

ADULT & OLDER ADULT PROGRAMS

AURORA BARBARIANS – RUGBY SKILLS & GAMES

Age: 16+ 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 are filled with fun challenges and learning how to play rugby.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Sept 25	5:00pm – 6:00pm	\$40.00/10	40250

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	Sept 22	9:30am – 10:15am	\$77.00/12	40113
Tue	Sept 22	10:30am – 11:15am	\$77.00/12	40114

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.

*No class on: Oct 21

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 23	7:30pm – 8:30pm	\$110.00/9	40098*

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: Oct 21

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 23	8:30pm – 9:30pm	\$112.00/9	40099*

BALLROOM & LATIN DANCE – LEVEL 3

Age: 18+ years

Location: ASC

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

*No class on: Oct 12, 19 & 26

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 14	7:30pm – 8:30pm	\$114.00/9	40100*

BALLROOM & LATIN DANCE – LEVEL 4

Age: 18+ years

Location: ASC

The Level 4 program will continue to offer more technique and figures to the dance styles in Level 3. This class will focus on two or three dances per session, in order to provide in-depth instruction for each style. Several sessions of Level 3 would be the preferred prerequisite for this course. Partners are required.

*No class on: Oct 12, 19 & 26

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 14	8:30pm – 9:30pm	\$116.00/9	40149*

BARRE FOR BETTER BALANCE

Age: 55+ years

Location: ATH

NEW!

A low-impact barre class specially designed for older adults to improve strength, balance, posture, and flexibility in a safe and supportive setting. Using a chair for stability, participants will perform controlled movements inspired by ballet and functional fitness. The class focuses on building flexibility, core and lower-body strength, enhancing coordination, and supporting everyday mobility. Modifications are offered throughout the class, making it suitable for a variety of fitness levels. No dance experience is required.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 23	12:30pm – 1:15pm	\$77.00/12	40150

BASIC CARDIO

Age: 55+ years

Location: ASC & zoom



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

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 24	9:00am – 9:30am	\$44.00/12	40115

BOOT CAMP GOLD

Age: 55+ years

Location: ASC

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

*No class on: Oct 20

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 22	9:00am – 9:45am	\$77.00/12	40116*

CATCH BALL – WOMEN ONLY

Age: 25+ years

Location: ARC

Catchball is a modified, non-contact team sport similar to volleyball where players catch and throw the ball instead of hitting it. It is designed to be inclusive and easy to learn for all skill levels, promoting teamwork, coordination, and active participation in a fun and supportive environment. The program is supported by Coach Ella and the Maplenet Catchball League. Kneepad protection is recommended.

*No class on: Oct 31 & Nov 14

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Sept 19	12:45pm – 2:00pm	\$132.00/11	41146*

CHAIR FIT & STAND

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 22	3:00pm – 3:45pm	\$77.00/12	40117

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Sept 25	10:00am – 10:45am	\$77.00/12	40119

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, in order 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	Sept 22	1:00pm – 1:30pm	\$44.00/12	40120

DELIGHT – DEMENTIA LIFESTYLE INTERVENTION FOR GETTING HEALTHY TOGETHER

Age: 55+ years

Location: Teleconference

In partnership with the Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program, this is a free telephone-based program led by a registered group fitness instructor. This program is designed for individuals living with dementia, care partners and those seeking preventative strategies. It includes 30-minutes of exercise over the phone and 30-minutes of social learning.

DAY	DATE	TIME	FEE/CLASS	CODE
M/W	Oct 19	11:00am – 12:00pm	FREE/8	41081

FUTURE AVIATORS CLUB

Age: 18+ years

Location: AFLC

Future Aviators Club offers an engaging aviation training experience using a professional grade flight simulator. Participants gain hands on practice with aircraft control, instruments, takeoff and landing, traffic patterns and navigation.

DAY	DATE	TIME	FEE/CLASS	CODE
T/Th	Sept 22	8:00pm – 8:45pm	\$360.00/10	40473
Sun	Sept 27	6:00pm – 6:45pm	\$360.00/10	40474

PROGRAM PRICES & HST

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

GET FIT!

Age: 55+ years

Location: ASC & zoom

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.

*No class on: Oct 7 & 21

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 30	9:00am – 9:45am	\$70.00/11	40121*
Fri	Oct 2	9:00am – 9:45am	\$77.00/12	40122

GET STRONG

Age: 55+ years

Location: *ATH

^ASC & zoom

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 22	1:45pm – 2:45pm	\$77.00/12	40123*
Fri	Sept 25	11:00am – 12:00pm	\$77.00/12	40124^

KNITTING: CIRCLE

Age: 55+ years

Location: ASC

Aurora is fortunate to have several non-profit organizations, service groups and volunteer organizations which provide a variety of services to our community. Many welcome our help with donations of handknit items. In this free class, most supplies are provided free to knitters who would like to knit for charities, and knitters will have a variety of projects to choose from. It is not a learn to knit class. Please bring a selection of needles and usual knitting implements, yarn will be provided for free.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 6	2:30pm – 3:45pm	FREE/8	40155

KNITTING: LEARN TO KNIT – STEP 1

Age: 55+ years

Location: ASC

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

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 23	2:30pm – 3:45pm	\$10.00/3	40125

SENIORS NEWSLETTER

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

ADULT & OLDER ADULT PROGRAMS

SENIORS ACTIVE LIVING FAIR

Saturday, October 3 - 9 a.m. to 1 p.m.

Aurora Seniors Centre (90 John West Way)

- Over 50 exhibitors
- Fitness demonstrations and seminars
- Free grab bag for the first 100 participants

www.aurora.ca/ActiveSeniors

☎ 365-500-3161

✉ seniorscentre@aurora.ca

KNITTING: LEARN TO KNIT – STEP 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	Oct 21	2:30pm – 3:45pm	\$45.00/4	40126

KNITTING: MOSAIC & SLIP STITCH

Age: 55+ years

Location: ASC

A current, popular trend is color knitting using 2 related knitting techniques, mosaic and slip stitch knitting. Both differ from stranded colour work where 2 or more colours are knit together in the same round or row. Mosaic and slip stitch are easier in that only one colour is knit at a time and designs are usually charted. Check patterns called Shift, Nightshift, Swell or Hearthstone Wrap on Ravelry to see interesting examples of these techniques. Supplies needed are 3 or 4 different colours of yarn, preferably the same weight, proper sized needles for your yarn and other usual knitting implement, scissors and stitch markers.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 23	9:45am – 11:00am	\$45.00/4	40156

KNITTING: PROJECTS

Age: 55+ years

Location: ASC

This class does not have a set agenda. It is an opportunity to get help with projects from previous knitting classes. Knitters will be able to select projects they would like to try, and then use class time to get help with any problem areas. Some printed notes will be shared in class, however the majority of information will be shared online or through Ravelry. Participants must have internet access and a printer. Participants should join the knitting app Ravelry, which is a free knitting app.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 22	9:45am – 11:00am	\$45.00/4	40127
Tue	Nov 3	9:45am – 11:00am	\$45.00/4	40128

LEARN TO SWIM

Age: 55+ years

Location: ASC

These lessons are for adults, taught by adults. On the first day, you will be screened and grouped with other adults of similar swim abilities. Work at your own pace and learn to be safe while having fun developing your skills and fitness.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 2	9:15am – 9:45am	\$121.50/10	40314
Fri	Oct 2	9:45am – 10:15am	\$121.50/10	40315
Fri	Oct 2	10:15am – 10:45am	\$121.50/10	40316

LINE DANCING FOR BEGINNERS

Age: 18+ years

Location: ASC

Students will have an opportunity to learn the basic concept of line dancing and specific line dances to the most popular Latin, Ballroom and night club 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: Oct 20

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 22	6:30pm – 7:30pm	\$70.00/11	41078*

LIVING WELL SERIES

Age: 55+ years

Location: AFLC

Join our 8-week Healthy Living program. Whether you are looking to start or maintain a healthier lifestyle, this program will support and inspire you every step of the way. Discover practical strategies for healthy eating, staying physically active, and enhancing your mental and emotional well-being, all in a motivating and supportive environment.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 14	1:00pm – 2:30pm	\$20.00/8	41082

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: Oct 12

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 21	9:00am – 9:45am	\$77.00/12	40129*
Thu	Sept 24	9:30am – 10:15am	\$77.00/12	40130

AGE REQUIREMENTS

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

NEW!

OSTEOPOROSIS EXERCISE – STRONG & STEADY **NEW!**

Age: 55+ years

Location: ATH

This therapeutic exercise class is designed for individuals with osteoporosis or osteopenia who want to stay active and build strength safely. Using light weights, resistance bands, Pilates balls, and other supportive equipment, the class focuses on improving posture, balance, coordination, and overall body strength, with gentle stretching included. Exercises are performed at a comfortable, steady pace, with options provided to accommodate individual needs.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 23	1:30pm – 2:15pm	\$77.00/12	40163

PAINT & SIP

Age: 55+ years

Location: ASC

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
Sat	Sept 26	1:00pm – 5:00pm	\$70.00/1	40161
Sat	Nov 21	1:00pm – 5:00pm	\$70.00/1	41100

PILATES

Age: 55+ years

Location: ATH

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	Sept 24	1:00pm – 1:45pm	\$94.00/11	40157

PILATES FOR MEN

Age: 55+ years

Location: ATH

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	Sept 24	2:00pm – 2:45pm	\$94.00/11	40158

PILOGA

Age: 55+ years

Location: *AFLC

^ASC

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.

~No class on: Oct 12

>No class on: Oct 20

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 21	9:00am – 9:45am	\$70.00/11	40133^~
Tue	Sept 22	11:00am – 11:45am	\$70.00/11	40132^>
Fri	Sept 25	9:00am – 9:45am	\$77.00/12	40131*

QI-GONG

Age: 55+ years

Location: ATH

Qi-gong is a gentle, flowing mind body practice. Sets of movements are easily learned and offer many benefits for maintaining health during the senior years. As a low impact weight bearing activity, it helps to improve strength, co-ordination and balance. These are important factors for fall prevention. Learn simple forms of Qi-gong that you can immediately bring into your daily life. All levels are welcome. Qi-gong can be practiced both standing and seated.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 7	11:30am – 12:15pm	\$63.00/10	40134

QI-GONG & YOGA BLENDED

Age: 55+ years

Location: ATH

Both practices of Qi-gong and Yoga offer benefits to your health and vitality. Imagine how amazing you can feel when combining the two modalities. Each session begins with breath awareness, followed by a gentle yoga warm-up and a Qi-gong flow to balance the energy. A final relaxation allows you time to fully absorb the benefits of your session. Please bring a yoga mat to the class. There will be standing and floor work involved.

*No class on: Oct 12

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Oct 5	2:00pm – 3:00pm	\$63.00/10	40135*



HYBRID PROGRAM

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.



Seniors Centre in the Mail is a free program.

Twice a month activity packs are mailed to you
(or you can pick it up at
the Aurora Seniors Centre).

Each package will include puzzles, sudoku, trivia and more!

Aurora's Virtual
Seniors Centre

365-500-3161

wow@aurora.ca

ADULT & OLDER ADULT PROGRAMS



STRETCH & TONE

Age: 55+ years

Location: ASC & zoom

This class is designed for functional fitness, which prepares and enhances the body for real life movement and daily motions. 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.

*No class on: Oct 12, 19, 26 & Nov 16



DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 21	1:30pm – 2:30pm	\$56.00/9	40136*
Thu	Sept 24	9:45am – 10:45am	\$77.00/12	40137

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 Oct: 12

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 21	6:15pm – 7:45pm	\$146.00/12	40101*

WALK FIT

Age: 55+ years

Location: AFLC

Build your endurance, balance and strength in this walking class. You will be guided through walking intervals using your bodyweight to develop strength. Walk along the paved trails in the beautiful Aurora Arboretum or on the Chartwell Indoor Walking Track at the AFLC. Bring your water bottle and be ready to have fun.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 23	12:15pm – 1:00pm	\$77.00/12	40138

WALKING SOCCER FOR OLDER ADULTS

Age: 55+ years

Location: Lind Realty Sports Dome

Walking soccer is a fantastic way to stay active, meet new friends, and enjoy the game at a pace that suits everyone. Whether you're a seasoned player or new to the sport, this modified non-contact version of soccer is perfect for all ages and abilities, especially those with mobility challenges. Please bring comfortable clothes and running shoes. Learn the basics and enjoy the camaraderie.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 23	1:00pm – 2:30pm	\$100.00/12	40139

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	Sept 23	10:00am – 11:00am	\$77.00/12	40140

YOGA – CHAIR, MOVEMENT & MINDFULNESS

Age: 55+ years

Location: ATH

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 24	11:00am – 12:00pm	\$77.00/12	40141



TOWN OF AURORA

WITHOUT WALLS

wow@aurora.ca • 365-500-3342

Without Walls (W.O.W.) is just like attending a fitness class, seminar or playing a game at the Aurora Seniors Centre, however you can do so from the comfort of your own home.

Card Bingo • Chair Exercise • Chair Yoga

Coffee Chat • Fun & Games • Jeopardy

Sit & Strong • Stories & Games • Stretch & Strong

This is a free program offered 6 days per week. You do not have to be an Aurora Seniors Centre member to attend. Zoom and teleconference options are available.

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.

*No class: Oct 12, 19, 26 & Nov 16

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 21	12:15pm – 1:15pm	\$50.00/8	40142*

YOGA – INTRODUCTION TO CLASSICAL HATHA YOGA

Age: 55+ years

Location: ATH

NEW!

This beginner-friendly class focuses on gentle, therapeutic yoga movements designed to support your body without strain or friction. Practice with a chair and mat as you build awareness, balance and ease. Start where you are and welcome to traditional Hatha Yoga.

*No class on: Oct 12

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 21	10:30am – 11:30am	\$70.00/11	41099*

YOGA – MAT & MEDITATION

Age: 55+ years

Location: ATH

Join this unique mix of Mat Yoga and Meditation. The first half of the practice will consist of gentle and relaxing yoga movement on the mat. The use of provided blocks, straps, bolsters and blankets will enhance the experience. Stretches and yoga poses will improve flexibility and cultivate a calming breath helping with anxiety and stress. The second half will flow into a mindful and guided meditation. Yoga Nidra will be introduced about week 5, which is a powerful technique to slow down the body and mind to a state between waking and sleeping. This practice is a treat to the body and soul. Yoga experience is not necessary. Dress comfortably, bring a yoga mat and a cozy blanket.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 22	11:00am – 12:00pm	\$77.00/12	41077

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 to 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.

*No class on: Nov 17

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 22	7:45pm – 8:45pm	\$70.00/11	40143*

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.

*No class on: Nov 17

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 22	6:30pm – 7:30pm	\$70.00/11	40144*

ZUMBA GOLD

Age: 40+ years

Location: ASC & zoom



The design of the class introduces easy-to-follow Zumba, choreography to a Latin and World rhythms that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

*No class on: Oct 20

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 22	10:00am – 10:45am	\$70.00/11	40145*

ZUMBA GOLD TONING

Age: 40+ years

Location: ASC

Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Zumba Gold Toning blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks or light hand weights to shake up and tone up those muscles.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 22	9:00am – 9:45am	\$77.00/12	40146

CIVIL CEREMONIES & MARRIAGE SERVICES

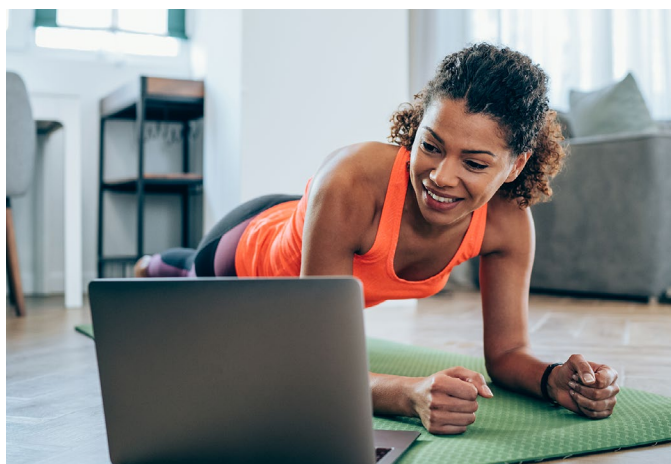
Getting married?

Aurora offers civil ceremonies in Council Chambers and at the charming Petch House, a beautiful and intimate setting.

Packages include officiant, space rental, and décor.

Learn more at aurora.ca/Marriage or call 905-727-1375.

ADULT & OLDER ADULT PROGRAMS



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 virtually to any fitness classes with the Hybrid symbol. Attend as many classes and you wish during the 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: Oct 12, 19, 20, 26 & Nov 16

DAY	DATE	TIME	FEE/WEEKS	CODE
M-F	Fall Season	See Schedule	\$77.00/12	40102*

FAMILY WORKSHOPS

Join Us For These Exciting Programs!

AURORA MUSEUM & ARCHIVES – MUSEUM MONDAY

Age: 7+ years

Location: **ATS**

Join the Aurora Museum & Archives for an informal, insider's view of your community museum. Participants will experience a guided tour of the exhibition and collection spaces followed by an "Ask Me Anything" session with the Museum team.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 28	6:30pm – 8:00pm	\$10.00/1	40323
Mon	Nov 30	6:30pm – 8:00pm	\$10.00/1	40324

AURORA MUSEUM & ARCHIVES – PHOTO DIGITIZATION WORKSHOP

Age: 16+ years

Location: **ATS**

This hands-on workshop will guide participants through the process of scanning, organizing, and preserving old prints, slides and photo albums. Learn how to protect your family history, enhance image quality, and store your memories safely for future generations. No experience needed, just bring your photos and your passion for preserving the past.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Sept 26	1:00pm – 3:00pm	\$18.00/1	40325
Tue	Oct 6	6:00pm – 8:00pm	\$18.00/1	40326

BELLY DANCE FOUNDATIONS CLASS – BEGINNER

Age: 10+ years

Location: **ATS**

Join us for a fun and exciting workshop in authentic Egyptian belly dancing. While learning a choreographed dance with beautiful belly dance technique, participants will learn how to execute essential movements of the hips and upper body. Belly dancing is great exercise and a lot of fun. Everyone of all fitness levels is welcome. Please come dressed in comfortable workout wear, yoga clothes are best with ballet type slippers or bare feet for footwear.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Oct 19	7:15pm – 8:15pm	\$75.00/5	40329

BELLY DANCE FOUNDATIONS CLASS – INTERMEDIATE

Age: 10+ years

Location: **ATS**

NEW!

Participants should have completed the beginner class or be able to demonstrate a beginner's level. This course will integrate technique into dance. We will focus on connections, transitions and combined movements. Learn the ability to layer movements onto each other, execute more than one movement at the same time and additional technique using hips, upper body, arms and hands. By the end of the course, participants will have completed a choreographed dance.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Oct 19	6:00pm – 7:00pm	\$75.00/5	40328

BOLLYWOOD 101

Age: 14+ years

Location: **ATS**

This is a beginner-friendly, high-energy program designed for those who want to explore the vibrant world of Bollywood dance. Participants will learn basic Bollywood dance steps, signature moves, simple choreography set to popular Bollywood tracks, tips on expression, body language, performance style and how to dance with grace, energy and that iconic "filmy" flair. This program focuses on enjoyment, fitness and self-expression. Please bring indoor shoes.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 18	4:00pm – 5:00pm	\$120.00/6	40330





ADULT & OLDER ADULT PROGRAMS

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

ACRYLIC PAINTING – BEGINNER

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This program is tailored for participants who want to discover the unique qualities of acrylic paint and experiment with a variety of techniques. Learn about choosing paints, painting surfaces and how to make the most of your tools. Basic colour theory and mixing will be explored, as well as composition and mixed media. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 17	9:00am – 11:00am	\$155.00/10	40394

ACRYLIC PAINTING – INTERMEDIATE

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This program is tailored for participants who want to expand and experiment with additional acrylic painting techniques. Learn about choosing paints, painting surfaces and how to make the most of your tools. Colour theory and mixing will be explored, as well as composition and mixed media. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 17	11:30am – 1:30pm	\$155.00/10	40395

ACRYLIC I – FREEDOM FOR BEGINNERS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This program will explore acrylic using layers with paint, mark-making, and collage with various mixed media. Learn about different tools and approaches. Free up and explore a more open-ended process. In tandem, build confidence in colour, value and mixing, brushwork, indirect painting and more. There will be demonstration, discussion and individual support. Beginners and beyond are welcome. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 28	1:00pm – 3:30pm	\$250.00/8	40406

ACRYLIC I – THE FUNDAMENTALS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this beginner acrylic painting course, participants will be introduced to the fundamentals of acrylic painting that every artist should know. Understanding basics such as composition, form, colour, value, and space will give participants a good foundation to start from. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Oct 12 & 26

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Oct 5	9:30am – 12:00pm	\$155.00/5	40407*

ACRYLIC II – EXPAND YOUR HORIZONS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Participants will discover unlimited stylistic and expressive possibilities in this acrylic painting program for the intermediate artist. From texture-building techniques to layering methods, this class is tailored to push your artistic boundaries and refine your understanding of acrylics as a versatile medium. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 15	6:30pm – 9:00pm	\$250.00/8	40385

DRAWING – FUNDAMENTALS

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This program is tailored for experienced artists looking to refine their drawing skills and explore new techniques. You'll enhance your observational skills, improve your line quality, master perspective, work with proportion and space in a fun and encouraging environment. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Sept 30

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 16	9:00am – 10:30am	\$130.00/10	40389*
Thu	Sept 17	2:00pm – 3:30pm	\$130.00/10	40396

DRAWING CLUB – INTERMEDIATE

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This program is tailored for experienced artists looking to refine their drawing skills and explore new techniques. You'll enhance your observational skills, improve your line quality, master perspective, work with proportion and space in a fun and encouraging environment. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Sept 30

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 23	6:30pm – 9:00pm	\$125.00/5	40388*

ADULT & OLDER ADULT PROGRAMS

GUITAR I – THE BASICS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This adult guitar program is perfect for those just starting their musical journey. Learn the basics of guitar playing, including proper finger placement, basic chords, strumming patterns and simple songs. With a fun and supportive atmosphere, you'll develop essential skills and build confidence as you progress week by week. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Sept 30

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 16	6:00pm – 7:00pm	\$140.00/8	40390*

GUITAR II – INTERMEDIATE & ADVANCED

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Take your guitar skills to the next level in this adult intermediate program. Building on your knowledge of chords and strumming, you'll explore more complex techniques such as fingerpicking, barre chords and soloing. Learn to play more challenging songs, improve your rhythm, and develop a deeper understanding of music theory. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Sept 30

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 16	7:30pm – 8:45pm	\$150.00/8	40391*

PERSIAN MINIATURE PAINTING – INTRODUCTION

Age: 16+ years

Location: ATS

NEW!

This program is brought to you by the Aurora Cultural Centre. Discover the elegance of Persian miniature art, as you learn to design and complete your own Gol-o-Morgh painting featuring the iconic bird-and-blossom motif. You'll learn to explore the tradition's cultural roots, practice classical drawing methods, and apply signature techniques such as Galam-giri and Pardaz to bring depth and detail to your work. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Sept 27	1:00pm – 4:00pm	\$120.00/2	41104

WATERCOLOUR – BEGINNER

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This watercolour program, tailored for adults is perfect for those who have some basic watercolour experience. Participants will learn more about mixing colours, watercolour techniques such as washes and dry brushing, and how to plan a watercolour project from start to finish with the help of demos from the instructor. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 15	1:00pm – 3:30pm	\$195.00/10	40386



WATERCOLOUR – INTERMEDIATE

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This watercolour program, tailored for adults is focused on seasoned watercolour artists wishing to further develop their style and learn new techniques. Participants will learn more about the importance of values and will have exposure to increased-complexity subject matter. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 15	9:30am – 12:00pm	\$195.00/10	40387

WATERCOLOUR I – INTRO TO BASICS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This beginner program crafted for adults will introduce you to the beautiful and timeless medium of watercolours. You will learn essential techniques such as washes and glazes, colour mixing, palette set-up, materials and more. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Oct 1	6:30pm – 9:00pm	\$250.00/8	40397

WATERCOLOUR II – INTERMEDIATE & ADVANCED

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This intermediate program crafted for adults will refine your existing skills to take your art practice to the next level. Explore advanced composition, expressive brushwork, and harness the full spectrum of colour. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Sept 30

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 16	1:00pm – 3:30pm	\$250.00/8	40392*

WOOD CARVING – INTRODUCTION

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This wood-carving program is perfect whether you are a beginner or a seasoned wood turner. Unlock the artistry within wood and learn to create intricate reliefs to dynamic sculptural pieces in the round. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Oct 12 & 26

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 21	6:30pm – 9:00pm	\$210.00/8	40384*

WOOD PHOTO TRANSFERS & MEDIUMS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this engaging hands-on program, participants will learn how to prepare a wooden panel, select and transfer photographic images, and then enhance their compositions using a variety of materials and techniques. From subtle, traditional results to bold, experimental transformations, this workshop encourages individual expression and creative play. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Nov 12	6:00pm – 8:00pm	\$125.00/5	40378

ONE DAY ADULT WORKSHOPS

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

3D PLASTER WALL ART – INTRODUCTION

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Dive into one of today's trendiest interior design styles and create your own bold, sculptural wall piece. Learn how to mix materials, build rich textures, shape abstract forms, and elevate your design with modern color techniques. With guided support, creative exploration, and time for personalized feedback, you'll finish the workshop with a stunning 3D artwork ready to transform your space. All materials are provided. Just bring your apron and a willingness to play with texture. Please email info@auroraculturalcentre.ca if you have any questions.

NEW!

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Sept 21	5:00pm – 8:00pm	\$99.00/1	41103

ACRYLIC LANDSCAPE PAINTING

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this inspiring workshop, participants are introduced to the basics of acrylic landscape painting. Students will explore composition, brushwork, and layering to capture light and atmosphere in nature. By the end of the workshop, each participant will complete their own original acrylic landscape painting. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 24	6:00pm – 9:00pm	\$65.00/1	40398

ACRYLIC POURING & MEDIUMS – INTRODUCTION

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this acrylic pouring workshop, participants will learn how to mix paint formulations for pouring, what additives to use, and learn the best colour combinations for successful results. This workshop is a great start for those that are new to acrylic pouring and for those who have experimented a bit with the medium. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Nov 14	3:00pm – 6:00pm	\$75.00/1	40382

ART DECO HOLIDAYS – ORNAMENTS & GIFT TAGS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. A festive, design-focused workshop inspired by the elegance of the Art Deco era. Create holiday ornaments and gift tags featuring bold geometric patterns, metallic accents, and refined lettering. Participants will explore simple decorative techniques to add a polished, personal touch to their holiday décor and gifting. This workshop offers a relaxed, creative atmosphere and is suitable for all skill levels. No prior experience is needed. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Nov 21	11:00am – 2:00pm	\$75.00/1	41107

ART OF JOURNALING FOR HOLIDAYS & BEYOND

NEW!

Age: 12+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Step into a creative pause at the threshold of the holidays and the coming year. In this immersive workshop, participants will create a personal art journal, while exploring guided writing prompts, painting, collage and mixed media. Inspired by the themes of light, reflection, and renewal found in seasonal traditions such as the winter solstice. All materials are provided. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 22	10:00am – 2:00pm	\$75.00/1	41108

CREPE PAPER FLOWER SERIES – CONEFLOWER

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Celebrate the autumn equinox this October by crafting a seasonal coneflower. In this hands-on paper flower workshop, you'll learn how to use crepe paper to create ultra-realistic petals and assemble a stunning coneflower. Perfect for beginners and enthusiasts alike. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 18	10:00am – 1:00pm	\$75.00/1	40405



ADULT & OLDER ADULT PROGRAMS

EXPRESSIVE PAINTING FOR WELLBEING

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this intensive workshop, participants will cultivate their creativity and felt sense of well-being through a gently guided and playful approach to art-making. You will learn to trust what is intuitively needed without judgement and let that shape the direction of your large-scale acrylic painting on paper; perhaps standing back at times to let the emerging image "speak". Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 15	11:00am – 4:00pm	\$110.00/1	40413

FALL EQUINOX BEADED CHARMS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this engaging workshop, bring your friends and discover the art of traditional Indigenous artistry. Use the single needle flat stitch beading technique to make a one-of-a-kind colorful fall equinox beaded bag charm. Learn traditional techniques to design and bead a stunning handmade charm, and leave with a deeper appreciation for Indigenous arts and culture. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Sept 27	10:00am – 12:00pm	\$70.00/1	40379

FAMILY WATERCOLOUR KEEPSAKE CREATIONS SERIES

Age: 4+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. An exciting family-focused watercolour workshop celebrating the artful bond that is created while creating. Choose from two Indigenous-themed templates to celebrate a theme of "togetherness" that can be hung in your home to add to a lifetime of family memories. Templates available will be an Indigenous bird-family or bear-family, with examples provided to guide the creation process and inspiration. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Oct 3	3:00pm – 5:30pm	\$25.00/1	40399

HAND SEWING & MENDING – INTRODUCTION

Age: 14+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this beginner-friendly workshop, learn the essentials of hand sewing and simple embroidery to repair and personalize your clothes. Practice core stitches such as running, backstitch, whip/blanket, chain and French knot, and turn reclaimed fabric into a custom embroidered patch. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 1	11:00am – 2:00pm	\$65.00/1	40412

MIXED MEDIA JOURNALING

Age: 14+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This workshop invites participants to explore art journaling as a creative and reflective practice. We will create our own journal with bookbinding techniques, then with guided prompts, mixed media exploration and intuitive mark-making, participants will create meaningful, layered pages that reflect their personal voice. No prior experience is necessary. All materials are provided. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Sept 19	10:00am – 2:00pm	\$75.00/1	41102

NEEDLE FELTING – INTRODUCTION

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Learn the fundamentals of needle felting step-by-step as you design and craft a unique piece to take home. Participants are welcome to bring reference images or sketches for inspiration, or simply let the creative process unfold naturally. No prior experience is needed. Just bring your imagination and enjoy a fun, hands-on creative experience. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 8	1:00pm – 4:00pm	\$60.00/1	40404

PLEIN AIR – INTRODUCTION

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Painting outside en Plein Air is in its own league of charm. In this 2-class introductory workshop, we will cover perspective and shapes, mixing washes and layering, along with a bit of pen. Some experience with watercolour is helpful. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Sept 27	10:00am – 1:00pm	\$80.00/2	41105

PRINTMAKING – INTRODUCTION

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this introductory linocut printmaking workshop, you will learn what you need to know to create a basic linocut print on paper. An overview of tools, materials and methods will be introduced and practised during class. Participants can expect to go home with two to three black and white prints by the end of class, plus the knowledge to continue making prints at home. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Nov 26	6:00pm – 9:00pm	\$60.00/1	40408