

November 2023

INSIDE THIS EDITION:

1 – 2	Pickleball Mania
3	Fall Program Guide & F.A.I.R. Access
4	Sport Workshops
5	Recreation & Healthy Active Living Leadership
6	Recipe – Roasted Brussel Sprouts & Butternut Squash Salad
7	Exercise Techniques – Torso Rotation Machine
8	Squash Membership & Program Information
9 – 10	Personal Training & Trainer Tips
11	Fitness Staff
12	Special Events – Deck the Halls
13	Window Removal Program

PICKLEBALL MANIA

Pickleball was invented in the United States in 1965 by three friends. They combined table tennis paddles with a pickle ball and badminton net. There are aspects of tennis, however, it is played both indoors and outdoors on a court that is a quarter of the size.

A 2022 survey by Pickleball Canada showed that the number of players has tripled in two years with 8% of Canadian households reporting at least one household member playing pickleball once a month. That translates to about one million Canadians playing the sport and 45% of whom play four or more times per month.

Written by Vida Bond, Fitness Attendant

Pickleball is a fun sport, however it is not as easy as it appears to be. The sport requires fast reactive movements and most of the players are older than in other sports. As a result, injuries have become relatively common.



Most Common Pickleball Injuries.

- Spraining and straining of the shoulder area and rotator cuff. This overuse injury is caused by repeated overextension of the joint when thrusting the pickleball paddle toward the ball. This movement causes reduced range of motion, inflammation and pain.
- Pickle Elbow is like golf or tennis elbow. This overuse injury leads to soreness in the elbow’s ligaments and tendons. It’s more common among new players using incorrect form and technique.
- Fall and slip injuries are due to the hard surface of the courts, which can cause ankle sprains and wrist fractures. Running across the courts can also cause heel injuries, especially if not wearing proper court shoes.
- Achilles Tendonitis is also an overuse injury due to repeated strain on the lower leg in the Achilles tendon. The repeated strains cause tears leading to stiffness, pain and swelling.

Best Prevention Practices:

- Arrive at the courts early and stretch your muscles pre-game. This will help prevent tears and strains. Focus on the shoulder, hamstring, quadriceps and calf muscles. Fitness staff will be happy to teach and demonstrate some of these sport specific stretches.
- Proper court shoes are essential as well. Consult with a podiatrist or a physical therapist if you have pre-existing injuries.
- Hydration is important, as dehydration can slow down your reaction time.
- If you already have concerns about your back, knees or hamstrings, you might need to curtail winning each point if you risk injury.

As in all injuries, rest is the best road to recovery. If you return too soon, you can potentially exacerbate your injury. If the injury is more serious, physical therapy may be prescribed. Following these preventative measures will give you the best odds to play pickleball injury free for years to come.

Sources used: [Pickleball Canada](#), Montreal Gazette, Global News

A.F.L.C. Adult Pickleball Drop-Ins (18+) - Fall 2023: September 4 to December 22

Day	Time	
Sunday	8:30 a.m. to 10 a.m.	4 p.m. to 5:30 p.m.*
Monday	8:45 p.m. to 10:15 p.m.*	
Tuesday	2:30 p.m. to 4 p.m.	
Wednesday	8:15 a.m. to 9:45 a.m.	
Saturday	10 a.m. to 11:30 a.m.	11:30 a.m. to 1 p.m.

*Admissions sales for these drop-ins will end 30 minutes prior to the end of the listed drop-in time. Check out our [Pickleball webpage](#) for courts and schedule details.

FALL 2023 PROGRAM GUIDE

The Fall 2023 Program Guide is now available for online viewing on our [Program Guide](#) webpage! Registrations are open for our Recreation and Aquatic programs.

Register Online – To register online, go to our [Program Guide](#) webpage. Once you have selected the program you wish to register for, simply click on the code # and you will automatically be directed to our e-PLAY online registration system.

Register In-Person – To register in-person, visit the A.F.L.C. or S.A.R.C. to pay in-person.

F.A.I.R. ACCESS

The Town of Aurora will begin accepting 2024 F.A.I.R. Access applications online and in-person starting on November 13, 2023. All applications must be resubmitted annually with appropriate supplementary documentation to verify eligibility. Please complete an application form for 2024 even if you have successfully received funding for 2023.

F.A.I.R. Access (Fee Assistance in Recreation) is a confidential fee assistance program for residents of Aurora to use for meaningful access to recreation programs and memberships.

Qualifying Town of Aurora residents may receive up to \$250 per person per calendar year to use towards a recreation program of their choice. Residents qualify based on their L.I.M. (Low Income Measure) as per Statistics Canada.



FAIR ACCESS

Fee Assistance In Recreation

Application Timing & Processes

The approximate processing time for Fee Assistance applications is 2 to 4 weeks from the time of submission. We strongly advise that families apply well in advance (minimum four weeks) before the designated registration start date of the program you wish to register for.

You will be notified by a Town Employee via phone or email advising you of your application status. Funding is not retroactive, and cannot be applied or used towards registrations made prior to funding approval

[F.A.I.R. Access - Online Application Form](#)

CALLING ALL COACHES, PARENTS, ATHLETES AND OFFICIALS

The Town of Aurora is excited to announce a FREE educational series with Sport Law called "Creating & Maintaining an Inclusive Environments".

Visit our [Sport Workshops](#) webpage for full details.



PARTICIPATION, EQUITY & COMPETITION:

An Inclusive Approach to Trans Athletes

WITH
FAE
JOHNSTONE



Workshop 1: Supportive Roles in Sport
Monday, November 13 - 12 p.m. to 1 p.m.



Workshop 2: Active Roles in Sport
Tuesday, November 14 - 7 p.m. to 8 p.m.

VIRTUAL • FREE EVENT • REGISTRATION REQUIRED

aurora.ca/sportworkshops



RECREATION & HEALTHY ACTIVE LIVING LEADERSHIP

High School Credit Course

There is a need for more females in leadership positions in sport including coaches, officials and administrators. Through the work of the Sport Plan, Town of Aurora is committed to supporting more females to step into those roles and are excited for the 2nd year of our Recreation & Healthy Active Living Leadership high school credit course.

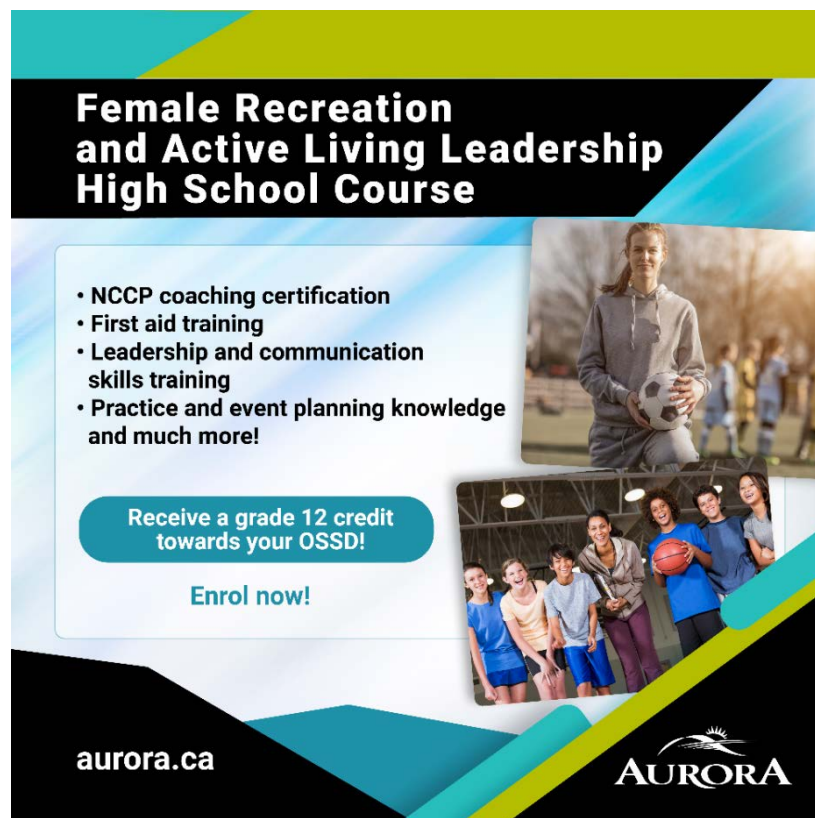
In collaboration with ASK Online Canada, Town of Aurora will be delivering a female and gender diverse hybrid (face-to-face and online) leadership course where students can obtain a grade 12 credit towards their high school diploma.

Students will explore the benefits of providing a welcome, safe, and positive space for lifelong participation in physical activity and develop leadership skills that contribute to a successful participant experience. In addition, students will apply their learning to host a community event and provide mentoring opportunities that enhance the health and well-being of others.

Winter 2024 Course

- Winter 2024: February 14 to May 15, 2024
- Registration: Starts on October 2, 2023

[Register Online – Recreation & Healthy Active Living Leadership](#)




Female Recreation and Active Living Leadership High School Course

- NCCP coaching certification
- First aid training
- Leadership and communication skills training
- Practice and event planning knowledge and much more!

Receive a grade 12 credit towards your OSSD!

[Enrol now!](#)

aurora.ca



Roasted Brussels Sprout & Butternut Squash Salad

Total Time: 55 minutes * Makes 4 servings * Serving Size: 1¼ cups



Serve this hearty and healthy fall salad with roasted pork tenderloin, chicken, or salmon. All of the vegetables are roasted on the same pan, so this recipe is easy to prep. It tastes great warm or at room temperature, so it's perfect for holiday buffet tables and potlucks. Cranberries add a sweet-tart edge, while the maple-tahini dressing provides depth.



Ingredients

- ½ cup cubed butternut squash (¾-inch)
- 3 medium shallots, quartered
- 4 ½ teaspoons olive oil, divided.
- 1-pound fresh Brussels sprouts, halved lengthwise or cut into quarters if very large
- ½ teaspoon salt, divided
- 1 tablespoon, plus 1½ teaspoons sherry vinegar
- 1 tablespoon tahini
- 1 teaspoon pure maple syrup
- 1 teaspoon finely chopped fresh rosemary
- ½ teaspoon ground pepper
- ⅓ cup dried cranberries
- ⅓ cup chopped toasted pecans or walnuts (optional)

Preparation

1. Preheat oven to 425 degrees F. Combine squash, shallots, and 1½ teaspoons oil on a large, rimmed baking sheet; toss to coat well. Roast until almost tender and starting to brown, about 20 minutes.
2. Meanwhile, combine Brussels sprouts, 1½ teaspoons oil and ¼ teaspoon salt in a bowl; toss to coat well.
3. Remove the baking sheet from the oven; add the Brussels sprouts to the squash mixture and spread the vegetables in an even layer. Continue roasting until all the vegetables are tender and browned, about 20 minutes.
4. Meanwhile, whisk vinegar, tahini, maple syrup, rosemary, pepper and the remaining 1½ teaspoons oil and ¼ teaspoon salt in a small bowl.
5. Transfer the roasted vegetables to a large bowl. Add cranberries and the dressing; toss to coat. If desired, sprinkle with nuts. Serve immediately or let stand at room temperature for up to 4 hours.
6. Tip: The salad may be refrigerated in an airtight container for up to 2 days. Let stand at room temperature for 30 minutes before serving.)

Nutrition Facts: Calories 225; Total carbohydrate 39g; dietary fiber 9g; total sugars 16g; added sugars 8g; protein 6g; total fat 8g; saturated fat 1g; vitamin a 15897 iu; vitamin c 108mg; folate 97mcg; sodium 326mg; calcium 114mg; iron 3mg; magnesium 71mg; potassium 860mg

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

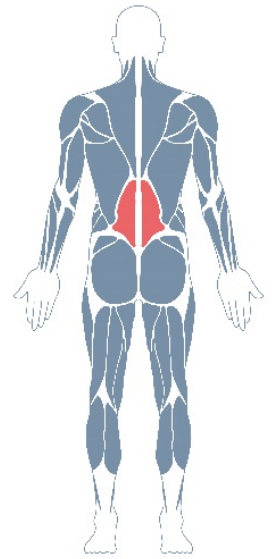
EXERCISE TECHNIQUES

Torso Rotation Machine - Beginner

Target Body Part
Equipment Required

Internal & External Abdominal Obliques
Torso Rotation Machine #14

1. Select your desired workout weight.
2. Raise the seat height so that your shoulders are resting on the pads.
3. Adjust the rotation knobs at the top of the machine.
4. Place both hands under the pads on the handgrips. Exhale and slowly rotate your torso to one side as you squeeze the knee pads gently.
5. Repeat for 10 to 15 repetitions.
6. To work the other side of your torso, adjust the rotation knobs to the opposite side and repeat.
7. Repeat this action for the desired number of repetitions.



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

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

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. Participants will be partnered with others of similar ability. Participants must provide their own eye protection and squash racquet.

WOMEN'S LEARN TO PLAY SQUASH

Age: 18+ years

This 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.



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.

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.

TRAINER TIPS

Written by Lisa Carter, Fitness Attendant, C.S.E.P. Certified Personal Trainer

WHAT IS COMPRESSION WEAR?

Designed to increase blood and lymphatic flow to the specified limb, compression wear is said to improve performance and shorten recovery time when used post-exercise. Available in knee high socks, tights, shorts and calf guards, among other items. It features wicking properties to reduce sweat pooling and regulate body temperature.

A proper compression garment needs to be firm enough to wrap muscles and hold them in place during activity. This helps prevent muscle movement and micro-tears that can cause soreness and fatigue.

Compression gear is also supposed to increase blood circulation, prevent chafing and increase oxygen delivery to your muscles, allowing you to work out longer and perform better. Most studies only back up the recovery benefits of wearing compression garments.

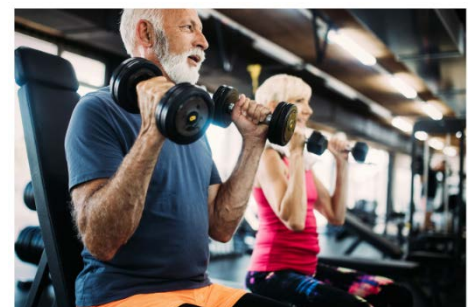


WHAT PRECAUTIONS SHOULD SENIORS TAKE WHEN STARTING A NEW FITNESS PROGRAM?

Exercise and keeping active are important at any age, but especially as we get older. Health conditions and injuries, however, may throw a wrench in your fitness plan. Be aware of your limitations. For example, arthritic knees or hips would be a limitation, so running would not be as wise of an exercise as swimming, which has much less impact on joints like the knees.

Another issue to be aware of is low blood pressure. If you suffer from this condition, avoid any overhead exercises.

It is very important to check with a doctor before beginning any new activity. Starting slowly and doing the appropriate exercises for you and your body is vital. Club Aurora's fitness professionals are always happy to guide you in the right direction.



Need answers to your fitness questions?

You can email them to fitness@aurora.ca and one of Club Aurora's Fitness Professionals will post the answer in the **Training Tips** section of our newsletter.

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Let us help you achieve your health and fitness goals!

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

WINDROW REMOVAL PILOT PROGRAM

Windrow clearing for seniors and people with disabilities

Program begins **December 1, 2023**
and runs until **April 1, 2024**

Applications accepted until **November 30, 2023**

What is a windrow?

A windrow is the snow left at the end of a driveway after a snowplow has cleared a road



aurora.ca/Windrow


AURORA



AURORA'S 2023

Deck the Halls

TOUR



Do you like to decorate for the festive season?
Can you untangle lights like no other?

Register your home or business for Aurora's Deck The Halls Tour.

The tour will take place between December 11 to 23, but in order to participate
you need to register by **November 12, 2023**

You can **win big prizes** for this friendly community-wide competition.

aurora.ca/DeckTheHalls

905-726-4762 • #AuroraDeckTheHalls

Please note, we reserve the right to cancel, amend or change activities.

