

activestc

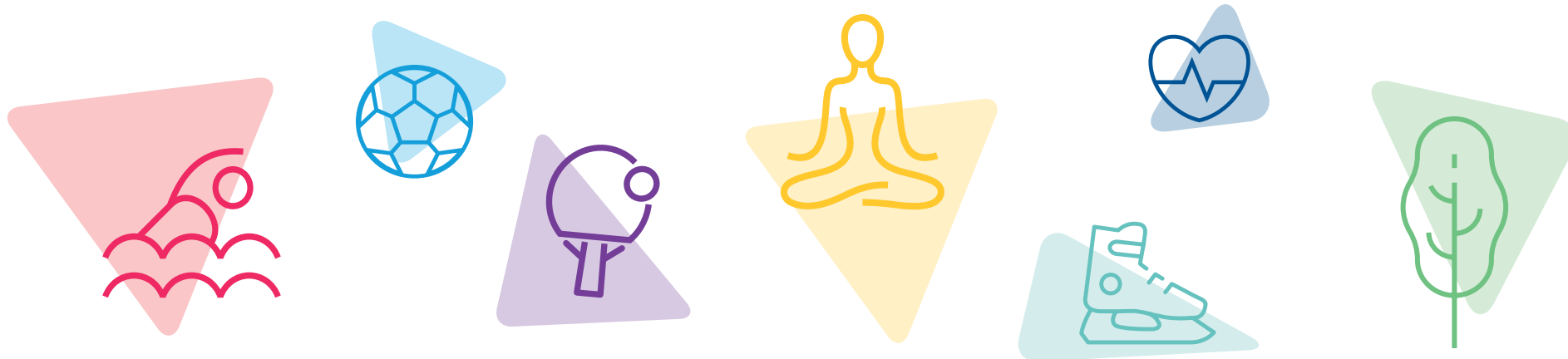
Program Highlights

stcatharines.ca/ActiveSTC



Summer 2025

activestc>>>



stay active

Learn how to join our 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. Go to the "Activities" tab
2. Find available programs and click "Enroll Now"
3. Select participant, follow prompts and click "Add to Cart"
4. Select "My Cart", initial the waivers and click "Check Out" to proceed with payment

Payment methods

We accept VISA, MasterCard and AMEX

Contact us

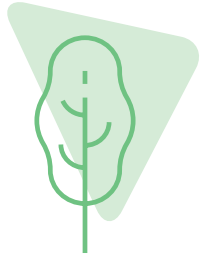
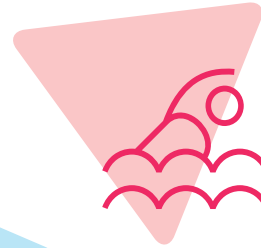
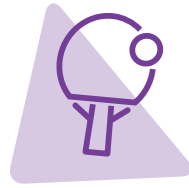
activeSTC@stcatharines.ca | 905.688.5600

** Programs are subject to change without notice.*

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Aquatics
Arts and creative development
Special Interest

Preschool

(up to 6 years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Aquatics

Parent & Tot (4 months to 3 years)

Three introductory levels, where in-water interaction between parent and child stresses the importance of play in developing water-positive attitudes and skills. Parents register in the level appropriate for their child's age.



Preschool (3 to 6 years)

Five different levels begin by teaching how to get in and out of the water, opening eyes underwater, jumping in with a lifejacket, kicking, forward rolls, and front and back crawl swims. Learn to float and glide on both front and back, get face wet, blow bubbles and submerge and exhale underwater. Later levels teach sideways entry and recovering objects from waist-deep water. Advanced levels provide lessons in opening eyes underwater, forward roll entry wearing a lifejacket, and treading. Work on interval training and learn a whip kick.



Special Interest Parent Participation

Fun with Friends (1 to 2 years)

Enjoy stories, songs, crafts, and exploration. Emphasis on social skills like sharing, cooperation, manners and friends.

Preschool Picasso (3 to 5 years)

Child and caregiver create fun masterpieces together inspired by famous artists. Includes circle time, music and free play.



Special Interest Independent Participation

Kinder Kids (3 to 5 years)

Free play, songs, crafts and exploration with emphasis on school readiness, social interaction, imagination, creativity and self-discovery.

Children

(4 to 14 years)

Aquatics

Swimmer (5 to 12 years)

Start by becoming comfortable jumping into water with and without a lifejacket. Learn to open eyes, exhale, and hold breath underwater. Work on floats, glides and kicking through the water on front and back. Later levels learn stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. Develop strength and power in head-up breaststroke sprints over 25 metres. Swim lengths of front crawl, back crawl, and breaststroke, and build endurance with a 300-metre workout.

Rookie, Ranger, Star Patrol (8 to 14 years)

Swimmers will progress through all levels of the Swim Patrol program. Participants work on stroke development, lifesaving sport skills, first aid, fitness, timed object support and rescue. Later levels teach important lifesaving skills including defence methods, victim removal and rolling over and supporting a victim face up in shallow water.

Arts and creative development

Anime Drawing with Katia Perez (6 to 12 years)

Learn the basics to draw the facial features of anime characters in this fun interactive course. Participants will work from various anime books alongside instruction from the teacher. All materials supplied.

Arts and Crafts with Katia Perez (6 to 12 years)

Engage your child to develop skills in art through a variety of materials and mediums. This course will encourage creativity and imagination. All materials supplied.

Colour & Create: Beautiful Cards

w. Katia Perez (6 to 12 years)

Children will love designing their greeting cards using drawings, stickers, colour paper, textures and have fun messages. This activity encourages self-expression, storytelling, and creativity perfect for birthdays, holidays, personal desire or just sharing a smile with someone special.

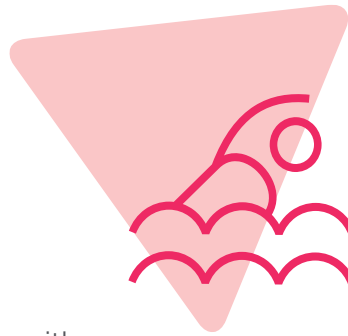
Draw and Paint with Katia Perez (6 to 12 years)

Learn how to draw and paint with proportion, composition, balance, scale and colour scheme using different techniques, mediums and styles. All materials supplied.

Designing Fashion Dolls w.

Katia Perez (6 to 12 years)

Kids can create dolls inspired by different cultures around the world! They will explore fabric textures, color schemes, and traditional clothing while designing their dolls. A fun way to learn about art, fashion, and diversity through play.



Fee assistance is available through the
Fee Assistance in Recreation Program

Children

(4 to 14 years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Arts and creative development

Exploring The Arts: So Charming w.

Creative Bug (7 to 14 years)

Does your artist LOVE clay?

We do! Sculpt our miniatures of our favourite things about summer! Each week we will create 2 miniature charms that can be made into earrings, added to a charm bracelet, or created into key chains! Each artist will create a total of 6 charms and spend time designing packaging and wrapping up their creations before they take them home the last week!

Creative Bug is proud to bring art to your community along with creative leadership and employment opportunities for youth as they learn how to design and facilitate programs while building confidence and having fun. Registration fees support the class materials, wages, and mentorship of future leaders.

Junior Artist: Summer Fun with

Creative Bug (5 to 8 years)

Join us for a week of tactile delights! Be sure to come dressed for art and play as we learn how to make art using shaving cream, squeegees, spinners, and more! It is sure to be a colourful week!

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Junior Artist: Rainbow Week with Creative Bug (5 to 8 years)

Creative Bug Presents: Junior Artist – Rainbow Week

This week will be jam-packed with colour and include a little bit of everything from watercolour and acrylic paints to clay sculpting and pastel work. We are excited to have a colourful week with your artists!

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Primary Picasso (5 to 8 years)

Primary Picasso is an exciting art class for kids that focuses on the works of Pablo Picasso and other renowned artists. With the guidance of our expert instructor Miss Kathy, children will recreating famous artworks using different materials and techniques. Through this class, children can explore their creativity and learn about the world of art in a fun and engaging way.

Print Making For Kids (7 to 11 years)

Join Miss Kathy to create a cool canvas and acrylic 'selfie' and try some printmaking techniques. This is a 4 week class for kids 7-11. Come prepared for mess and fun.

Register at stcatharines.ca/ActiveSTC

Children

(4 to 14 years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Senior Artist: Sculpting Week with Creative Bug (7 to 14 years)

Does your artist love to build? This week we will use clay, paper mache, and more to sculpt some memories!

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Senior Artist: Sewing Week with Creative Bug (7 to 14 years)

The Creative Bug Team is excited to present Summer Sewing! Artists will have the opportunity to complete sewing machine orientation and design and sew their own tote bag. Artists will choose from a selection of fabrics to create a bag that suits their personality! All equipment and materials necessary are included.

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Sewing Club: Whale Plush with Creative Bug (7 to 14 years)

Your artist will create their own narwhal or whale plush from a selection of fleece fabrics while learning how to set up a sewing machine, troubleshoot, and become more proficient on a sewing machine and hand sewing.

Sewing machine and materials provided.

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SMASH Art Club with Creative Bug (5 to 10 years)

Creative Bug Presents: Summer Art Club!

Explore our favourite mediums with a focus on mixed media! Artists will create with clay, markers, acrylic paints, oil pastels, and more! Summer art means gardens, water animals, and bumblebees!

Creative Bug is proud to bring art to your community along with creative leadership and employment opportunities for youth as they learn how to design and facilitate programs while building confidence and having fun. Registration fees support the class materials, wages, and mentorship of future leaders.

Children

(4 to 14 years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Special Interest

Connected & Confident! Nature Adventures (6 to 14 years)

This playful and empowering 7-week summer program helps kids grow their confidence, creativity, and emotional awareness through nature-based adventures. >Starting at the Port Weller Community Centre, each 2-hour session will head into Malcomson Eco Park to combine mindful hiking, yoga, and creative reflection?supporting self-identity, resilience, and connection to the natural world in a fun, active way.

Kids and Youth Yoga (4 to 7 years, 8 to 14 years)

Get ready for some fun and empowering yoga with our play-based program for kids and teens! Each week we'll explore a new concept to boost mindfulness and build a toolkit for well-being. We'll use fun activities and yoga movements to make a connection between the mind and body and feel great at home, school, and in the community.

Sports



Karate

(6 to 8 years and 9 to 12 years)

Learn the basic principles of karate. Emphasis will be on improved coordination, courtesy, self-confidence and control.

Tennis Lessons

Participants must bring their own racquet.

Level 1 (4 to 8 years)

The 1st level of progressive tennis uses larger decompressed balls to allow for easier exchanges, 19" to 21" racquets for better control, mini-sized nets, and a smaller 12-meter court, which is proportional to the size of the student.

Level 2 (8 to 10 years)

The 2nd level of progressive tennis uses a normal-size tennis ball with 50% less compression than a regular ball to allow players to acquire the required skills at this stage of development. 23" to 25" racquets are used, and the court is a 3/4 court size, which is 18 meters long.

Level 3 (10 to 13 years)

The 3rd level of progressive tennis uses a normal-sized tennis ball, but with 25% less compression. Players graduate to a 26" to 27" racquet and a full-sized tennis court.

Youth

(12 to 17 years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Aquatics

Bronze Star (12+ years)

Swimmers will develop problem solving and decision-making skills individually and in partners. Learn how to keep a cool head and take charge in an emergency. Emphasis on swimming skills and lifesaving fitness. Development of water smart confidence and the lifesaving skills needed to be their own personal lifeguard. The Bronze Star award is excellent preparation for success in the Lifesaving Society's Bronze Medallion program.

Bronze Medallion (13+ years)

In this class participants will understand the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, as well as defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500-metre timed swim.

Prerequisites are: 13 years of age or Bronze Star



Bronze Cross (12+ years)

In this class participants will learn the difference between lifesaving and life guarding. Learn the principles of emergency care, teamwork and use of specialized equipment and the introduction to safe supervision in aquatic facilities.

Prerequisites are: Bronze Medallion, Standard First Aid / CPR C

National Lifeguard (15+ years)

In this program for youth and adults, participants will develop an understanding of lifeguarding principles and content specific to the working pool environment. National Lifeguard is the only nationally recognized lifeguard certification program and is valid in all provinces as a legal certification for lifeguarding throughout Canada.

Prerequisites: 15 years of age, Bronze Cross and Standard First Aid / CPR C

Recertification classes are also available.



Youth

(12 to 17 years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Aquatics

Red Cross Blended Standard First Aid and CPR C / AED (12+ years)

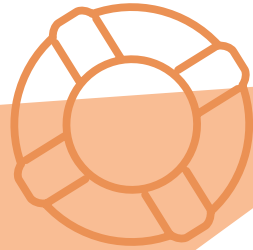
Each blended learning course is divided into two components: participants first complete a self-paced online component, then successfully complete an instructor-led classroom session to achieve a Standard First Aid / CPR C / AED certification.

Recertification classes are also available.



Teen (12 to 17 years)

Participants can start with the basics by learning to swim on both front and back, do jump entries from the side and recover an object from the bottom in chest-deep water. Level two focuses on performing dive entries, stride entries and compact jumps. Learn treading and refine your front crawl, back crawl, and breaststroke, while increasing your endurance to complete a 300 m workout and 25-50 m sprint. Fitness level promotes and encourages fitness through the sport of swimming with basic workouts.



Swim Instructor (15+ years)

This course prepares the instructor to teach and evaluate basic swim strokes and related skills. Participants will acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach candidate in all levels of the Swim for Life and Canadian Swim Patrol programs.

Lifesaving Instructor (15+ years)

This course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards.



Adult

(15 to 99+ years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Aquatics

Adult (18+ years)

Beginners work towards a 10–15 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)

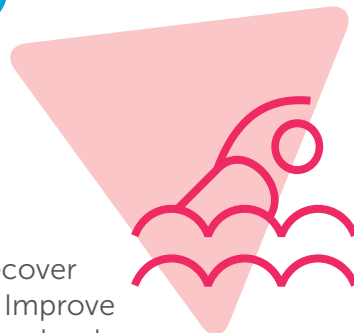
Gentle full body workout with pool noodles in warm water. Improve posture, stretch muscles, develop muscular strength and work the cardiovascular system.

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.

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.



Adult

(15 to 99+ years)

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 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.

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.

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

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.

Outdoor Strength and Stretch with Jena

Join our instructor Jena for a Strength and Stretch class.

In this class, we will help you get stronger and improve flexibility with simple exercises. We will focus on posture, mobility, and total body strengthening.

This class is open to all ages, and we encourage new moms to bring their babies. It is a great way to connect with your community and meet new people.

Please bring a yoga mat. A baby carrier is optional but encouraged if bringing a baby.

Weather permitting, the class will be outside in the shade of the trees in Catharine Street Park.

Sports

Tennis Lessons - Adult & Youth

This program is designed for players who can maintain a rally on a full-sized tennis court with regular balls. Match play included.

Participants must bring their own racquet.

All Ages

(0 to 99+ years)

Fee assistance is available through the
Fee Assistance in Recreation Program

Aquatics

Leisure Swim (all ages)

Leisure Swims are an ideal activity for people of all ages to play in an aquatic setting.

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

Come learn the basics of woodcarving by carving a chickadee. The session is led by an experienced woodcarver from the Niagara Woodcarvers Association.

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.