

WINTER 2022

# CALEDON

## Recreation and Wellness Guide

### REGISTRATION DATES

Online advance resident registration:

**December 1, 2021 | 8 a.m.**

Non-resident/in-person/phone:

**December 8, 2021 | 8 a.m.**



# 3 ways to register for recreation programs



## Online registration system

Online registration begins at 8 a.m. Program registration is as simple as the click of a mouse. It's fast and secure!

Visit [caledon.ca/register](http://caledon.ca/register).



## Telephone

Phone registration begins at 8 a.m. Payment must be made at the time of registration by Mastercard or Visa. You may experience longer wait times on a registration date.

Call **905.584.2272 x. 7327**.



## In-person

In-person registration begins at 8 a.m. at the following locations:

- Caledon Centre for Recreation and Wellness
- Mayfield Recreation Complex
- Southfields Community Centre

Advance registration for Caledon residents starts December 1, 2021 at 8 a.m.

## Registration Dates

Registration Method	Town of Caledon Residents	Non-Residents
Online	December 1, 2021 at 8 a.m.	December 8, 2021 at 8 a.m.
In-person / phone	December 8, 2021 at 8 a.m.	December 8, 2021 at 8 a.m.

# General Information

## PROGRAM RATES

Program rates vary and are subject to change without notice. Registered program rates are listed without tax.

Town of Caledon reserves the right to cancel or alter any classes, single visit activities, times, costs or locations outlined in this guide without notice in the event of low enrolment, change of availability of facilities or instructor.

## NON-RESIDENT RATE

Non-residents will be charged an additional fee of 10 per cent per program, per person. Non-resident fees for fitness memberships and facility rentals may vary.

## AGE REQUIREMENTS

Children must be the minimum age required on the start date of the program (except Aquatic Leadership Programs). Age requirements are program specific and indicated throughout the guide.

## PROGRAM CANCELLATIONS

There will be no registered programs scheduled on: Family Day (February 21, 2022).

The Town may cancel any program or registration at any time. In the event that a program is cancelled by the Town, every effort will be made to accommodate the participant in another program. If there are no other programs which are satisfactory to the participant, a full or prorated credit on the customer account will be provided. No administration fee will be charged.

All program cancellations will be processed as a credit on the customer account. A refund may be requested.

## PROGRAM TRANSFERS

Program transfers will be permitted before the start of the third scheduled class, provided space is available.

## MISSED CLASSES

In the event a participant is unable to attend a class(es), the Town regrets that a make-up class(es), refunds or credits will not be offered.

## WAITLIST ETIQUETTE

Please consider the following when choosing to go onto a waitlist:

- Only waitlist once for each program, for each participant.
- Choose either to stay on the waitlist or register for the same program at a different time – but not both. By doing both, you limit the opportunity for another participant to enjoy our programs.

## NON-SUFFICIENT FUNDS (NSF)

A \$46 fee applies to all NSF payments. Payment for outstanding balances will be accepted by debit, cash or credit card only.

## FAMILY DISCOUNT

Families registering three or more children in the same session are eligible for a 20 per cent family discount to the least expensive program for the third and any subsequent child (children must be siblings). Discounts may not be available for all programs.

**The family discount option is not available on-line.**

## ADULT 55+

Adults fifty-five (55) years of age or older are entitled to a 20 per cent discount on all adult registered programs (with the exception of Adult 55+ specific programs). Proof of age may be required at the time of registration. Material fees (if applicable) are not eligible for a discount.

## MEDICATION

To ensure participants' wellbeing, please make sure that our staff is aware of any severe allergies or medical conditions. It is strongly recommended that children take any necessary medication at home under the supervision of a parent/guardian. Participants that require medication during program hours will be required to complete additional forms. Please ensure that all medication is kept in its original container.

## HEALTH AND SAFETY

The Town will continue to follow and promote health guidelines for the safety of staff, patrons, and participants. All measures are expected to be followed as outlined by the Province of Ontario, Peel Public Health and Town of Caledon.

## ADVERSE WEATHER - CLOSURES

Every effort will be made to ensure that all recreation facilities remain open during regular hours of operation, with programs and services to the public continuing to operate as normal. In the event of severe, adverse weather, please check with your local recreation centre or [visit caledon.ca](http://www.visitcaledon.ca).

## SUPPORT PERSONS

The Town of Caledon encourages and welcomes participants with disabilities or special needs. Admission fees may be waived for support persons accompanying a person with a disability. Support staff may be available for preschool and youth programs upon request; limited spots are available. For more information regarding support persons or inclusion opportunities, please contact 905.584.2272 x.4204 or email us at [recreation@caledon.ca](mailto:recreation@caledon.ca).

## PHOTOGRAPHY AND FILMING

Please note that to ensure the privacy of others, filming or photography is not permitted during registered programs and/or drop-in programming. Town staff may take photos for marketing purposes but will confirm permission in advance for those 17 years and younger.

## ELECTRONIC DEVICES

In order to ensure the safety, comfort, and privacy of all patrons using our facilities, the use of electronic devices (e.g. cell phones, digital music players, portable video game consoles, etc) are not permitted in change rooms / washrooms due to the integration of cameras into these devices.

## CREDITS ON CUSTOMER ACCOUNTS

Credits less than \$50 will become the property of the Town after one year of inactivity.

Credits greater than \$50 will become the property of the Town after three years of inactivity.

Customer Account Credits may be refunded upon request, subject to an administration fee.

## REFUND POLICY - REGISTERED PROGRAMS

### General Programs / Active Living Programs / Aquatics Programs

Withdrawal requests received before the course start date will receive a full credit on the customer account.

Withdrawal requests received on the course start date but before the third course date will receive a partial credit on the Customer Account based on the number of classes that have already taken place (regardless of the number of classes attended).

Withdrawals requested on, or after, the date of the third scheduled class will only be processed for medical reasons, when accompanied by a medical note.

### Camp / Single-Day Workshops / First Aid / Leadership

Withdrawal requests submitted prior to the program start date will receive a credit on account. All Leadership withdrawals are subject to a \$50 administration fee.

Withdrawals requested on or after the program start date will only be processed for medical reasons, when accompanied by a medical note. Clients will receive a partial credit on the Customer Account based on the number of classes that have already taken place.

Refunds will be processed upon request and are subject to an administration fee of \$15. The fee will be applied per registration per person.

## CODE OF CONDUCT

The Town of Caledon is committed to providing an environment in which all staff, residents and visitors are treated with respect.

Unsafe actions or incidents of violence, offensive language or harassment against, or by any person will not be tolerated.

Anyone in violation of the above will be denied service and/or asked to leave the premises.

Thank you in advance for your cooperation and contribution towards a respectful community space for all.

# Recreation Facilities and Amenities

## Bolton Area Facilities



- 1 Albion Bolton Community Centre**  
150 Queen Street South, Bolton
  - ice surface, auditorium, three meeting rooms, program room
- 2 Caledon Centre for Recreation and Wellness**  
14111 Regional Road 50 North, Bolton
  - fitness facility, youth centre, child-minding services, indoor climbing wall, gymnasium, pool, program and community rooms, squash courts
- 3 Rotary Place**  
7 Rotarian Way, Bolton
  - two community rooms with kitchen
- 4 Palgrave Community Room**  
200 Pine Avenue, Caledon
  - community room with kitchen

## Caledon East Area Facilities



- 5 Alton Community Room**  
35 Station Street, Alton
  - community room with kitchen
- 6 Belfountain Community Hall**  
17204 Main Street, Belfountain
  - community room with kitchen
  - this building is not wheelchair accessible
- 7 Caledon East Community Complex**  
6215 Old Church Road, Caledon East
  - two ice surfaces, banquet hall, one community room, program rooms and conference room
- 8 Caledon Village Place**  
18313 Hurontario Street, Caledon
  - community room with kitchen
- 9 Victoria Parks Community Centre**  
35 Victoria Crescent, Mono Mills
  - community room with kitchen

## Mayfield Area Facilities

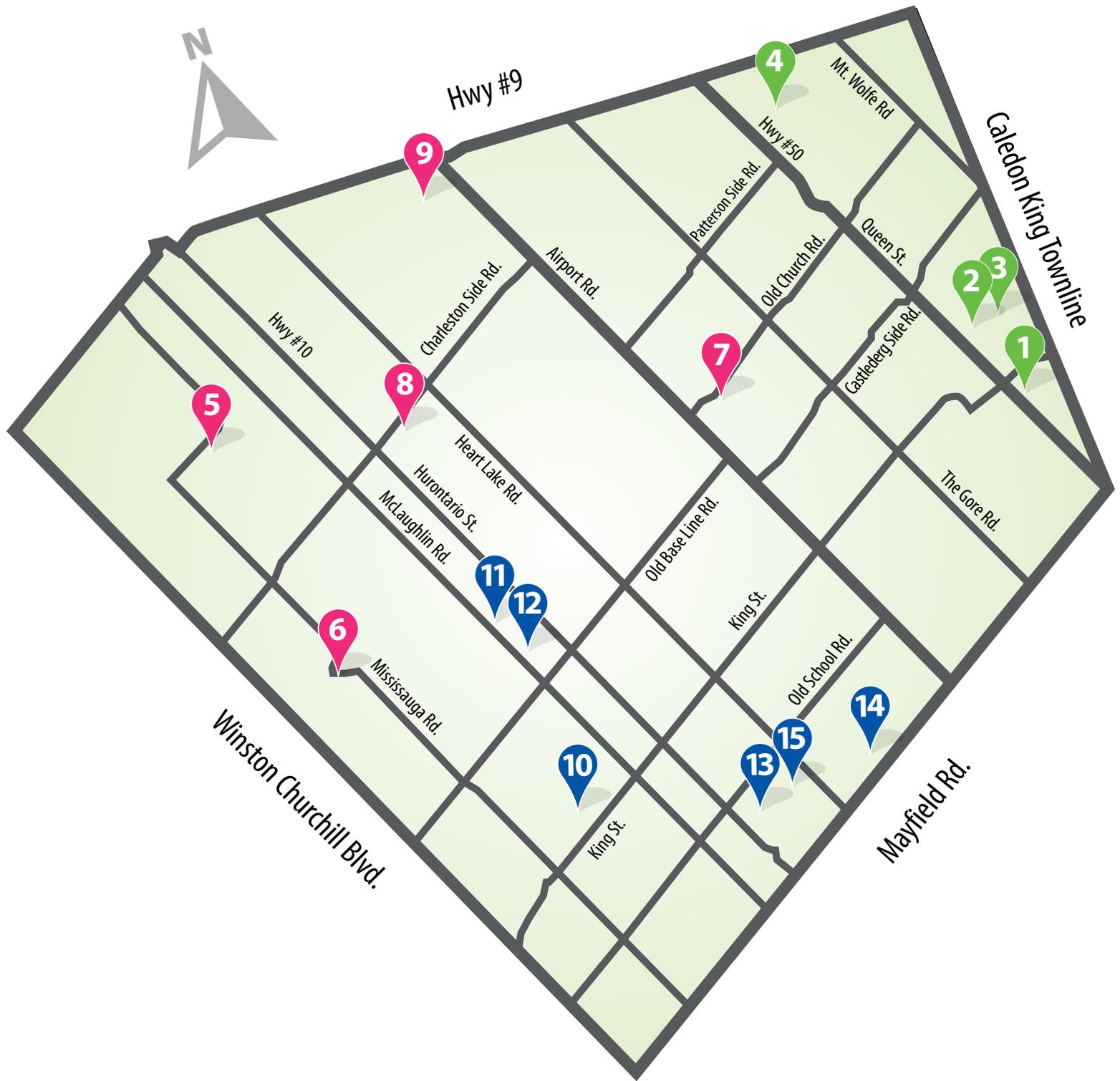


- 10 Cheltenham Community Centre**  
14190 Creditview Road, Caledon
  - community room with kitchen
- 11 Inglewood Community Centre**  
15825 McLaughlin Road, Inglewood
  - community room with kitchen
- 12 Lloyd Wilson Centennial Arena**  
15551 McLaughlin Road, Inglewood
  - ice surface, party room
- 13 Margaret Dunn Valleywood Community Room**  
20 Snelcrest Drive, Caledon
  - community room with kitchen
- 14 Mayfield Recreation Complex**  
12087 Bramalea Road, Caledon
  - ice surface, 25m pool with diving boards, meeting room
- 15 Southfields Community Centre**  
225 Dougall Ave, Caledon
  - fitness facility, pool, aerobic room, program and meeting spaces

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# Recreation Facilities Map



# General Interest Programs

## Preschool (0-5)

### MULTI-SPORT - PARENT AND CHILD

In partnership with Sportball, this program will keep participants moving and engaged. They will be introduced to sports including soccer, baseball, basketball, football, hockey, volleyball, golf and tennis. Your child will build confidence, competence and Physical Literacy.

**2-3.5 years**

- Southfields Community Centre

### PRESCHOOL DANCE 1

As an introduction to dance, this program allows participants to use music and movement to help develop coordination, balance and self-confidence in a fun group environment. Participants will be taught new techniques each week and will build towards learning a routine. This program will be offered in-person and through virtual instruction.

**3-4 years**

- Southfields Community Centre

### PRESCHOOL DANCE 2

A follow-up to Preschool Dance 1, this program allows participants to use music and movement while encouraging imagination and self-expression. Participants will develop coordination, balance and self-confidence in a fun group environment. They will work together to learn choreography building towards a routine.

**3-4 years**

- Southfields Community Centre

### FRIENDS AT PLAY

This program assists preschoolers in the growth of social, cognitive and motor skills through a developmentally appropriate curriculum and stimulating activities, which will help your child get ready for school. Independence is encouraged through a variety of positive experiences. Children must be toilet trained.

**3-5 years**

- Caledon Centre for Recreation and Wellness

### MULTI-SPORT

In partnership with Sportball, this program will keep participants moving and engaged. They will be introduced to sports including soccer, baseball, basketball, football, hockey, volleyball, golf and tennis. Your child will build confidence, competence and Physical Literacy.

**3.5-7 years**

- Southfields Community Centre

### KINDY CARTOONS WORKSHOP

This workshop is geared towards kindys, introducing them to the fun and creative world of cartoon animation. Children will learn to create simple and fun animations, helping them develop logical and fine motor skills, stimulating creativity and self-expression.

**4-6 years**

- Southfields Community Centre

### BAKER'S DOZEN

Join this fun interactive baking class focused on introductory skills such as how to follow recipe, basic decorating techniques and kitchen safety. Participants will be hands on in their own kitchen to create treats through virtual instructions that they can share with their family. Recipes will vary weekly and participants will receive an emailed ingredient list prior to the program start date. Recipes provided may include allergens, please substitute ingredients as needed.

**4-11 years**

- Virtual
- Southfields Community Centre

### JR GAMES AND ANIMATIONS PROGRAMMING - FAMILY

Young children will learn beginner coding, allowing them to make their own characters come to life by programming them to move, jump, dance, sing and so much more. Children will learn problem solving, numeracy and literacy while still having fun!

**5-7 years**

- Virtual
- Caledon Centre for Recreation and Wellness

## Children (6-12)

### SOCCER

This progression based program focuses on developing soccer skills in a non-competitive environment. Drills will be geared to all skill levels and will be incorporated into game play.

**4-11 years**

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### BADMINTON

This progression-based program focuses on developing badminton skills in a non-competitive environment. Drills will be geared to all skill levels and will be incorporated into game play at the end of each class.

**6-10 years**

- Southfields Community Centre

### WACKY SCIENCE

Indulge the imagination and creativity of kids who love to create and discover. Little makers will explore, invent and create through hands-on experiences, science experiments and sensory play. Participants will be able to take home some of their creations.

**6-8 years**

- Caledon Centre for Recreation and Wellness

### INTRO TO ART

Do you have a budding artist in the family? This multi-media introductory art program will expose participants to various fine art techniques such as drawing with pencil, painting with watercolours, acrylics, sculpture techniques and so much more!

**6-12 years**

- Caledon Centre for Recreation and Wellness

### ROOKIE RUGBY

Participants will learn basic rugby skills in a non-contact, fun and safe instructional setting. They will practice various skills such as the correct way to throw, catch, and pass the ball. Games and activities will be non-contact and played to help promote and encourage communication, team building and good physical health.

**6-12 years**

- Caledon Centre for Recreation and Wellness

### BASKETBALL

This progression based program focuses on developing basketball skills in a non-competitive environment. Drills will be geared to all skill levels and will be incorporated into game play.

**6-12 years**

- Caledon Centre for Recreation and Wellness

### JUNIOR CHEF

Join this fun interactive cooking class focused on introductory skills such as how to follow recipe, basic cooking skills and kitchen safety. Participants will be hands on in their own kitchen to create dishes through virtual instructions that they can share with their family. Recipes will vary weekly and participants will receive an emailed invitation with the virtual link and ingredient list prior to program start date. Recipes provided may include allergens, please substitute ingredients as needed.

**6-14 years**

- Virtual

# General Interest Programs and Camps

## KARATE

Karate is a Japanese Martial Art developed for self-defence that is based on striking and blocking techniques. Participants will be taught these techniques through basic drills, prearranged partner drills, kata (prearranged forms) and sparring.

**6+ years**

- Southfields Community Centre

## TAE KWON DO

Tae Kwon Do is an art of self-defence that is designed to enable participants to reach their personal potential. Tae Kwon Do instructors train participants on blocks, kicks, and punches. Additional material fees apply.

**6-16 years**

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

## GAMES AND ANIMATIONS PROGRAMMING

In partnership with Kids Great Minds, this course introduces kids to the amazing world of computer programming. Using Scratch from MIT, a fun and easy to use multimedia software, participants will enjoy creating both games and animations. Participants will solve problems, designing projects and communicating ideas using stackable blocks of code. By working collaboratively and using their creativity, participants will learn coding concepts such as conditionals, data, events, loops and more!

**8-11 years**

- Virtual

## iPAD VIDEO GAME CREATION

Children will create many games on their iPad by using; single and multiplayer options, A.I's, enemies and platformers. Participants will learn the basics of creating games by using coding concepts such as If statements, conditions, variables, sequencing etc. Impress your family and friends by sharing your unique games with them.

**8-13 years**

- Virtual

## HTML: WEBSITE DESIGN

Participants will learn how to create their own website. Some topics include creating links, adding images, using tables, page layout, how to add forms, and even insert video into your website with the HTML 5 specifications.

**10-13 years**

- Virtual

## VIRTUAL REALITY CHARACTER DESIGN WORKSHOP

Children will be introduced to creating an industry level, and textured 3D character. This character will be added to a basic but personalized environment that will be seen with a VR device. Note: KGM will bring in the VR goggles so children can enjoy their amazing work!

**7-11 years**

- Southfields Community Centre

## ADVENTURES IN INTERACTIVE PROGRAMMING WORKSHOP

Participants are introduced to the STEAM world through coding, designing their own project and creating a game controller. Participants will code with Scratch (from MIT), create a controller with Makey Makey, and will learn coding concepts such as loops, if statements and variables as well as basic electricity principles and more, in a fun, imaginative, and logical way!

**8-11 years**

- Caledon Centre for Recreation and Wellness

## MOBILE APP DEVELOPMENT

Participants will learn to design, program and test their own Apps for both Android and iOS devices. First they will be the Designer: creating the app UI (user interface). Then the Coder: programming unique, amazing, and powerful apps that can be tested in real time on your mobile device.

**11-14 years**

- Virtual

## Adult (18+)

### BALLROOM DANCE

Participants will develop their skills through this progressive based program. They will explore a variety of dance styles including Waltz, Rhumba, Swing and Merengue. Must register with a partner.

**18+ years**

- Caledon Centre for Recreation and Wellness

## All Ages

### PAINT NIGHT

Join us in person or virtually for an afternoon of fun and artistry through a guided acrylic painting experience. All skill levels welcome.

**8+ years**

- Virtual

- Caledon Centre for Recreation and Wellness

## Seasonal Camps

### WINTER BREAK - FESTIVE FUN DAYS

**THIS WINTER BREAK!**

Participate in an environment that encourages socialization, active play and the opportunity to explore a variety of indoor and outdoor activities. Campers will be placed in smaller activity groups with children of similar age within the camp.

**4-12 years**

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### WINTER BREAK - WORKSHOPS

In partnership with Kids Great Minds (KGM), these camp workshops will entertain and stimulate the minds of children with some of today's cutting edge technologies. These will be offered online via video conference where a Kids' Great Minds instructor will provide real-time lessons in:

- 3D modeling and printing
- Cartoon animation
- JR games and animations programming
- iPad video game creation
- PC video game creation

**5-12 years**

- Virtual

### PA DAY CAMP

Participate in an environment that encourages socialization, active play and the opportunity to explore a variety of indoor and outdoor activities. Campers will be placed in smaller activity groups with children of similar age within the camp.

**4-12 years**

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### MARCH BREAK CAMP

Participate in an environment that encourages socialization, active play and the opportunity to explore a variety of indoor and outdoor activities. Campers will be placed in smaller activity groups with children of similar age within the camp.

**4-12 years**

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

# Inclusive Programs

The Town of Caledon encourages and welcomes participants with disabilities or special needs. Support staff may be available for preschool and youth programs upon request; limited spots are available. For more information regarding support persons or inclusion opportunities, please contact **905.584.2272 x.4204** or email us at **recreation@caledon.ca**.

## ACTIVITY TIME

This program is for participants living with a disability. Participants will be exposed to a variety of activities including: arts and crafts, physical activity, and group games in a supportive environment.

**1-21 years**

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

## FUN CLUB

This program is designed for participants living with a disability. Participants will be provided the opportunity to socialize in an active gymnasium environment with varying activity stations. The second hour of the program will include time in the swimming pool.

**1-21 years**

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

## ADAPTED LESSONS - AQUATICS

This program is for young adults with special needs. With each individual's needs in mind, the goal of this program is to provide basic water instruction and to teach water safety skills in a one-to-one setting.

**14 - 21 years**

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre



# Fitness Programs

## Family

### FAMILY BOOTCAMP

This fast paced workout consists of sport drills, light weights, circuits and games.

**6+ years**

- Southfields Community Centre

### FAMILY YOGA

Participants will learn yoga poses while building trust and providing physical exercise.

**6+ years**

- Caledon Centre for Recreation and Wellness

### FAMILY ZUMBA

The family will enjoy Latin and International dance routines and discover how easy it is to combine simple dance moves with fitness-based movements.

**6+ years**

- Albion Bolton Community Centre

### PARENT AND BABY FITNESS

Have fun and get fit with your baby. A great way to meet other parents while increasing your strength, cardio and flexibility.

- Caledon Centre for Recreation and Wellness

## Youth

### TOTAL TRAINING FOR TEENS (11-17)

Learn the basics of strength and conditioning with a personal trainer. Participants will use cardio and weight machines and more to develop their own program. Program includes a 'free' youth orientation to the fitness facility.

**11-17 years**

- Southfields Community Centre
- Caledon Centre for Recreation and Wellness

### MOVE+

This class combines sports conditioning, flexibility and strength training. Participants will leave feeling fitter, stronger and confident.

**11-17 years**

- Caledon Centre for Recreation and Wellness

## Adult

### MINDFUL MOVEMENT, BREATH AND MEDITATION

Discover a sense of embodied calm and wellbeing through gentle, mindful movement and different types of breathing and meditation techniques.

**18+ years**

- Margaret Dunn (Valleywood)

### YOGA FUNDAMENTAL

This class is designed to help you build the fountain to a safe and rewarding yoga practice. Learn proper, safe alignment, improve your flexibility, muscle strength, balance and well being.

**18+ years**

- Margaret Dunn (Valleywood)

### YIN YOGA

Looking for an inducing deep stress relief within the mind and body? Yin Yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time.

**18+ years**

- Albion Bolton Community Centre

### BONE BUILDER

Bones like muscles respond to stress by becoming stronger. This low-impact fitness class focuses on weight training using resistant bands and dumbbells. It is a perfect class for those new to fitness or individuals at risk of developing bone disease or joint problems such as arthritis.

**18+ years**

- Caledon Centre for Recreation and Wellness

### ACTIVE AGING YOGA

Increase balance, strength, flexibility and coordination. This class is suitable for those that are looking to improve circulation, exercise the mind and increase concentration.

**18+ years**

- Albion Bolton Community Centre

## Adult 55+

### CHAIR YOGA 55+

This chair based program is suited for individuals who are more comfortable performing exercises while seated.

**18+ years**

- Southfields Community Centre
- Caledon Centre for Recreation and Wellness

### FIT FOR LIFE

A low intensity, full body workout that will have a different focus each week. All fitness levels are welcome.

**18+ years**

- Caledon Village Place

### SIT AND GET FIT

Low intensity, seated exercises that will help to improve flexibility, muscular strength, coordination skills, and balance.

**18+ years**

- Inglewood Community Centre

### ZUMBA 55+

This cardio class combines fitness and dance moves set to great music. Suitable for all levels.

**18+ years**

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre



## General Aquatics Information

### SWIMMING ATTIRE

Bathing/swimming attire is defined as clothing that is clean and is used specifically for the purpose of swimming. Children who are not toilet trained must wear appropriate swim diapers.

### PHOTOGRAPHY AT THE POOLS

The privacy and comfort of our swimming customers is important to us. Therefore the use of any device capable of rendering a photographic image is prohibited in our aquatic facilities.

### MEDICAL CONDITIONS

Participants with serious medical conditions should be accompanied by individuals who understand his/her condition and is responsible for their direct supervision.

## Learn to Swim

### CHOOSING THE CORRECT LEVEL

Participating in the proper level is critical to your child's social and physical development. Please have your child tested to determine their appropriate level. Swim assessments are conducted during pre-booked time slots. Contact the facility for helpful information and advice.

### MAKE-UP LESSONS

Swimming programs may be cancelled due to unforeseen challenges. The Town of Caledon will do all we can to compensate for the loss of program time. Make-up classes or compensation will not be available due to participant absence from programming.

### CANCELLATION DATES

Swimming programs may have dates that have been cancelled or postponed due to holidays or facility maintenance. These dates will appear on your registration receipt. Course lengths and fees have already been adjusted due to any cancelled dates.

### SESSION UPDATES

Prior to the next registration, parents will have an opportunity to speak with the instructor regarding their child's progress. The class will end approximately five minutes early.

### REGISTRATION AFTER THE THIRD LESSON

To ensure program consistency, registrations or transfers will not be permitted after the start of the third lesson.

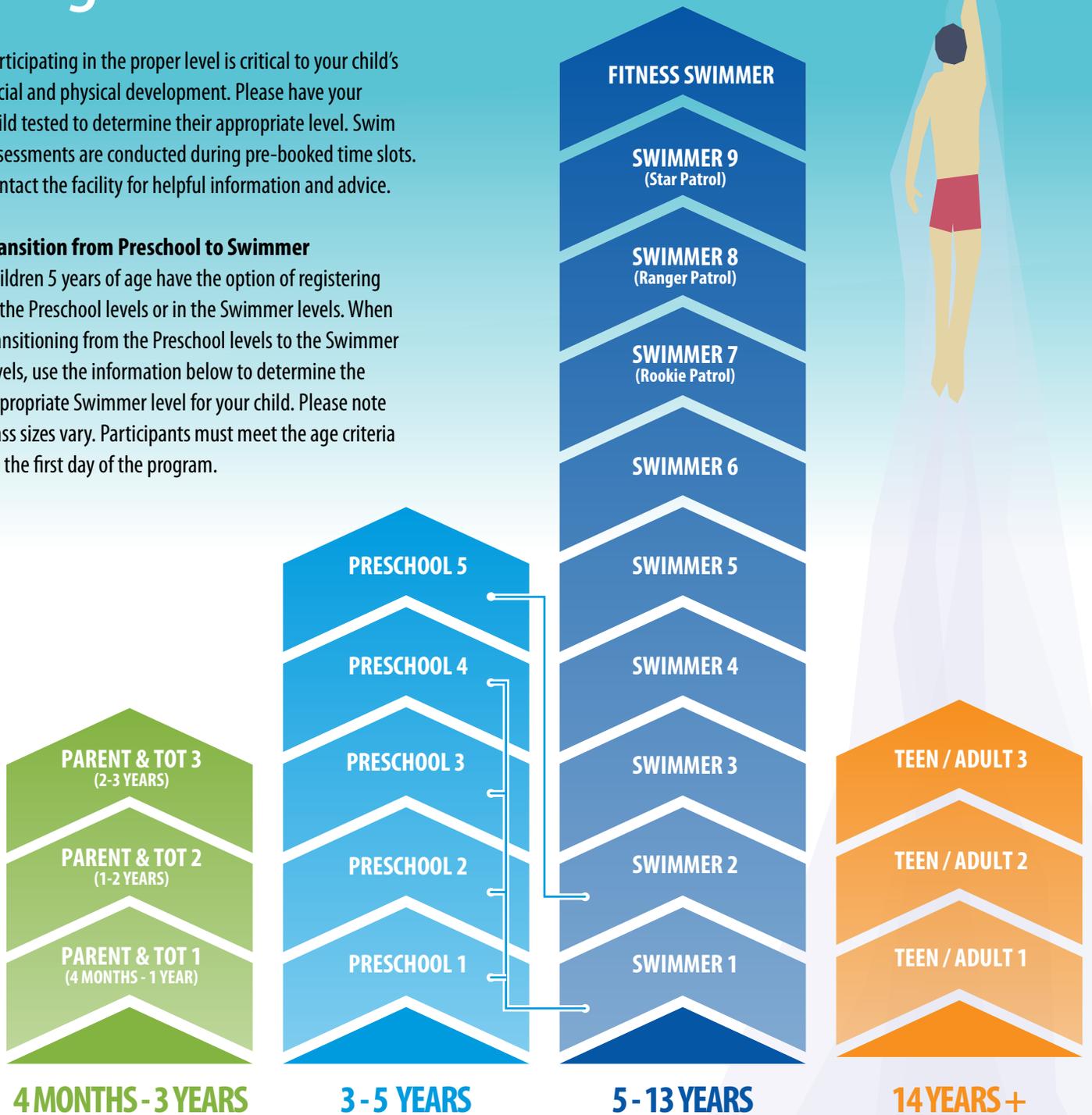


## Swim Level Progression Chart

Participating in the proper level is critical to your child's social and physical development. Please have your child tested to determine their appropriate level. Swim assessments are conducted during pre-booked time slots. Contact the facility for helpful information and advice.

### Transition from Preschool to Swimmer

Children 5 years of age have the option of registering in the Preschool levels or in the Swimmer levels. When transitioning from the Preschool levels to the Swimmer levels, use the information below to determine the appropriate Swimmer level for your child. Please note class sizes vary. Participants must meet the age criteria on the first day of the program.





## Learn to Swim

### PARENT AND TOT 1 / 2

Parent and Tot 1: Designed for the 4 to 12-month-old, this level is all about helping your child feel and explore the water by floating, splashing, reaching and paddling. You'll learn how to help your child play in and play with the water with comfort and confidence.

Parent and Tot 2: Designed for the 12 to 24-month-old, this level teaches children to get their face wet and blow bubbles (the first step in breath control). With your guidance, your child recovers objects below the surface, performs front and back floats and learns how to travel at the surface by kicking.

#### 4 months - 2 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### PARENT AND TOT 3

This is an advanced level for 2–3 year-olds. They'll have fun jumping into the water and getting out without assistance. They learn to hold their breath and open their eyes underwater to recover an object from the bottom. Mastering front and back floats in starfish and pencil positions and kicking on front and back provide the building blocks for swimming stroke development in the preschool program.

#### 2 - 3 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### PRESCHOOL 1 - PARENTED

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

#### 3-5 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### PRESCHOOL 2 - PARENTED

These preschoolers learn to jump into chest-deep water by themselves, and get in and out the water wearing a lifejacket. They'll submerge and exhale underwater three times. Wearing a lifejacket, they'll glide on their front and back for 3m and also flutter kick on their back for 5m with assistance.

#### 3-5 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### PRESCHOOL 3 - PARENTED

These preschoolers will try both jumping and a sideways entry into deep water while wearing a life jacket. They'll submerge and exhale underwater five times. They'll work on kicking and gliding unassisted through the water on their front and back for 3m and also flutter kick for 5m.

#### 3-5 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### PRESCHOOL 4 - PARENTED

These intermediate preschoolers will learn to do solo jumps into deeper water and tread water for 10 seconds wearing a lifejacket. They'll work on kicking and gliding unassisted on their front and back for 7m and on their side for 5m. They will also develop their front crawl for 5m with a lifejacket.

#### 3-5 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### PRESCHOOL 5 - PARENTED

These advanced preschoolers are challenged with a forward roll entry wearing a life jacket and treading water for 10 seconds. They'll work on front and back crawl swims unassisted for 5m, interval training and whip kick in vertical position with a lifejacket.

#### 3-5 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### SWIMMER 1 - PARENTED

These beginners will become comfortable jumping into water with and without a life jacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, gliding for 3m, kicking for 5m on their front and back. They will also develop their front crawl for 5m with a lifejacket.

#### 5-13 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### SWIMMER 2 - PARENTED

These swimmers will become comfortable jumping into deep water and tread water for 15 seconds unassisted. They'll work on flutter kick on front, back and side for 10m and vertical whip kick with an aid for 30 seconds. They will also develop their front and back crawl for 10m unassisted.

#### 5-13 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### SWIMMER 3

These junior swimmers will begin to dive and learn to do in-water front somersaults and handstands. They'll work on increasing their front crawl and back crawl to 15m and whip kick to 10m. They will perform flutter kick with a change in direction for 5m and tread water for 30 seconds.

#### 5-13 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

### SWIMMER 4

These intermediate swimmers will swim 5m underwater and 25m of front crawl, back crawl, 15m of whip kick, and 15m of breaststroke arms with breathing. This level includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25m.

#### 5-13 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

## SWIMMER 5

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50m swims of each, and breaststroke over 25m. Then they'll pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front or back crawl; and 4 x 15m breaststroke.

### 5-13 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

## SWIMMER 6

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25m. They'll easily swim 100m each of front crawl, back crawl, and 50m of breaststroke.

### 5-13 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

## SWIMMER 7

Swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.

### 6-13 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

## SWIMMER 8

Swimmers develop better strokes over 75m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation

### 6-13 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

## SWIMMER 9

Swimmers are challenged with workouts, 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

### 6-13 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

## PRIVATE LESSONS

An excellent opportunity to customize personal swim instruction, increase endurance and improve technique. Designed for those who desire or require one-to-one attention.

### 3+ years

- Caledon Centre for Recreation and Wellness
- Mayfield Recreation Complex
- Southfields Community Centre

## LOW-RATIO LESSONS (LEVEL SPECIFIC)

Low ratio swim lessons provide a smaller instructor-to-participant ratio (max. 3 participants per class). Lesson are level-specific to ensure consistency in swimmer development during the class.

### 3+ years

- Caledon Centre for Recreation and Wellness
- Mayfield Recreation Complex
- Southfields Community Centre

## FITNESS SWIMMER

For swimmers who want to improve their overall physical fitness in the water. Sessions consist of training principles and practices including interval training, sprints and distance swims. Swimmers set their own goals to improve overall physical fitness.

### 7-13 years

- Mayfield Recreation Complex

## ADAPTED LESSONS - AQUATICS

This program is for young adults with special needs. With each individual's needs in mind, the goal of this program is to provide basic water instruction and to teach water safety skills in a one-to-one setting. Please contact Recreation Coordinator or Programmer for information on site-specific availability. A parent/caregiver should be prepared to participate in order to provide hands-on support based on individual swim abilities.

### 14 - 21 years

- Caledon Centre for Recreation and Wellness
- Southfields Community Centre

## FAMILY LESSONS - PRESCHOOL 1-5

NEW!

Family lessons for 2-3 family members of the same household. All participants must register. A parent/guardian of 14 years + must be prepared, in bathing attire, to participate and physically assist their child.

- Southfields Community Centre

## FAMILY LESSONS - SWIMMER 1-6

NEW!

Family lessons for 2-3 family members of the same household. All participants must register. A parent/guardian of 14 years + must be prepared, in bathing attire, to participate and physically assist their child if their swim ability falls within the levels of Swimmer 1 or Swimmer 2.

- Southfields Community Centre

## TEEN / ADULT 1

Designed for new or beginner swimmers, who are learning to swim and build comfort in the water. Participants will work towards a 10-15m swim on their front and back, tread for 30 seconds with a lifejacket. They will also do jump entries from the side and recover an object from the bottom in chest-deep water.

- Southfields Community Centre
- Mayfield Recreation Complex

## TEEN / ADULT 2

For Swimmers who are looking to advance their basic swim skills, Swimmers will be able to complete front crawl and back crawl skills for 25-50 m. Dive entries, forward rolls with a lifejacket and breast stroke arms techniques are introduced. Swimmers work towards treading water for 1 to 2 minutes. Swimmers are also able to complete the Canadian Swim to Survive® Standard.

- Southfields Community Centre
- Mayfield Recreation Complex

## TEEN / ADULT 3

Designed for advanced swimmers, skills include front and back crawl 50-100 m, head up front crawl, dives, jumps, underwater swim for 5-10 m and surface support for 30-60 sec. Front crawl, back crawl, and breast stroke techniques are refined to complete the 300m distance swim and 25-50m sprint.

- Southfields Community Centre
- Mayfield Recreation Complex

# How to become a Lifeguard and Swim instructor



**TIP**  
Volunteer at a Caledon pool to enhance employment eligibility 14 years+

**JOIN OUR TEAM!**



**\* Register for two leadership courses, Get 50% off future courses!**

*Visit your local recreation facility for more information or email [recreation@caledon.ca](mailto:recreation@caledon.ca).*



## Aquatics Leadership

### LIFESAVING SKILLS AND DRILLS

Designed for current or future candidates of Bronze Star, Medallion, Cross and National Lifeguard courses. Under the guidance of an instructor participants are able to work on their goals including fitness and water rescue skills such as spinal rollover, lifesaving kicks and removals. Rescue equipment will be available to participants. Registration will remain open throughout the session.

**10+ years**

- Southfields Community Centre

### BRONZE STAR

A preparation course for success in Bronze Medallion. Participants learn problem-solving and decision-making skills, lifesaving rescue techniques, CPR, and develop lifesaving fitness. Includes a 400m timed swim. Participants must be present for evaluation throughout the course

**10-12 years**

- Southfields Community Centre

### BRONZE MEDALLION AND EMERGENCY FIRST AID

Prerequisite: Minimum 13 years of age or Bronze Star certification (need not be current). Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

**13+ years**

- Caledon Centre for Recreation and Wellness
- Mayfield Recreation Complex
- Southfields Community Centre



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*

### BRONZE CROSS AND STANDARD FIRST AID

Prerequisite: Bronze Medallion and Emergency First Aid (need not be current). The final prerequisite course for all advanced aquatics leadership programs. Includes a 400m timed swim, lifesaver techniques, and safety rescues.

Standard First Aid provides comprehensive training on all aspects of first aid. Time will be split between classroom and pool time. Material fees apply.

**13+ years**

- Caledon Centre for Recreation and Wellness
- Mayfield Recreation Complex
- Southfields Community Centre

### NATIONAL LIFEGUARD

The National Lifeguard program is designed to develop a sound understanding of lifeguarding principles, good judgment, maturity and responsible attitude of the lifeguard role. The course focuses on the decision-making process to prepare the lifeguard to evaluate and respond to emergencies. Candidates will perform fitness skills including a 400m timed swim. 100% Attendance is mandatory. Additional material fees apply. Prerequisite: Minimum 15 years of age Bronze Cross and Standard First Aid certification.

**15+ years**

- Mayfield Recreation Complex

### NATIONAL LIFEGUARD RECERTIFICATION

This recertification clinic is for certified National Lifeguards. You must bring your National Lifeguard card and photo identification to the course. This is a re-examination and involves lifeguarding skills, first aid skills, fitness skills and rescue situations. 100% Attendance is mandatory for this course. National Lifeguard certification need not be current.

**15+ years**

- Mayfield Recreation Complex

### LSS SWIM AND LIFESAVING INSTRUCTOR

Instructor candidates learn to teach and evaluate basic swimming strokes and skills, lifesaving and first aid skills as well as resuscitation techniques as per Lifesaving Society standards. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Additional material fees apply. 100% Attendance is mandatory for this course. Prerequisite: Bronze Cross and 15 years of age

**15+ years**

- Mayfield Recreation Complex

## Safety Training and First Aid

### HOME ALONE SAFETY FOR KIDS

In partnership with Sophia Safety, participants will learn how to handle situations and emergencies when they are home alone. Some topics will include: accident prevention, people safety, internet safety, kitchen safety, fire safety and dealing with sibling rivalry.

**9-12 years**

- Virtual

### LSS STANDARD FIRST AID AND CPR C

This program provides comprehensive training covering all aspects of first aid. Training covers in-depth understanding of legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Includes CPR-C certification. Additional material fees apply.

**12+ years**

- Mayfield Recreation Complex

### LSS STANDARD FIRST AID AND CPR C RECERTIFICATION

Prerequisite: Lifesaving Society Standard First Aid current within 3 years of certification date.

This one-day re-certification course reviews Standard First Aid and CPR-C knowledge and skills, and any industry updates. Participants must have a Lifesaving Society Standard First Aid certification to register for this course. If the certification is older than 3 years from the original certification date, a full two-day course must be taken. Those whose current SFA certification was completed via a one-day recertification cannot recertify a second consecutive time and must attend a full course. Candidates must bring their Canadian First Aid Manual and proof of certification to the course.

**12+ years**

- Mayfield Recreation Complex

## General Skating Information

### REGISTRATION AFTER THE THIRD LESSON

To ensure program consistency, registration will not be permitted following the start of the third lesson.

### WHAT TO WEAR

Participants must wear CSA-approved helmet and single-blade skates prior to accessing the ice. Warm clothing; consisting of a jacket, snowpants and gloves is recommended.

## Learn to Skate

### SKATING PRESCHOOL 1

This program is designed for children with no previous skating experience. The instructor will encourage the child to learn standing and stepping on their own through different exercises, games and songs.

#### 3-6 years

- Albion Bolton Community Centre
- Caledon East Community Complex
- Mayfield Recreation Complex
- Lloyd Wilson Centennial Arena

### SKATING PRESCHOOL 2

This program is designed for children who are able to stand up on the ice. The instructor will encourage the child to learn movement on the ice through different exercises, games and songs.

#### 3-6 years

- Albion Bolton Community Centre
- Caledon East Community Complex
- Mayfield Recreation Complex
- Lloyd Wilson Centennial Arena

### SKATING PRESCHOOL 3

This program is designed for children who are able to stand up and walk on the ice. The instructor will encourage the child to glide on the ice through different exercises, games and songs.

#### 3-6 years

- Albion Bolton Community Centre
- Caledon East Community Complex
- Mayfield Recreation Complex
- Lloyd Wilson Centennial Arena

### MAKE-UP LESSONS

Skating programs may be cancelled due to unforeseen challenges. The Town of Caledon will do all we can to compensate for the loss of program time. Make-up classes or compensation will not be available due to participant absence from programming.

### SKATING YOUTH 1

This program is designed for children 7 - 13 years with no skating experience. The instructor will encourage the child to learn movement on the ice through different exercises and games.

#### 7-13 years

- Albion Bolton Community Centre
- Caledon East Community Complex
- Mayfield Recreation Complex
- Lloyd Wilson Centennial Arena

### SKATING YOUTH 2

This program is designed for children 7 - 13 years who are able to stand up and walk on the ice. The instructor will encourage the child to glide on the ice through different exercises and games.

#### 7-13 years

- Albion Bolton Community Centre
- Caledon East Community Complex
- Mayfield Recreation Complex
- Lloyd Wilson Centennial Arena

### SKATING LOW-RATIO LESSONS (LEVEL SPECIFIC)

Low ratio skating lessons provide a smaller instructor-to-participant ratio. Low Ratio lessons are level-specific to ensure consistency in skater development during the class.

#### 3-13 years

- Albion Bolton Community Centre
- Caledon East Community Complex
- Mayfield Recreation Complex
- Lloyd Wilson Centennial Arena

### CANCELLATION DATES

Skating programs may have dates that have been cancelled or postponed due to holidays or facility maintenance. These dates will appear on your registration receipt. Course lengths and fees have already been adjusted due to any cancelled dates.

### SKATING PRIVATE LESSONS

Private skate lessons provide a smaller instructor-to-participant ratio with a limit of one skater per class. The Learn to Skate program is designed to teach the basics of skating.

#### 3+ years

- Albion Bolton Community Centre
- Caledon East Community Complex
- Mayfield Recreation Complex
- Lloyd Wilson Centennial Arena

### HOCKEY SKILLS AND DRILLS

This progression-based program focuses on developing hockey and skating skills in a non-competitive environment that will foster teamwork and friendship. Previous skating experience is required; participants must be able to skate a short distance on their own. Participants will be evaluated during the first lesson and will be split into groups based on skill level. All participants must wear a properly fastened CSA approved helmet with face shield/cage and full hockey equipment.

#### 4-10 years

- Mayfield Recreation Complex



# COMMIT CHALLENGE SUCCEED

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