

## July 2023

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### SUMMER HAS ARRIVED!



The summer session for all classes will run from Saturday, July 1 to Monday, September 4, 2023.

Please note that some classes have relocated to other spaces for the summer. The [5-minute Late and Waitlist Policies](#) are still in effect.

You can find the most up-to-date summer Group Fitness and Aquafitness schedules online at [aurora.ca/fitnessclasses](https://aurora.ca/fitnessclasses).

## HEAT RELATED EMERGENCIES

As we move into summer mode, I thought it would be a good reminder to all of us about the dangers of the sun and heat. This article was originally published in June 2022.

Now that the warmer weather has arrived and we are enjoying more time outdoors, heat-related illnesses can sneak up on you without you even being aware. It is important to know how to prevent heat-related emergencies. You should also learn how to recognize when you or someone else has been exposed to heat for too long; this will allow you to provide assistance when needed.

When the body becomes dehydrated, resulting in an increase in core body temperature, a heat-related emergency can happen. For anyone who stays out in the hot summer sun for too long, heat cramps, heat exhaustion or heat stroke can occur.

Written by Diana Dawson-Young, Fitness Coordinator

One thing you need to watch for is that these illnesses can occur much faster in young children, the elderly, anyone taking certain medications and those with chronic illnesses, compared to a healthy adult.

Knowing how to recognize a heat-related illness is one of the first steps to prevent this type of emergency from occurring and/or getting worse. The chart below outlines the signs and symptoms of Heat Cramps, Heat Exhaustion and Heat Stroke, as well as tips on how to help someone who is experiencing a heat-related emergency.



SIGNS & SYMPTOMS OF HEAT-RELATED EMERGENCIES				
	SKIN	PHYSICAL	MENTAL	BREATHING
Heat Cramps	Moist Warm	Muscle contractions (mild to severe)	<b>Normal</b>	Normal
Heat Exhaustion	Moist Warm	Headache Weakness, exhaustion <b>Nausea, vomiting</b> <b>Fainting</b>	<b>Anxiety</b> <b>Dizziness</b>	Normal
Heat Stroke	<b>Dry</b> <b>Hot</b>	<b>Seizures</b> <b>Coma</b> <b>Severe headache</b>	<b>Altered behaviour,</b> <b>irritable, aggressive,</b> <b>bizarre</b>	<b>Rapid</b> <b>Shallow</b>

The signs and symptoms listed in **RED** within the table above are the most serious. Call EMS/9-1-1 immediately if any of these are present. Otherwise, provide care (see chart on next page) and monitor the person closely.

HOW TO HELP	
<b>HEAT CRAMPS</b>	<ul style="list-style-type: none"> <li>Remove person from heat</li> <li>Loosen tight clothing, remove padding from torso</li> <li>Gentle stretching</li> <li>If person is alert, provide cool drink</li> </ul>
<b>HEAT EXHAUSTION</b>	<ul style="list-style-type: none"> <li>Remove person from heat</li> <li>Loosen tight clothing, remove padding from torso</li> <li>Do not dry skin</li> </ul> <p><b>ACTIVE COOLING</b></p> <ul style="list-style-type: none"> <li>Pour water on torso</li> <li>Fan skin</li> <li>If person is alert, provide cool drink</li> </ul>
<b>HEAT STROKE</b>	<ul style="list-style-type: none"> <li>Remove person from heat</li> <li>Loosen tight clothing, remove padding from torso</li> <li>Do not dry skin</li> </ul> <p><b>AGGRESSIVE COOLING (ORDER OF PREFERENCE)</b></p> <ul style="list-style-type: none"> <li>Immerse body in cool water</li> <li>Immerse forearms in cool water</li> <li>Pour water on torso</li> <li>Fan skin</li> <li>If person is alert, provide cool drink</li> </ul>

### Tips to Prevent Heat-Related Emergencies

- Drink plenty of cool fluids.
- Avoid being outside during the hottest part of the day.
- Wear light, loose clothing and always wear a hat.
- Apply sunscreen with SPF 15 or higher.
- Slow down your activities as it gets hotter and don't work, exercise, or play for too long at a time.
- Take a lot of breaks in a cool or shady area to let your body cool off.
- Know the humidex rating. It combines the temperature and humidity into

one number to reflect the perceived temperature. According to Environment Canada, the range of the humidex to the degree of comfort is shown in the chart below.

Range of Humidex	Degree of Comfort
20 to 29	Little discomfort
30 to 39	Some discomfort
40 to 45	Great discomfort; avoid exertion
Above 45	Dangerous; heat stroke possible

Sources:

1. [Canadian Red Cross - First Aid Tip & Resources](#)
2. Canadian Red Cross, Standard First Aid and CPR Course
3. [Environment Canada](#)

## Summer Blueberry Salad with Toasted Pecans & Feta

Total Time: 5 minutes \* Makes 4 servings \* Serving Size: 1 bowl



This fresh blueberry salad is perfect for a backyard cookout or poolside party. Pair it with grilled chicken, pork chops, or fish—or serve it up with a smorgasbord of classic summer sides like potato salad and coleslaw. The blueberries are the stars here, so select the best ones you can find.

### Ingredients:

- 1 tablespoon fresh lemon juice
- 1 tablespoon balsamic vinegar
- 2 tablespoons extra-virgin olive oil
- 1/8 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 4 cups spinach and arugula salad mix
- 1 cup fresh blueberries (about 1/2 pint)
- 1/3 cup chopped toasted pecans
- 1/3 cup crumbled feta cheese

Look for ripe blueberries that have a dark blue color and a juicy "pop" when eaten. If you can't find fresh berries, you can substitute frozen ones in a pinch. Simply thaw the blueberries under room temperature water, then pat dry with paper towels.

### Preparation:

1. In a large bowl, whisk together lemon juice, balsamic vinegar, olive oil, salt, and pepper. Add spinach and arugula mix, blueberries, pecans, and feta cheese, tossing gently to combine.

Per Serving: 190 Calories; 15g Fat; 10g Carbohydrates; 4g Protein; 3g Dietary Fibre; 5g Total Sugars

For more delicious recipes, visit these healthy recipe websites at [Eating Well](#) or [All Recipes](#).

EatingWell.

allrecipes!

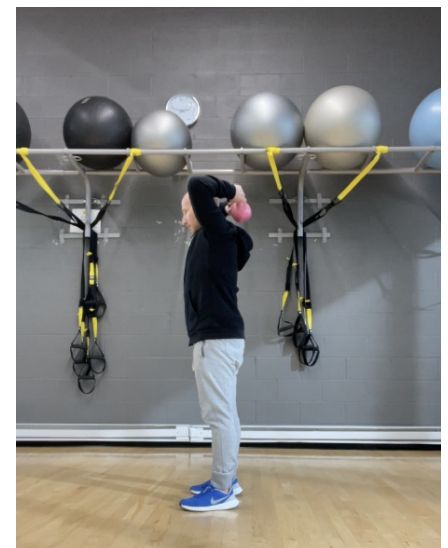
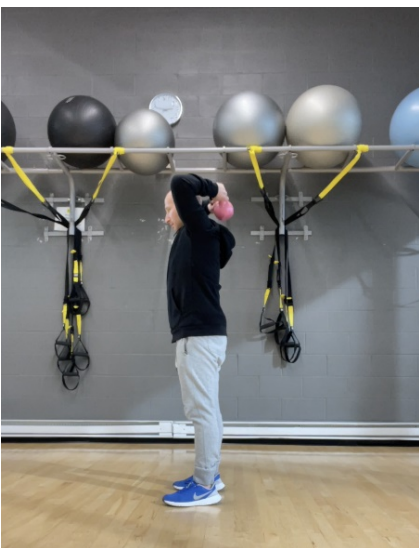
## EXERCISE TECHNIQUES

### Kettlebell Overhead Triceps Extension - Beginner, Intermediate, Advanced

**Target Body Part**  
**Equipment Required**

Triceps  
Kettlebells

1. Stand with your feet hip-width apart, and your knees slightly bent.
2. Hold the kettlebell with both hands, and raise it overhead, with elbows pointing forward.
3. Slowly lower the kettlebell behind your head by bending at the elbows to 90 degrees.
4. Keep your head looking forward and straight ahead.
5. From this position, extend (straighten) at the elbow to full extension. Do not go into a complete straight arm as this may lock the elbows.
6. Lower your hands and the kettlebell slowly and under control.
7. Do not allow the elbows to flare out to the sides when performing this movement.
8. Complete 8 to 12 repetitions.



**If you are unsure how to perform any exercise correctly, please ask the fitness staff for assistance.**

## FITNESS REGISTERED PROGRAMS

### YOGA

**Age: 14+ years**

**Location: Aurora Town Square**

Club Aurora now offers Hatha Yoga for those who prefer a true body/mind experience. This program consists of stretching and toning which help to keep joints flexible, improves circulation and reduces stress.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	July 4	7:00pm – 8:00pm	\$96.00/8 Member	<a href="#">28105</a>
			\$115.20/8 Non-Member	

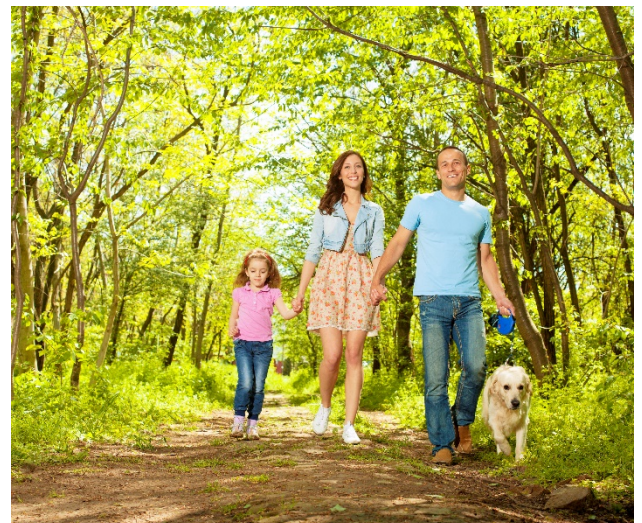
### GUIDED HIKE

**Age: 13+ years**

**Location: Joker's Hill**

These walks are designed to encourage families to get active, while enjoying some of York Region's finest nature walking trails. These walks can range in time from 60 to 90 minutes. Comfortable clothing and appropriate footwear are recommended. Leashed dogs are welcomed. Participants will be contacted prior to the hike with further instructions for all hikes.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	July 9	9:00am – 10:15am	\$5.00 per person	<a href="#">28111</a>



## CLUB AURORA SQUASH PROS

## MEET OUR SQUASH PROS



**HOWARD** – With over 40 years experience in the sports and event management business, Howard has been involved in and organized over 145 events during his career. He discovered squash in his early twenties and organized the Canadian Open Squash Championships from 1985 to 1993. As a former fitness club owner, Howard helped to develop squash programs for house league, T&D and programs to promote and develop interest for players of all ages. In the past, Howard also has assisted in coaching the St. Andrew's College Varsity squash team. Currently, Howard has been the squash pro at the AFLC since 2012 and is responsible for running all aspects of the squash

program.

**ALEX** – Alex brings over 10 years of experience playing squash, ranging from the junior level to University level. He competed with the highly competitive Western University Mustangs during his undergraduate studies, notably capturing a record-breaking 33 consecutive OUA championship titles in 2016. Today, Alex spends most of his time on the squash court coaching others, both at the AFLC as well as being a coach at St. Andrew's College.



**PAULA** – Paula discovered her passion for squash in 2011, and since then, her love for the game has only grown. As an active member of the Ladies T&D league, she has not only participated in numerous local and international competitions but also achieved commendable placements. Notably, Paula took the initiative to establish the Women's Learn to Play Squash Program at the AFLC, further contributing to the sport she adores. Beyond the thrill of the game itself, what Paula cherishes the most about squash is its vibrant community. Within this tight-knit circle, she finds an abundance of joy, inclusiveness, and genuine camaraderie.

**DAVE** – Dave started playing squash in university and still loves playing 40 years later. Playing squash keeps him young! He's always learning something about the game from how to hit more creative shots or more efficient movement, to strategy. When he's not playing sports, he listens to classic rock, classical music, and talk radio, or reads books about the mind and how it works! His goal is to figure it all out one day!



**KATHY** – Kathy is an active competitor across multiple racquet sports including squash, tennis and pickleball. She especially enjoys the camaraderie, competition and physical fitness provided by squash. She has played on a Toronto and District Women's Squash Team for more 20 years. She is happy to have the opportunity to introduce and encourage more people to the game of squash.

## SQUASH MEMBERSHIP INFORMATION & SUMMER PROGRAMS

Memberships are now available for purchase online at [e-PLAY](#).

The Squash Membership Package includes unlimited use of the squash courts, no court fees, and 2 nights (Monday and Wednesday) of house league. Visit our [Squash](#) webpage for more information.

Package Information	Monthly		12 Months	
	Resident	Non-Resident	Resident	Non-Resident
Age Category				
Adult	\$40.30	\$50.38	\$464.50	\$580.63
Youth / Older Adult	\$32.25	\$40.31	\$371.70	\$464.50

### SQUASH HOUSE LEAGUE

This is a mixed team's event, open to all levels of play.

The level of play varies from advanced (Level 1) to beginner/intermediate (Level 5). Each player plays a 40-minute match per night for their team. Play begins as early as 5:40pm and ends at 9:40pm.

Note: Members are entitled to sign-up for 2 free nights (Monday and Wednesday) of house league but must pay the applicable \$41.62 fee for a third night.

### HOUSE LEAGUE – SUMMER 2023

Age: 14+ years

Location: AFLC Squash Courts 1, 2, 3

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
Squash House League	Mon. July 10 to August 28 *No class on: Aug 7	5:40pm to 9:40pm	FREE/7 Member \$81.70/7 Non-Member	<a href="#">28147*</a>
Squash House League	Wed. July 5 to August 30	5:40pm to 9:40pm	FREE/9 Member \$93.70/9 Non-Member	<a href="#">28148</a>
Round Robin	Fri. July 7 to August 25	6:00pm to 8:00pm	\$41.62/8 Member \$64.00/8 Non-Member	<a href="#">28149</a>



## LEARN TO PLAY

**Age: 8+ Level: Beginner to Advanced**

**Age: Women's - 18+ years**

**Location: AFLC Squash Courts 1, 2, 3**

This program emphasizes the technical aspects of the game of squash in a fun, yet competitive environment, with players partnered with others of similar ability. Participants must provide their own eye protection and squash racquet.

The **Women's Learn to Play Squash** program is an introductory recreational program that emphasizes the technical aspects of the game of squash in a fun, yet competitive environment. Taught by our female squash pro, the program is aimed at female participants 18+ years who are new to the sport. Participants will be partnered with others of similar ability.

LEVEL	START/END DATE	TIME	FEE/CLASS	CODE
Beginner	Thu. July 6 to August 24	6:00pm to 7:00pm	\$74.40/8 Member \$89.30/8 Non-Member	<a href="#">28140</a>
Intermediate	Thu. July 6 to August 24	7:00pm to 9:00pm	\$74.40/8 Member \$89.30/8 Non-Member	<a href="#">28141</a>
Advanced	Sat. July 8 to August 26 *No class on: August 5	9:30am to 11:00am	\$97.65/7 Member \$117.20/7 Non-Member	<a href="#">28142*</a>
Beginner for Women	Sun. July 9 to August 27 *No class on: August 6	9:30am to 11:00am	\$97.65/7 Member \$117.20/7 Non-Member	<a href="#">28143*</a>

## SQUASH LESSONS

Club Aurora is proud to have our very own in-house squash professionals. Our pros focus on fundamentals, game rules, sportsmanship, strategy, and conditioning. Fees are per person per 40-minute lesson.

PACKAGE	PRIVATE (1 person)		SEMI-PRIVATE (2 people)		GROUP (3 or more people)	
	Member	Non-Member	Member	Non-Member	Member	Non-Member
Age Category						
Adult	\$34.60	\$43.25	\$25.85	\$32.30	\$20.70	\$25.90

## PERSONAL TRAINING



Club Aurora offers a variety of personal training packages to fit any budget.

We offer both private and semi-private training options. For more information, please email [fitness@aurora.ca](mailto:fitness@aurora.ca).

### ABOUT OUR EXPERT STAFF

Our professional trainers have the skills you need to be successful. Each trainer has a background and education suited to a variety of fitness needs. All staff members are fully certified by nationally accredited organizations.

### PERSONAL TRAINING PACKAGES

Competitive rates and packages are available for every budget. Unlike some private gyms, you do not need to be a member of Club Aurora to benefit from its great personal training packages.

PRIVATE PERSONAL TRAINING	MEMBER	NON-MEMBER
Individual Session	\$69.85	\$87.31
3 Session Package*	\$163.50	\$204.38
5 Session Package	\$285.35	\$356.69
10 Session Package	\$540.80	\$676.00
20 Session Package	\$1,061.45	\$1,326.81
SEMI-PRIVATE PERSONAL TRAINING^	MEMBER (per person)	NON-MEMBER (per person)
Individual Session	\$52.90	\$66.13
3 Session Package*	\$122.75	\$154.44
5 Session Package	\$213.30	\$266.63
10 Session Package	\$406.30	\$507.88
20 Session Package	\$751.25	\$939.06

\* 3 Session package is a one-time only offer.

^ Semi-Private Personal Training fees are per person.

## CLUB AURORA PERSONAL TRAINERS

A Personal Trainer is a certified fitness professional who specialize in the design and instruction of individualized exercise programs. They work with you in setting, achieving, and maintaining your health, lifestyle, and fitness goals.

Our personal trainers have the skills you need to be successful. Each personal trainer has a background and education suited to a variety of fitness needs. All our staff members are fully certified by nationally accredited organizations.

Below are our current trainers who can help you achieve your health and fitness goals. Please contact [fitness@aurora.ca](mailto:fitness@aurora.ca) if you would like additional information on our personal training program.

### MEET OUR PERSONAL TRAINERS



#### MICHAEL

After working for more than 20 years in the corporate world, Michael discovered that living an active and healthy lifestyle proved invaluable. Not only did it enable him to sustain high energy levels, but it also sharpened his mental focus, benefiting his performance at work. He looked forward to his workouts and a healthy meal after the demands of the workday.

Today, Michael's focus lies in assisting others to experience the many rewards that come from adopting an active and healthy lifestyle.



#### LISA

Lisa looks forward to working closely with our members. With her knowledge and 20 years of personal training experience, she is dedicated to helping you achieve and maintain your health and fitness goals.

Her specialities include older adult fitness, balance training, functional fitness, and strength and fitness training for those with injuries or health issues.

**Let us help you achieve your health and fitness goals!**

## CLUB AURORA FITNESS STAFF

**Adrian Wong**

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**General Squash Inquiries**

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**Corey White**

[cwhite@aurora.ca](mailto:cwhite@aurora.ca)



**A ONE HOUR WORKOUT IS 4% OF YOUR DAY. NO EXCUSES.**

AURORA'S 2023



# CANADA DAY



## FESTIVITIES

### FREE EVENTS

#### **DANCE IN THE PARK**

Friday, June 30

7 p.m. to 11 p.m.

Aurora Town Park • 49 Wells Street

**DANCING, LIVE ENTERTAINMENT, BEER GARDEN** Managed by 

#### **CANADA DAY FESTIVITIES**

Saturday, July 1

10 a.m. - Canada Day Parade

Parade travels north on Yonge Street from Edward Street to Aurora Heights Drive

11 a.m. to 10 p.m. - Festivities

Lambert Willson Park • 135 Industrial Parkway North

### FAMILY ACTIVITIES INSIDE AND OUTSIDE

 **INFLATABLES** 

 **LIVE MUSIC** 

 **FIREWORKS** 

Presented by





#### **Saturday, July 1**

8 a.m. to 1 p.m. - Aurora Town Park • 49 Wells Street

Enjoy the Aurora Farmers' Market and Artisan Fair with the Aurora Community Band 9:30 a.m. to 10:30 a.m. and 11:30 a.m. to 12:30 p.m.

Dress in red and white and earn a prize! [theaurorafarmersmarket.com](http://theaurorafarmersmarket.com)

[aurora.ca/canadaday](http://aurora.ca/canadaday) • [#AuroraCanadaDay](https://twitter.com/AuroraCanadaDay) • 905-726-4762

We reserve the right to cancel, amend or change activities.

#### Event Sponsors



Canadian Heritage

Patrimoine canadien



#### Funding provided by

FREE EVENT



# AURORA'S 2023 CONCERTS IN THE PARK

SUMMER CONCERT SERIES

Aurora Town Park  
49 Wells Street • 7 p.m. to 9 p.m.

## TD Premium Concert Experience

With every food donation made for the Aurora Food Pantry before the concerts starts, you have the opportunity to win an incredible concert prize package.



The Aurora Farmers' Market and Artisan Fair will be on-site with samplings from market starting at 6 p.m.

Inclement Weather? Please call the 24-hour special events line at 905-726-4762.

We reserve the right to cancel, amend or change activities.

[aurora.ca/summerconcerts](http://aurora.ca/summerconcerts)  
#AuroraConcerts

### JUNE 21 • DAVE MOWAT AND TRIO

As we celebrate National Indigenous Peoples Day, enjoy this early start to the concert series with a Chicago, Delta and Country blues feel for the night from a bygone era.

### JULY 5 • THE BRITISH LEGENDS

Featuring the Production of David Bowie, Mick Jagger, Elton John, Rod Stewart and Freddie Mercury, this all-Canadian cast has amazing vocals and authentic looks.

### JULY 12 • HOTEL CALIFORNIA - A TRIBUTE TO THE EAGLES

For over three decades now they have been thrilling audiences by providing a masterful celebration of The Eagles music.

### JULY 19 • THE CHICKS TRIBUTE SHOW

A tribute to the top selling female country group, The Chicks.

### JULY 26 • FROM THE HIP

From The Hip aims to deliver what The Tragically Hip did best, perform live, with jams and impromptu rants that would make Gord and the boys proud.

### AUGUST 2 • SUZIE McNEIL & THE CHAIN REACTION

Suzie McNeil is a powerful vocalist and Juno award winning artist currently in her 3rd year singing back-up for Aerosmith on their 2023 Peace Out Farewell tour.

### AUGUST 9 • PIECE OF MY HEART - TRIBUTE TO JANIS JOPLIN

Capturing the raw essence of Janis Joplin both vocally and visually, this electrifying tribute band takes its audience on a musical trip down memory lane to the 60s!

### AUGUST 16 • TORONTO ALL-STAR BIG BAND

The Toronto All-Star Big Band revives the spirit, style and sound of the 30s, 40s and 50s.

### AUGUST 23 • JUKEBOX HEROES - TRIBUTE TO FOREIGNER

An international tribute to Foreigner. Performs all the hits to get you out of your seat.

### AUGUST 30 • CHER AND NIGHT FEVER, TRIBUTE TO THE BEE GEES

Cher also known as the "Goddess of Pop", this Tribute to Cher will not disappoint. Night Fever, will take you back to the sounds of one of the greatest pop bands in history, The Bee Gees.

Concerts are free

For your seating comfort, please bring your own lawn chairs.

Event Sponsors

