



St. Catharines



stay active

Older Adult

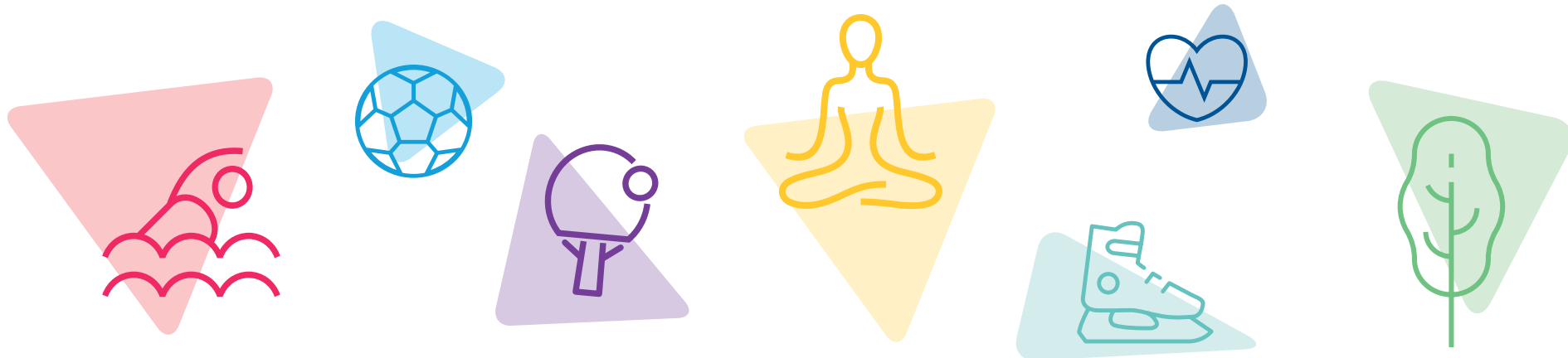
Program Highlights Guide

stcatharines.ca/ActiveSTC



Fall 2025

activestc >>>



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

Creating an account

1. Go to 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 | 905.688.5600

Programs are subject to change without notice.

activestc >>>

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)

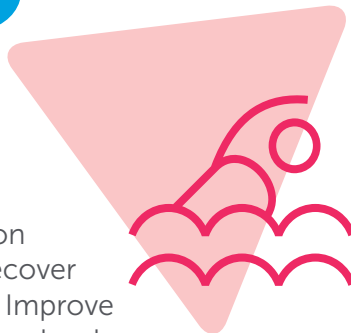
Gentle full body workout with pool noodles in warm water. Improve posture, stretch muscles, develop muscular strength and work the cardiovascular system.

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)

Arts and Creative Development

Soapstone Carving

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.

Woodcarving Chickadee Carving Project (all ages)

Come learn the basics of woodcarving by carving a cute chickadee. 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 is a member of the Niagara Wood Carvers, and has been carving for 25 years and enjoys encouraging others in sharing her passion.

Fitness

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.

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 centre to classical ballet music.

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

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 Fitness

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..

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

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.

Learn To Run

Learn to Run The Right Way, From the Start New to running or starting fresh after time off This beginner-friendly program is designed to help you build confidence, avoid injury, and develop lasting habits from day one. Led by Kevin Moore of Kinplus Kinesiology, you'll get more than just a running plan. Each session includes proper warm-ups, cool-downs, and coaching to help you move better, run smarter, and stay pain-free. You'll also get simple at-home exercises to strengthen the muscles that support efficient, injury-resistant running. Whether your goal is to finish your first 5K or simply feel stronger on your feet, this program gives you a smart, realistic foundation to thrive!

Pound Fitness - Port Weller

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 working out. Sticks provided, please bring a yoga mat.

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.

Learn more about **FAIR**
Fee Assistance in Recreation
stcatharines.ca/Fair

Older Adult

(50+ years)

Sports

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.

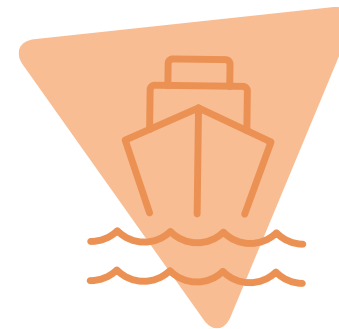
New to the game, and want to learn the basics? Check out our Pickleball - Beginner Intro Clinic programs



Special Interest

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.



Check out the recreation calendar at
stcatharines.ca/ActiveSTC
for many drop-in recreation opportunities

Older Adult

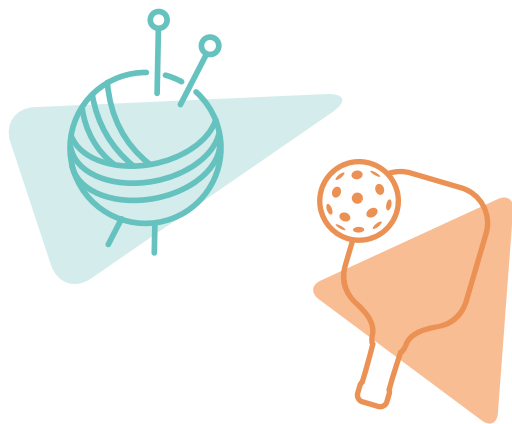
(50+ years)

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

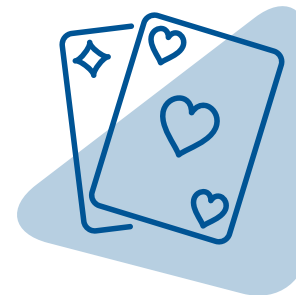
- Argentine Tango
- Balance and Core
- Chair Yoga
- Chinese Cultural Dancing
- Essentrics
- Fit for Function
- Line Dancing
- Maximize Mobility
- Mobility for Movement
- Nordic Pole Walking
- Resistance Fitness with Sarah
- Resistance with Amanda
- Resistance with Eric
- Square Dancing
- Strength and Tone with Amanda
- Tai Chi
- Yoga
- Zumba Gold

Arts, Crafts and Hobbies

- Crafts
- Indoor Model Flying
- Painting
- Quilting
- Rug Hooking
- Woodcarving
- Yarn Lovers

Sports and Games

- Billiards
- Bingo
- 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 oac@stcatharines.ca

Register at stcatharines.ca/ActiveSTC