

DEPARTMENT OF PARKS  
RECREATION & CULTURE  
**ADULT & OLDER ADULT  
PROGRAMS**

# ADULT AND OLDER ADULT PROGRAMS


✓ Increased physical fitness ✓ Socialization ✓ Community engagement


For more information visit [www.porthope.ca/recreation-leisure-and-culture-programs](http://www.porthope.ca/recreation-leisure-and-culture-programs)


## ADULT AND OLDER ADULT FITNESS PROGRAMS

Looking to increase your physical activity? Try one of our heart-wise exercise classes. To learn more about fitness classes and what class is right for you visit [www.porthope.ca/fitness](http://www.porthope.ca/fitness)

### SESSION LEGEND

 **Fall:** Sept 16-Nov 17, 2019  
Fall registration is Aug 19-Sept 11, 2019\*

 **Winter 1:** Nov 18, 2019-Feb 9, 2020  
Winter 1 registration is Nov 4-13, 2019\*

 **Winter 2:** Feb 10-April 26, 2020  
Winter 2 registration is Jan 27-Feb 5, 2020\*

\*Register during the above timelines to ensure your spot. Registration for fitness classes is ongoing and will be pro-rated at the time of registration.

<b>Fees per session:</b> (HST is included)	Fall/Winter 1	Winter 2
Adults (18 yrs+)	<b>\$91.87</b>	<b>\$96.50</b>
Seniors (55 yrs+)	<b>\$59.78</b>	<b>\$62.72</b>
RCAC	<b>\$45.94</b>	<b>\$48.25</b>

\*Note - Fees based on 10 week program. Classes may vary in weeks due to holidays etc. They will be **pro-rated at time of registration**.

### NEW RCAC Fitness Rates: Fall/Winter 1/Winter 2

\*NEW - if you have a RCAC membership you receive a 50% discount off the adult price on all dryland fitness classes. Not applicable to aquatic programs.

### Fitness Drop-in Fees:

	2019	2020
Adults (18 yrs+)	<b>\$10</b> per visit	<b>\$10.75</b> per visit
Seniors (55 yrs+)	<b>\$6.50</b> per visit	<b>\$7.00</b> per visit
Ruth Clarke Activity Centre Members Specialty Fee (tennis)	<b>\$5.00</b> per visit	<b>\$5.25</b> per visit

Drop-in fees only available if there is sufficient registration to run a fitness program.



### Heart Wise Exercise Designation

The Municipality of Port Hope facilities and programs received a heart wise designation by:

- ✓ Encouraging regular, daily aerobic exercise
- ✓ Incorporating a warm-up and cool-down, plus self-monitoring during an exercise session
- ✓ Encouraging exercise at a safe level with options to increase intensity
- ✓ Accepting participants living with cardiovascular and chronic disease
- ✓ Offering health screening
- ✓ Having a documented emergency plan

# ADULT & OLDER ADULT FITNESS PROGRAMS

## 20/20/20

This 60 minute class is a combination of all of your favourite fitness components. 20 minutes of cardio, 20 minutes of muscle conditioning and 20 minutes of stretching. **Location:** Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time
● Fall	Sept 16	8	Mon	7:00-8:00pm
● Winter 1	Nov 18	10	Mon	7:00-8:00pm
● Winter 2	Feb 10	9	Mon	7:00-8:00pm

## Chair Yoga

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. **Location:** Ruth Clarke Activity Centre

Session	Start Date	Weeks	Day	Time
● Fall	Sept 20	9	Fri	10:00-11:00am
● Winter 1	Nov 22	10	Fri	10:00-11:00am
● Winter 2	Feb 14	10	Fri	10:00-11:00am

## Yin Yoga

Yin yoga is a passive and soothing approach to Yoga. Most of the session will be practiced on the floor using props. The intention is to allow the body to completely relax in a posture without effort. Postures are held for approximately 3 minutes allowing the participant to direct their attention to the experience of the moment. Yin yoga is effective in managing stress and anxiety and calming the mind.

**Location:** Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time
● Fall	Sept 19	9	Thurs	10:00-11:00am
● Winter 1	Nov 21	10	Thurs	10:00-11:00am
● Winter 2	Feb 13	10	Thurs	10:00-11:00am

## Dance Fusion

20 minutes of dance to cardio, 40 minutes of light weight training and stretch.

**Location:** Ruth Clarke Activity Centre

Session	Start Date	Weeks	Day	Time
● Fall	Sept 18	9	Wed	10:30-11:30am
● Winter 1	Nov 20	10	Wed	10:30-11:30am
● Winter 2	Feb 12	10	Wed	10:30-11:30am

## Hatha Yoga

Build on your poses and strength using proper alignment and breath control. Helps to reduce stress and increase energy. **Location:** Jack Burger Sports Complex

Session	Start Date	Weeks	Day	Time
● Fall	Sept 17	9	Tues	10:00-11:00am
● Winter 1	Nov 19	10	Tues	10:00-11:00am
● Winter 2	Feb 11	10	Tues	10:00-11:00am

## Keep Fit

A full body workout focusing on balance and functional movement for all muscle groups. Build strength using weights and resistance bands.

**Location:** Ruth Clarke Activity Centre

Session	Start Date	Weeks	Day	Time
● Fall	Sept 19	9	Thurs	1:00-2:00pm
● Winter 1	Nov 21	10	Thurs	1:00-2:00pm
● Winter 2	Feb 13	10	Thurs	1:00-2:00pm

## Interval Training

A low impact, cardio strength class designed to help develop muscular endurance and stamina through short intervals. A wide variety of exercises and timed intervals create an invigorating workout to keep you coming back for more.

Session	Start Date	Weeks	Day	Time
● Fall	Sept 18	9	Wed	8:00-9:00pm
● Winter 1	Nov 20	10	Wed	8:00-9:00pm
● Winter 2	Feb 12	10	Wed	8:00-9:00pm

**Location:** Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time
● Fall	Sept 18	9	Wed	1:30-2:30pm
● Winter 1	Nov 20	10	Wed	1:30-2:30pm
● Winter 2	Feb 12	10	Wed	1:30-2:30pm

**Location:** Port Hope Community Hub

## Muscle Strengthening/Conditioning

Using small weights and your own body weight, participants go through a series of exercises to help improve posture, strengthen muscles and learn to stretch correctly to benefit the entire body. This class is meant for beginners.

Session	Start Date	Weeks	Day	Time
● Fall	Sept 16	8	Mon	10:15-11:15am
● Winter 1	Nov 18	10	Mon	10:15-11:15am
● Winter 2	Feb 10	9	Mon	10:15-11:15am

**Location:** Jack Burger Sports Complex

Session	Start Date	Weeks	Day	Time
● Fall	Sept 19	9	Thurs	11:00-12:00pm
● Winter 1	Nov 21	10	Thurs	11:00-12:00pm
● Winter 2	Feb 13	10	Thurs	11:00-12:00pm

**Location:** Town Park Recreation Centre

## OUR STAFF ARE PROFESSIONAL, CERTIFIED FITNESS INSTRUCTORS

Our fitness instructors are qualified specialists who have extensive training in the fitness field. They have the following qualifications:

Certificated as a fitness instructor specialist with canfitpro, TRX, Canadian Yoga Alliance or other certifying body

Speciality certification if teaching specialized class such as Yoga, Zumba

CPR/AED certificated

Valid and satisfactory Policy Records Check and vulnerable sector search

Heart Wise certification preferred

A qualified Fitness Instructor Specialist can lead groups in various formats of warm up, cardiovascular conditioning, muscle strength and endurance training, stretching and relaxation and cool-down.



# CULTURE DAYS

SEPTEMBER 27, 28, 29, 2019

## A NATIONAL CELEBRATION OF CANADIAN CULTURE

Culture Days was created in response to the growing recognition that a vibrant arts and cultural sector contributes directly to a healthy and stable society. The Municipality is excited to participate this year with some free workshops for the whole family.

### Lunch with Monet

Explore the art of Monet, his gardens in France and the food prepared at his estate. Learn to make cheese croissants, suffle and have some light refreshments. Limited space, please register early. **Ages:** 16 years + **Location:** The Port Hope Community Hub **Date:** Fri Sept 27 **Time:** 10:00am-1:00pm

### Author Visit

Come join bestselling parenting author Ann Douglas who will be discussing her new book Happy Parents, Happy Kids and conversations that matter about parenting and mental health. **Location:** Port Hope Public Library – Mary J. Benson Branch **Date:** Sat Sept 28, 2019 **Time:** 11:00am – 12:00pm

### Community Campfire

Join us for an evening of fun around the campfire, with songs, bucket drumming, guitar playing, storytelling and games for the whole family. Bring your own lawn chair, musical instrument, roasting stick and non-alcoholic drinks. Marshmallows and s'mores will be provided. All ages, children under the age of 12 must be accompanied by an adult. **Location:** Port Hope Community Hub **Date:** Sat Sept 28, 2019 **Time:** 5:00pm-9:30pm

### Doodlemania Workshop

Learn how to turn your doodles into lifelike characters with personality. Learn penciling, inking and colouring techniques. **Ages:** 12-16 yrs **Location:** Town Park Recreation Centre **Date:** Sun Sept 29, 2019 **Time:** 12:30-2:30pm

**Ages:** 16 years+ **Location:** Town Park Recreation Centre **Date:** Sun Sept 29, 2019 **Time:** 10:00am-12:00pm

### Traditional Rug Hooking Workshop

Come learn how to rug hook with the Northumberland Rug Hookers. **Location:** Port Hope Public Library - Mary J. Benson Branch **Date:** Sunday Sept 29, 2019 **Time:** 1:00pm-3:00pm

Jack Burger Sports Complex & Town Park Recreation Centre

# CULTURE PROGRAMS

## ADULT AND OLDER ADULT REGISTERED ART AND CULTURE PROGRAMS

### TRY ONE OF OUR ARTS AND CULTURE PROGRAMS!

Registration required for all programs

#### Photography

A unique class on digital photography. Perfect for anyone who is looking to understand more about their digital camera and photography. You will learn exposure, composition, lighting and about camera equipment. You are required to bring your own DSLR camera.

**Location:** Town Park Recreation Centre **Fee:** \$38.75

Season	Start Date	Weeks	Day	Time	Age
● Winter 2	Feb 12	5	Wed	6:00-9:00pm	16+

#### Lunch in Tuscany

Make pizza, olive tepanade, etc. **Location:** The Port Hope Community Hub **Free**

Season	Start Date	Weeks	Day	Time	Age
● Fall	Oct 25	1	Fri	10:00am-1:00pm	16+

#### Asian Cuisine

Learn to make homemade Asian Food **Location:** The Port Hope Community Hub **Free**

Season	Start Date	Weeks	Day	Time	Age
● Winter 2	Feb 14	1	Fri	10:00am-1:00pm	16+

#### Paint the Afternoon Away - Paint Like Monet

Participate in this 3 hour workshop to create a masterpiece, enjoy some treats, and socialize with friends.

**Location:** The Port Hope Community Hub **Free**

Season	Start Date	Weeks	Day	Time	Age
● Winter 1	Nov 22	1	Fri	1:00-4:00pm	16+

#### Caricature Workshop – Look At The Size Of The Nose On That Guy

A fun exploratory and hands on workshop where you will learn how to draw and exaggerate the distinctive and peculiar features of a person while retaining a recognizable resemblance. **Fee:** \$30.34 **Location:** Town Park Recreation Centre **Bring a photo of your favourite person.**

Season	Start Date	Weeks	Day	Time	Age
● Winter 1	Jan 24	1	Fri	1:00-4:00pm	16+

#### Acrylic Painting

Participants will be introduced to basic acrylic painting skills through a series or projects relating to art concepts and techniques. Participants will be required to purchase their own supplies. **Fee:** 38.65 **Location:** Town Park Recreation Centre

Season	Start Date	Weeks	Day	Time	Age
● Fall	Sept 18	4	Wed	6:00pm-8:00pm	16+

# ADULT & OLDER ADULT DROP-IN PROGRAMS

## Drop-in Fees:

2019		2020	
Adults (18 years+)	\$3.50 per visit	Adults (18 years+)	\$3.75 per visit
Seniors (55 years+)	\$1.00 per visit	Seniors (55 years+)	\$1.00 per visit
Speciality (ie Tennis)	\$5.00 per visit	Speciality (ie Tennis)	\$5.00 per visit

10 Pass	
Adults (18 years+)	\$30.00 per visit
Seniors (55 years+)	\$8.00 per visit

## Badminton

Geared to older adults. Low impact indoor sport in a fun, recreational and social atmosphere.

**Location:** Town Park Recreation Centre

Date Range	Day	Time
Sept 16 - Apr 24	Mon, Wed, Fri	1:40pm-3:30pm

## Fun4Life

For people with special needs 18 yrs+. Offered by the Department of Parks, Recreation and Culture, Northumberland Family Respite and Community Living West Northumberland to enhance opportunities in physical activity, life skills and nutrition. **Fees:** Adult \$2.00 per visit.

**Location:** Town Park Recreation Centre

Date Range	Day	Time
Sept 16 - Apr 20	Mon	1:30pm-3:30pm
Sept 18 - Apr 22	Wed	10:00am-12:00pm

## Indoor Shuffleboard

Geared to older adults. Try out your strength and coordination with this fun and social program.

**Location:** Town Park Recreation Centre

Date Range	Day	Time
Sept 17 - Apr 21	Tues	1:00pm-3:00pm

## Indoor Tennis

A fun social experience. Learn from others and keep up your game during the winter months. October 26, 2019 to April 25, 2020. **Fees:** Speciality Fees apply.

**Location:** Town Park Recreation Centre

Date Range	Day	Time
Oct 26 - Apr 25	Sat	9:15pm-12:15pm

## Activity Club

Join in the social club with cribbage, Texas hold 'em, special events, coffee and goodies.

**Location:** Town Park Recreation Centre

Date Range	Day	Time
Sept 16 - Apr 20	Mon	9:30am-11:30am

## Pickleball

A sport in which two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball (similar to a whiffle ball) over a net.

**Location:** Town Park Recreation Centre

Date Range	Day	Time	Level
Sept 16 - Apr 24	Mon, Wed, Fri	11:40am-1:30pm	All levels
Sept 17 - Apr 21	Tues	9:30am-11:30am	Beginner
Sept 19 - Apr 23	Thurs	1:00pm-3:00pm	Beginner / Intermediate
Sept 22 - Apr 26	Sun	11:00pm-1:00pm	All levels

## Family Pickleball

Drop in for a fun evening of recreational Pickleball and stay active as a family.

Date Range	Day	Time	Age
Sept 18 - April 22	Wed	6:30-8:00pm	10+

## Ping Pong Club

A sport in which two or four players hit a lightweight ball back and forth across a table using a small paddle. We now have 3 tables!

**Location:** Town Park Recreation Centre

Date Range	Day	Time
Sept 20 - Apr 24	Fri	1:30pm-3:30pm

Check cancellation schedule monthly for cancellations. All Drop in programs cancelled Dec 23-Jan 3, March 16-20, 2020.

[www.porthope.ca/recreation-cancellations](http://www.porthope.ca/recreation-cancellations)

## PORT HOPE WALKERS

Participate in the Indoor Walking program and stay safe while being active. Enjoy some exercise while meeting new people.

### Walk the Gym

Town Park Recreation Centre – 62 McCaul Street  
Monday – Friday  
8:00am – 9:30am

### Walk the Halls/Lobby

Jack Burger Sports Complex – 60 Highland Drive  
During regular facility hours.

FREE

Hours subject to change. Please check our monthly cancellation schedule.

Please note that for Walk the Hall/Lobby there are times when traffic flow fluctuations that may result in congestion in the hall/lobby space.

Physical activity improves health and well-being. It reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life.

[www.canada.ca/en/health-canada](http://www.canada.ca/en/health-canada)

