55+ WINTER 2027 Recreation Guide

Call for Nomination

Senior of the Year Award

Each year the City of Pickering recognizes one resident for their outstanding contributions to the Pickering community.

Eligible nominees must be

- a Pickering resident
- over 65 years of age
- have enriched the social, cultural, or civic life of the community.

Nomination forms and details are on our website at **pickering.ca/adults55plus**

Nominations must be received by the second Thursday in February, by 4:00 pm.

For more information, please contact:

Community Services
at 905.420.4620 or
communityservices@pickering.ca



January to April

Winter Program Registration starts at 7:00 am

Thursday, December 3 for Fitness & Leisure programs

Thursday, December 10 for Aquatics programs

Registration for non-residents starts:
December 10 for Fitness & Leisure and December 17 for Aquatics programs.

View | Search | Register for programs

pickering.ca/active

Detailed information and downloadable registration forms are available on our webpage. **pickering.ca/registration** | 905.420.4621 | registration@pickering.ca



December Mini Sessions

Here for a short time only!

Register today at
pickering.ca/active search **mini session**

Fitness & Sport Minis	Date		Time	Place	Code	Cost
Chair Fit 55+	M	Nov 30 - Dec 14	8:45 am - 9:35 am	GALCC	65979	$24.82
Chair Yoga 55+	M	Dec 7 - Dec 14	9:15 am - 10:15 am	ESCC	65643	$16.54
Chair Yoga 55+	M	Dec 7 - Dec 14	10:30 am - 11:30 am	ESCC	65642	$16.54
Cycle Fit 55+	M	Nov 30 - Dec 14	10:30 am - 11:00 am	CHDRC	66628	$15.51
Fit Fusion - Dynamic 55+	Th	Dec 3 - Dec 17	10:00 am - 10:50 am	DCHC	66380	$24.82
Fit Fusion - Gentle 55+	M	Nov 30 - Dec 14	10:30 am - 11:20 am	CHDRC	66632	$24.82
Pilates for Strong Bones 55+	M	Nov 30 - Dec 14	11:30 am - 12:20 pm	CHDRC	66630	$24.82
Release & Restore 55+	M	Dec 7 - Dec 14	10:30 am - 11:20 am	DCHC	65987	$16.54
Stretch & Strengthen - Dynamic 55+	M	Dec 7 - Dec 14	11:30 am - 12:20 pm	DCHC	65982	$16.54
Stretch & Strengthen - Gentle 55+	M	Nov 30 - Dec 14	11:45 am - 12:45 pm	ESCC	66130	$24.82
Yoga 55+	M	Dec 7 - Dec 14	12:30 pm - 1:30 pm	DCHC	65648	$16.54
Ball Hockey 55+	Th	Dec 3 - Dec 17	10:15 am - 11:45 am	ESCC	66557	$16.02
Pickleball Drop-in 55+	Tu	Dec 1 - Dec 22	2:00 pm - 4:00 pm	ESCC	66633	$14.48
Pickleball Drop-in 55+	W	Dec 2 - Dec 23	3:30 pm - 5:30 pm	ESCC	66635	$14.48
Pickleball Drop-in 55+	Th	Dec 3 - Dec 17	2:00 pm - 4:00 pm	ESCC	66634	$10.86

CHDRC Chestnut Hill Developments Recreation Complex
DCHC Dorsay Community & Heritage Centre
DNTCC Dr. Nelson F. Tomlinson Community Centre (Claremont)
ESCC East Shore Community Centre
GALCC George Ashe Library & Community Centre

Programs listed are intended for adults 55+ unless stated otherwise.
Please note that programs listed are subject to change.



Fitness & Leisure Programs

Arts

New Embroidery 55+

This program is designed to be welcoming, creative and confidence-building for people with little or no embroidery experience. By the end of this program, participants will have learned a variety of foundational stitches, completed their own embroidered project, and gained the confidence to continue exploring embroidery.

Dorsay Community & Heritage Centre - Program Room

T	Jan 19 - Feb 23	3:00 pm - 4:00 pm	6 wks	66677	$23.52

Art Instruction 55+

This is an instruction-based course. Learn new skills and techniques, in a relaxed and friendly atmosphere, with hands-on instruction, participants will learn how to draw with pencil, and to paint with the watercolor and acrylics.

Chestnut Hill Developments Recreation Complex - Art Studio

M	Jan 18 - Mar 22	1:00 pm - 3:00 pm	8 wks	66148	$56.95

Art Instruction and Creation - Beginner 55+

Learn new skills and techniques in a relaxed and friendly atmosphere, with hands-on instruction, while creating your own art project. Participants will learn how to draw with pencil, and to paint with watercolor and acrylics. Participants will start to develop their skills to produce beautiful paintings or drawings.

East Shore Community Centre - Meeting Room 2

W	Jan 20 - Mar 24	10:00 am - 12:00 pm	9 wks	66149	$64.07

Art Instruction and Creation - Intermediate 55+

Learn new skills and techniques in a relaxed and friendly atmosphere, with hands-on instruction, while creating your own art project. Participants will have instructor-led lessons in pencil drawing, and painting with watercolor and acrylics. Intermediate participants will continue to develop their skills to produce beautiful paintings or drawings.

East Shore Community Centre - Meeting Room 2

W	Jan 20 - Mar 24	12:45 pm - 2:45 pm	9 wks	66151	$64.07
Th	Jan 21 - Mar 25	12:45 pm - 2:45 pm	9 wks	66150	$64.07

Drama 55+

Discover the fun of theatre in a relaxed, supportive environment. Through guided classes, participants explore basic acting, improvisation, character development, and simple stage movement. Whether you're an experienced performer or brand-new to drama, you'll build creativity and memory skills while enjoying laughter and camaraderie. A short showcase at the end of the session lets participants share their talents with family and friends.

Dorsay Community & Heritage Centre - Banquet Hall North

T	Jan 19 - Mar 30	6:30 pm - 8:00 pm	10 wks	66169	$53.39

Guitar - Level 1 55+

Learn the fundamentals of guitar playing, including how to handle, and tune the guitar. Participants will develop performance skills while learning to read music and play popular songs.

East Shore Community Centre - Community Room

Sa	Jan 23 - Mar 27	1:30 pm - 2:30 pm	8 wks	66174	$63.64

Guitar - Level 2 55+

For participants that have the basic fundamentals of playing and are looking to build, and advance their guitar skills.

George Ashe Library & Community Centre - Youth Room

F	Jan 22 - Mar 12	6:15 pm - 7:15 pm	8 wks	66175	$63.64

Pottery (beginner) 55+

This class is for all levels and covers wheel work and hand building using various techniques. Clay and tools are extra. Please note: clay must be purchased through the City of Pickering Art Studio only.

Chestnut Hill Developments Recreation Complex - Pottery Studio

T	Jan 19 - Mar 30	10:00 am - 1:00 pm	10 wks	66189	$199.67

Pottery (beginner) 55+

This class is for all levels and covers wheel work and hand building using various techniques. Clay and tools are extra. Please note: clay must be purchased through the City of Pickering Art Studio only.

Chestnut Hill Developments Recreation Complex - Pottery Studio

M	Jan 18 - Apr 5	9:00 am - 12:00 pm	9 wks	66190	$179.70
Th	Jan 21 - Apr 1	1:30 pm - 4:30 pm	10 wks	66188	$199.67

Pottery (Intermediate) 55+

This class is for experienced participants and covers wheel work and hand building using various techniques. Clay and tools are extra. Please note: clay must be purchased through the City of Pickering Art Studio only.

Chestnut Hill Developments Recreation Complex - Pottery Studio

F	Jan 22 - Apr 9	12:30 pm - 3:30 pm	10 wks	66194	$199.67

Pottery Open Studio 18+

Winter	**starting Jan 18**
Wednesdays	4:00 pm – 6:00 pm
Fridays	4:00 pm – 6:00 pm
Sundays	2:00 pm – 4:00 pm

pickering.ca/potterystudio



Sewing 55+

Learn something new, brush up on skills, or get assistance completing a sewing project in this open-level program. The instructor will provide a materials list to purchase for class. Sewing machines are provided, or bring your own if preferred.

George Ashe Library & Community Centre - Helen Paris Room

M Jan 18 - Mar 22 1:30 pm - 3:30 pm 8 wks 66219 $62.74

Sewing 55+

Learn something new, brush up on skills, or get assistance completing a sewing project in this open level program. The instructor will provide a list materials list to purchase for class. Sewing machines are provided, or bring your own if preferred.

George Ashe Library & Community Centre - Youth Room

T Jan 19 - Mar 23 10:15 am - 12:15 pm 9 wks 66220 $70.58

Watercolour Class 55+

Designed for intermediate to advanced students, traditional techniques will be taught with impressionistic style. Learn how to paint loose, light, transparent, and beautiful watercolours.

Chestnut Hill Developments Recreation Complex - Art Studio

F Jan 22 - Mar 12 10:00 am - 12:00 pm 8 wks 66249 $56.95

Dance

Country Line Dance 55+

Dust off your favourite boots and join our country line dance instructors for a toe-tappin', boot-stompin' class of line dancing. No experience is required. Grab your friends, and your best dance moves! Let's make it a program to remember.

Dorsay Community & Heritage Centre - Banquet Hall North

Th Jan 21 - Mar 25 6:30 pm - 7:30 pm 9 wks 66162 $44.85

Fusion Line Dance - Beginner 55+

Participants will learn and strengthen knowledge of introductory line dance patterns in this fun and easy beginner class. Dances taught range from country, waltz, rumba, merengue to hip hop. No experience or partner required.

George Ashe Library & Community Centre - Russel Franklin Room

F Jan 22 - Mar 12 12:15 pm - 1:15 pm 8 wks 66171 $39.87

Fusion Line Dance - Intermediate 55+

Participants continue to strengthen their knowledge and experience dancing to a variety of introductory line dance patterns. Dances taught range from country, waltz, rumba, merengue to hip hop.

George Ashe Library & Community Centre - Russel Franklin Room

F Jan 22 - Mar 12 11:00 am - 12:00 pm 8 wks 66172 $39.87

Latin Line Dance - Level 1 55+

This beginner class gives participants the opportunity to learn dances such as the cha-cha, merengue and salsa without needing a background in dance. The music is upbeat and we dance to current and classic songs. No partner required.

George Ashe Library & Community Centre - Russel Franklin Room

M Jan 18 - Mar 22 2:00 pm - 3:00 pm 8 wks 66179 $39.87

Latin Line Dance - Level 2 55+

For those who have completed level one or have dance experience. This class gives participants the opportunity to learn more complex routines including the cha-cha, bachata, merengue, charleston, and salsa. No partner required.

George Ashe Library & Community Centre - Russel Franklin Room

M Jan 18 - Mar 22 12:30 pm - 1:30 pm 8 wks 66180 $39.87

Latin Line Dance - Level 3 55+

For those who have completed level 2 or have dance experience. This class gives participants the opportunity to learn longer and more complex routines. No partner required.

George Ashe Library & Community Centre - Russel Franklin Room

M Jan 18 - Mar 22 11:00 am - 12:00 pm 8 wks 66181 $39.87

Line Dance - Level 1 55+

Learn line dance steps to a wide range of music including contemporary, country, mambo, modern, rock & roll, tango, waltz and the classics, all in a fun, relaxed, social setting. No partner required.

East Shore Community Centre - Community Room

W Jan 20 - Mar 24 10:45 am - 11:45 am 9 wks 66184 $44.85

Line Dance - Level 2 55+

Learn line dance steps to a wide range of music including contemporary, country, mambo, modern, rock & roll, tango, waltz and the classics, all in a fun, relaxed, social setting. No partner required.

East Shore Community Centre - Community Room

W Jan 20 - Mar 24 9:30 am - 10:30 am 9 wks 66186 $44.85

Fitness - Group Programs

Look for these new fitness class options:

Dynamic – Faster-paced and increased cardiovascular and strength challenges. Suitable for participants comfortable with moderate-intensity exercise and more dynamic movements.

Gentle – Chair options, slower transitions, and low-impact exercises. Ideal for beginners, participants managing mobility challenges, or those preferring a lower-intensity workout.

New Pilates Flow 55+

Experience a dynamic, breath-driven Pilates Flow that seamlessly blends strength, mobility, and mindful movement. This class guides participants through a continuous sequence of mat-based Pilates exercises designed to improve core stability, enhance posture, and increase total-body flexibility.

Dr. Nelson F. Tomlinson Community Centre - Gym/Multipurpose Room

W Jan 20 - Mar 31 11:45 am - 12:35 pm 10 wks 65359 $82.72

New Pilates Reformer - Intermediate 55+

Building on the basics, this class offers older adults a low-impact, full-body workout on the reformer using spring resistance to challenge, support and target different muscles in the body. It is designed for those who have a solid understanding of Pilates fundamentals and are comfortable using the reformer machine to work very precisely to help improve balance, flexibility, and strength. This class is best suited for healthy older adults with no major joint or medical conditions.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

F Jan 22 - Mar 12 11:45 am - 12:35 pm 8 wks 65480 $128.82

Active Aging: Strength, Cardio & Balance 55+

This fun and energizing class is designed for older adults looking to improve strength, cardio endurance, and balance. Whether you're new to exercise or have some experience, this beginner to intermediate-level workout combines strength training, heart-pumping cardio, and effective balance exercises to help you move with confidence and vitality. Each class is tailored to meet your individual needs, focusing on building functional fitness that supports daily activities while reducing the risk of falls. Join us for a supportive and motivating environment where every step is toward greater health and well-being!

Chestnut Hill Developments Recreation Complex - Fitness Studio A

W	Jan 20 - Mar 24	11:30 am - 12:20 pm	10 wks	65360	$82.72

Arthritis Dance Fit 55+

This dance fitness program is choreographed to maximize fun while increasing range of motion, agility, balance and strength. Regular participation in this class may help decrease pain, swelling and stiffness related to osteo-arthritis, rheumatoid-arthritis and is also suited for those with fibromyalgia. This partially seated program leverages various equipment to improve overall quality of life. No experience required.

Chestnut Hill Developments Recreation Complex - Fitness Studio B

M	Jan 18 - Apr 5	1:15 pm - 2:05 pm	10 wks	65363	$82.72

Cardio Dance Fit 55+

Experience the joy of movement with a fun, energizing cardio workout inspired by global dance styles! This class features simplified choreography and offers both no-impact and low-impact options, making it accessible for everyone. Explore rhythms from merengue, flamenco, reggaeton, bachata, and more. Designed for every body—no dance experience required!

Chestnut Hill Developments Recreation Complex - Fitness Studio A

M	Jan 18 - Mar 29	12:00 pm - 12:50 pm	10 wks	65369	$82.72

Dorsay Community & Heritage Centre - Banquet Hall South

Th	Jan 21 - Mar 25	9:00 am - 9:50 am	10 wks	65368	$82.72

Chair Fit 55+

Improve your strength and mobility in this all-seated fitness class. You will get a full body workout using hand weights, weighted balls, resistance bands and bender balls. Also focus on posture and core stabilization and strengthening.

Chestnut Hill Developments Recreation Complex - Fitness Studio B

Th	Jan 21 - Mar 25	11:45 am - 12:35 pm	10 wks	65374	$82.72

Dorsay Community & Heritage Centre - Banquet Hall South

T	Jan 19 - Mar 16	12:00 pm - 12:50 pm	9 wks	66700	$74.45

Dr. Nelson F. Tomlinson Community Centre - Gym/Multipurpose Room

T	Jan 19 - Mar 30	10:45 am - 11:35 am	10 wks	65373	$82.72

East Shore Community Centre - Community Room

T	Jan 19 - Mar 23	11:00 am - 11:50 am	10 wks	65372	$82.72

George Ashe Library & Community Centre - Helen Paris Room

M	Jan 18 - Apr 5	8:45 am - 9:35 am	10 wks	65429	$82.72

Chair Yoga - Dynamic 55+

Take chair yoga to the next level with a more active and challenging practice. Using the chair for support, participants explore stronger movements, standing poses, balance and flowing sequences designed to build strength, mobility and stability. Best suited for those comfortable with a more challenging pace.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

W	Jan 20 - Mar 24	1:30 pm - 2:20 pm	10 wks	65397	$82.72

Dorsay Community & Heritage Centre - Banquet Hall South

T	Jan 19 - Mar 16	9:00 am - 9:50 am	9 wks	66590	$74.45

Chair Yoga - Gentle 55+

A gentle and supportive approach to yoga using a chair for seated poses and added stability during standing movements. With a slower pace and focus on mobility, flexibility, balance and relaxation, this class is ideal for those looking for a more accessible yoga experience.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

T	Jan 19 - Mar 23	11:45 am - 12:35 pm	10 wks	65380	$82.72
W	Jan 20 - Mar 24	12:30 pm - 1:20 pm	10 wks	65382	$82.72
Th	Jan 21 - Mar 25	10:30 am - 11:20 am	10 wks	65381	$82.72

Dorsay Community & Heritage Centre - Banquet Hall South

W	Jan 20 - Mar 31	12:30 pm - 1:20 pm	10 wks	65379	$82.72

East Shore Community Centre - Community Room

M	Jan 18 - Apr 5	10:30 am - 11:20 am	10 wks	65375	$82.72
M	Jan 18 - Mar 22	9:30 am - 10:20 am	10 wks	65376	$82.72
Th	Jan 21 - Mar 25	9:30 am - 10:20 am	10 wks	65377	$82.72
Th	Jan 21 - Mar 25	10:30 am - 11:20 am	10 wks	65378	$82.72

Cycle Fit 55+

Stay active and energized with a low-impact cardio ride designed just for older adults. This class uses varying speeds and resistance levels to keep things fun and engaging, while being gentle on the joints. Every ride is a little different, helping you build endurance, improve heart health, and stay strong—all at your own pace, with guidance and support from your instructor.

Chestnut Hill Developments Recreation Complex - Fitness Studio B

M	Jan 18 - Apr 5	10:30 am - 11:00 am	10 wks	65391	$41.36
Th	Jan 21 - Mar 25	10:30 am - 11:00 am	10 wks	65392	$41.36

Fit Fusion - Dynamic 55+

Enjoy a low-impact workout that builds coordination, balance, and muscle strength using a variety of equipment. The class concludes with stretching and postural exercises to support mobility and overall well-being.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

T	Jan 19 - Mar 23	11:30 am - 12:20 pm	10 wks	65411	$82.72
W	Jan 20 - Mar 24	10:30 am - 11:20 am	10 wks	65412	$82.72

Dorsay Community & Heritage Centre - Banquet Hall South

Th	Jan 21 - Mar 25	10:00 am - 10:50 am	10 wks	65409	$82.72

Dr. Nelson F. Tomlinson Community Centre - Meeting Room

F	Jan 8 - Feb 26	9:30 am - 10:20 am	6 wks	66739	$49.63

George Ashe Library & Community Centre - Youth Room

Th	Jan 21 - Mar 25	10:45 am - 11:35 am	10 wks	65408	$82.72

Fit Fusion - Gentle 55+

Enjoy a low-impact workout that builds coordination, balance, and muscle strength using a variety of equipment. The class concludes with stretching and postural exercises to support mobility and overall well-being.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

M	Jan 18 - Apr 5	10:30 am - 11:20 am	10 wks	65414	$82.72
Th	Jan 21 - Mar 25	9:30 am - 10:20 am	10 wks	65413	$82.72

Nia 55+

Nia is a dance based cardio class that will get your heart pumping but is easy on the joints. It draws from disciplines of the martial arts, dance arts and healing arts. The music is upbeat, the moves are easy to learn, and you'll have so much fun you'll forget you're exercising! All fitness levels are welcome, the moves can be adapted and the intensity level varied.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

T	Jan 19 - Mar 23	12:30 pm - 1:20 pm	10 wks	65431	$82.72

George Ashe Library & Community Centre - Russel Franklin Room

M	Jan 18 - Apr 5	9:30 am - 10:20 am	10 wks	65430	$82.72

Pilates for Strong Bones 55+

Build strength from the inside out with this bone-boosting Pilates class designed to support healthy aging and strong, stable movement. This class is an osteoporosis-friendly session that blends gentle core work, standing exercises, and chair-assisted moves to help maintain bone density, improve balance, and enhance posture.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

M	Jan 18 - Apr 5	11:30 am - 12:20 pm	10 wks	65445	$82.72

Dorsay Community & Heritage Centre - Banquet Hall South

W	Jan 20 - Mar 24	10:30 am - 11:20 am	10 wks	65444	$82.72

East Shore Community Centre - Community Room

T	Jan 19 - Mar 23	10:00 am - 10:50 am	10 wks	65443	$82.72

Pilates Reformer 55+

This class offers older adults a low-impact, full-body workout on the reformer using spring resistance to challenge, support and target different muscles in the body. The reformer provides a finely tuned exercise resistance that allows individuals to work very precisely to help improve balance, flexibility, and strength. This class is best suited for healthy older adults with no major joint or medical conditions.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

M	Jan 18 - Mar 15	1:00 pm - 1:50 pm	8 wks	65481	$128.82
W	Jan 20 - Mar 10	1:00 pm - 1:50 pm	8 wks	65479	$128.82

Release & Restore 55+

This low-impact class helps ease stiffness, improve flexibility, and support joint health — making daily movements feel smoother and more comfortable. Whether you're staying active, recovering from workouts, or just want to move with greater ease, this relaxing session is your time to unwind, restore, and feel good in your body.

Dr. Nelson F. Tomlinson Community Centre - Gym/Multipurpose Room

M	Jan 18 - Apr 12	10:30 am - 11:20 am	10 wks	65492	$82.72

Dr. Nelson F. Tomlinson Community Centre - Meeting Room

Th	Jan 21 - Apr 1	10:30 am - 11:20 am	10 wks	65493	$82.72

Stretch & Strengthen - Dynamic 55+

This gentle, full-body workout is designed specifically for older adults who want to maintain strength, improve balance, and support overall mobility. Using a variety of equipment and low-impact exercises, the class focuses on functional movements that enhance coordination, stability, and muscle tone — all essential for staying active and independent. Dynamic – Faster-paced and increased cardiovascular and strength challenges. Suitable for participants comfortable with moderate-intensity exercise and more dynamic movements.

Dr. Nelson F. Tomlinson Community Centre - Gym/Multipurpose Room

M	Jan 18 - Apr 12	11:30 am - 12:20 pm	10 wks	65502	$82.72
T	Jan 19 - Mar 30	9:45 am - 10:35 am	10 wks	65503	$82.72

George Ashe Library & Community Centre - Russel Franklin Room

W	Jan 20 - Mar 24	10:15 am - 11:05 am	10 wks	65501	$82.72

East Shore Community Centre - Community Room

M	Jan 18 - Apr 5	11:45 am - 12:35 pm	10 wks	65505	$82.72
F	Jan 22 - Apr 2	11:00 am - 11:50 am	10 wks	65504	$82.72

Stretch & Strengthen - Gentle 55+

This gentle, full-body workout is designed specifically for older adults who want to maintain strength, improve balance, and support overall mobility. Using a variety of equipment and low-impact exercises, the class focuses on functional movements that enhance coordination, stability, and muscle tone — all essential for staying active and independent. Gentle - Chair options, slower transitions, and low-impact exercises. Ideal for beginners, participants managing mobility challenges, or those preferring a lower-intensity workout.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

F	Jan 22 - Apr 2	10:30 am - 11:20 am	10 wks	65507	$82.72

Dorsay Community & Heritage Centre - Banquet Hall South

W	Jan 20 - Mar 24	9:30 am - 10:20 am	10 wks	65506	$82.72

Yoga 55+

This Hatha-style yoga class is designed for those seeking to increase and maintain joint mobility while also increasing strength and improving balance. Healthy older adults with no major joint or medical conditions will enjoy this program.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

W	Jan 20 - Mar 24	11:30 am - 12:20 pm	10 wks	65546	$82.72
F	Jan 22 - Mar 26	9:30 am - 10:20 am	10 wks	65545	$82.72

Dorsay Community & Heritage Centre - Banquet Hall South

T	Jan 19 - Mar 16	10:00 am - 10:50 am	9 wks	65542	$74.45

Dr. Nelson F. Tomlinson Community Centre - Meeting Room

M	Jan 18 - Apr 12	12:30 pm - 1:20 pm	10 wks	65544	$82.72

Dorsay Community & Heritage Centre - Banquet Hall South

Th	Jan 21 - Mar 25	11:00 am - 11:50 am	10 wks	65543	$82.72

George Ashe Library & Community Centre - Russel Franklin Room

F	Jan 22 - Apr 2	9:30 am - 10:20 am	10 wks	65541	$82.72

Fitness - Small Group Personal Training

New Functional Mobility Express 55+

A 30-minute class designed to help you move with greater ease and improve flexibility and joint mobility. Using minimal equipment, this focused session combines gentle stretches and purposeful mobility exercises to help you maintain your range of motion and keep moving well. No strength training — just 30 minutes dedicated to stretching and mobility.

Chestnut Hill Developments Recreation Complex - Small Group Training Room

T,Th	Jan 19 - Mar 11	11:00 am - 11:30 am	8 wks	66610	$78.47

Aging Stronger 55+

This program includes an educative class component as well as active component with elements of training principles and proper exercise techniques for older adults. Taught by our professional and certified fitness staff you'll learn how to exercise on your own safely and effectively. Take your first step towards aging stronger.

Chestnut Hill Developments Recreation Complex - Program Room C

T	Jan 19 - Mar 9	1:00 pm - 2:30 pm	8 wks	65361	$117.70
W	Jan 20 - Mar 10	9:00 am - 10:30 am	8 wks	65630	$117.70
F	Jan 22 - Mar 12	12:00 pm - 1:30 pm	8 wks	65362	$117.70

Fit After Five 55+

A motivating after-work small group training workout for adults 55+ looking to stay active, strong, and energized. This class combines strength training, mobility, balance, and cardio-based movements to support everyday performance and overall wellness. Enjoy a supportive group environment while building energy, confidence, and the strength to keep doing the things you love.

Chestnut Hill Developments Recreation Complex - Small Group Training Room

T,Th	Jan 19 - Mar 11	6:00 pm - 7:00 pm	8 wks	65348	$156.93
W	Jan 20 - Mar 10	5:30 pm - 6:30 pm	8 wks	65636	$78.47

Forever Young 55+

For those who have completed the Aging Stronger program, or have strength training experience, this class gives you the opportunity to continue learning more advanced training techniques in a group setting. This is an active class without an educative component.

Chestnut Hill Developments Recreation Complex - Small Group Training Room

M,W	Jan 18 - Mar 15	11:00 am - 12:00 pm	8 wks	65416	$156.93
T,Th	Jan 19 - Mar 11	10:00 am - 11:00 am	8 wks	65417	$156.93

Skating Lessons

Learn To Skate 55+

Whether you have been off ice for a while, or you have no previous skating experience, this is a great opportunity to learn at your own pace and practice your skills. The fundamentals of skating will be taught, including striding, edge work, balance, turning, cross overs/unders, stopping, change of direction, forwards/backwards. Note: CSA Helmet Required

Chestnut Hill Developments Recreation Complex Arena - Delaney Rink

Th	Jan 21 - Apr 1	8:30 am - 9:30 am	10 wks	65580	$35.60

Special Interest

Brunch Cooking 55+

This class is designed for adults who want to explore the art of cooking in a fun, social, and hands-on environment. Whether you're a beginner or just looking to expand your recipe repertoire, this class offers something for everyone.

East Shore Community Centre - Meeting Room 4

M	Jan 25 - Mar 1	11:00 am - 1:00 pm	6 wks	66274	$97.08

Cooking 55+

This class is designed for adults who want to explore the art of cooking in a fun, social, and hands-on environment. Whether you're a beginner or just looking to expand your recipe repertoire, this class offers something for everyone.

Dorsay Community & Heritage Centre Teaching Kitchen

Th	Jan 21 - Feb 25	6:00 pm - 8:00 pm	6 wks	66276	$97.08

Cooking Classes - Appetizer All - Star -55+

Join us for a hands-on class where we'll dive into the world of appetizers—from crowd-pleasers to elegant bites that will make you the star of any gathering. Whether you're looking to master the classics or learn fresh, inventive recipes, this class will give you all the skills you need to bring something unforgettable to the table.

George Ashe Library & Community Centre - Helen Paris Room

T	Jan 19 - Feb 23	10:00 am - 11:30 am	6 wks	66278	$72.81

Cultural Fusion Cooking 55+

Explore the world one bite at a time! This program blends the best of global cuisines while keeping recipes simple, healthy, and senior-friendly. Each week, we will create flavourful fusion dishes that celebrate the diversity of cultures, using accessible ingredients and techniques tailored to different dietary needs and mobility levels.

East Shore Community Centre - Meeting Room 2

F	Jan 22 - Feb 26	11:00 am - 1:00 pm	6 wks	66280	$97.08

Flavours Without Borders Cooking 55+

Explore the world one bite at a time! This program blends the best of global cuisines while keeping recipes simple, healthy, and senior-friendly. Each week, we will create flavourful fusion dishes that celebrate the diversity of cultures, using accessible ingredients and techniques tailored to different dietary needs and mobility levels.

Dorsay Community & Heritage Centre Teaching Kitchen

F	Jan 22 - Feb 26	10:00 am - 12:00 pm	6 wks	66289	$97.08

The Appetizer Playbook 55+

Master the art of appetizers with a collection of easy, crowd-pleasing small bites perfect for entertaining. In this class we'll prepare a mix of hot and cold appetizers using simple techniques—including a few air fryer favourites that deliver crispy results with less oil. Whether you're hosting friends or asked to "bring an app," you'll leave with recipes you'll use again and again. Whether you're cooking for one, two or more, or just looking to simplify weeknight meals, you'll walk away with practical tips and recipes you'll actually want to make again.

George Ashe Library & Community Centre - Helen Paris Room

Th	Jan 21 - Feb 25	10:00 am - 12:00 pm	6 wks	66360	$97.08

Beginner Chess 55+

This is an introductory class that focuses on learning the game of Chess. Participants will learn the history of the game, the rules, some introductory strategies and how to play. It will be helpful to bring a small notebook and pen to take down notes.

Please note that this is an introduction class for beginners; if you already play regularly, this course is not structured for your level of play. *Chess sets will be supplied, but you are welcome to bring your own.*

Dorsay Community & Heritage Centre - Program Room

W	Jan 20 - Mar 31	12:15 pm - 2:15 pm	10 wks	66159	$78.42

Crocheting & Hand Knitting - Introduction 55+

This course covers the basics of crocheting and hand knitting and is for beginners or as a skill refresher. Participants will learn basic stitches, how to change yarn colours and basic patterning. Techniques for hand knitting will also be introduced in this class. Equipment needed: bring your own 5.5 to 6 mm crochet hook and 4ply worsted yarn to class (crocheting) and jumbo bulky yarn (hand knitting).

Dorsay Community & Heritage Centre - Program Room

F	Jan 29 - Apr 2	10:00 am - 12:00 pm	8 wks	66165	$62.74

Crocheting - Introduction 55+

For beginners or as a skill refresher; this class teaches the basic stitches, how to change yarn colours, and basic patterning. Equipment needed: bring your own 5.5 to 6 mm crochet hook and 4ply worsted yarn to class.

George Ashe Library & Community Centre - Youth Room

Sa	Jan 16 - Mar 27	10:00 am - 12:00 pm	10 wks	66167	$78.42

French 55+

Learn or refresh on the basics, including alphabet, blended sounds, numbers, punctuation and simple vocabulary. This course will build on skills in conversational French. Participants may need to purchase a work book.

East Shore Community Centre - Meeting Room 4

T	Jan 19 - Mar 23	9:30 am - 11:00 am	9 wks	66170	$48.05

Solo Player Card Games

Join us for “Mastering the Deck”, an engaging weekly program designed specifically for seniors to learn and enjoy classic and modern solo player card games.

Dorsay Community & Heritage Centre - Program Room

M	Jan 18 - Mar 8	2:30 pm - 3:30 pm	6 wks	66718	$35.00

Spanish - Level 1 / 2 55+

Designed for those with no previous knowledge of the language; travelling and/or doing business in Spanish speaking countries, or simply for general interest, and for those who have taken the level 1 course, looking for the next step. Emphasis will be on the development of conversational skills on practical real life applications of language functions. Students to purchase workbook from Instructor for $40.

East Shore Community Centre - Meeting Room 4

M	Jan 18 - Mar 22	1:45 pm - 3:45 pm	8 wks	66223	$56.95

Spanish - Level 2 55+

This program emphasizes the development of conversational skills through practical real life applications of the Spanish language. This program is for those who have completed the level 1 course or have previous experience. Students are to purchase a workbook from Instructor, $40.00 (cash only).

East Shore Community Centre - Meeting Room 4

T	Jan 19 - Mar 23	7:15 pm - 9:15 pm	9 wks	66227	$64.07

Spanish - Level 3 55+

A continuation of level 2, designed to further challenge you, enhance communication skills; listening, speaking, reading and writing in Spanish. You will continue with the conjugation of regular and irregular verbs, in future and preterit tenses, as well as reflexive verbs. Emphasis will be in conversation. You will use Spanish about 75% of the time in class.

East Shore Community Centre - Meeting Room 4

M	Jan 18 - Mar 22	11:30 am - 1:30 pm	8 wks	66230	$56.95

Sports & Active

Ball Hockey 55+

A popular program for those who simply love the game of hockey. For those who wish to stay involved in the sport they have passion for, or to try for the first time. It's all about FUN, stickhandling, passing and shooting. Get some exercise and have fun with this social group. No partner required. Just bring your own stick. Nets and balls will be supplied. Please Note: CSA helmets with cage required.

East Shore Community Centre - Gymnasium

Th	Jan 21 - Mar 25	10:15 am - 11:45 am	9 wks	66261	$48.05

Moy Tao Tai Chi - Advanced 55+

The Moy Tao style Tai Chi taught by Mary Grace and Rick is an ancient Chinese practice. The flowing movements performed slowly help to calm, balance, and relax the mind and body, while gently stretching your muscles, joints, tendons, and ligaments. This promotes improved posture, circulation, flexibility, balance, and memory, and is often referred to as 'moving meditation'. To register for this class, you must have previously completed the Beginner Level 1 and Beginner Level 2 program and be familiar with the first 55 moves of the Moy Tao Tai Chi set.

George Ashe Library & Community Centre - Russel Franklin Room

Th	Jan 21 - Apr 1	10:45 am - 12:15 pm	10 wks	66235	$74.75

Moy Tao Tai Chi - Beginner Level 1 55+

A gentle, peaceful way to tone and strengthen your body while improving concentration, coordination, and balance. The slow graceful movements, calm the mind and energize the body. Wear comfortable clothing (sweat suits are fine) and soft soled shoes. This program will be taught in Moy Tao format.

Chestnut Hill Developments Recreation Complex - Arena O'Brien Room A and B

M	Jan 18 - Apr 12	9:00 am - 10:30 am	10 wks	66238	$74.75
M	Jan 18 - Apr 12	3:45 pm - 5:15 pm	10 wks	66243	$74.75
F	Jan 15 - Apr 9	9:00 am - 10:30 am	9 wks	66639	$67.37
F	Jan 15 - Apr 9	2:15 pm - 3:15 pm	9 wks	66641	$44.85

Dorsay Community & Heritage Centre - Banquet Hall North

Th	Jan 21 - Apr 1	2:00 pm - 3:30 pm	10 wks	66244	$74.75

George Ashe Library & Community Centre - Russel Franklin Room

Th	Jan 21 - Apr 1	9:00 am - 10:30 am	10 wks	66240	$74.75

Moy Tao Tai Chi - Beginner Level 2 55+

A gentle, peaceful way to tone and strengthen your body while improving concentration, coordination, and balance. The slow graceful movements, calm the mind and energize the body. Wear comfortable clothing (sweat suits are fine) and soft soled shoes. This program will be taught in Moy Tao format.

Chestnut Hill Developments Recreation Complex - Arena O'Brien Room A and B

M	Jan 18 - Mar 22	10:45 am - 12:15 pm	9 wks	66246	$67.37
M	Jan 18 - Apr 12	2:00 pm - 3:30 pm	10 wks	66242	$74.75
F	Jan 15 - Mar 12	12:30 pm - 2:00 pm	8 wks	66233	$59.88
F	Jan 15 - Mar 12	10:45 am - 12:15 pm	8 wks	66640	$59.88

Dorsay Community & Heritage Centre - Banquet Hall South

Th	Jan 21 - Mar 25	3:45 pm - 5:15 pm	9 wks	66241	$67.37

Pickleball - Drop In 55+

Chestnut Hill Developments Recreation Complex - Banquet Hall East and West Salons

T	Jan 19 - Apr 6	4:30 pm - 6:00 pm	9 wks	66335	$39.25
Th	Jan 21 - Apr 1	4:30 pm - 6:00 pm	10 wks	66336	$43.61

Pickleball - Drop-in 55+

Enjoy the game you love on two courts each week, with opportunity to play each week, in a 2 hour time slot. No need to book in advance, just register and show up during the times available. Registration is required.

East Shore Community Centre - Gymnasium

T	Jan 19 - Mar 30	2:00 pm - 4:00 pm	10 wks	66350	$43.61
W	Jan 20 - Mar 31	3:30 pm - 5:30 pm	10 wks	66351	$43.61
Th	Jan 21 - Apr 1	2:00 pm - 4:00 pm	10 wks	66352	$43.61

Pickleball - Learn to Play 55+

This class teaches everything you need to know to get out on the court and play Pickleball. Learn the basics; from the rules of the game to essential skills like serving, dinking, and positioning. By the end, you'll feel confident and ready to play with friends, or join games at local pickleball courts.

Chestnut Hill Developments Recreation Complex - Banquet Hall East and West Salons

W	Jan 20 - Mar 3	5:30 pm - 6:30 pm	7 wks	66310	$24.91

Pickleball - Level 1 55+

This program is a follow-up to the completion of Learn to Play Pickleball Class. We will work on reviewing rules of the game, improving your forehands and backhand shots, dinking and serving. The player has demonstrated consistency of serving, returning and volleying 3/10X.

Skills Covered:

Fine tuning the rules of the game

• Add direction and control to forehand and backhand shots

• Improve technique and placement of serves and volleys

East Shore Community Centre - Gymnasium

W	Jan 13 - Jan 27	8:45 am - 10:15 am	3 wks	66340	$16.02
W	Mar 3 - Apr 7	8:45 am - 10:15 am	5 wks	66721	$26.70

Pickleball - Level 2 55+

This program is a followup to the completion of Level1 Pickleball Class. We will work on continuing to improve all strokes/shots learned to date as well as imitating dink rallies at the net and fine tune serving. We will also be learning techniques and strategies when playing doubles pickleball. The player has demonstrated consistency of serving, returning and volleying 5/10X.

Skills covered:

- Improving technique on all shot disciplines
- Introduce overheads, lobs and blocking techniques
- Court Placement & Court Strategy

Dr. Nelson F. Tomlinson Community Centre - Gym/Multipurpose Room

W	Jan 13 - Jan 27	5:45 pm - 7:15 pm	3 wks	66342	$16.02
W	Mar 3 - Apr 7	5:45 pm - 7:15 pm	5 wks	66724	$26.70
Th	Jan 14 - Feb 18	11:15 am - 12:45 pm	4 wks	66343	$21.35
Th	Mar 4 - Apr 8	9:30 am - 11:00 am	5 wks	66339	$26.70

East Shore Community Centre - Gymnasium

W	Jan 13 - Jan 27	10:30 am - 12:00 pm	3 wks	66345	$16.02
W	Mar 3 - Apr 7	10:30 am - 12:00 pm	5 wks	66722	$26.70

Pickleball - Level 3 55+

This program is a followup to the completion of Level 2 Pickleball Class. We will continue to work on improving all strokes and techniques and court strategies. The player has demonstrated consistency of serving, returning and volleying 6/10X.

Skills covered:

- Continuing improving technique on all shot disciplines
- Third shot drops and drives
- Skill Patterns Dinking and development at the Net
- Resets from Mid Court

East Shore Community Centre - Gymnasium

M	Jan 11 - Jan 25	3:00 pm - 4:30 pm	3 wks	66348	$16.02
M	Mar 8 - Apr 5	3:00 pm - 4:30 pm	3 wks	66720	$16.02
T	Jan 12 - Feb 16	12:15 pm - 1:45 pm	5 wks	66349	$26.70
T	Mar 9 - Apr 6	12:15 pm - 1:45 pm	3 wks	66719	$16.02

Tai Chi 55+

This low-impact exercise, taught in the Yang 24 style of Tai Chi, is perfect for a wide range of fitness levels, to improve balance, relaxation, posture and alignment, and body awareness. Let your first step be enlightening, and sequential steps transport you to lifelong learning that soothes and sharpens both mind and body. Wear comfortable clothing (sweat suits are fine) and soft soled shoes.

Dorsay Community & Heritage Centre - Banquet Hall North

Th	Jan 21 - Mar 25	11:00 am - 12:00 pm	9 wks	66232	$44.91

Aquatics Programs

Adult Learn to Swim

It's never too late to learn how to swim. Adult 1, Adult 2, and Adult 3 Program levels are offered at both pools and are available in both group, and female only class settings. The three program levels offer appropriate instruction for absolute beginners to swimmers with more experience.

View and register for these programs online at **pickering.ca/active**

Aquafit

Take advantage of the unique benefits of water exercise to create a low impact program that appeals to a wide variety of abilities.

Aquafit - AquaMotion

Chestnut Hill Developments Recreation Complex

M	Jan 11 - Apr 5	1:00 pm - 1:55 pm	10 wks	65657	$105.50
W	Jan 13 - Apr 7	2:00 pm - 2:55 pm	12 wks	65658	$126.60
F	Jan 15 - Apr 9	1:00 pm - 1:55 pm	11 wks	65659	$116.05

Aquafit - Basic

Chestnut Hill Developments Recreation Complex

M	Jan 11 - Apr 5	9:00 am - 9:55 am	10 wks	65660	$121.08
M	Jan 11 - Apr 5	8:00 pm - 8:55 pm	10 wks	65661	$121.08
T	Jan 12 - Apr 6	9:00 am - 9:55 am	12 wks	65662	$145.30
W	Jan 13 - Apr 7	1:00 pm - 1:55 pm	12 wks	65663	$145.30
W	Jan 13 - Apr 7	8:00 pm - 8:55 pm	12 wks	65664	$145.30
Th	Jan 14 - Apr 8	9:00 am - 9:55 am	12 wks	65665	$145.30
F	Jan 15 - Apr 9	9:00 am - 9:55 am	11 wks	65666	$133.19

Dunbarton Indoor Pool

T	Jan 12 - Apr 6	8:00 pm - 8:55 pm	12 wks	65994	$145.30
Th	Jan 14 - Apr 8	8:00 pm - 8:55 pm	12 wks	65995	$145.30

Aquafit - Deep H2O

Chestnut Hill Developments Recreation Complex - Pool - Programs

T	Jan 12 - Apr 6	12:00 pm - 12:55 pm	12 wks	65667	$126.60
Th	Jan 14 - Apr 8	12:00 pm - 12:55 pm	12 wks	65668	$126.60

Aquafit - Nice and Easy

Chestnut Hill Developments Recreation Complex - Pool - Programs

T	Jan 12 - Apr 6	1:00 pm - 1:55 pm	12 wks	65669	$126.60
Th	Jan 14 - Apr 8	1:00 pm - 1:55 pm	12 wks	65670	$126.60

Public Swimming

Chestnut Hill Developments Recreation Complex | 905.683.6582

Jan 2 – Apr 11	Lane Swim	Open Swim	Parent/Tot Swim (Tot pool also available during Open Swim)
Monday	6:00 am – 3:00 pm* 9:00 pm – 9:55 pm	3:00 pm – 5:00 pm	11:00 am – 1:00 pm
Tuesday	6:00 am – 3:00 pm* 9:00 pm – 9:55 pm	3:00 pm – 5:00 pm* 7:00 pm – 9:00 pm*	11:00 am – 1:00 pm
Wednesday	6:00 am – 3:00 pm*	3:00 pm – 5:00 pm	11:00 am – 1:00 pm
Thursday	6:00 am – 3:00 pm* 9:00 pm – 9:55 pm	3:00 pm – 5:00 pm* 7:00 pm – 9:00 pm*	11:00 am – 1:00 pm
Friday	6:00 am – 3:00 pm* 9:00 pm – 9:55 pm	3:00 pm – 5:00 pm* 7:00 pm – 9:00 pm	11:00 am – 1:00 pm
Saturday & Sunday	n/a	1:00 pm – 4:00 pm	n/a

*May be shared pool use
Cancellations: Jan 23 & 24 (swim meet), Feb 15 (Family Day), Mar 26 (Good Friday), Mar 29 (Easter)

Dunbarton Indoor Pool | 905.683.6582

Jan 4 – Apr 11	Lane Swim	Open Swim	Female Swim
Monday	8:00 pm – 9:00 pm	7:00 pm – 8:00 pm*	n/a
Wednesday	8:00 pm – 9:00 pm	7:00 pm – 8:00 pm*	n/a
Saturday	n/a	n/a	4:15 pm – 5:15 pm

*May be shared pool use
Cancellations: Jan 23 & 24 (swim meet), Feb 15 (Family Day), Mar 26 (Good Friday), Mar 29 (Easter)

note: Public swim hours may be changed due to holidays, swim meets, or rentals.
Changes will be posted online at pickering.ca/aquatics one week prior where possible.

Lane Swim
Circle swim is enforced to accommodate more swimmers.

Open Swim
This is a great time for all ages to enjoy our pools.

See website for complete details and Rules and Regulations.

Rates	Single	10 pass	3 mos	Annual
Adult 18+	$4.99	$42.35	$96.80	$221.73
Adult 65+	$3.25	$27.58	$60.78	$149.69
Person w/ Disability	$3.25	$27.58	$60.78	$149.69

See website for additional details.

pickering.ca/aquatics

55+ Aging Well Together

The City offers a variety of free/low cost recreational opportunities exclusively for residents over 55 years of age.

Spotlight Series Seminars

Featuring free interactive seminars with local guest speakers on various topics of interest.
Registration is required to reserve your spot.
Register online at **pickering.ca/active** search **spotlight.**

Date	Seminar	Hosted by the 55+ Recreation Committee
Fridays; January 8 - February 5	Sound Advice on Technology (4 part series)	Spotlight Series has been sponsored by Parkland Ajax
Tuesday, January 12	Concussions After 50	

Exclusive Events

Date	Seminar	Hosted by the 55+ Recreation Committee
Sunday, February 7	55+ Valentine's Dance	
Sunday, March 14	55+ Big Band Event	

For more information and details on these and other recreational opportunities, visit our webpage.

pickering.ca/adults55plus

905.420.4620 | communityservices@pickering.ca



55+ Exclusive Events

Valentine's Dance

Sunday, February 7
2:00 pm – 4:00 pm
Dorsay Community & Heritage Centre

March Big Band Event

Sunday, March 14
2:00 pm – 4:00 pm
Chestnut Hill Developments Recreation Complex

Visit online for 55+ Aging Well Together events and activities happening this season.

pickering.ca/55plus





City Events

December

Winter Concerts

Thursdays, December 3 and December 17
5:30 pm – 7:30 pm
Dorsay Community & Heritage Centre

A Storybook Christmas

Saturday, December 5 and Sunday, December 6
10:00 am - 3:00 pm
Pickering Museum Village

Winter Wonderland

Saturdays, December 5 and December 12
11:30 am - 3:00 pm
Millennium Square

New Year's Eve

Thursday, December 31
6:30 pm - 8:30 pm
Chestnut Hill Developments Recreation Complex

January

Mayor's Levee

Saturday, January 9
2:00 pm - 4:00 pm
Chestnut Hill Developments Recreation Complex

March

Easter Parade

Saturday, March 27
10:00 am start - view parade route online

See complete details and all event listings at
pickering.ca/events