

Town of East Gwillimbury

# Health and Active Living Guide

Spring and Summer 2023





# 2022-2026

## Town of East Gwillimbury Council

Municipal Council is comprised of the Mayor and six ward councillors. The key responsibilities of Council are to support the municipality and its operations while ensuring that the public's well-being and interests are maintained. If you would like to contact any member of Council, please reference the map to identify your ward Councillor.



**Virginia Hackson**  
**Mayor**

☎905-478-4283 ext. 3800  
vhackson@eastgwillimbury.ca

**Ward One**



**Loralea Camuthers**  
**Councillor, Ward 1**  
☎905-478-4283 ext. 3808  
lcamuthers@eastgwillimbury.ca



**Terry Foster**  
**Councillor, Ward 1**  
☎905-478-4283 ext. 3806  
tfoster@eastgwillimbury.ca

**Ward Two**



**Tara Roy-DiClemente**  
**Councillor, Ward 2**  
☎905-478-4283 ext. 3803  
troydiclemente@eastgwillimbury.ca



**Brian Johns**  
**Councillor, Ward 2**  
☎905-478-4283 ext. 3801  
bjohns@eastgwillimbury.ca

**Ward Three**



**Scott Crone**  
**Councillor, Ward 3**  
☎905-478-4283 ext. 3802  
schrone@eastgwillimbury.ca



**Susan Lahey**  
**Councillor, Ward 3**  
☎905-478-4283 ext. 3804  
slahey@eastgwillimbury.ca



## 1. Aufgaben

**Animal Control 1-888-844-6884**

## 2. Building Permits

 [bulking@eastgwintry.ca](mailto:bulking@eastgwintry.ca)  
 Customer Service 905-478-4282

## 2. Busch, Walter

☎ YRT 800-782-2100  
☎ Toll Free 1-800-287-1177

#### 4. First Hydrameter

**📞 assignlimbry.ca/customerservice**  
**📞 Customer Service 906-478-4282**

**E. Garbino/Wilmer Collection**

④ [www.law8iglaw.com](http://www.law8iglaw.com)  
 ☎ 800-1-800-421-6826

**Q. QUINTANA**

**📞 [esig@linbury.ca/customer-service](mailto:esig@linbury.ca/customer-service)**  
**📞 Customer Service 906-478-4282**

## 7. Model Base

☎ Canada Post 1-800-807-6701

### III. Notes Problems and Inquiries

☎ Customer Service 906-478-4282  
☎ After Hours YRP 1-800-578-5433

## 9. Outdoor Fire/Burn Permit

📞 [esig@limbury.ca](mailto:esig@limbury.ca) or [esig@limbury.ca](mailto:esig@limbury.ca)  
📞 Customer Service 905-478-4282

## 10. Parking

📞 [essexlimburi.ca/bylewform](http://essexlimburi.ca/bylewform)  
📞 Customer Service 905-478-4282

#### 41. Barton and Thomas

**📞 [ask@winbury.ca/customer-service](mailto:ask@winbury.ca/customer-service)**  
**📞 Customer Service 905-478-4282**

## 12. Pathology

📞 [esig@linbury.ca/customer-service](mailto:esig@linbury.ca/customer-service)  
📞 Customer Service 905-478-4282

#### 4.1. Power Outputs

hydrox.com/StormCenter3  
1-800-434-1236

#### 14. Property Taxes

**📞 assignlibrary.ca/customer-service**  
**📞 Customer Service 906-478-4282**

#### 4E. Recreation Programs

 [esigwillimbury.ca/guide](http://esigwillimbury.ca/guide)  
 [info@esigwillimbury.ca](mailto:info@esigwillimbury.ca)  
 Recreation Services: 816-474-5829

## 10. Road Concerns

☎ Town roads - 806-478-4282  
☎ Regional roads - 1-877-464-8876  
ext. 75900

## 17. Expanding

☎ YRP 906-885-1221

#### 49. Stront Lighter (to be passed)

📞 [esigwinbury.ca/directlights](http://esigwinbury.ca/directlights)  
☎ Customer Service 905-470-4282

## 42. Trestle Migration

**☎ York Region 905-896-1200**

## 20. TTP Non Emergency Line

**Toll Free 1-800-378-5423**  
**yp.ca/ReportIt**

Visit [www.eastgwillimbury.ca/Contacts](http://www.eastgwillimbury.ca/Contacts) for information on community groups, sport organizations, and schools in East Gwillimbury.

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# REGISTRATION INFORMATION



**ONLINE REGISTRATIONS**  
[www.eastgwillimbury.ca/ireg](http://www.eastgwillimbury.ca/ireg)

OR



**CALL IN REGISTRATIONS**  
Customer Service 905-478-4282

## REFUNDS

Refunds are only issued for medical reasons. A doctor's note may be required. All requests for refunds must be made in writing (email or paper) to Recreation Services. A \$20 administration fee plus a fee for classes attended will be deducted from all approved refunds.

Refunds will be processed according to the date Recreation Services receives your request. Please allow three to five weeks for any refunds to be processed.

Recreation Services reserves the right to cancel programs due to insufficient registration.

## TRANSFERS

All requests for transfers must be made by emailing [leisure1@eastgwillimbury.ca](mailto:leisure1@eastgwillimbury.ca). If space is available, a transfer could be accommodated up to two business days prior to the start of the program.

## WAITING LISTS

If you cannot be accommodated in any of your selections, your name will be added to the waiting list for your first choice only.

## PRORATE POLICY

Fees for classes will not be prorated for any reason.

The Town of East Gwillimbury strives to create and maintain a safe and enjoyable environment that is free from any form of harassment, violence, and discrimination. Public safety is everyone's responsibility. Acts of violence, harassment, or discrimination towards staff or other persons should be reported and will be addressed by the appropriate authority. The Town will take appropriate action to deal with such incidents, including the temporary or permanent removal of the individual or individuals from the public space and/or program.

Review the full Respect in Public Spaces policy at [www.eastgwillimbury.ca/Programs](http://www.eastgwillimbury.ca/Programs)

## Spring registration begins March 23 Summer registration begins June 14

### Program exclusion dates:

- April 7 (Good Friday)
- April 10 (Easter Monday)
- May 22 (Victoria Day)
- August 7 (Civic Holiday)

# OOPS!

## We cancelled it...

...because we didn't know you wanted it!

We encourage you to register at least one week before classes start to avoid cancellations.



Visit [www.eastgwillimbury.ca/Programs](http://www.eastgwillimbury.ca/Programs) for more information.

Please note by joining a program the registrant or participant recognizes, agrees, and accepts the known risks of participation in recreational activities and further agrees to hold harmless the Town of East Gwillimbury, elected officials and its employees from any injury or accident as it relates to these activities. The Town of East Gwillimbury does not assume any responsibilities for any incidents or injuries how so ever caused sustained by participants in any program in the buildings or on the grounds so designated or for the loss of personal or organizational effects stored or left in the building or on the grounds.





## Get Involved... Become an **ENGAGED EG VOLUNTEER**

EG wants you to join our volunteer team

We welcome anyone, of all ages to join including families, high school students, seniors and everyone in between.

Visit [www.eastgwillimbury.ca/engagedeg](http://www.eastgwillimbury.ca/engagedeg) for more information and to sign up for a session.

Questions? Email [volunteers@eastgwillimbury.ca](mailto:volunteers@eastgwillimbury.ca) to find out how you can join our Engaged EG Team!

## **EMPLOYMENT OPPORTUNITIES**

The Town is looking for individuals who are passionate about their community.

Join our team as we continue to make East Gwillimbury Active by Nature.

### **Positions include:**

- Fitness Instructor
- Preschool/Children Instructors
- Swimming Instructors
- PA Day/Holiday Break/Summer Camp Instructors
- Birthday Party Leader
- Skate Guards
- Inclusion Facilitators
- Special Event Staff
- Youth Leaders



**For a complete listing of  
current employment opportunities, visit [www.eastgwillimbury.ca/careers](http://www.eastgwillimbury.ca/careers)**



Health and  
Active Living  
Plaza

Coming  
2025\*



\*Anticipated timeline. These photos are artistic renderings

[www.eastwillimbury.ca/HALP](http://www.eastwillimbury.ca/HALP)



# A BIG Thank you!

## TO OUR SPONSORS AND PARTNERS!



### SPONSORSHIP OPPORTUNITIES

For more information on  
sponsorship opportunities  
contact Recreation Services:

☎ 905-478-3826  
✉ [rwilson@eastgwillimbury.ca](mailto:rwilson@eastgwillimbury.ca)





# AQUATIC PROGRAMS

## GENERAL INFORMATION

EG has partnered with the Main Street Pool in Newmarket to deliver Lifesaving swimming lessons. This quaint facility allows for quality lessons with smaller class sizes, warmer pool temperatures and on-deck viewing for one parent or guardian. It provides a comfortable environment for all. The pool depth starts at three feet and nine inches and drops to nine feet at its deepest point.

**Location:**

Main Street Pool  
241 Main Street North, Newmarket

**Swimming Lesson Duration:**

9 weeks  
April 18 to June 14

**Coming Soon**

The Town of East Gwillimbury is currently building its own aquatics facility. For more information and project updates, visit [www.eastgwillimbury.ca/HALP](http://www.eastgwillimbury.ca/HALP)

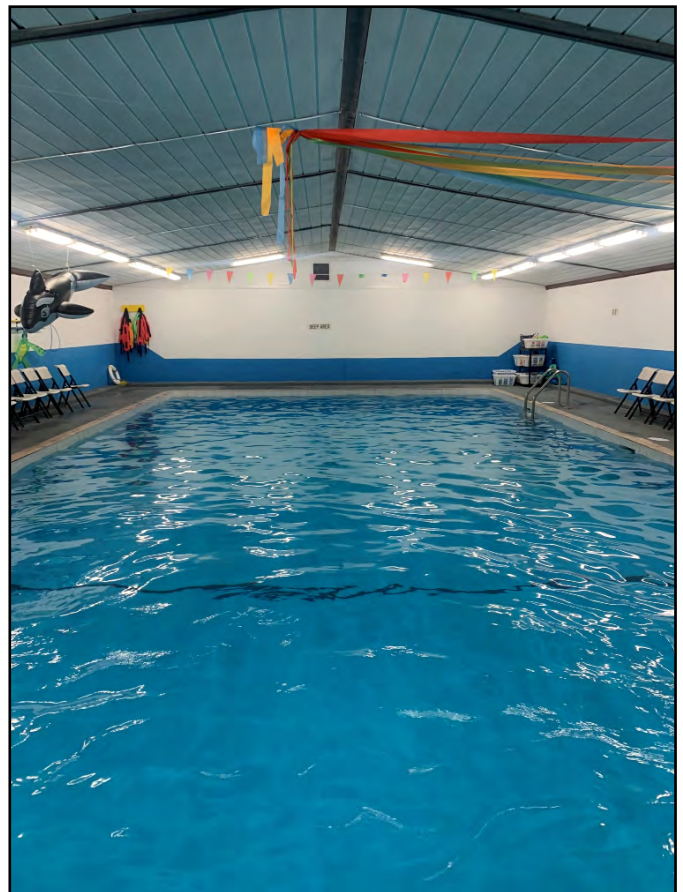
**Pool Tours**

Is it your first time attending swimming lessons with East Gwillimbury? Come check out the Main Street Pool in Newmarket where we host our swimming lessons. Join us for a free tour to get familiar with the building and our protocols.

**Staff are available for tours on:**

Tuesday, March 21 | 4:30 to 6:30 p.m. | Code: 9134  
Wednesday, March 22 | 4:30 to 6:30 p.m. | Code: 9135

Please use the appropriate code to pre-register for a tour date and then drop-in between the provided times.



# AQUATIC PROGRAMS

## PARENT AND TOT LESSONS

Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent/caregiver and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.

### PARENT AND TOT 1/2

4 TO 24 MONTHS

RATIO 5:1

Designed for 4 to 24-month-olds to learn and enjoy the water with their parent/caregiver.

Day	Time	Start	Fee	Code
Wed	4:30 to 5 p.m.	Apr. 19	\$130	8999



## PRESCHOOL LESSONS

Give your child a head start on learning to swim. The Lifesaving Society Preschool Program develops an appreciation and respect for the water. In our basic aquatic progressions we work to ensure 3 to 5 year olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

### PRESCHOOL 1

3 TO 5 YEARS

RATIO 4:1

We encourage the parent/caregiver to participate until their child lets them know they can do the task themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into the water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

Day	Time	Start	Fee	Code
Tue	4:30 to 5 p.m.	Apr. 18	\$115	9000
Tue	6:15 to 6:45 p.m.	Apr. 18	\$115	9001
Wed	5:30 to 6 p.m.	Apr. 19	\$115	9002

### PRESCHOOL 2

3 TO 5 YEARS

RATIO 4:1

These preschoolers learn to jump into the water by themselves, and get in and out. They'll submerge and exhale underwater. They will also use a lifejacket or PFD (personal flotation device) and glide on their front and back.

Day	Time	Start	Fee	Code
Tue	4:45 to 5:15 p.m.	Apr. 18	\$115	9003
Wed	6:15 to 6:45 p.m.	Apr. 19	\$115	9004
Wed	6:45 to 7:15 p.m.	Apr. 19	\$115	9005

### PRESCHOOL 3

3 TO 5 YEARS

RATIO 4:1

These youngsters will try jumping and a sideways entry into deep water. They'll recover objects from the bottom of the pool, and work on kicking and gliding through the water on their front and back.

Day	Time	Start	Fee	Code
Tue	5:30 to 6 p.m.	Apr. 18	\$115	9006



# AQUATIC PROGRAMS

## PRESCHOOL LESSONS

### PRESCHOOL 4/5

3 TO 5 YEARS

RATIO 4:1

**Preschool 4:** Advanced preschoolers will learn to do solo jumps into water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front, gliding and kicking on their side.

**Preschool 5:** These youngsters get more adventurous with a forward roll entry and treading water for 10 seconds. They'll work on front and back crawl swims for 5 minute interval training and get a giggle out of whip kick.

Day	Time	Start	Fee	Code
Wed	7 to 7:30 p.m.	Apr. 19	\$115	9007
Tue	7 to 7:30 p.m.	Apr. 18	\$115	9193

## SCHOOL AGE LESSONS

The Lifesaving Society's 6-level Swimmer program ensures your children learn how to swim. Swimmer progressions accommodate children 6 years and older including absolute beginners as well as swimmers who want to build on the basics. We stress in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels.

### SWIMMER 1

6 TO 12 YEARS

RATIO 6:1

These beginners will become comfortable jumping into water. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

Day	Time	Start	Fee	Code
Tue	5:15 to 5:45 p.m.	Apr. 18	\$115	9011
Tue	7:45 to 8:15 p.m.	Apr. 18	\$115	9195
Wed	6 to 6:30 p.m.	Apr. 19	\$115	9012
Wed	7:30 to 8 p.m.	Apr. 19	\$115	9013



### SWIMMER 2

6 TO 12 YEARS

RATIO 6:1

These advanced beginners will jump into water, and become comfortable falling sideways into the water. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 metres on their front and back, and begin to flutter kick in intervals (4x for 5 minutes each).

Day	Time	Start	Fee	Code
Tue	6 to 6:30 p.m.	Apr. 18	\$115	9014
Wed	5:15 to 5:45 p.m.	Apr. 19	\$115	9015

### SWIMMER 3

6 TO 12 YEARS

RATIO 6:1

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 metres of front crawl, back crawl and 10 metres of whip kick. Flutter kick interval training increases to 4 x 15 metres.

Day	Time	Start	Fee	Code
Tue	6:45 to 7:30 p.m.	Apr. 18	\$130	9016

### SWIMMER 4

6 TO 12 YEARS

RATIO 6:1

These intermediate swimmers will swim 5 metres underwater as well as lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 metres and 4 x 25 metres front or back crawl interval training.

Day	Time	Start	Fee	Code
Wed	7:45 to 8:30 p.m.	Apr. 19	\$130	9017



# AQUATIC PROGRAMS

## SCHOOL AGE LESSONS

### SEMI-PRIVATE SWIMMER 5

6 TO 12 YEARS

RATIO 4:1

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

Day	Time	Start	Fee	Code
Tue	7:30 to 8 p.m.	Apr. 18	\$200	9009

### SEMI-PRIVATE SWIMMER 6

6 TO 12 YEARS

RATIO 4:1

Semi-private classes offer smaller class sizes. 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 25 metres. They'll easily swim lengths of front crawl, back crawl, and breaststroke.

Day	Time	Start	Fee	Code
Wed	8 to 8:30 p.m.	Apr. 19	\$200	9010

## PRIVATE SWIM LESSON

### PRIVATE SWIM LESSON

3 TO 12 YEARS

If you are looking for your child to complete their required level with a one-on-one lesson with an instructor, you can register here!

Day	Time	Start	Fee	Code
Wed	4:45 to 5:15 p.m.	Apr. 19	\$300	9008





# PRE-SCHOOL PROGRAMS

## BALLET

**3 to 5 years**

In this program students will develop the grace and creativity of ballet. Students will learn proper arm and leg positions as well as several ballet routines that will transform them into a ballerina.

**Dress code: comfortable clothes and long hair tied back.**

## KINDER SCHOOL EXPLORERS

**3 to 5 years**

This pre-kindergarten program will have children participating in show and tell, art projects and educational worksheets. Children will discover numbers, letters, animals and much more. This program will allow your child to learn through play, while creative games, songs, stories and activities will enhance your child's learning experience.

**Please send your child with a nut-free snack and water bottle.**

## LITTLE KICKERS - KARATE

**3 to 5 years**

This program presents an opportunity for participants to become actively involved in the basic self defense techniques and movements as taught in Shotokan Karate. Sessions will be run by Black Belt instructors from Community Martial Arts, a member of the International Karate Association (IKA Canada). A friendly, encouraging atmosphere will be created to make it an enjoyable and fun experience.

**A uniform (t-shirt and Karate belt) will be supplied as part of the registration cost.**



## PARENT AND ME

**2 to 4 years**

This program is designed to introduce children to the basic patterns of human body movement. Participants will be guided through circuits and obstacle courses using real gymnastics equipment! This program is run in partnership with the Pulsars Gymnastics Club. All coaches are fully trained by the National Coaching Certification Program. Parent participation is required.



## PLAYBALL - BALL HOCKEY

**4 to 5 years**

Learn and build upon your hockey skills in a fun and non-competitive environment! Practice the fundamentals and develop more confidence in stickhandling, passing and shooting. Each child's needs are taken into consideration. This program is a great way for participants of all abilities to be part of the team!



## SPORTBALL — MULTI-SPORT

**3 to 5 years**

Sportball is a dynamic sports program focusing on skill development in eight different sports, soccer, basketball, hockey, tennis, baseball, volleyball, football and golf. This creative, non-competitive and self-esteem-building program prepares all children for a future of confident sports participation. We have included a ball for each participant in our registration fee so that parents can safely disinfect them each week.

**Please be sure to decorate your ball with your child's name using a permanent marker.**



## SPORTBALL — MULTI-SPORT PARENT AND CHILD

**2 to 3 years**

Parents/caregivers have a direct hand in their pre-schooler's development through this unique Multi-Sport program. With the active support and participation of their grown-up, children are able to refine their skills and continue their social and physical development such as balance and coordination by participating in eight popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. Under the guidance of our expert coaches, grownups also understand proven teaching techniques that can be applied outside of Sportball classes. Sportball maintains a one-parent-per-child ratio policy in all Parent and Child programs to ensure that focus is kept on helping little ones practice and progress. We have included a ball for each participant in our registration fee so that parents can safely disinfect them each week.

**Please be sure to decorate your ball with the child's name using a permanent marker.**



## SPORTBALL – SOCCER

**4 to 6 years**

Sportball soccer classes are packed with high-energy fun, using imaginative coaching techniques and a continuous flow of new drills and non-competitive games to keep things rolling along. All Sportball programs are designed to grow with your child and re-enrollment is encouraged.



## TINY TUMBLERS

**4 to 6 years**

This independent program is designed to develop basic gymnastics skills in a safe and fun environment. Participants will be guided through circuits and obstacle courses using real gymnastics equipment. All coaches are fully trained by the National Coaching Certification Program. This program is run in partnership with the Pulsars Gymnastics Club



## TINY TIGERS - TAEKWONDO **NEW!**

**4 to 6 years**

This class will introduce kids to the fundamentals of taekwondo including kicking, punching and blocking techniques. This class will also help to build a strong base in the fundamental concepts of discipline, respect, courtesy and integrity for your little ones. You can expect your kids to walk out of this program with a new level of confidence, skills, and self-defence techniques to keep them safe. **A uniform is included in cost.**



# PRE-SCHOOL PROGRAMS

Season	Program	Age	Weeks	Day	Start	Time	Location	Fee	Code
SPRING 2023	Ballet	3-5yrs	10	Wed	Apr. 19	5 to 5:30 p.m.	EGSC	\$87.50	9083
	Ballet	3-5yrs	10	Wed	Apr. 19	5:45 to 6:15 p.m.	EGSC	\$87.50	9084
	Kinder School Explorers	3-5yrs	10	Tue	Apr. 18	9:30 to 11:30 a.m.	EGSC	\$95	9088
	Little Kickers - Karate	3-5yrs	9	Mon	Apr. 24	5 to 5:45 p.m.	EGSC	\$162	9066
	Little Kickers - Karate	3-5yrs	10	Wed	Apr. 19	5 to 5:45 p.m.	MACC	\$180	9068
	Parent and Me	2-4 yrs	10	Thu	Apr. 20	3:45 to 4:15 p.m.	ROSS	\$90	9069
	Parent and Me	2-4 yrs	10	Thu	Apr. 20	4:20 to 4:50 p.m.	ROSS	\$90	9070
	Playball - Ball Hockey	4-5 yrs	10	Wed	Apr. 19	5:05 to 5:50 p.m.	ROSS	\$158	9075
	Sportball - Multi Sport	3-5yrs	10	Sat	Apr. 15	12:15 to 1:15 p.m.	HLCC	\$158	9076
	Sportball - Multi Sport	3-5yrs	10	Sat	Apr. 15	1:30 to 2:30 p.m.	HLCC	\$158	9077
	Sportball - Multi Sport Parent and Child	2-3yrs	10	Sat	Apr. 15	11:15 a.m. to 12 p.m.	HLCC	\$158	9078
	Sportball - Multi Sport Parent and Child	2-3yrs	10	Sat	Apr. 15	2:30 to 3:15 p.m.	HLCC	\$158	9079
	Sportball - Soccer	4-6yrs	10	Sat	Apr. 15	10 to 11 a.m.	HLCC	\$158	9080
	Tiny Tumblers	4-6 yrs	10	Thu	Apr. 20	4:30 to 5 p.m.	ROSS	\$90	9071
	Tiny Tumblers	4-6 yrs	10	Thu	Apr. 20	5 to 5:30 p.m.	ROSS	\$90	9072
	Tiny Tigers - Taekwondo	4-6 yrs	8	Tue	Apr. 18	4:45 to 5:15 p.m.	HLCC	\$170	9191

## LOCATION LEGEND

EGSC: East Gwillimbury Sports Complex  
 HHAC: Harvest Hills Activity Centre  
 HLCC: Holland Landing Community Centre

MACC: Mount Albert Community Centre  
 ROSS: Ross Family Complex





# CHILD AND YOUTH PROGRAMS

## DRAW, PAINT AND SCULPT

9 to 13 years

Children will explore their creativity and discover their talents while learning art skills and techniques in drawing, painting and sculpting. Join artist Donna Burwell-Stevens to learn about famous artists and create portraits, still life drawing, landscapes and more!

**Materials include: charcoal, oil pastel, watercolour and clay.**

## INTRO TO KARATE

7 to 12 years

This program is an opportunity for participants to become actively involved in the basic self defense techniques and movements as taught in Shotokan Karate. The Karate sessions will be run by Black Belt instructors from Community Martial Arts, a member of the International Karate Association (IKA Canada). A friendly, encouraging atmosphere will be created to make it an enjoyable and fun experience. **A uniform (t-shirt and Karate belt) will be supplied as part of the registration cost.**



## JAZZ

5 to 8 years

For those who enjoy creativity and movement this is the class for you. Participants will not only learn the fundamentals, positions and technical movements that are required in Jazz dance, but they will also develop strength, style, flexibility, coordination and gain a sense of rhythm and musicality. **Dress code: comfortable clothes and long hair tied back.**

## PLAYBALL - BALL HOCKEY

6 to 9 years

Learn and build upon your hockey skills in a fun and non-competitive environment! Practice the fundamentals and develop more confidence in stickhandling, passing and shooting. Each child's needs are taken into consideration. This program is a great way for participants of all abilities to be part of the team!



## PLAYBALL - BASKETBALL **NEW!**

8 to 12 years

The fastest growing youth sport in Canada! Playball Basketball is a comprehensive program of drills and gameplay carefully devised and structured to teach the fundamentals in a cooperative, fun-filled environment. Participants will learn and build upon the skills of shooting accuracy, dribbling, passing and defense.



## TENNIS FOR KIDS - ORANGE BALL

9 to 11 years

In partnership with the EG Tennis Club, Orange Ball focuses on the basics and fundamentals of tennis with an emphasis on fun. Juniors will be introduced to tennis related games and activities allowing them to master the basics of tennis. Our coaches are Tennis Canada certified and classes will have a maximum of 6 participants. **Participants must come with their own age/size appropriate racket.**

## TENNIS FOR KIDS - RED BALL

6 to 8 years

In partnership with the EG Tennis Club, children are introduced to tennis using age and size appropriate equipment designed to make tennis fun and easy to learn. Red Ball emphasizes team play and good

sportsmanship. Our coaches are Tennis Canada certified and classes will have a maximum of 6 participants. **Participants must come with their own age/size appropriate racket.**

## FAME TEEN FITNESS

11 to 15 years

Join Jenna of FAME Physio for an 8-week fitness program specifically designed for those who identify as female, aged 11 to 15, of all abilities. The program features one hour of physical fitness, exploring everything from foundational movement patterns to various types of workouts (high intensity training, tabata, and circuits). As well as a 30-minute fireside chat where topics such as nutrition, recovery strategies, confidence and mindset will be discussed. You will leave this program feeling stronger and more confident in both your body and mind. All levels of experience are welcome!

## TUMBLE STARS

7 to 9 years

In this structured program, participants will learn and build upon basic gymnastics skills with circuits and obstacle courses. Coaches may also set up tailored stations for certain participants, creating a more individualized learning atmosphere. All coaches are fully trained by the National Coaching Certification Program. This program is run in partnership with the Pulsars Gymnastics Club.



## FAMILY TAEKWONDO **NEW!**

7 years +

This intro class focuses on the fundamentals of taekwondo with kicking techniques, punches, blocks and self-defence. Students of all ages will have fun while also learning courtesy, respect, and discipline. This class is perfect for individuals and families to train on the mat together. **A uniform is included in the cost. If there are two or more family members participating, the second and subsequent family member(s) will receive a \$20 discount.**



# CHILD AND YOUTH PROGRAMS

Season	Program	Age	Weeks	Day	Start	Time	Location	Fee	Code
SPRING 2023	Draw, Paint and Sculpt	9-13 yrs	8	Tue	Apr. 18	5:30 to 7 p.m.	HHAC	\$112	9081
	Intro to Karate	7-12 yrs	9	Mon	Apr. 24	5:45 to 6:30 p.m.	EGSC	\$162	9065
	Intro to Karate	7-12 yrs	10	Wed	Apr. 19	5:45 to 6:30 p.m.	MACC	\$180	9067
	Jazz	5-8 yrs	10	Wed	Apr. 19	6:30 to 7 p.m.	EGSC	\$87.50	9085
	Playball - Ball Hockey	6-9 yrs	10	Wed	Apr. 19	5:55 to 6:45 p.m.	ROSS	\$158	9074
	Playball - Basketball	8-12 yrs	10	Wed	Apr. 19	4:15 to 5 p.m.	ROSS	\$158	9092
	Tennis for Kids - Orange Ball	9-11 yrs	8	Mon	Apr. 24	4:45 to 5:30 p.m.	HLCC	\$150	9087
	Tennis for Kids - Red Ball	6-8 yrs	8	Mon	Apr. 24	4 to 4:45 p.m.	HLCC	\$150	9086
	FAME Teen Fitness	11-15 yrs	8	Tue	Apr. 18	6 to 7:30 p.m.	EGSC	\$200	9082
	Tumble Stars	7-9 yrs	10	Thu	Apr. 20	5:10 to 5:40 p.m.	ROSS	\$90	9073
	Family Taekwondo	7+ yrs	8	Tue	Apr. 19	5:30 to 6:15 p.m.	HLCC	\$170	9192

## LOCATION LEGEND

EGSC: East Gwillimbury Sports Complex  
 HHAC: Harvest Hills Activity Centre  
 HLCC: Holland Landing Community Centre

MACC: Mount Albert Community Centre  
 ROSS: Ross Family Complex (Mount Albert)





# SCHOOL BREAK PROGRAMS

Program	Age	Day	Week Day	Start	Time	Location	Fee	Code
Virtual Babysitting Course	11-15 yrs	1	Fri	Jun. 2	8:30 a.m. to 3:30 p.m.	Virtual	\$75	9102
Virtual Babysitting Course	11-15 yrs	1	Fri	Jul. 21	10 a.m. to 5 p.m.	Virtual	\$75	9103
Virtual Babysitting Course	11-15 yrs	1	Fri	Aug. 25	10 a.m. to 5 p.m.	Virtual	\$75	9104
Virtual Home Alone Course	9-12 yrs	1	Fri	Jun. 2	9 a.m. to 3:30 p.m.	Virtual	\$75	9098
Virtual Home Alone Course	9-12 yrs	1	Fri	Jul. 7	10 a.m. to 4:30 p.m.	Virtual	\$75	9099
Virtual Home Alone Course	9-12 yrs	1	Fri	Aug. 11	10 a.m. to 4:30 p.m.	Virtual	\$75	9100
Tennis PA Day Camp (1/2 Day)	6-14 yrs	1	Fri	Jun. 2	9 a.m. to 12 p.m.	HLCC Courts	\$55	8995
PA Day Camp	5-11 yrs	1	Fri	Jun. 2	8:30 a.m. to 5 p.m.	ROSS	\$40	9164

## YOUTH LOUNGE (Upstairs at the EG Sports Complex)

Monday	Tuesday	Wednesday	Thursday	Friday
	Youth Social 4:30 to 7 p.m. FREE		Youth Social 4:30 to 7 p.m. FREE	
	Youth Bingo 6 to 7 p.m. Prizes to be won! FREE		Board Game Mania 6 to 8 p.m. FREE	

Visit [www.eastgwillimbury.ca/Dropins](http://www.eastgwillimbury.ca/Dropins) for new pop-up youth workshops!





## Book your birthday with EG!

Choose from one of our three fun birthday party packages to make your special day memorable. All packages are geared towards ages 5 to 12.

### **Arts and Crafts | Costs \$170**

Enjoy two hours with staff assistance. One hour of arts and crafts and one hour helping with cakes, gifts, etc. Available at the Ross Family Complex and Harvest-Hill Activity Centre. Specific dates and times only.

### **Sports and Fun | Costs \$158**

Enjoy two hours with staff assistance. One hour of fun in the gymnasium playing sports and games and one hour helping with cakes, gifts, etc. Available at the Ross Family Complex and Harvest-Hill Activity Centre. Specific dates and times only.

### **Boating | Costs \$248 + HST**

Enjoy 50 minutes of fun time for boating and one hour in Canada Hall for cakes, gifts, etc. There will be no staff assistance – parent supervision is required. Only available at the East Guilfordway Sports Complex.

Learn more at [www.eastgwillimbury.ca/BirthdayParty](http://www.eastgwillimbury.ca/BirthdayParty)

# Summer at the Sharon Temple Museum

18974 LESLIE ST. SHARON, ON  
[WWW.SHARONTEMPLE.CA](http://WWW.SHARONTEMPLE.CA) | 905-478-2389



**Heritage Celebration – June 8th**

**National Indigenous Peoples Day &**

**Hope Sculpture Garden unveiling – June 21st**

**Summer Camps – July 10th – August 18th**

**Canada Day Celebration – July 1st**

**Annual Classic Car Show – August 13th**





# YOUTH AND COMMUNITY INITIATIVES FUND

The Youth and Community Initiatives Fund provides families with financial support to ensure kids and elite athletes have the opportunity to play and participate in extra-curricular activities. Funding is also available for community groups. Please visit the Town's website for more information. The Youth and Community Initiatives Fund is supported through the Annual East Gwillimbury Mayor & Council Charity Golf Tournament.

## Funding is available for:

### Youth:

Under the age of 19

### Elite Athletes:

Participating in provincial or national sporting events

### Community Groups:

Not-for-profit and charitable organizations

**For more information and to complete an application form visit:**

[www.eastgwillimbury.ca/initiativesfund](http://www.eastgwillimbury.ca/initiativesfund)

### Questions?

Contact Gina Casey

Executive Assistant to Mayor and Council

905-478-4283 ext. 1276

[gcasey@eastgwillimbury.ca](mailto:gcasey@eastgwillimbury.ca)



A special thank you to those who support the East Gwillimbury community and participate in the Mayor & Council Charity Golf Tournament each year.

## FAIR, ACCESSIBLE, INCLUSIVE RECREATION

The Town of East Gwillimbury offers a fee assistance program to ensure participants of all ages can participate in Fair, Accessible, and Inclusive Recreation opportunities in EG!

### What is FAIR EG?

FAIR EG provides residents of all ages discounts on Town recreation camps and programs. The discount is based on the number of members in the household as well as household income on a sliding scale.

### How do I apply?

The FAIR EG process is completely confidential, respectful and dignified. Fill out an application at [www.eastgwillimbury.ca/faireg](http://www.eastgwillimbury.ca/faireg) or contact our Recreation Services Team.

### Questions?

For more information, contact our Recreation Services Team:

☎ 905-478-3826 ext. 1402

✉ [awright@eastgwillimbury.ca](mailto:awright@eastgwillimbury.ca)



# SPRING - ADULT FITNESS PROGRAMS

## LEGEND

■ The Town encourages all participants to bring their own mat for hygienic reasons.

### PIYO

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves our body looking long, lean, and incredibly defined. With every action-packed PiYo session, you can burn excess fat, sculpt and define your whole body as you minimize the aches and pains that come along with high-impact workouts. No matter your age or body type, PiYo will help give you dramatically visible, incredibly beautiful results.

### YOGA - HATHA ■

An introduction to Hatha Yoga designed for students who are new or returning to yoga. You will be guided by our instructor to gently explore basic postures and simple breathing techniques, followed by guided relaxation. Yoga improves your tone, helps strengthen and balance the body, and is ideal for counteracting the stresses of daily life.

### YOGA - YIN ■

Yin is a slower-paced, meditative style of yoga where postures are held for longer periods of time than in other traditional styles. It is designed to target the body's connective tissues to increase circulation in joints and improve flexibility. Breathing techniques incorporated in this program will help to lower levels of stress and anxiety.

### YOGA - TONE ■ NEW!

Yoga Tone is a one-hour blended class that both strengthens, lengthens and stretches your muscles. This class will leave you feeling lighter, stronger and more connected to your body and breath. The muscle-toning movements will keep your body fit and toned with yoga poses that will give you time to feel and connect to your body.

### VIRTUAL MEDITATION NEW!

Meditation is a mind-body practice in which your attention is focused on being mindful of the present, the breath and the fluctuations of the mind. When practiced regularly, meditation promotes awareness, cultivates wellbeing, and reduces stress and anxiety. In this 30 minute virtual session, we will begin with gentle movement in order to steady and calm the mind. This will be followed by a 15-20 minute meditation.

### FUSIONFIT NEW!

A mix of Bollywood dance, yoga, bootcamp (core) and kickboxing styles that offers a balance of cardio, strength, and flexibility. Every class can be either ten minutes of each style or focus on two styles per class. This program offers variety and benefits of different styles in one class, to keep participants engaged. No weights or equipment required. Running shoes, yoga mat and water bottle required.

### ZUMBA

People of all ages are falling in love with Zumba's infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Reggaeton, and other Latin beats. This is a fitness class you will not want to miss! Ditch the routine, join the party!

### 20/20/20 NEW!

This jam packed, exciting program includes 20 minutes of low impact cardio, 20 minutes of muscle conditioning with dumbbells, and finishes off with 20 minutes of stretching. A class that gives you a little bit of everything, that will guarantee you leave each class feeling challenged, yet refreshed! Join us for this shortened, 6-week mini session.





# SPRING - ADULT FITNESS PROGRAMS

Season	Program	Weeks	Day	Start	Time	Location	Fee	Code
SPRING 2023	PiYo	10	Wed	Apr. 19	7:30 to 8:30 p.m.	EGSC	\$115	8983
	Yoga - Hatha	10	Wed	Apr. 19	7 to 8:30 p.m.	HLCC	\$120	8985
	Yoga - Yin	10	Thu	Apr. 20	7 to 8 p.m.	HLCC	\$115	8986
	Yoga - Tone	10	Sun	Apr. 16	3 to 4 p.m.	EGSC	\$115	9161
	Virtual Meditation	10	Wed	Apr. 19	8 to 8:30 p.m.	ZOOM	\$45	9122
	FusionFIT	10	Thu	Apr. 20	7 to 8 p.m.	ROSS	\$100	9148
	Zumba	10	Mon	Apr. 17	7 to 8 p.m.	HLCC	\$100	9190
	20/20/20	6	Mon	Apr. 24	7:30 to 8:30 p.m.	EGSC	\$65	9200

## LOCATION LEGEND

EGSC: East Gwillimbury Sports Complex  
HLCC: Holland Landing Community Centre

ROSS: Ross Family Complex (Mount Albert)



# SPRING - ADULT SPECIAL INTEREST PROGRAMS

## ADVANCED PICKLEBALL LEAGUE

Our Advanced Pickleball League is designed for players level 3.0 and above who are advanced in the game. In this league, hard shots and fast paced games are the norm and we move you court to court based on win percentage. Your win percentage determines where you will play week to week.



## INTERMEDIATE PICKLEBALL LEAGUE **NEW!**

If you are not a beginner but also not above level 3.0, this league is for you! 3.0 and below are encouraged to play in this league where rallies happen more consistently. It's the perfect in-between stage before you enter the next level. The league will set you up weekly with people of your skill level and then add up your scores and to place you in a group with similar scores as you. The goal is to make sure you get similar skill level games, while also having fun!



## BEGINNER PICKLEBALL LEAGUE

Beginner Pickleball League welcomes players who are completely new to the sport (up to level 3.0). We make sure to match players based on skills and competition level weekly and switch your group depending on your play from the week before.



## LINE DANCING - ALL LEVELS

Our instructor will walk you through the steps of traditional and country line dancing. All fitness levels welcome.

## WATERCOLOUR LANDSCAPE PAINT WORKSHOP

Paint a landscape inspired by Claude Monet. Learn about paint application, brush handling and colour mixing. Artist demonstration is provided. All materials included. **NEW!**

## BEGINNER ABSTRACT WATERCOLOUR COURSE

Come ignite your creativity with our one-day workshop, presented by Alorah Designs, tailored towards beginner or intermediate watercolour enthusiasts. Despite its apparent simplicity, there's a lot of technique involved in watercolour painting. This is a great excuse to switch off from the world, learn or build on skills and meet new people. **NEW!**

## WATERCOLOUR FLORAL PAINT WORKSHOP

Paint a flower inspired by Georgia O'Keeffe. Learn about paint application, brush handling and colour mixing. Artist demonstration is provided. All materials are included. **NEW!**

## ACRYLIC LANDSCAPE PAINT WORKSHOP

Paint a landscape inspired by The Group of Seven. Learn about paint application, brush handling and colour mixing. Artist demonstration is provided. All materials are included. **NEW!**

## ACRYLIC FLORAL PAINT WORKSHOP

Paint a flower inspired by Van Gogh. Learn about paint application, brush handling and colour mixing. Artist demonstration is provided. All materials are included. **NEW!**

## WATERCOLOUR PAINTING

Learn how to paint with watercolours and create a variety of scenes with a focus on landscapes. Learn about watercolour materials, paint application, brush handling and colour mixing. Group instruction, artist demonstration and individual support is provided. **Registrants must provide their own art materials based on the supply list provided at time of registration. NEW!**

## GUIDED WALK - BIRDS

Join Lake Simcoe Region Conservation Authority staff and explore local birds. Through the use of technology and traditional field guides, participants will learn how to identify local birds and how they can contribute to community science data. See page 29 for parking lot address and details. **NEW!**



## GUIDED WALK - WILDFLOWERS

Join Lake Simcoe Region Conservation Authority staff to explore local wildflowers. Participants will gain an appreciation for the variety and beauty of wildflowers and the benefits they provide in habitat spaces. See page 29 for parking lot address and details. **NEW!**



## GUIDED WALK - ASK THE **NEW!** NATURALIST

Join Lake Simcoe Region Conservation Authority staff and ask questions to learn more about local nature. A variety of topics will be explored as participants walk through and experience Rogers Reservoir. See page 29 for parking lot address and details.



## FAMILY TAEKWONDO **NEW!**

**7 years +**

This intro class focuses on the fundamentals of taekwondo with kicking techniques, punches, blocks and self-defence. Students of all ages will have fun while also learning courtesy, respect, and discipline. This class is perfect for individuals and families to train on the mat together. **A uniform is included in the cost. If there are two or more family members participating, the second and subsequent family member(s) will receive a \$20 discount.**





# SPRING - ADULT SPECIAL INTEREST PROGRAMS

Season	Program	Weeks	Day	Start	Time	Location	Fee	Code
SPRING 2023	Advanced Pickleball	10	Tue	Apr. 11	8 to 10 p.m.	HHAC	\$160	9032
	Intermediate Pickleball	10	Mon	Apr. 17	7 to 9 p.m.	ROSS	\$160	9030
	Beginner Pickleball	10	Mon	Apr. 17	5 to 7 p.m.	ROSS	\$160	9031
	Beginner Pickleball	10	Tue	Apr. 11	6 to 8 p.m.	HHAC	\$160	9033
	Line Dancing - All Levels	10	Tue	Apr. 18	7:30 to 8:30 p.m.	EGSC	\$80	8981
	Line Dancing - All Levels	10	Wed	Apr. 19	10 a.m. to 12 p.m.	HLCC	\$125	8982
	Watercolour Landscape Paint Workshop	1	Sat	Apr. 22	1 to 3:30 p.m.	HHAC	\$30	9105
	Beginner Abstract Watercolour Course	1	Sat	Jun. 24	10 a.m. to 12:30 p.m.	ROSS	\$30	9146
	Watercolour Floral Paint Workshop	1	Sat	May 13	1 to 3:30 p.m.	HHAC	\$30	9107
	Acrylic Landscape Paint Workshop	1	Sat	Apr. 29	1 to 3:30 p.m.	HHAC	\$35	9106
	Acrylic Floral Paint Workshop	1	Sat	May 27	1 to 3:30 p.m.	HHAC	\$35	9108
	Watercolour Painting	8	Tue	Apr. 18	7:30 to 9:30 p.m.	HHAC	\$145	9051
	Guided Walk - Birds	1	Sun	Apr. 23	1:30 to 3 p.m.	Rogers Reservoir	\$50	9119
	Guided Walk - Wildflowers	1	Sun	May 28	1:30 to 3 p.m.	Rogers Reservoir	\$50	9120
	Guided Walk - Ask the Naturalist	1	Sun	Jun. 25	1:30 to 3 p.m.	Rogers Reservoir	\$50	9121
	Family Taekwondo (7+ yrs)	8	Tue	Apr. 18	5:30 to 6:15 p.m.	HLCC	\$170	9192

## LOCATION LEGEND

EGSC: East Gwillimbury Sports Complex  
HHAC: Harvest Hills Activity Centre

HLCC: Holland Landing Community Centre  
ROSS: Ross Family Complex (Mount Albert)

# PICKLEBALL TOURNAMENT

**Saturday, June 10, 2023**  
**East Gwillimbury Sports Complex**



Join EG for its first Pickleball tournament, presented by Elevation Athletics will provide entry for beginner and intermediate players (levels 3.0 and below). Each team will be guaranteed three games, with potential to play in the playoff rounds after round robin play.

**Register today for a fun, competitive and social day!**

Registration is \$100 per team of two.

Date	Program	Time	Level	Code
<b>J U N E  10</b>	<b>Men's</b>	10 a.m. to 1 p.m.	2.5	9184
			3.0	9185
	<b>Women's</b>	1 to 4 p.m.	2.5	9186
			3.0	9187
	<b>Mixed</b>	4 to 7 p.m.	2.5	9188
			3.0	9189

Level 2.5 – Beginner | Level 3.0 - Intermediate

More information will be shared with all registrants, closer to the tournament.



# SUMMER - ADULT FITNESS PROGRAMS

## LEGEND

■ The Town encourages all participants to bring their own mat for hygienic reasons.

### YOGAFIT ■

Focus is on balance, breathing, strength, cardio, flexibility, toning, flows and chakras (energy). This program challenges participants to gain inner peace and inner strength. Yoga mat and water bottle required.

### BOLLYX

A Bollywood workout that combines dance and fitness with a mix of low/high intensity choreographed movements, including warm-up, dynamic stretch, upper and lower body strength. Running shoes and water bottle required.

### FUSIONFIT

A mix of Bollywood dance, yoga, bootcamp (core) and kickboxing styles that offers a balance of cardio, strength, and flexibility. Every class can be either ten minutes of each style or focus on two styles per class. This program offers variety and benefits of different styles in one class, to keep participants engaged. No weights or equipment required. Running shoes, yoga mat and water bottle required.

### HATHA YOGA IN THE PARK ■

You will be guided by our instructor to gently explore basic yoga postures and simple breathing techniques, followed by a guided relaxation. This 'all-levels' class builds strength and flexibility, reduces stress and increases mindfulness. Don't forget to bring your yoga mat, towel and water!



# SUMMER - ADULT FITNESS PROGRAMS

Season	Program	Weeks	Day	Start	Time	Location	Fee	Code
J U L Y  2 0 2 3	BollyX	4	Tue	Jul. 4	5 to 6 p.m.	HARVEST HILLS PARK	\$40	9149
	BollyX	4	Tue	Jul. 4	6:30 to 7:30 p.m.	HARVEST HILLS PARK	\$40	9150
	FusionFIT	4	Thu	Jul. 6	6 to 7 p.m.	MACC PARK	\$40	9153
	YogaFIT	4	Thu	Jul. 6	7:30 to 8:30 p.m.	MACC PARK	\$40	9156
	Hatha Yoga in the Park	4	Thu	Jul. 6	6 to 7 p.m.	Sharon Hills Park	\$40	9222

## LOCATION LEGEND

Harvest Hills Park: (145 Harvest Hills Blvd.)  
MACC: Mount Albert Community Centre

Season	Program	Weeks	Day	Start	Time	Location	Fee	Code
A U G U S T  2 0 2 3	BollyX	4	Tue	Aug. 1	5 to 6 p.m.	HARVEST HILLS PARK	\$40	9152
	BollyX	4	Tue	Aug. 1	6:30 to 7:30 p.m.	HARVEST HILLS PARK	\$40	9151
	FusionFIT	4	Thu	Aug. 3	6 to 7 p.m.	MACC PARK	\$40	9154
	YogaFIT	4	Thu	Aug. 3	7:30 to 8:30 p.m.	MACC PARK	\$40	9155
	Hatha Yoga in the Park	4	Thu	Aug. 3	6 to 7 p.m.	Sharon Hills Park	\$40	9223

# SUMMER - ADULT SPECIAL INTEREST PROGRAMS

## **BEGINNER ABSTRACT WATERCOLOUR COURSE**

Come ignite your creativity with our one-day workshop tailored towards beginner or intermediate watercolour enthusiasts. Despite its apparent simplicity, there's a lot of technique involved in watercolour painting. This is a great excuse to switch off from the world, learn or build on skills and meet new people with shared interests.

**NEW!**

## **OUTDOOR PICKLEBALL SOCIALS** **NEW!**

The outdoor pickleball social is aimed to welcome new players and those with a bit more experience, to come together and enjoy the sport of pickleball! We will include skill-level matching for the best experience possible, ensuring court time is shared properly for all participants. There will be an EA coordinator on site to help with the rules and understanding of the sport and proper etiquette for outdoor pickleball play. Choose between beginner, intermediate and advanced.





# SUMMER - ADULT SPECIAL INTEREST PROGRAMS

Season	Program	Weeks	Day	Start	Time	Location	Fee	Code
J U L Y  2 0 2 3	Beginner Abstract Watercolour Course	4	Thu	Jul. 6	7:30 to 9 p.m.	EGSC	\$70	9145
	Outdoor Pickleball Social Beginner (level 2.5)	1	Tue	Jul. 4	6 to 8 p.m.	ROSS	\$5	9136
				Jul. 11				9137
				Jul. 18				9138
				Jul. 25				9139
	Outdoor Pickleball Social Intermediate (level 3.0)	1	Wed	Jul. 5	6 to 8 p.m.	ROSS	\$5	9167
				Jul. 12				9168
				Jul. 19				9169
				Jul. 26				9170
	Outdoor Pickleball Social Advanced (level 3.5+)	1	Thu	Jul. 6	11 a.m. to 1 p.m.	ROSS	\$5	9175
				Jul. 13				9176
				Jul. 20				9177
				Jul. 27				9178

## LOCATION LEGEND

EGSC: East Gwillimbury Sports Complex

ROSS: Ross Family Complex (Mount Albert)

Season	Program	Weeks	Day	Start	Time	Location	Fee	Code
A U G U S T  2 0 2 3	Beginner Abstract Watercolour Course	4	Thu	Aug. 10	7:30 to 9 p.m.	EGSC	\$70	9162
	Outdoor Pickleball Social Beginner (level 2.5)	1	Tue	Aug. 1	6 to 8 p.m.	ROSS	\$5	9140
				Aug. 8				9141
				Aug. 15				9142
				Aug. 22				9143
	Outdoor Pickleball Social Intermediate (level 3.0)	1	Wed	Aug. 2	6 to 8 p.m.	ROSS	\$5	9171
				Aug. 9				9172
				Aug. 16				9173
				Aug. 23				9174
	Outdoor Pickleball Social Advanced (level 3.5+)	1	Thu	Aug. 3	11 a.m. to 1 p.m.	ROSS	\$5	9179
				Aug. 10				9180
				Aug. 17				9181
				Aug. 24				9182

# STAY CONNECTED TO THE TOWN



**SUBSCRIBE TO THE eNEWSLETTER**  
[www.eastgwillimbury.ca/enews](http://www.eastgwillimbury.ca/enews)

## FOLLOW US ON SOCIAL MEDIA

@TownofEastGwillimbury  
 @TownofEG



**VISIT OUR WEBSITE**  
[www.eastgwillimbury.ca](http://www.eastgwillimbury.ca)

## Public Skating in EG



EG has lots of skating programs available like public skating, shinny hockey, parent and tot skating and ticket ice!



View the schedule online at [www.eastgwillimbury.ca/Skate](http://www.eastgwillimbury.ca/Skate)

# SPRING - ACTIVE EG DROP-INS

April 10 to June 29						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Pickleball</b> 10 a.m. to 12 p.m. 16+ yrs ROSS	<b>Artist Drop-In</b> 10 a.m. to 1 p.m. 16+ yrs ROSS		<b>Family Drop-In</b> 10 a.m. to 12 p.m. All ages HHAC	<b>Pickleball</b> 4 to 6 p.m. All ages EGSC
<b>Artist Drop-In</b> 10 a.m. to 1 p.m. 16+ yrs HLCC	<b>Pickleball</b> 2 to 4 p.m. 16+ yrs ROSS	<b>Pickleball</b> 1 to 3 p.m. 16+ yrs ROSS	<b>Pickleball</b> 10 a.m. to 12 p.m. 12+ yrs ROSS	<b>Pickleball</b> 1 to 3 p.m. 16+ yrs ROSS	<b>Basketball</b> 10 a.m. to 12 p.m. 14+ HHAC	
<b>Pickleball</b> 1 to 3 p.m. 16+ yrs ROSS	<b>Pickleball</b> 6:30 to 8:30 p.m. 16+ yrs ROSS	<b>Volleyball</b> 7 to 9 p.m. 16+ yrs ROSS	<b>Pickleball</b> 6 to 8 p.m. All ages HHAC	<b>Basketball</b> 7 to 9 p.m. 12+ yrs ROSS		
			<b>Pickleball</b> 8 to 10 p.m. 16+ yrs HHAC			

## LOCATION LEGEND

**HHAC:** Harvest Hills Activity Centre  
**HLCC:** Holland Landing Community Centre  
**ROSS:** Ross Family Complex (Mount Albert)



## ACTIVE EG FITNESS DROP- IN PRICING

10 Visits - \$25\* | 20 Visits - \$40\*

\*plus applicable HST

Youth and Senior passes are tax free!

Visit the EG Sports Complex to purchase your ActiveEG Pass



# SUMMER - ACTIVE EG DROP-INS

July						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball</b> 6:30 to 8:30 p.m. 16+ yrs ROSS	<b>Pickleball</b> 11 a.m. to 1 p.m. 16+ yrs EGSC	<b>Volleyball/ Badminton</b> 7 to 9 p.m. 16+ yrs ROSS	<b>Pickleball</b> 11 a.m. to 1 p.m. 16+ yrs EGSC	<b>Basketball</b> 7 to 9 p.m. 14+ yrs ROSS		<b>Pickleball</b> 4 to 6 p.m. All ages EGSC
	<b>Pickleball</b> 6:30 to 8:30 p.m. 16+ yrs ROSS					

August				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pickleball</b> 6:30 to 8:30 p.m. 16+ yrs ROSS	<b>Pickleball</b> 11 a.m. to 1 p.m. 16+ yrs EGSC	<b>Volleyball/Badminton</b> 7 to 9 p.m. 16+ yrs ROSS	<b>Pickleball</b> 11 a.m. to 1 p.m. 16+ yrs EGSC	<b>Basketball</b> 7 to 9 p.m. 14+ yrs ROSS
	<b>Pickleball</b> 6:30 to 8:30 p.m. 16+ yrs ROSS			

## ACTIVE EG DROP-INS

10 Visits - \$25\* | 20 Visits - \$40\*

\*plus applicable HST

Youth and Senior passes are tax free!

Visit the EG Sports Complex to purchase your ActiveEG Pass

## UPCOMING EVENTS IN EAST GWILLIMBURY

# SAVE THE DATES

## CANADA DAY IN EG

Saturday, July 1, 2023

6 to 10 p.m.

Details to be announced.

## EASTER BUNNY HIKE

Saturday, April 8, 2023

10 a.m. to 12 p.m.

ROSS Family Complex

19300 Centre Street, Mount Albert

## MUSIC NIGHTS IN EG

Tuesday July 4, 11, 18 and 25

East Gwillimbury Civic Centre

19000 Leslie Street Sharon ON

Details to be announced.

## EG FARMERS MARKET

Thursday's from May 18 until September 28  
2 to 7 p.m.

East Gwillimbury Civic Centre

19000 Leslie Street Sharon ON

## TAPESTRY OF TASTE

Friday, August 11 from 5 to 10 p.m. and

Saturday, August 12 from 10 a.m. to 6 p.m.

Vendor applications **NOW OPEN!**

Details to be announced.

PLEASE VISIT OUR [EVENTS PAGE](#) FOR MORE INFORMATION.

# OLDER ADULT CLUBS

## EAST GWILLIMBURY 55'n UP CLUB

### EG Sports Complex

1914B Mount Albert Road, Sharon

[eg55nupclub@gmail.com](mailto:eg55nupclub@gmail.com) | 905-478-4283 x1407

[www.eastgwillimbury.ca/55NUP](http://www.eastgwillimbury.ca/55NUP) | Facebook [@eg55nupclub](https://www.facebook.com/eg55nupclub)

## MOUNT ALBERT FRIENDSHIP CLUB FOR SENIORS

### Ross Family Complex

19300 Centre Street, Mount Albert

905-473-3305

## GOLDEN ANCHOR SENIORS' CLUB\*

### Holland Landing Community Centre

19513 Yonge Street

[goldenanchorseniorsclub@yahoo.ca](mailto:goldenanchorseniorsclub@yahoo.ca)

## CHATS\*

905-713-6596

[www.chats.on.ca](http://www.chats.on.ca)

\*These are externally run programs in EG facilities

*Thank you*  
to our partners



**FAIR, ACCESSIBLE, INCLUSIVE RECREATION**

The Town of East Gwillimbury now offers a new fee assistant program FAIR EG SENIORS to ensure Seniors can participate in recreation opportunities in their community.

**What is FAIR EG SENIORS?**

FAIR EG SENIORS was designed to remove financial barriers, promote inclusiveness and provide accessible recreational opportunities for Seniors.

**How do I apply?**

The FAIR EG SENIORS process is completely confidential, respectful and dignified. Fill out an application at [www.eastgwillimbury.ca/faireg](http://www.eastgwillimbury.ca/faireg) or contact our Recreation Services Team.

**Questions?**

For more information, contact our Recreation Services Team:

☎ 905-478-4283 ext. 1447  
@ [jdailey@eastgwillimbury.ca](mailto:jdailey@eastgwillimbury.ca)

**For Seniors**

If you become a member of the new EG 55'n UP Club you will benefit from discounted or free programs provided by the Club in partnership with the Town.



Email [eg55nupclub@gmail.com](mailto:eg55nupclub@gmail.com) to learn more or find us on Facebook at [@eg55nupclub](https://www.facebook.com/eg55nupclub)

# OLDER ADULT PROGRAMS

## YOUNG AT HEART

Join us for a fun low impact cardio class that incorporates hand held weights, exercise bands, and other equipment. You will strengthen your muscle, improve your blood circulation and mobility. Beginners welcome! The Town encourages all participants to bring their own mat for hygienic reasons.

Program	Weeks	Day	Start	Time	Location	Member Fee	Non-Member Fee	Code
Young at Heart	10	Tue	Apr. 18	10 to 11 a.m.	HLCC	\$90	\$100	8988

# OLDER ADULT DROP-INS

## MOVE YOUR BODY

Join our instructor for a fun, dynamic workout geared to your fitness level and ability. This program incorporates resistance bands, kettlebells and hand-held weights for a low-impact muscle-conditioning workout designed to help improve strength, mobility, and flexibility. As the program progresses, you'll try new exercises and build on your progress.

## 55+ FUNCTIONAL FITNESS

Join us for a warm-up, cardio, balance exercises, strength training and a cool down. This class is a great way to tone and stretch your muscles, increase your energy and promote a healthy lifestyle. Our excellent instructor, Pat Wellman, will offer modifications to increase/decrease intensity as well as to help those with arthritis or injury.

## CHAIR YOGA

This program is a gentle introduction to yoga for anyone needing extra support. It consists of 60 minutes of modified yoga postures done while

sitting or standing beside a chair. The gentle movements help improve the function, mobility, and range of motion of the spine and other joints in the body. Some of the exercises stretch, release tension tight areas and strengthen such as the shoulders, neck, sides of the chest, hips, and lower back. Included breathing techniques help increase relaxation and reduce stress

## LINE DANCING

Our instructor will walk you through the steps of traditional and country line dancing. All fitness levels welcome.

## YOGAFIT

Focus is on balance, breathing, strength, cardio, flexibility, toning, flows and chakras (energy). This program challenges participants to gain inner peace and inner strength. Yoga mat and water bottle required.

**EG encourages all participants to bring their own mat for hygienic reasons.**

April 11 to June 29 East Gwillimbury Sports Complex				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>55+ Functional Fitness</b> 9:30 to 10:30 a.m.	<b>YogaFIT</b> 9 to 10 a.m.	<b>Move Your Body</b> 10 to 11 a.m.	<b>Line Dancing</b> 10 to 11 a.m.	<b>55+ Functional Fitness</b> 9:30 to 10:30 a.m.
<b>55+ Functional Fitness</b> 10:30 to 11:30 a.m.	<b>Chair Yoga</b> 10:30 to 11:30 a.m.			<b>55+ Functional Fitness</b> 10:30 to 11:30 a.m.

## ACTIVE EG FITNESS DROP- IN PRICING

Member - \$8 | Non-Member - \$10  
Fitness Pass (8 Visits) - \$40 (member) or \$64 (non-member)  
Visit the EG Sports Complex to purchase your ActiveEG Pass

































































# PARKS AND AMENITIES

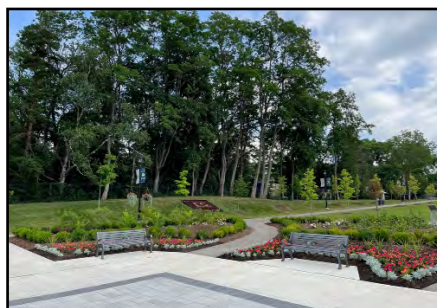
PARK	ADDRESS	ACCESSIBLE	BASEBALL	BASKETBALL	BIKE PARK	FITNESS STATION	GARDEN / REST AREA	PARKING	PICNIC SHELTER (Rentable)	PLAYGROUND	SHELTER	SKATE PARK / SCOOTER ZONE	SOCCER	SPLASH PAD	TENNIS	TRAILS
Anchor	88 Doane Rd.															
Allangrove	28 Allangrove Avenue															
Beechwood	49 Brightwork Way															
Birchard	5590 Mount Albert Rd.															
Brenner	53 Morton Ave.															
Brown Hill	26 Blake St.															
Carnaby	80 Alvin Pegg Dr.															
Children of Peace Park	68 Sharonview Cre.															
Cupples Farm Park	127 Cupples Farm Lane															
Don Rose	7 Don Rose Blvd.															
Emily	35 Thompson Dr.															
French	459 Queensville Sdrd.															
Grant	29 Milne Lane															
Grist Mill	186 Stegman Rd.															
Harvest Hills	183 Harvest Hills Blvd.															
Holland Landing C.C.	19513 Yonge St.															
King Street	351 King St.															
Ladder	31 Ladder Cres.															
Lady Gwillim	55 Harvest Hills Blvd.															
Mainprize	40 Mainprize Cres.															
Manor Forest	13 Manor Forest Rd.															
Manor Hampton Park	130 Manor Hampton St.															
Mill Street	44 Mill St.															
Millennium Garden	51 Albert St.															
Mount Albert C.C.	53 Main St.															
Mount Albert Lions	5057 Mount Albert Rd.															
Murrell	950 Murrell Blvd.															
North Union C.C.	2624 Boag Rd.															
Parkway	84 Oak Ave.															

**PLEASE NOTE:** Parks do not have washroom facilities with the exception of Anchor Park.

# PARKS AND AMENITIES

PARK	ADDRESS	ACCESSIBLE	BASEBALL	BASKETBALL	BIKE PARK	FITNESS STATION	GARDEN / REST AREA	PARKING	PICNIC SHELTER (Rentable)	PLAYGROUND	SHELTER	SKATE PARK / SCOOTER ZONE	SOCCER	SPLASH PAD	TENNIS	TRAILS
Peggy's Wood	2 Nature Way Cres.															
Queensville	1590 Queensville Sdrd.															
Radial Line	981 Murrell Blvd.															
Ridge View	126 Dogwood Blvd.															
Robert Hunter	120 Mainprize Cres.															
Rosebank	16 Rosebank Blvd.															
Ross Family Complex	19300 Centre St.															
Samuel Lount	144 Samuel Lount Rd.															
Shannon	84 King St.															
Sharon	1914 Mount Albert Rd.															
Sharon Hills	191 Colonel Wayling Blvd.															
Valley View	175 Walter English Dr.															
Vista Hills	2 Holland Vista St.															
Vivian Creek	19253 Centre St.															
Walter Tunny	38 Walter Tunny Cres.															

For more information about our parks and their amenities, please visit [www.eastwillimbury.ca/Parks](http://www.eastwillimbury.ca/Parks)





# TRAILS

## **Anchor Park Trail**

88 Doane Rd., Holland Landing  
Parking available at Anchor Park

## **Beechwood Trail**

48 Brightwork Way, Holland Landing  
Parking available at Beechwood Park

## **Nokiidaa Trail**

Parking available at the corner of Yonge St.  
and Mount Albert Rd.

## **Oriole Trail**

The end of Oriole Drive in Holland Landing  
Street parking is available

## **Peggy's Wood Trail**

2 Nature Way Cres., East Gwillimbury  
On-street parking available along  
Nature Way Cres.

## **Princess Trail**

84 King St., Mount Albert  
Parking available at Shannon Park

## **Rogers Reservoir Trail**

Parking available at north of Green Lane  
between 2nd Conc. Rd. and Murrell Dr.

## **Shannon Park Trail**

84 King St., Mount Albert  
Parking available at Shannon Park

## **Sharon Creek Trail**

19000 Leslie St., Sharon  
Parking available at EG Civic Centre

## **Sharon Hills Park Trail**

Colonel Waying Blvd., Sharon  
Parking available at Sharon Hills Park

## **Sharon Regional Trail**

981 Murrell Blvd., Sharon  
Parking available at Radial Line Park

## **Silk Twist Trail**

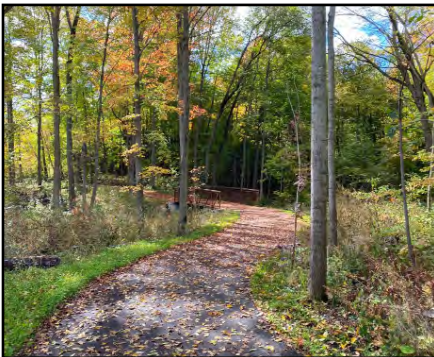
19513 Yonge St., Sharon  
Parking available at the Holland Landing Community  
Centre

## **Simcoe Trail**

19513 Yonge St., Holland Landing  
Parking available at the Holland Landing Community  
Centre

## **Vivian Creek Trail**

19253 Centre St., Mount Albert  
Parking available at Vivian Creek Park





# Let us book **your next event**

Look no further than the Town of East Gwillimbury to book your event.  
Discover the perfect location for your private function at one of  
East Gwillimbury's many facilities.

## FACILITY LOCATIONS



### Holland Landing Community Centre

190-6 Yonge Street  
Holland Landing, ON L9N 1A5

### Harvest Hills Activity Centre

145 Harvest Hills Boulevard  
East Gwillimbury, ON L9N 0G1

### East Gwillimbury Sports Complex

1918 Mount Albert Road  
Shrewsbury, ON L0G 1W0

### Mount Albert Lions Community Centre

1637 Mount Albert Road  
Mount Albert, ON L0G 1M0

### Health and Active Living Plaza (HALP) - Coming soon!

3 - Mainway Drive  
Queensville, ON L9N 0R9  
[www.eastgwillimbury.ca/HALP](http://www.eastgwillimbury.ca/HALP)

### Mount Albert Community Centre

65 Main Street  
Mount Albert, ON L0G 1W0

### Ross Family Complex

19700 Centre Street  
Mount Albert, ON L0G 1W0

### North Union Community Centre

2424 Boag Road  
Cambridge, ON N1C 1B0

## RENT SPACE FOR

- Birthday parties
- Anniversaries
- Engagement parties
- Holiday parties
- Corporate meetings
- All special events



905-478-3826



[facilityrentals@eastgwillimbury.ca](mailto:facilityrentals@eastgwillimbury.ca)



[www.eastgwillimbury.ca/communitycentres](http://www.eastgwillimbury.ca/communitycentres)



# FACILITY BOOKINGS



For more information on our facilities  
please call Recreation Services  
at 905-478-3826.

COMMUNITY CENTRE	Theatre	Banquet	Accessible	Round Tables (5' diameter)	Rect. Tables (6' long)	Stove	Fridge	Staff Set-up	Projector (additional fee)	Indoor Portable Stage (additional fee)
<b>EG SPORTS COMPLEX</b>										
• Canada Hall	300	220	♿	✓		HOLDING OVENS ONLY	✓	✓	✓	✓
• Canada Hall A	150	110	♿	✓				✓	✓	✓
• Canada Hall B	150	110	♿	✓		HOLDING OVENS ONLY	✓	✓	✓	✓
<b>HARVEST HILLS A.C.</b>	45	45	♿		✓		✓			
<b>HOLLAND LANDING C.C.</b>										
• York Trillium Room	220	180	♿	✓		✓	✓	✓		
• Golden Anchor Room	120	110	♿		✓	SHARED	SHARED	✓		
• Simcoe Room	90	80	♿		✓	SHARED	SHARED	✓		
• Dalhousie Room	90	80	♿		✓	SHARED	SHARED	✓		
<b>MOUNT ALBERT C.C.</b>	220	180	♿		✓	✓	✓			
<b>MOUNT ALBERT LION'S C. C.</b>	220	180	♿	✓		✓	✓		✓	
<b>NORTH UNION C.C.</b>	65	56	♿		✓	✓	✓			
<b>RIVER DRIVE PARK</b>	120	100			✓	✓	✓			
<b>ROSS FAMILY COMPLEX</b>										
• Senior Room	24		♿		✓	✓	✓	✓		
• Program Room	24		♿		✓	✓	✓	✓		
• Gymnasium	300		♿					✓		


## PLEASE NOTE:

- Capacities will vary with each set up and location.
- Capacities do not include buffet/gift tables, dance floors, head tables, etc.
- Cooking with grease-laden vapours is allowed at the Mount Albert Lions Community Centre only. All other facilities allow boiled water only.
- All alcohol-licensed functions must adhere to the Town of East Gwillimbury Municipal Alcohol Policy. Contact Recreation Services for more details.
- Pictures and pricing can be found online at [www.eastgwillimbury.ca/communitycentres](http://www.eastgwillimbury.ca/communitycentres)
- Tea kettles, coffee urns, dishes, and utensils are no longer provided at our facilities.



**Can't make it to our  
Holland Landing or  
Mount Albert branch?**

Place a hold and pick it  
up at our **Library Locker** located at  
the **East Gwillimbury Sports  
Complex**, or just grab something  
that sparks your interest and go!  
*1914B Mount Albert Road, Sharon*



## Hours & Contact

Tues - Thurs..... 10 am to 8pm  
Fri - Sat..... 10am to 4pm  
Sun..... 12pm to 4pm

*\*Sundays mid October to mid May*

**Holland Landing**

**(905)-836-6492**

**Mount Albert**

**(905)-473-2472**

**info@egpl.ca | egpl.ca**



## Library Services:

- Borrow a WIFI hotspot
- Online access to movies and music
- 3D Printing and Cricut cutting
- Books and eBooks
- Magazines and newspapers (digital and physical)
- Sewing machines
- Chromebook lending
- Home Library Service

**...and more!**