adult
Woodworking Level 1 - Adult
Woodworking Level 2 - Adult
Woodworking Outdoor Furniture Bench - Adult
Woodworking Tablesaw Workshop - Adult
Woodworking Intro to the Router - Adult
Woodworking - hand Tools Beginner - Adult
Woodworking Holiday Gifts - Adult
Culture Category D
Baking Adventures Workshop - Parented
Baking Juniors Workshop - Child (Parented)
Chocolates, Truffles and Confections Workshop - Child
Chocolates, Truffles and Confections Workshop - Youth
Chocolates and Confections Workshop - Adult
Cooking Around the World - Child
Cooking Around the World - Youth
Cooking Around the World - Adult
Crafty Kids - Child
Culinary Collage - Child
Culinary Collage - Youth
Culinary Collage - Adult
Clay Wheel Throwing - Youth

Program Appendix
Holiday Baking Workshop Youth
Holiday Baking Workshop Child
Holiday Baking Workshop Adult
Pasta Making from Scratch - Child
Pasta Making from Scratch - Youth
Pasta Making from Scratch - Adult
Sewing Level 1 - Child
Sewing Level 2 - Child
Sewing Level 1 - Youth
Sewing Level 2 - Youth
Sewing Level 1 - Adult
Sewing Level 2 - Adult
Stocks and Soups from Scraps - Adult
The Korean Kitchen - Adult
Transforming Leftovers - Adult
Valentines Baking Workshop Parented - Child
Valentines Baking Workshop - Youth
Baking Bonanza - Adult
Museum Craft & Tour
Craft and Tour at the Museum (parented) - Child
Craft and Tour at the Museum (parented) - Preschool
Museum Christmas Craft and Tour (Parented) Child
Museum Christmas Craft and Tour (Parented) Preschool

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