

## June 2023

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## CLUB AURORA 5-MINUTE LATE POLICY & NEW WAITLIST MANAGEMENT POLICY

*New!*

The purpose of Club Aurora's 5-Minute Late Policy is to ensure that our group fitness instructors can run safe and effective group fitness classes. Club Aurora will continue to uphold the current 5-minute late policy for all classes and participants.

Club Aurora will be implementing a new Waitlist Management Policy. Our goal is to maximize group fitness opportunities for all individuals. Those who register for group fitness classes via



e-PLAY are now asked to show up prior to the start of the class. Once the class has started, those on the waitlist will be accommodated during the 5-minute grace period if space is available. Registered members not checked-in, will forfeit their reserved spot, however, may still participate in group fitness classes as drop-in participants if space is available.

Club Aurora is committed to providing fair and equitable access for all to enjoy our programs and services.

## GETTING A GOOD NIGHT'S SLEEP

Written by Wilson Ly, Fitness Assistant

### How much sleep do you need?

The Public Health Agency of Canada recommends 7 to 9 hours a night for adults and 7 to 8 hours a night for older adults. Different people may have varying sleep requirements; some people may need less or more sleep than others.

### Tips for getting a good night's sleep.

A top way to improve sleep is to slightly modify daily behaviors that affect how fast you fall asleep and whether you stay asleep.

Follow the tips below on as many days as you can to improve the quality of your sleep.

1. Avoid caffeine 4 to 6 hours before bedtime. Caffeine is a stimulant, which increases your energy and alertness for a period of time. Avoid both food and drinks with caffeine (i.e., coffee, green tea, chocolate, or soft drinks) 4 to 6 hours before bedtime. Only have a maximum of 3 drinks with caffeine daily.
2. Avoid alcohol 4 to 6 hours before bedtime. Alcohol close to bedtime may wake you up during the night and cause breathing problems.
3. Unwind. Stress has a significant effect on sleep quality; thus, it is crucial to relax before bed. Read a few minutes, do crosswords, take a bath or shower 90 minutes before going to sleep, listen to relaxing music, or try a relaxing exercise, such

as light stretching. Blue light emitted by electronic devices can hinder sleep; therefore, it is ideal to avoid watching TV or using other electronic devices (i.e., laptops and cell phones) at least 30 minutes before bed.



4. Exercise regularly. Start exercising slowly and increase the length of exercise sessions in small increments. For example, increase your exercise sessions by 2 minutes every 1 or 2 weeks. Listen to your body as everyone is different. Avoid vigorous exercise 2 to 3 hours before bed. Read the "[Canadian Physical Activity Guidelines](#)" pamphlet for exercise guidelines based on your age. <https://csepguidelines.ca>
5. Follow the same routine. Try to go to bed and wake up at the same time

every day. A consistent sleep schedule assists your body to get into a routine. Those who go to bed and wake up at varying times daily are more prone to sleep issues.

6. Avoid naps if you have sleep problems. Naps may hinder sleep at night for some people. If you have sleep problems, experiment with eliminating naps to see if your sleep improves. If you need to nap, try napping before 3 p.m. and keep the naps short and approximately 30 minutes at most to minimize disruptions to your normal sleep patterns.
7. Avoid going to bed too hungry or too full. Try to avoid eating a large meal and/or drinking too many liquids 2 hours before bedtime. If you are hungry before bed, consider a light, healthy snack such as light cheese and crackers, bananas, or a warm glass of milk. Get up if you do not fall asleep within half an hour. If you cannot fall asleep within 30 minutes, get up and leave your bedroom to do something relaxing, such as listening to relaxing music or meditating. Alternatively, do something boring to

help you feel drowsy. For instance, read a boring book or textbook. Avoid watching TV or going on a screen (i.e., cell phone). When you feel drowsy go back to bed.

8. Make your bedroom comfortable. Only use your bed for sleeping. Avoid using your bed for watching TV, working, studying, or any other mentally taxing activities. Ensure your mattress has good support and comfortable bedding. Try to have your bedroom slightly cooler and use a few blankets if necessary. Remove any distracting noise and lights. Use ear plugs if necessary. Use thick shades (i.e., blackout curtains) to keep your bedroom dark.
9. Challenge the belief you cannot function without a perfect night's sleep. If you have trouble sleeping, you may check the clock repeatedly and worry about the next day, which increases anxiety and your ability to fall asleep. Have your clock out of view and tell yourself you can likely function the next day despite feeling tired unless this would cause danger to yourself or others.

#### References:

1. [Here to Help - Getting a Good Night's Sleep](#)
2. [UHN - Helpful Hints for Better Sleep.pdf](#)
3. [CAMH - Good night's sleep](#)



## UPCOMING STAFF CHANGES

### Dave Szymkowicz – Acting Fitness Coordinator



Friday June 9<sup>th</sup> will be my last day as Fitness Coordinator at Club Aurora. I started my contract mid-November, and it was a dream come true to share my passion for fitness and be the face of Club Aurora with all of you. For those of you who don't know, I have been working here with the Town of Aurora since 2019 as a Personal Trainer and Group Fitness Instructor. This past November, I took on a 6-month contract to help oversee Club Aurora fitness and while it was a learning curve, I enjoyed my time here along with making new friends and having great conversations. From Club Aurora members to my fitness staff and Town of Aurora colleagues, THANK you for making this a joyful experience for me. I will be returning to my base

positions as a Personal Trainer, Group Fitness Instructor and soon to be Aquafitness Instructor. Please don't be shy if you see me in and or around the facility. Stay safe and stay healthy!



### Kevin Nguyen – Fitness Assistant

June marks the end of my run at Club Aurora. It's been a pleasure meeting all of you. I've made many new friends working at the fitness desk and I wanted to thank everyone for all the laughs and great conversations had throughout my time at Club Aurora.

I wish you all the best on your fitness journeys.





## NEW STAFF at CLUB AURORA

### Alexa Partridge – Fitness Assistant



Alexa has been in the fitness industry for eight years from teaching fitness classes to personal training. She started her fitness journey at 10 years of age from taking a spin class and knew she wanted to be doing this for the rest of her career.

Alexa's passion for helping others to get healthy, strong, and live their best lives had always been her goals with clients. Her specialties include general fitness, rehabilitation exercises, weight loss, functional fitness, and CrossFit training.



### Sarah Bellerby – Fitness Assistant

Sarah graduated from Wilfrid Laurier University with a Bachelor of Kinesiology in 2020. Growing up she played competitive hockey and many other recreational sports. During her time at university, she worked for the Athletics and Recreation department and participated in many intramural sports.

Sarah enjoys challenging herself when it comes to learning more about fitness and continues to stay active by participating in recreational hockey, working out and going for hikes.



## Zesty Tuna Salad

Total Time: 5 minutes \* Makes 2 servings \* Serving Size: 2 bowls



Who doesn't like a great Tuna Salad. This one is sure to get your tastebuds excited. This takes boring canned tuna and adds a little zing to it. Dill pickle relish works great, too.

### Ingredients:

- 1 (5 ounce) can tuna, drained.
- 1 teaspoon mayonnaise.
- 1 teaspoon sweet pickle relish.
- 1 teaspoon Dijon-style prepared mustard.
- 1 stalk celery, chopped.
- ¼ cup chopped onion.
- ¼ teaspoon ground black pepper.

### Preparation:

1. Mash tuna in a small bowl with a fork. Add mayonnaise, pickle relish, mustard, celery, onion, and black pepper; stir to combine.
2. Chill and serve.
3. You can use vegetables or crackers to make the tuna salad a dip.

Per Serving: 107 Calories; 2g Fat; 4g Carbohydrates; 7g Protein; 1g Dietary Fibre; 2g Total Sugars; 2mg Vitamin C; 21mg Calcium; 1mg Iron; 235mg Potassium; 145mg Sodium

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

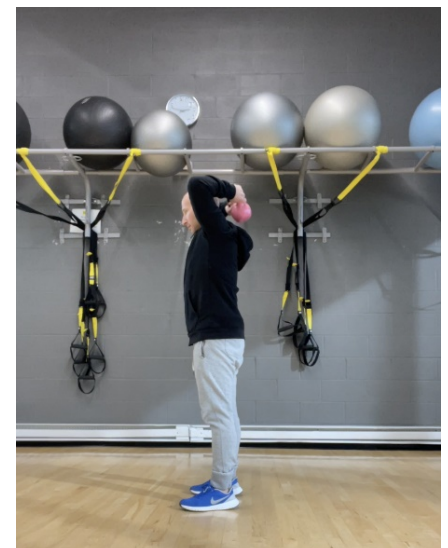
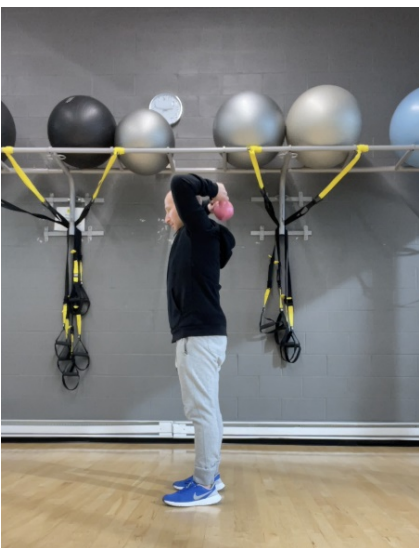
## EXERCISE TECHNIQUES

### 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

### PILATES

**Age: 18+ years**

**Location: AFLC Lind Realty Team Fitness Studio**

Pilates is a highly effective way to shape up, slim down, and feel great. It is a contemporary approach to mind/body exercise. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging, and revitalizing workout.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	June 7	7:30pm – 8:30pm	\$51.90/6 Member	<a href="#">29502</a>
			\$62.28/6 Non-Member	

### YOGA

**Age: 14+ years**

**Location: Aurora Town Square Program Room 2**

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>



## SQUASH MEMBERSHIP INFORMATION & FALL 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

**Location: AFLC Squash Courts**

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, however must pay the applicable \$41.62 fee for a third night.

### HOUSE LEAGUE – SUMMER 2023

PROGRAM	AGE	START/END DATE	LOCATION	TIME	FEE/CLASS	CODE
Squash House League	14+ yrs	Mon. July 10 to August 28	AFLC Squash Courts 1, 2, 3	5:40pm to 9:40pm *No class on: Aug 7	FREE/7 Member \$81.70/7 Non-Member	<a href="#">28147</a>
Squash House League	14+ yrs	Wed. July 5 to August 30	AFLC Squash Courts 1, 2, 3	5:40pm to 9:40pm	FREE/9 Member \$93.70/9 Non-Member	<a href="#">28148</a>
Round Robin	14+ yrs	Fri. July 7 to August 25	AFLC Squash Courts 1, 2, 3	6pm to 8pm	\$41.62/8 Member \$64.00/8 Non-Member	<a href="#">28149</a>

## LEARN TO PLAY

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

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	AGE	START/END	LOCATION	TIME	FEE/CLASS	CODE
Beginner	8+ yrs	Thu. July 6 to August 24	AFLC Squash Courts 1, 2, 3	6:00pm to 7:00pm	\$74.40/8 Member \$89.30/8 Non-Member	<a href="#">28140</a>
Intermediate	8+ yrs	Thu. July 6 to August 24	AFLC Squash Courts 1, 2, 3	7:00pm to 9:00pm	\$74.40/8 Member \$89.30/8 Non-Member	<a href="#">28141</a>
Advanced	8+ yrs	Sat. July 8 to August 26	AFLC Squash Courts 1, 2, 3	9:30am to 11:00am *No class on: August 5	\$97.65/7 Member \$117.20/7 Non-Member	<a href="#">28142</a>
Beginner for Women	18+ yrs	Sun. July 9 to August 27	AFLC Squash Courts 1, 2, 3	9:30am to 11:00am *No class on: August 6	\$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
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 our 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 specialises 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



#### DAVE

Fitness is all about finding balance and enjoying life. Keep your body moving, nourish it with healthy foods, and don't forget to indulge in your favorite treats from time to time. And of course, laughter and happiness are the best medicine!



#### TATIANA

Helping people be strong and healthy, feeling comfortable and confident in their body - this passion led Tatiana to a significant change in her career and professional life, shifting from the field of engineering and web design to the health and fitness world.

Her specialties include functional fitness, high intensity training, yoga, and energy healing. By keeping her fitness training knowledge updated, she offers the highest level of services to her clients. Tatiana's strongest skill is the ability to see her clients' bodies as a whole system and create an inclusive

environment in a way that supports each person's individual needs. Tatiana hopes to inspire others to live healthy lifestyles and make their workouts something they do.

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



## CLUB AURORA FITNESS STAFF

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**General Inquiries**  
[Fitness@aurora.ca](mailto:Fitness@aurora.ca)



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

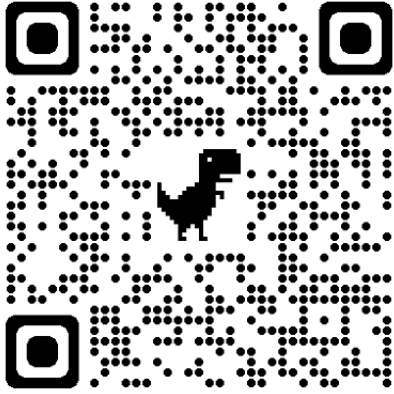
# DROP-IN ACTIVITIES

Visit us online for the most up-to-date drop-in schedules.

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## Swimming

[www.aurora.ca/aquatics](http://www.aurora.ca/aquatics)



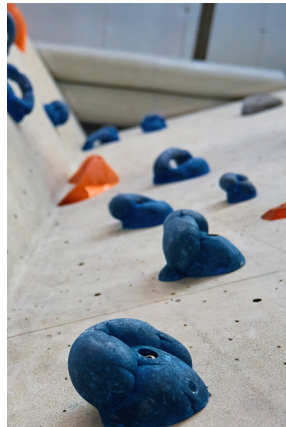
## Group Fitness & Aquafitness

[www.aurora.ca/fitnessclasses](http://www.aurora.ca/fitnessclasses)



## Gymnasium & Rock Wall

[www.aurora.ca/aflcdropin](http://www.aurora.ca/aflcdropin)



## Preschool

[www.aurora.ca/preschooldropin](http://www.aurora.ca/preschooldropin)



## Skating & Shinny Hockey

[www.aurora.ca/skating](http://www.aurora.ca/skating)



## Squash

[www.aurora.ca/squash](http://www.aurora.ca/squash)



# JUNE IS RECREATION AND PARKS MONTH

Get out  
and explore our  
great parks and trails,  
recreation facilities,  
pools and more!



## Get out and play!



[aurora.ca/JRPM](http://aurora.ca/JRPM)



#AuroraJRPM23

