

# ADULT & OLDER ADULT PROGRAMS



## 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 participants may see both leading and following. Prior dance experience is not necessary. Partners are required.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 16	7:30pm – 8:30pm	\$110.00/9	35060

## BALLROOM & LATIN DANCE – LEVEL 2

**Age: 18+ years**

**Location: ASC**

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 participants may see both leading and following. The beginners class or previous dance experience are preferred prerequisites for this class. Partners are required.

\*No class on: May 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 14	7:30pm – 8:30pm	\$112.00/9	35061*

## 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. 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 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 14	8:30pm – 9:30pm	\$114.00/9	35062*

## 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 17	9:00am – 9:30am	\$36.00/10	35068
Thu	July 10	9:00am – 9:30am	\$29.00/8	35105

**Location: [zoom](#)**

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 17	9:00am – 9:30am	\$36.00/10	35069
Thu	July 10	9:00am – 9:30am	\$29.00/8	35106

## AGE REQUIREMENTS

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

## AURORA BARBARIANS – LEARN TO RUGBY

**Age: 18+ years**

**Location: Aurora Sports Dome**

This non-contact session is geared towards learning how to play to 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.

\*No class on: May 16

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Apr 25	5:00pm – 6:00pm	\$40.00/8	34096*

## AURORA BARBARIANS – OUTDOOR RUGBY

**Age: 18+ years**

**Location: \*St. Anne's School  
^Sheppard's Bush**

This outdoor session is geared towards playing touch/flag rugby through mini/modified games. These sessions will be filled with fun challenges, while developing rugby skills. T-shirt will be included.

\*No class on: May 18

^No class on: Aug 3

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	May 4	4:00pm – 5:30pm	\$75.00/7	35709*
Sun	July 6	4:00pm – 5:30pm	\$75.00/7	35710^

## BALANCE IMPROVEMENT

**Age: 55+ years**

**Location: ASC**

This class uses practical and simple exercises using a sturdy chair. Achieve improved balance for everyday activities. Gain strength and confidence to maneuver through tasks such as getting out of your chair, stepping over a curb and more.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 15	9:30am – 10:15am	\$63.00/10	35066
Tue	Apr 15	10:30am – 11:15am	\$63.00/10	35067
Tue	July 8	9:30am – 10:15am	\$50.00/8	35103
Tue	July 8	10:30am – 11:15am	\$50.00/8	35104

# 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 15	9:00am – 9:45am	\$63.00/10	35070
Tue	July 8	9:00am – 9:45am	\$32.00/4	35107
Tue	Aug 5	9:00am – 9:45am	\$32.00/4	35108

## CHAIR FIT

**Age: 55+ years**

**Location: ATH**

Get fit while you sit. This program uses cardiovascular exercise to improve your endurance and works the muscles to strengthen the entire body. This class is ideal for participants who are new to exercises or who prefer the aid of a chair during the routine.

\*No class on: May 1

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 15	3:00pm – 3:45pm	\$63.00/10	35079
Thu	Apr 17	3:00pm – 3:45pm	\$63.00/10	35071*

## CHAIR: GENTLE EXERCISE

**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	May 2	10:00am – 10:45am	\$52.00/8	35072
Fri	July 18	10:00am – 10:45am	\$45.00/7	35128

## 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 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 14	6:15pm – 7:45pm	\$95.00/8	35063*



## CORE ON THE FLOOR

**Age: 55+ years**

**Location: ATH**

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 15	1:00pm – 1:30pm	\$36.00/10	35073

## FIT MINDS

**Age: 55+ years**

**Location: ATH**

Fit Minds is an interactive brain exercise program to help stretch brain capacity and strengthen cognitive reserve. The program focuses on the five areas of cognition: language and music, visual and spatial orientation, memory, critical thinking and computation. The program also provides challenges that build brain resilience and fosters overall brain health through a social setting.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 14	1:00pm – 2:30pm	\$85.00/6	35075

*New!*



## 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](http://aurora.ca/marriage) or call 905-727-1375.




## PROGRAM PRICES & HST

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

# ADULT & OLDER ADULT PROGRAMS

## 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.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 16	9:00am – 9:45am	\$63.00/10	35076
Wed	July 9	9:00am – 9:45am	\$50.00/8	35124
Fri	May 2	9:00am – 9:45am	\$50.00/8	35078

**Location: zoom**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 16	9:00am – 9:45am	\$63.00/10	35077
Wed	July 9	9:00am – 9:45am	\$50.00/8	35125
Fri	May 2	9:00am – 9:45am	\$63.00/10	35080

## GET STRONG

**Age: 55+ years**

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

Are you ready for the next challenge to step up your strength? This class uses seating and standing exercises to improve your strength, mobility and range of motion. Weights, bands and body weight exercises will be incorporated.

**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
Fri	May 2	11:00am – 12:00pm	\$52.00/8	35083
Fri	July 18	11:00am – 12:00pm	\$45.00/7	35109

**Location: In-Person – ATH**

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	April 15	1:45pm – 2:45pm	\$63.00/10	35081

**Location: zoom**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	May 2	11:00am – 12:00pm	\$50.00/8	35082
Fri	July 18	11:00am – 12:00pm	\$45.00/7	35110

## 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	Apr 9	10:00am – 11:15am	\$45.00/4	35084

## KNITTING: LEARN TO KNIT SOCKS

**Age: 55+ years**

**Location: ASC**

Hand-knit socks are one of life's little luxuries that everyone should experience. As complicated as they appear when you read a sock pattern, they are really quite simple when someone shows you. In addition, sock yarns are some of the most fun yarns available today: hand paints, self-patterning and self-striping. In this class, you will learn a basic top-down sock and allow you to treat yourself and those you love to the cozy comfort of hand-knit socks. This is an advanced beginner class. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 8	2:00pm – 3:15pm	\$54.00/5	35085

## KNITTING: SUMMER T-SHIRT

**Age: 55+ years**

**Location: ASC**

This class is for advanced beginner, intermediate level knitters and requires the completion of homework as assigned. The project is a simple, adult sized, short sleeved, summer "t-shirt" style top. It is knit top down, on circular needles and has no seams. This basic pattern can be customized to change fit, sleeve and body length so you can create a top that fits just the way you like. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	May 21	10:00am – 11:15am	\$45.00/4	35102

## KNITTING: TWIDDLEMAT

**Age: 55+ years**

**Location: ASC**

This class is for advanced beginner, intermediate level knitters and requires the completion of homework as assigned. The project is a simple, adult sized, short sleeved, summer t-shirt style top. It is knit top down, on circular needles and has no seams. This basic pattern can easily be customized to change fit, sleeve and body length so you can create a top that fits just the way you like. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	May 21	2:00pm – 3:15pm	FREE/4	35101

## LINE DANCING FOR BEGINNERS

**Age: 55+ years**

**Location: ASC**

Students will have opportunity to learn the basic concept of line dancing and specific line dances to the most popular Latin, Ballroom and night clubs and music. Beginner class line dances will be chosen from the selection of dances and music that are played and danced in Toronto dance clubs. Students will also learn a few more complicated dances. Knowledge gained will give participants the confidence to dance in the dance clubs during the practices sessions as well as evening parties.

\*No class on: May 27

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 22	6:30pm – 7:30pm	\$68.00/10	35602*

## SENIORS NEWSLETTER

Check out our monthly Fun After 55! seniors newsletter online at [www.aurora.ca/seniorsnewsletter](http://www.aurora.ca/seniorsnewsletter)



# ADULT & OLDER ADULT PROGRAMS

## MEN'S FIT

Age: 55+ years

Location: ATH

This exercise class is designed specifically for men looking to maintain and build their physical health. The focus is on full body: building strength, improving balance and flexibility, increasing cardio fitness and preventing injury. A series of exercises will include weights, resistance bands, bodyweight movements and other materials targeting all the major muscle groups.

\*No class on: May 1

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 17	9:30am – 10:15am	\$63.00/10	35086*
Thu	July 10	9:30am – 10:15am	\$50.00/8	35111

## 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.

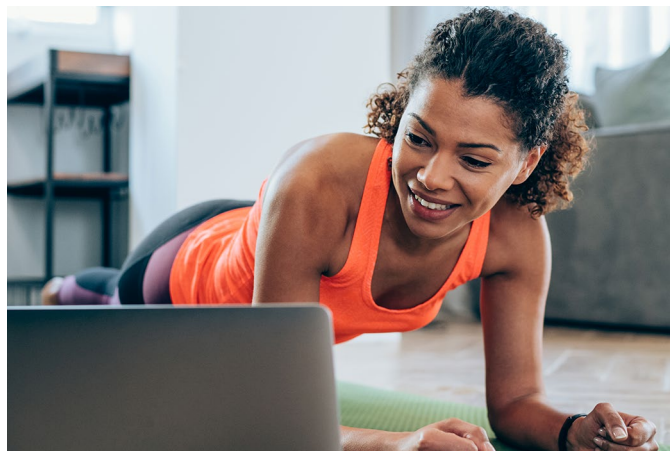
\*No class on: May 26

^No class on: June 30 & Aug 4

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 14	9:00am – 10:00am	\$63.00/10	35087*
Mon	July 7	9:00am – 10:00am	\$45.00/7	35112^

## VIRTUAL ALL-ACCESS PASS

Enjoy Our Fitness Classes Virtually At Home!



## VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years

Location: zoom

Our All-Access Pass allows you to join any of our virtual fitness classes: Basic Cardio, Get Fit, Get Strong, Move & Tone, Piloga and Stretch & Tone. Attend as many classes and you wish during this season. Participants in this program will receive their Zoom links the day before each program's scheduled start. This is a great value! Note: Please email the Seniors Centre at seniorscentre@aurora.ca to obtain the full class list.

\*No class on: May 19

DAY	DATE	TIME	FEE/WEEKS	CODE
M-F	Spring Season	See Schedule	\$75.00/10	35065*

*New!*

## PAINT & SIP

Age: 55+ years

Location: \*ASC

^ATH

Join local artist Eva Folks for an afternoon of painting. All supplies are included and you will leave with a completed seasonal picture. Light refreshments (coffee, tea and a sweet treat) will be served.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 7	12:30pm – 4:00pm	\$60.00/1	35605^
Sat	June 14	1:00pm – 5:00pm	\$60.00/1	35606*
Mon	July 21	12:30pm – 4:00pm	\$60.00/1	35607^

## PILATES FOR OLDER ADULTS

Age: 55+ years

Location: ATS

Pilates is a highly effective way to shape up and feel great. It is a contemporary approach to mind/body exercise, that uses floor and standing exercises. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging and revitalizing workout that will improve your balance, posture and mobility. Please bring a yoga mat and water to the class.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 17	1:00pm – 1:45pm	\$82.00/10	35603
Thu	Apr 17	2:00pm – 2:45pm	\$82.00/10	35834

## 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 15	10:35am – 11:20am	\$63.00/10	35090
Tue	July 8	10:35am – 11:20am	\$50.00/8	35113

Location: In-Person – ATH

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	May 9	9:00am – 9:45am	\$50.00/8	35088
Fri	July 11	9:00am – 9:45am	\$50.00/8	35115

Location: zoom

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 15	10:35am – 11:20am	\$63.00/10	35089
Tue	July 8	10:35am – 11:20am	\$50.00/8	35114

## RECREATIONAL VOLLEYBALL LEAGUE – BEGINNERS & INTERMEDIATE

Age: 18+ years

Location: SARC

Our Adult Recreational Volleyball League is the perfect place to serve up some laughs. Designed for beginners and intermediate players, this league emphasizes teamwork, skill-building, along with an inclusive and relaxed atmosphere. Whether you're perfecting your spike or learning to volley for the first time, everyone is welcome. This league is offered in partnership with York Region Sports.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 16	8:00pm – 10:00pm	\$160.00/10	35626

*New!*

*New!*

# ADULT & OLDER ADULT PROGRAMS

## SOCIAL LATIN DANCE FOR COUPLES

Age: 55+ years

Location: ASC

Come out for a fun-filled evening, learning the basic steps of Social Latin Dancing. This stress-free class will soon have you moving on the dance floor with easy steps of Salsa, Merengue, Bachata, Cumbia and more. Partner are required. The fee is per person.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 16	8:30pm – 9:30pm	\$110.00/9	35064

## STRETCH & TONE

Age: 55+ years

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

This class is designed for functional fitness, which prepares and enhances the body for real life movement. We use exercises that push, pull, bend, reach, and core exercises to keep you balanced and limber. Light weights, bands and body weight exercises will be incorporated.

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 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 14	1:30pm – 2:30pm	\$56.00/9	35091*
Mon	July 14	1:30pm – 2:30pm	\$38.00/6	35117
Thu	Apr 17	9:45am – 10:45am	\$63.00/10	35092
Thu	July 10	9:45am – 10:45am	\$50.00/8	35116

Location: **zoom**

\*No class on: May 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 14	1:30pm – 2:30pm	\$56.00/9	35093*
Mon	July 14	1:30pm – 2:30pm	\$38.00/6	35118
Thu	Apr 17	9:45am – 10:45am	\$63.00/10	35094
Thu	July 10	9:45am – 10:45am	\$50.00/8	35122

## WALK FIT

Age: 55+ years

Location: \*AFLC

^ATH

Build your endurance, balance and strength in this walking class. You will be guided through walking intervals using your bodyweight to develop strength. Walk the Chartwell Indoor Track (Spring) and the paved trails in the Aurora Arboretum (Summer). Bring your water bottle and be ready to have fun.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 16	12:15pm – 1:00pm	\$63.00/10	35095*
Wed	July 16	12:15pm – 1:00pm	\$45.00/7	35119^

## 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 16	10:00am – 11:00am	\$63.00/10	35096
Wed	July 9	10:00am – 11:00am	\$50.00/8	35120

*New!*

## YOGA: CHAIR, MOVEMENT & MINDFULNESS

Age: 55+ years

Location: ASC

Learn how to connect your body and mind, so you can enjoy life and be fully present. Combined with traditional Chair Yoga, we will turn off the autopilot, find our breath and expand our awareness. We'll put our focused attention 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 and aware while living life.

\*No class on: May 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 14	10:00am – 11:00am	\$56.00/9	35097*

## YOGA: FOR ANXIETY & STRESS

Age: 40+ years

Location: ATH

Flow through stretches while releasing anxiety, stress and a racing mind. Learn how to bring this yoga practice into your daily life. A calm body and mind come to us through the breath. Learn the practice of letting go and living a little more in this warm and safe environment. Yoga experience is not necessary. Blocks, bolsters, straps and yoga blankets will be provided. Dress comfortably, bring a yoga mat and a cozy blanket.

\*No class on: May 1

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 17	7:45pm – 8:45pm	\$63.00/10	35100*

## YOGA: HATHA

Age: 55+ years

Location: ASC

These classes will greatly benefit those who wish to focus on the fundamentals of basic classical yoga postures, breathing techniques and correct alignments. Beginners are welcome. Note: This class will involve floor work.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 21	12:15pm – 1:15pm	\$45.00/7	35601



TOWN OF AURORA

WITHOUT WALLS

- No cost 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

☎ 365-500-3161

✉ [wow@aurora.ca](mailto:wow@aurora.ca)

# ADULT & OLDER ADULT PROGRAMS

## YOGA: MAT & MEDITATION

**Age: 40+ years**

**Location: ATH**

Join this unique mix of Mat Yoga and Meditation. The first half will consist of gentle and relaxing yoga movement and stretches on the mat using blocks, straps, bolsters and blankets. The second half will flow into a mindful and guided meditation. Yoga Nidra (yogic sleep) will be introduced about week 5, which is a technique to slow down the body and mind to a state between waking and sleeping. Yoga experience is not necessary. Dress comfortably, bring a yoga mat and a cozy blanket.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 14	11:15am – 12:15pm	\$63.00/10	35604

## YOGA: RESTORATIVE MAT

**Age: 40+ years**

**Location: ATH**

This practice teaches you 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. Benefits: 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 17	6:30pm – 7:30pm	\$63.00/10	35098

## YOGA: SUNSET MAT

**Age: 55+ years**

**Location: ATH**

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 15	6:30pm – 7:30pm	\$63.00/10	35099

## ADULT & OLDER ADULT PROGRAMS

**These programs are brought to you by the Aurora Cultural Centre.**

### ACRYLIC PAINTING BEGINNER – JUDY SHERMAN

**Age: 55+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Explore acrylic paint's forgiving nature, experiment with techniques, choose paints and surfaces, optimize tools, and delve into basic colour theory. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 10	9:00am – 11:00am	\$151.00/10	35551

### ACRYLIC PAINTING INTERMEDIATE – JUDY SHERMAN

**Age: 55+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Explore acrylic paint's forgiving nature, experiment with techniques, choose paints and surfaces, optimize tools, and delve into basic colour theory. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 10	11:30am – 1:30pm	\$151.00/10	35552

### ACRYLIC POURING & MEDIUMS – EVA FOLKS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Discover a variety of pouring techniques and popular artist mediums. Learn how to create unique effects, work with pastes, gels and glazes, while you gain valuable tips on color theory to elevate your projects. Each session builds on the previous one, making it perfect for both beginners and advanced artists. The course works well as a standalone or as a continuation. Materials List is available on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

\*No class on: Apr 21 & May 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 7	6:30pm – 9:00pm	\$217.00/7	35539*

### DRAWING CLUB INTERMEDIATE – JAN DOLBY

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. This class is for beginners and those who want to refresh their skills before moving to more advanced studio courses. Each week you will move through various techniques and explore these fundamentals through different mediums. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 9	6:30pm – 9:00pm	\$195.00/6	35550

### DRAWING FUNDAMENTALS – JUDY SHERMAN

**Age: 55+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Anyone can learn to draw. This class will introduce technical and creative exercises to develop key drawing skills to use as you start your art practice. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 9	9:00am – 10:30am	\$127.00/10	35544
Thu	Apr 19	2:00pm – 3:30pm	\$127.00/10	35553





## EXPAND YOUR HORIZONS IN ACRYLICS LEVEL 2 – HELEN WALTER

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Discover unlimited stylistic and expressive possibilities in this acrylics class for the more advanced artist. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 8	6:30pm – 9:00pm	\$250.00/8	35543

## GUITAR BEGINNER – MIKE WALSOM

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Designed for beginners, students will learn and play weekly song selections on the guitar together, as well as common chords, scales, techniques, and foundational principles of diatonic music. Students must bring their own guitar (acoustic). Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 9	6:00pm – 7:00pm	\$135.00/8	35548

## GUITAR INTERMEDIATE – MIKE WALSOM

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Designed for intermediates, learn and play weekly guitar song selections together as well as common chords, scales, techniques, and foundational principles of diatonic music. While song selections will be curated to match weekly lessons, students will also have the opportunity to request songs to learn and play together. Students must bring their own guitar (acoustic). Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 9	7:30pm – 8:45pm	\$155.00/8	35549

## PRINTMAKING – KATIE ARGYLE

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Learn printmaking with four different techniques. See dates below for theme per class. Register separately for each week. No previous experience needed. Materials Fee: \$10 payable in cash to the instructor. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

Apr 10: Linocut Basics

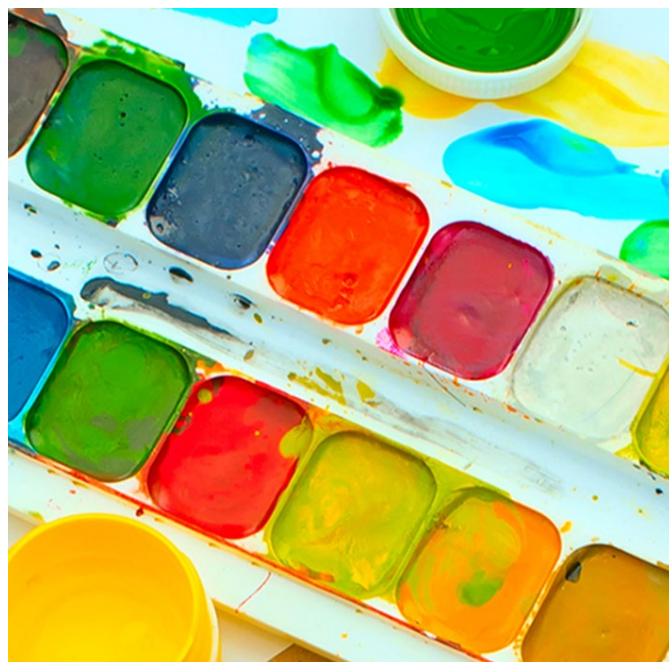
Apr 17: 3-Colour Reduction

Apr 24: Monoprint Technique

May 1: Folded Book with Printed Cover

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 10	6:30pm – 9:00pm	\$40.00/1	35559
Thu	Apr 17	6:30pm – 9:00pm	\$40.00/1	35560
Thu	Apr 24	6:30pm – 9:00pm	\$40.00/1	35561
Thu	May 1	6:30pm – 9:00pm	\$40.00/1	35562

*New!*



## NAVIGATING THE BUSINESS OF ART – FREE SERIES FOR ARTISTS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Are you an artist looking to develop your understanding of the business side of the Art world? Join us for our free Professional Development series. Learn about different funding sources and master grant writing. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 10	5:30pm – 7:30pm	FREE/1	35554
Thu	Apr 17	5:30pm – 7:30pm	FREE/1	35555
Thu	Apr 24	5:30pm – 7:30pm	FREE/1	35556
Thu	May 1	5:30pm – 7:30pm	FREE/1	35557

## WATERCOLOUR LEVEL 1 – KAREN LEVERT

**Age: 55+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

\*No class on: Apr 21, May 19 & June 9

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Mar 31	9:30am – 12:00pm	\$189.00/10	35542*

## WATERCOLOUR LEVEL 2 – KAREN LEVERT

**Age: 55+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Develop the essentials of watercolour painting, including composition, brush work and use of colour. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 8	9:30am – 12:00pm	\$191.00/10	35541

# ADULT & OLDER ADULT PROGRAMS

## WATERCOLOUR THE BASICS – FIONA EVANS

**Age: 55+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Develop the essentials of watercolour painting, including composition, brush work and use of colour. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

\*No class on: Apr 21 & May 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 7	1:00pm – 3:00pm	\$133.00/7	35535*

## WATERCOLOUR: BASICS & BEYOND – FIONA EVANS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Develop the essentials of watercolour painting, including composition, brush work and use of colour. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 10	6:30pm – 9:00pm	\$250.00/8	35558

## WATERCOLOUR: INTERMEDIATE & ADVANCED – KATHRYN CHRISTENSEN

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Develop the essentials of watercolour painting, including composition, brush work and use of colour. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 9	1:00pm – 3:30pm	\$250.00/8	35545

## ONE DAY ADULT WORKSHOPS

These programs are brought to you by the Aurora Cultural Centre.

### CREPE PAPER FLOWERS: BUTTERFLY RANUNCULUS FLOWER – JESSIE CHUI

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. In this fun and engaging paper flower workshop, you will learn the skills of how to use crepe paper to construct hybrid tea roses. Use your new paper-molding skills to keep creating, from gift toppers to centrepieces and more. Appropriate for beginners and novices, and those with some paper flower making experience. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Apr 13	10:00am – 1:00pm	\$75.00/1	35573

## INDIGENOUS POUCH MESSAGE FOR MOTHER'S DAY – ANNWIN ARTS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Spend an enjoyable afternoon under the guidance of Annwin Arts of Six Nations of the Grand River making your own vegan leather pouch based on Indigenous Practices. Materials Fee: \$30 payable in cash to the instructor. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

*New!*

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	May 11	1:00pm – 4:00pm	\$60.00/1	35577

## INTUITIVE EXPRESSIVE PAINTING – KARIN FOULDS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Explore creativity and well-being in this playful, intuitive art-making session. Create large-scale acrylic paintings on paper, letting your work evolve naturally. Enjoy "sharing circles" for collective wisdom in this full-day studio experience. Open to all, no art experience needed. Materials are provided, bring lunch and an apron only. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

*New!*

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	May 4	11:00am – 4:00pm	\$90.00/1	35576

## SPRING INTO CARD MAKING – LIANA MARINELLI

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. This spring card-making workshop invites you to create unique, personalized cards for various occasions such as Mother's Day, Father's Day, or thank-you notes. Blend hand lettering with creative embellishments and explore your artistic side. Perfect for beginners or those looking to try a new art form. No experience needed. Materials Fee: \$15 payable in cash to the instructor. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

*New!*

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Apr 27	1:00pm – 4:00pm	\$45.00/1	35575

## TEXTILE SCULPTING: A SEATED FIGURINE – ANDREA CHAN

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Create a stunning, weather-resistant sculpture for your garden. In this one-day, 7-hour workshop, you'll learn to sculpt a unique figurine from start to finish. Using a wire armature, tinfoil, and an old cotton t-shirt, you'll explore liquid polymer sculpting – a technique developed in the Netherlands and now available in North America. Materials Fee: \$45 payable in cash to the instructor. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

*New!*

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Apr 27	9:30am – 4:30pm	\$95.00/1	35574

