



RECREATION SERVICES MEMORANDUM

Page: 1
File: R00
Pending #:

TO: MAYOR J. LEHMAN AND MEMBERS OF COUNCIL

FROM: B. ROTH, DIRECTOR OF RECREATION SERVICES

NOTED: D. MCALPINE, GENERAL MANAGER OF COMMUNITY AND CORPORATE SERVICES

M. PROWSE, CHIEF ADMINISTRATIVE OFFICER

RE: RECREATION SERVICES FALL PROGRAMS

DATE: SEPTEMBER 23, 2019

It's that time of year to get involved in the fall programs at your local community centre. Once again Recreation Services is offering an exciting menu of fall programs for participants of all ages. Our Fall 1 session begins the week of September 21, 2019. Individuals can register for the Fall 1, Fall 2 and Winter sessions today!

Looking to explore something new? Why not let your little people try Cartooning, Flying Super Heroes, Forest Friends, All About Sea Creatures, Winter Wonderland? For the tween-teen set, there's Weekend at Base Camp or Fit to Dance or Multi-Sport or Dance Fitness! Adults and 55+ can register for Weight Lifting, 55+ Fit to Dance, plus Tai Chi and Pilates. A complete listing of registered programs is available at <https://ca.apm.activecommunities.com/barrie>.

If recreational sports leagues are your interest, we have a league for you! There are many leagues for all skill levels, from beginner to advance. Choose your level and choose your sport from Dodgeball, Basketball or Volleyball and get ready to have some fun. Sign up as an individual or as a team. For a complete description of all these activities, visit us online.

Also new this year, is a weekly Drop-In Sensory Gym for participants and their support worker to enjoy adapted gym time with no music and minimal noise.

Swimming is a life skill; we are introducing The Complete Junior Lifesaver Program. Participants will develop skills from the Swim to Survive Patrol and Bronze Star levels plus work toward becoming Basic First Aid/CPR-A certified in this course. Recreation Services is also offering a drop-in stroke clinic for participants interested in improving their swimming technique. During the clinic staff will provide detection and correction through drills.

If you, your friends and family have multiple children who you would like to have in swimming lessons on the same day at the same time, then Family Swimming Lessons are for you! It's super easy; choose the pool where you would like your child(ren) to take lessons, find the day and time that is most convenient for you, and register. On the first day of lessons your child(ren) will be evaluated and placed in a class that is appropriate for their skill level. The classes will cover the same content covered in traditional lessons.

Did you know all three of Barrie's community recreation centres have a well-equipped Fitness Centre? Individuals can set their own schedule and attend classes with our affordable Barrie RecPass. The RecPass provides unlimited access to the drop-ins offered at all of our recreation centres, such as skating, swimming, open gym sessions, and drop-in fitness classes plus child-focused programs, including dance, pre-school and after-school programs! The RecPass comes at a reasonable monthly price; making it easy for you and your family to ensure active living is a priority in your daily schedule.

For more information and registration please visit www.barrie.ca/Living/RecreationPrograms