

ADULT & OLDER ADULT PROGRAMS

AURORA BARBARIANS – LEARN TO RUGBY

Age: 18+ years

Location: Aurora Sports Dome

This non-contact session is geared towards learning how to play touch/flag rugby through mini/modified games. These sessions will be filled with fun challenges while learning how to play rugby. T-shirt will be included.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Apr 19	5:00pm – 6:00pm	\$40.00/8	30809

BALANCE IMPROVEMENT

Age: 55+ years

Location: ASC

Stay steady on your feet by strengthening your core and lower body. This class will include seated and standing exercises.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 9	9:30am – 10:15am	\$75.00/12	31132
Tue	Apr 9	10:30am – 11:15am	\$75.00/12	31133
Tue	July 9	9:30am – 10:15am	\$51.00/8	31170
Tue	July 9	10:30am – 11:15am	\$51.00/8	31171

BALLROOM & LATIN DANCE – LEVEL 1

Age: 18+ years

Location: ASC

This stress-free introduction to the basics of Ballroom & Latin dancing can be used at dance clubs, weddings, dinner dances and more. Participants will experience several dances: the cha-cha, rumba, mambo, merengue and foxtrot. The course will be taught by a couple so that participants may fully benefit from both perspectives of leading and following. Prior dance experience is not necessary. Partners are required.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 17	7:30pm – 8:30pm	\$108.00/9	31127

BALLROOM & LATIN DANCE – LEVEL 2

Age: 18+ years

Location: ASC

Focusing on “dancing for fun”, this program will develop dance skills and steps. New dances will be introduced, such as the waltz, swing, samba, quickstep, salsa, cumbia or bachata. The course will be taught by a couple so that participants may fully benefit from both perspectives of leading and following. The beginners class or previous dance experience are preferred prerequisites for this class. Partners are required.

*No class on: May 20

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 15	7:30pm – 8:30pm	\$110.00/9	31128*

AGE REQUIREMENTS

For Adult programs, participants must be the minimum age by the first day of the program.

PROGRAM PRICES & HST

The program fees for all Adult and Older Adult Programs include HST.



BALLROOM & LATIN DANCE – LEVEL 3

Age: 18+ years

Location: ASC

The Level 3 program will continue to offer more technique and additional figures to the dance styles covered in Level 2. Similar to Level 2, this class will focus only on two or three dances per session in order to provide in-depth instruction for each of the styles taught. Several sessions of Level 2 would be the preferred prerequisite for this course. Partners are required.

*No class on: May 20

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 15	8:30pm – 9:30pm	\$112.00/10	31129*

BASIC CARDIO

Age: 55+ years

Location: Hybrid / zoom (see below)

This basic, cardiovascular only class takes you through simple choreography designed to gently raise your heartrate to improve fitness and burn fat.

Location: Hybrid – ASC & zoom

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 11	9:00am – 9:30am	\$35.00/10	31134
Thu	July 11	9:00am – 9:30am	\$28.00/8	31172

Location: zoom

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 11	9:00am – 9:30am	\$35.00/10	31135
Thu	July 11	9:00am – 9:30am	\$28.00/8	31173

ADULT & OLDER ADULT PROGRAMS

BOOT CAMP GOLD

Age: 55+ years

Location: ASC

This circuit class will incorporate stations using Pilates, bands and more. Work towards improving strength, cardio capacity, balance and agility. Designed for the active, independent older adult.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 9	9:30am – 10:15am	\$75.00/12	31136
Tue	July 2	9:30am – 10:15am	\$25.00/4	31174
Tue	Aug 6	9:30am – 10:15am	\$25.00/4	31175

CHAIR STRETCH

Age: 55+ years

Location: ASC

This is a gentle exercise class. Learn how to gently stretch and strengthen, mobilize your joints and use your breath to relax, all with the aid of a chair. This is a great class for those new or returning to exercise or for individuals who suffer from arthritis, joint tightness, chronic pain or other conditions. Breathe deeper, stretch farther and grow stronger.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Apr 12	10:00am – 10:45am	\$63.00/10	31137
Fri	July 12	10:00am – 10:45am	\$44.00/7	31176

CO-ED VOLLEYBALL – CASUAL

Age: 18+ years

Location: Aurora High School Gymnasium

Calling all co-ed volleyball enthusiasts. Come out and participate in an indoor season of volleyball. This program will provide an ideal environment for beginners and recreational players in a fun and friendly environment. Note: Overhand serving and spiking will not be permitted. This is not an instructional program.

*No class on: May 20

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 15	6:15pm – 7:45pm	\$105.00/8	31130*



TOWN OF AURORA
WITHOUT WALLS

- Telephone and zoom based programs that connect adults and older adults who find it difficult to leave home
- Chair exercise, chair stretch, trivia, lectures, discussion groups, music and more.

90 John West Way, Aurora

905-726-4767

wow@aurora.ca

CORE ON THE FLOOR

Age: 55+ years

Location: ASC

This class will focus on hip movement and strength, along with supporting stomach muscles. Using bodyweight and bands to build strength and control to support your hips and back. All exercises will be done on the floor. Participants must be comfortable lying on their backs.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 9	1:00pm – 1:30pm	\$35.00/10	31150

FIT MIND, BODY & SOUL

Age: 55+ years

Location: ASC

New!

Fit Mind, Body & Soul enhances your cognitive, physical and spiritual well-being. We take a holistic approach on strengthening the connection between our minds, body and soul. All three of which when working together, can have powerful internal and external results. Exercising our minds is crucial for maintaining cognitive function and overall brain health. Mental exercise helps keep our minds sharp and resilient. Movement, functional fitness, rest and recovery are all key components in the body segment of our program. The soul segment can help provide a better understanding when navigating life's transitions, and the challenges that come with aging. Self reflection, mindfulness and meditation, gratitude practice and creative expression will be explored throughout the course of the program.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 17	11:15am – 12:45pm	\$99.85/8	31167

GET FIT!

Age: 55+ years

Location: Hybrid / zoom (see below)

Welcome to all around fitness. This class includes a warm-up and 20-minutes of cardiovascular conditioning with easy-to-follow steps and upbeat music. There will be strength training with weights or bands, balance exercise and flexibility training. Increase your fitness and have fun.

Location: Hybrid – ASC & zoom

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

*No class on: Apr 29

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 10	9:00am – 9:45am	\$75.00/12	31138
Fri	Apr 12	9:00am – 9:45am	\$69.00/11	31152*

Location: zoom

*No class on: Apr 29

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 10	9:00am – 9:45am	\$75.00/12	31139
Fri	Apr 12	9:00am – 9:45am	\$69.00/11	31151*

SENIORS NEWSLETTER

Check out our monthly Fun After 55! seniors newsletter online at www.aurora.ca/seniorsnewsletter

ADULT & OLDER ADULT PROGRAMS



GET STRONG

Age: 55+ years

Location: Hybrid / [zoom](#) (see below)

Strength. Stability. Endurance. Let's build strength in your muscles to help you to move better, feel better and do more of the activities you love to do. We will use body weight, bands, weights and more to get strong and move better. Some of this class will take place on the floor.

Location: Hybrid – ASC & [zoom](#)

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 9	1:45pm – 2:45pm	\$63.00/10	31153
Fri	Apr 12	11:00am – 12:00pm	\$63.00/10	31155
Fri	July 12	11:00am – 12:00pm	\$44.00/7	31197

Location: [zoom](#)

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Apr 12	11:00am – 12:00pm	\$63.00/10	31154
Fri	July 12	11:00am – 12:00pm	\$44.00/7	31198

KNITTING: LEARN TO KNIT – PART 1

Age: 55+ years

Location: ASC

A simple knit square or rectangle can become a button cowl, fingerless gloves or hat. In this class, you will learn several necessary basic skills to get started knitting: understanding yarn and gauge, casting on, knit and purl stitches, button holes, casting off, seaming. These skills will be practised while knitting three small projects – a dishcloth, fingerless mitts and a cowl. Participants need no prior experience knitting.

Note: There is a \$25 fee payable to the instructor at the first class for supplies. This fee covers needles and yarn suitable for the three class projects.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 17	2:30pm – 3:45pm	\$10.00/3	31140

KNITTING: LEARN TO KNIT – PART 2

Age: 55+ years

Location: ASC

In this class you will learn various techniques (increases, decreases, seaming, bias knitting, reading charts) and stitches (cables, lace, slip stitches, ribs, knit and purl combos) which will enable you to go on and create your own designs. For each new stitch or technique, you will also be given a pattern for a simple project you can knit using that new skill. This class is suitable for the advanced beginner. It would be an excellent follow-up to the Learn to Knit class. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	May 8	2:30pm – 3:45pm	\$45.00/4	31141

KNITTING: SIMPLE BABY CARDIGAN

Age: 55+ years

Location: ASC

Knit top down and in one piece, this sweater is so cute and easy to knit. If you can count, knit, purl, cast on and cast off, you will learn the remaining skills needed to create this sweater. You can choose sizes from newborn or 18-months, and fingering or double-knit weight yarn. Once you learn the techniques used in top down, one piece knitting, you will be able knit larger versions using patterns designed for children and adults. This class is suitable for advanced beginner.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	May 8	10:30am – 11:45am	\$45.00/4	31168

KNITTING: TWIDDLEMAT

Age: 55+ years

Location: ASC

A twiddle matt (sometimes called a fidget matt) is a small knitted lap blanket. It incorporates a few textured stitches with embellishments such as ribbons and beads attached. For many people with dementia, there are developments and changes to their personalities. Twiddle matts help to ease agitation and calm the person's mood, as they can keep their hands and minds occupied. Many hospital wards have found that the matts have a positive effect on patients by keeping them comforted, as well as encouraging movement and brain stimulation. In this class students will knit a basic Twiddle matt with textured stitches and add variety of attachments and embellishments. It will make a great gift for a loved one or as a charity donation. The class is free, however participants will be required to pay the instructor \$20 for supplies at the first class. This will include all yarn and embellishments needed to create a twiddle mat. Knitters should bring their own 4 to 5mm needles, scissors, and tapestry needles.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 17	2:30pm – 3:45pm	FREE/3	31169

LATIN DANCE FOR SINGLES

Age: 18+ years

Location: ASC

Come out for a fun-filled evening, learning the basic steps of Latin Dancing. This stress-free class will soon have you moving on the dance floor with easy steps of Cha-Cha, Merengue, Bachata, Mambo, Cumbia, Salsa and more. No partner or previous dance experience required.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 17	8:30pm – 9:30pm	\$108.00/9	31131

ADULT & OLDER ADULT PROGRAMS

MOVE & TONE

Age: 40+ years

Location: **zoom**

This program uses cardiovascular exercise to improve endurance. We will also use light weights and resistance bands to work your muscles to strengthen and tone your body. This class is designed for the active, independent older adult.

*No class on: May 20

^No class on: Aug 6

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 8	9:00am – 10:00am	\$63.00/10	31144*
Mon	July 8	9:00am – 10:00am	\$44.00/7	31177^

pFIT

Age: 55+ years

Location: **ASC**

pFIT is a social and safe way to increase lower body strength, improve range of motion and maintain balance. The stepper allows each leg to work at its own pace and resistance level.

*No class on: May 20

*No class on: Aug 6

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 8	12:00pm – 12:30pm	\$118.00/11	31145*
Mon	July 8	12:00pm – 12:30pm	\$83.00/7	31178^

PILOGA

Age: 55+ years

Location: **Hybrid / In-Person / zoom** (see below)

This class is designed to build strength and gain flexibility. Combining the muscle toning of Pilates with the flexibility of Yoga, this class has constant movement to help burn fat.

Location: **Hybrid – ASC & zoom**

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 9	10:35am – 11:20am	\$75.00/12	31147
Tue	July 9	10:35am – 11:20am	\$51.00/8	31179

Location: **In-Person – AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Apr 12	9:00am – 9:45am	\$63.00/10	31156

Location: **zoom**

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 9	10:35am – 11:20am	\$75.00/12	31146
Tue	July 9	10:35am – 11:20am	\$51.00/8	31180



QI-GONG

Age: 55+ years

Location: **ASC**

Qigong is a gentle, flowing mind body practice. Sets of movements are easily learned and offer many benefits for maintaining health during the senior years. As a low impact weight bearing activity, Qigong helps to improve strength, co-ordination and balance. These are important factors for fall prevention. The connection to mind, body and breath aids in alleviating stress and anxiety. Join us to learn simple forms of Qigong that you can immediately bring into your daily life. This is an empowering practice. All levels are welcome. Qigong can be practiced both standing and seated.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 16	11:30am – 12:15pm	\$63.00/10	31157

STRETCH & TONE

Age: 55+ years

Location: **Hybrid / zoom** (see below)

This class is designed to strengthen and tone muscles to facilitate everyday living activities and improve appearance. A variety of light equipment will be used. The muscles will then be stretched to maintain or increase flexibility.

Location: **Hybrid – ASC & zoom**

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

*No class on: May 20

^No class on: Aug 6

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 8	1:30pm – 2:30pm	\$63.00/10	31158*
Thu	Apr 11	9:45am – 10:45am	\$63.00/10	31159
Mon	July 8	1:30pm – 2:30pm	\$44.00/7	31184
Thu	July 11	9:45am – 10:45am	\$51.00/8	31182^

Location: **zoom**

*No class on: May 20

^No class on: Aug 6

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 8	1:30pm – 2:30pm	\$63.00/10	31161*
Thu	Apr 11	10:00am – 11:00am	\$63.00/10	31160
Mon	July 8	1:30am – 2:30pm	\$44.00/7	31183^
Thu	July 11	10:00am – 11:00am	\$51.00/8	31181

YOGA: CHAIR

Age: 55+ years

Location: **ASC**

Chair Yoga is for anyone who has movement limitations or is recovering from an injury and would like to start moving, or to be more active. A varied series of focused poses and movement flows, incorporating breath awareness and proper alignment, will help to develop strength, flexibility and balance.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 10	10:00am – 11:00am	\$63.00/10	31162
Wed	July 10	10:00am – 11:00am	\$51.00/8	31199

SENIORS CENTRE IN THE MAIL

Seniors Centre in the Mail is a free program.

Twice a month activity kits are mailed to you (or you can pick them up at the Aurora Seniors Centre). Each package will include puzzles, sudoku, trivia and more!

Contact us:

365-500-3161

✉ scww@aurora.ca



YOGA: CHAIR, MOVEMENT & MINDFULNESS

Age: 55+ years

Location: ASC

Learn how to connect your body and mind, so that you can enjoy life and be fully present. Living with awareness of the moment and not being engrossed or obsessed about the future that can sometimes make us anxious and missing precious moments. Combined with traditional Chair Yoga, we will turn off the autopilot, find our breath and expand our awareness. We'll put our attention and focus on noticing and feeling what the body and mind does while engaging in movement. The goal is to take this practice off the chair so you can be fully present, engaged, grateful and fully aware while living the moments of your life.

*No class on: May 20

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 8	10:00am – 11:00am	\$63.00/10	31163*
Mon	July 8	10:00am – 11:00am	\$51.00/8	31200

YOGA: RESTORATIVE MAT

Age: 40+ years

Location: ASC

Not your traditional yoga practice. This practice treats you to conscious relaxation and healing, using props in every posture to support your muscles in gentle comfortable positions. Poses will be held for 3-10 minutes, giving your body time to relax, so your mind can enter a quiet meditative state. Benefits of restorative yoga: it deeply relaxes the body, stills a busy mind, balances the nervous system and releases muscular tension, improves mobility and flexibility. Please bring a yoga mat, bath towel, two blankets and a sleep eye mask or wash cloth. Bolsters, straps and yoga block are provided, however please feel free to bring your own if you wish.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 11	6:30pm – 7:30pm	\$63.00/10	31165

YOGA: SUNSET MAT

Age: 55+ years

Location: ASC

This practice will use the support of the earth to cradle your body. While on your mat, you will move through yoga postures and stretches that help to calm the mind, improve flexibility, reduce stress and increase strength. It's the perfect way to end your day. This practice ends with a short meditation. Please bring a mat and a blanket.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 11	6:30pm – 7:30pm	\$63.00/10	31166

ZUMBA GOLD

Age: 55+ years

Location: Hybrid / zoom (see below)

This amazing program is very easy to follow, so anyone will be able to do Zumba Gold. Dances that are specifically highlighted in this program include: Merengue, Salsa, Cha Cha, Belly Dance, Flamenco and Tango.

Location: Hybrid – ASC & zoom

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 9	11:30am – 12:15pm	\$63.00/10	31149

Location: zoom

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 9	11:30am – 12:15pm	\$63.00/10	31148



CIVIL CEREMONIES & MARRIAGE SERVICES

Planning to get married?
The Town of Aurora is pleased to offer a civil ceremony wedding program.

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Our wedding officiants are available to marry couples in an intimate, private service.

This service includes the space rental, use of the wedding arch and florals, the officiant fee and a keepsake from the Town.

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For more information on ceremony options, fees, and available dates, visit aurora.ca/marriage or call 905-727-1375.

