



St. Catharines



# stay active

## Older Adult

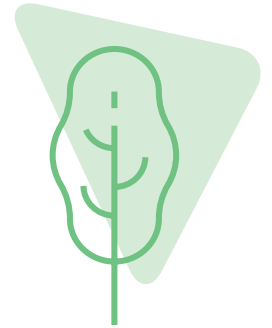
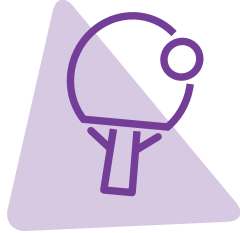
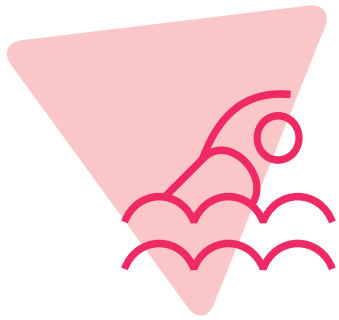
*Program Highlights Guide*

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



Fall 2024

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# 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

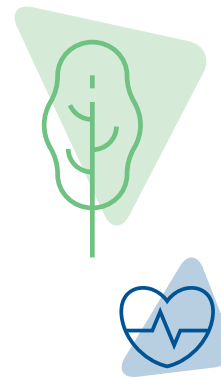
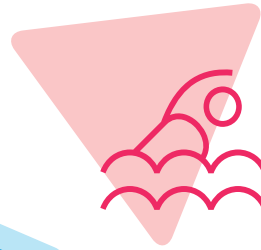
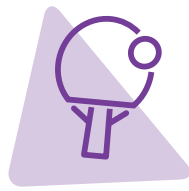
[activeSTC@stcatharines.ca](mailto:activeSTC@stcatharines.ca) | 905.688.5600

*Programs are subject to change without notice.*

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# 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)

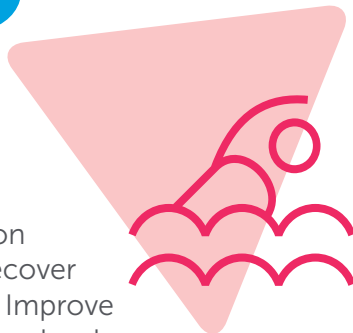
Gentle full body workout with pool noodles in warm water. Improve posture, stretch muscles, develop muscular strength and work the cardiovascular system.

### 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)



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

## Arts and creative development

### Soapstone Carving (18+ years)

Come and create a beautiful piece of art from one of earth's natural elements in a stress free and fun environment. Our 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.



### 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.

### DanceFit

DanceFit is a follow-along group fitness class where you will be burning up the dance floor with easy-to-follow moves to all your favourite dance hits through the ages! This 45-minute class will fly by without you even realizing you worked out! Come out and see for yourself how much fun you'll have!

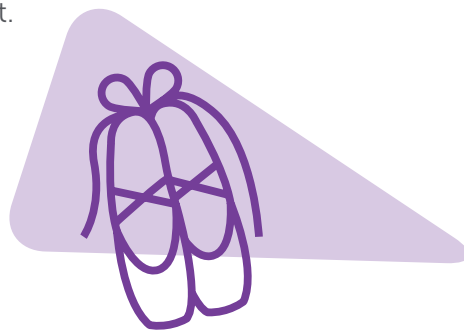
### Fitness Circuit Training

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.

## 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 a ballet shoe of some sort or a soft shoe to dance in.



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

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# Older Adult

(50+ years)



## Fitness

### Intro to Mat Pilates

In partnership with Compassionate Body Pilates, learn the basic principles of Pilates and see how the mat exercises can be modified to each individual. Develop strength, flexibility, and body awareness which will help you move with ease in your daily life.

### 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.

### 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 workout. Sticks provided, please bring a yoga mat.

### Specialist Pilates: Back Care

Are you afraid to bend and move during routine activities? Do you find certain positions make your back ache? Have you ever avoided exercise because of pain?

In partnership with Compassionate Body Pilates, this 6-week specialist pilates class will teach you the basics of spinal health and provide you with some simple exercises to help strengthen and support your back.

Please note: This course contains a mixture of equipment and mat-based pilates. No prior pilates experience is required. This class is not intended to replace physiotherapy for an acute injury. If you have recently injured your back, please seek out the permission of a medical professional before signing up for this class.

### Specialist Pilates: Knee Health

In partnership with Compassionate Body Pilates, this 6-week specialist pilates class offers some insight into how and why your knees might hurt and teaches you some simple exercises that will strengthen and support them.

Please note: This course will contain a mixture of equipment and mat-based pilates exercises. No prior pilates experience is required. Kneeling is not required for this class; however, we will stand for short periods. This class is not intended to replace physiotherapy for an acute injury. If you have recently injured your knees, please seek out the permission of a medical professional before signing up for the class.

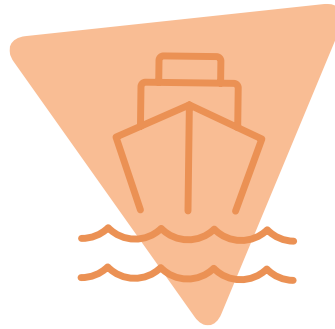
## Special Interest

### Sound Bath

Come enjoy the healing effects of a sound bath. Benefits can include extreme relaxation, improvement in sleep regression, decrease in high blood pressure, decrease in anxiety, letting go of trauma, and more. The sound bath sessions usually last about an hour. Participants are encouraged to come with an open mind and a positive intention for the session. Please bring a pillow, mat, blanket, and optional eye covering.

# Older Adult

(50+ years)



## 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.

## Sports

### Fencing

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

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

### Evening Mandarin Lessons for Youth and Adults

Designed for youth and adults to enhance their ability to converse in Mandarin with friends and business partners. Join a dynamic and supportive community of motivated learners enhancing the overall class experience.

Focus on effective oral communication skills and a better understanding of the culture with informative and interactive lessons, making it much easier and more enjoyable than you ever imagined.

Develop confidence and motivate interest in learning a major international language. Introduce Chinese culture, traditions, and festivals.

Plant a seed in young hearts today and let their dreams grow and travel afar one day.

Get prepared for an exciting journey to China, or learn some basic words and phrases to speak to your Chinese friends and neighbours.

### Morning Mandarin Class for Seniors and Travel Needs

Discover something different today! It's never too late to learn and challenge yourself! Learning a new language keeps your mind actively young and dynamic enhancing mental agility. Get prepared for an exciting journey to China, or learn some basic words and phrases to speak to your Chinese friends and neighbours.

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

# Older Adult

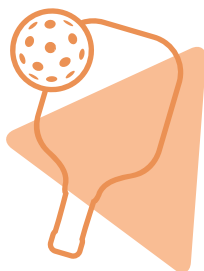
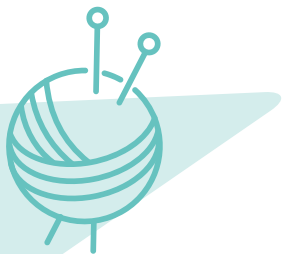
(50+ years)

[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 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

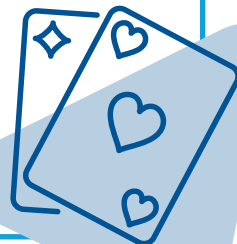
- Argentine Tango
- Balance and Core
- Chair Yoga
- Chinese Cultural Dancing
- Essentrics
- Fit for Function
- Line Dancing
- Maximize Mobility
- Mobility for Movement
- Nordic Pole Walking
- Resistance Fitness with Sarah
- Resistance with Amanda
- Resistance with Eric
- Strength and Tone with Amanda
- 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
- Horseshoes (seasonal)
- Mahjong
- Pickleball
- Shuffleboard
- Table Tennis



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

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