

WINTER GENERAL INTEREST RECREATIONAL PROGRAMMING

Child and Youth Programs

Active

- [Intro to Volleyball \(9-12 years\)](#)
- [Volleyball Skills and Drills \(11-14 years\)](#)
- [Tae Kwon Do \(6-11 years\)](#)
- [Tae Kwon Do \(12+ years\)](#)
- [Tae Kwon Do: Family Kicks \(8+ years\)](#)
- [Women and Girls Get Active \(6+ years\)](#)
- [All the Sports \(7-12 years\)](#)
- [Games Climbers Play \(5-7 years\)](#)
- [Cross Country Skiing \(12+ years\)](#)

 Click any of these courses to link to registration

Creative

- [Intro to Painting \(6-9 years\)](#)
- [Painting Landscapes \(8-14 years\)](#)
- [Painting Water Colours \(8-14 years\)](#)
- [Learn to Draw \(8-12 years\)](#)
- [Intro to Graphic Novel Making \(8-14 years\)](#)
- [Intro to Baking \(7-9 years\)](#)
- [Intro to Baking \(10-14 years\)](#)
- [Decorating Bakes Goods \(8-12 years\)](#)
- [Vocal Performance \(8-12 years\)](#)
- [Vocal Performance \(14-18 years\)](#)
- [Try vocal performance this December!](#)
- [Family Holiday Songs](#)

Adult and Seniors Programs

Active

- [Triathlon Training](#)
- [Cross Country Skiing](#)
- [Pickleball: Drills and Play](#)
- [Pickleball: Intermediate Clinic with Graham Hall](#)
- [Women Learn to Climb](#)
- [Swim Conditioning](#)
- [Tai Chi – Beginner and Intermediate](#)
- [Stretching for Women](#)
- [Back Care for Women](#)

Click any of these courses to link to registration



Creative

- [American Sign Language \(ASL\) Beginner and Intermediate](#)
- [Adult Glee Club](#)
- [Ukelele](#)
- [Alcohol Ink Creations Workshops \(16+ years\)](#)