

55+

SPRING 2026

Recreation Guide

Aquatics

Arts

Dance

Fitness

Sports

Special
Interest

Social
Activities

Exclusive
Events

and more...



APRIL to JULY

The City of Pickering offers a wide variety of seasonal recreational programs and workshops for all ages, interests, and abilities.

Registration starts at 7:00 am

Thursday, March 26 for Fitness & Leisure programs

Thursday, April 2 for Aquatics programs

Registration for non-residents starts April 2 for Fitness & Leisure programs and April 19 for Aquatics programs.

View, search, and register for programs online.

pickering.ca/active



Alternate format available upon request, call 905.683.7575 or email customer@pickering.ca

City of
PICKERING

pickering.ca/recreation | 905.420.4620



Register for a Program...

Detailed information and downloadable registration forms are available on our Registration webpage.

pickering.ca/registration
905.420.4621 | registration@pickering.ca

Online

View, search, and register for programs online at pickering.ca/active

In Person

At Chestnut Hill Developments Recreation Complex, 1867 Valley Farm Road

By Mail

Completed registration form with payment to:
Chestnut Hill Developments Recreation Complex;
1867 Valley Farm Road, Pickering, ON L1V 3Y7

24 hr Drop Box

Completed registration form with payment info at:
Pickering Civic Complex - Central Tower at One
The Esplanade, Pickering, ON L1V 6K7

Drop box is located outside, between City Hall and the Library

Please note that programs listed are subject to change.

Aquatics Programs

Adult

Swim - Adult Group Lessons

Adult 1 - CHDRC 16+

Chestnut Hill Developments Recreation Complex - Pool

W Apr 15 - Jun 17 9:00 pm - 9:55 pm 10 wks 61831 \$134.27

W Apr 15 - Jun 17 9:00 am - 9:55 am 10 wks 61832 \$134.27

Dunbarton Indoor Pool

T Apr 14 - Jun 16 7:00 pm - 7:55 pm 10 wks 62155 \$134.27

Sa Apr 18 - Jun 20 9:00 am - 9:55 am 10 wks 62154 \$134.27

Adult 1 - Females Only - Dunbarton 13+

Dunbarton Indoor Pool

Sa Apr 18 - Jun 20 2:15 pm - 2:45 pm 10 wks 62156 \$122.28

Adult 2 - CHDRC 16+

Chestnut Hill Developments Recreation Complex - Pool

W Apr 15 - Jun 17 9:00 pm - 9:55 pm 10 wks 61833 \$134.27



Adult 2 - Females Only - Dunbarton 13+

Dunbarton Indoor Pool

Sa Apr 18 - Jun 20 2:45 pm - 3:15 pm 10 wks 62157 \$122.28

Adult 3 - CHDRC 16+

Chestnut Hill Developments Recreation Complex - Pool

W Apr 15 - Jun 17 9:00 pm - 9:55 pm 10 wks 61834 \$134.27

Adult 3 - Females Only - Dunbarton 13+

Dunbarton Indoor Pool

Sa Apr 18 - Jun 20 3:15 pm - 3:45 pm 10 wks 62158 \$122.28

Aquafit Classes

Aquafit - AquaMotion - CHDRC 15+

Chestnut Hill Developments Recreation Complex - Pool

M Apr 13 - Jun 22 1:00 pm - 1:45 pm 10 wks 61835 \$86.31

W Apr 15 - Jun 24 2:00 pm - 2:45 pm 11 wks 61836 \$95.90

F Apr 17 - Jun 26 1:00 pm - 1:45 pm 11 wks 61837 \$86.31

Aquafit - Basic 15+

Chestnut Hill Developments Recreation Complex - Pool

M Apr 13 - Jun 22 9:00 am - 9:55 am 10 wks 61838 \$108.97

M Apr 13 - Jun 22 8:00 pm - 8:55 pm 10 wks 61839 \$108.97

T Apr 14 - Jun 23 9:00 am - 9:55 am 11 wks 61840 \$133.19

W Apr 15 - Jun 24 1:00 pm - 1:55 pm 11 wks 61841 \$133.19

W Apr 15 - Jun 24 8:00 pm - 8:55 pm 11 wks 61842 \$133.19

Th Apr 16 - Jun 25 9:00 am - 9:55 am 11 wks 61843 \$133.19

F Apr 17 - Jun 26 9:00 am - 9:55 am 11 wks 61844 \$121.08

Dunbarton Indoor Pool

T Apr 14 - Jun 23 8:00 pm - 8:55 pm 11 wks 62159 \$133.19

Th Apr 16 - Jun 25 8:00 pm - 8:55 pm 11 wks 62160 \$133.19

Aquafit - Deep H2O - CHDRC 15+

Chestnut Hill Developments Recreation Complex - Pool

T Apr 14 - Jun 23 12:00 pm - 12:50 pm 11 wks 61845 \$95.90

Th Apr 16 - Jun 25 12:00 pm - 12:50 pm 11 wks 61846 \$95.90

Aquafit - Nice and Easy - CHDRC 15+

Chestnut Hill Developments Recreation Complex - Pool

T Apr 14 - Jun 23 1:00 pm - 1:45 pm 11 wks 61847 \$95.90

Th Apr 16 - Jun 25 1:00 pm - 1:45 pm 11 wks 61848 \$95.90



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

Fitness & Leisure Programs

Adult 55+ Leisure Program Free Trials

Check out a class for free! Registration is required. Register online at pickering.ca/active

FREE TRIAL LEISURE	DAY	DATE	TIME	LOCATION	CODE
Art Instruction & Creation 55+	M	Apr 27	1:00 pm - 3:00 pm	DCHC	59397
Art Instruction & Creation 55+	M	May 4	1:00 pm - 3:00 pm	DCHC	59737
Baking 55+	Th	May 7	10:00 am - 12:00 pm	DCHC	59471
Baking 55+	Th	May 14	10:00 am - 12:00 pm	DCHC	59672
Cooking 55+	Th	May 7	6:00 pm - 8:00 pm	DCHC	59477
Cooking 55+	Th	May 14	6:00 pm - 8:00 pm	DCHC	59665
Chess for Beginners 55+	W	Apr 29	2:00 pm - 4:00 pm	DCHC	59440
Chess for Beginners 55+	W	May 6	2:00 pm - 4:00 pm	DCHC	59724
Choir 55+	F	May 1	10:15 am - 11:15 am	DCHC	59485
Choir 55+	F	May 8	10:15 am - 11:15 am	DCHC	59701
Crocheting 55+	F	May 1	3:00 pm - 4:45 pm	DCHC	59478
Crocheting 55+	F	May 8	3:00 pm - 4:45 pm	DCHC	59735
Dance 55+	Th	May 7	6:00 pm - 7:00 pm	DCHC	59699
Dance 55+	Th	Apr 30	6:00 pm - 7:00 pm	DCHC	59702
Drama 55+	F	May 1	11:30 am - 12:30 pm	DCHC	59488
Drama 55+	F	May 8	11:30 am - 12:30 pm	DCHC	59704
French 55+	F	May 1	10:00 am - 12:00 pm	DCHC	59468
French 55+	F	May 8	10:00 am - 12:00 pm	DCHC	59728
Guitar - Level 1 55+	W	Apr 29	3:30 pm - 4:30 pm	DCHC	59425
Guitar - Level 1 55+	W	May 6	3:30 pm - 4:30 pm	DCHC	59733
iPad - Level 1	W	Apr 29	12:00 pm - 1:00 pm	DCHC	59438
iPad - Level 1	W	May 6	12:00 pm - 1:00 pm	DCHC	59732
Latin Line Dance - Level 1 55+	W	Apr 29	10:00 am - 11:00 am	DCHC	59403
Latin Line Dance - Level 1 55+	W	May 6	10:00 am - 11:00 am	DCHC	59725
Tai Chi 55+	M	Apr 27	10:15 am - 11:15 am	DCHC	59407
Tai Chi 55+	M	May 4	10:15 am - 11:15 am	DCHC	59708

All Spring *Free Trials* will be taking place at the brand new Dorsay Community & Heritage Centre (DCHC) located at 2365 Concession Road 6, Pickering, ON L1Y 0A8

Adult 55+ Arts

Art Instruction 55+

Chestnut Hill Developments Recreation Complex - Art Studio

M Apr 13 - Jun 22 1:00 pm - 3:00 pm 10 wks 61544 \$71.20

Art Instruction and Creation - Beginner 55+

East Shore Community Centre - Meeting Room 2

W Apr 15 - Jun 24 10:00 am - 12:00 pm 10 wks 61545 \$71.20

Art Instruction and Creation - Intermediate 55+

East Shore Community Centre - Meeting Room 2

W Apr 15 - Jun 17 12:45 pm - 2:45 pm 10 wks 61547 \$71.20

Th Apr 16 - Jun 25 12:45 pm - 2:45 pm 10 wks 61546 \$71.20

Art Instruction and Creation 55+

Dorsay Community & Heritage Centre - Program Room

M May 25 - Jun 15 1:00 pm - 3:00 pm 4 wks 59398 \$28.47

Choir 55+

Dorsay Community & Heritage Centre - Banquet Hall South

F May 22 - Jun 26 10:15 am - 11:15 am 4 wks 59486 \$31.82

Drama 55+

Dorsay Community & Heritage Centre - Banquet Hall South

F May 22 - Jun 26 11:30 am - 12:30 pm 4 wks 59487 \$31.84

Guitar - Level 1 55+

Dorsay Community & Heritage Centre - Banquet Hall South

W May 20 - Jun 10 3:30 pm - 4:30 pm 4 wks 59429 \$31.82

East Shore Community Centre - Community Room

Sa Apr 18 - Jun 27 1:30 pm - 2:30 pm 10 wks 61565 \$79.60

Guitar - Level 2 55+

George Ashe Library & Community Centre - Youth Room

F Apr 17 - Jun 19 6:15 pm - 7:15 pm 10 wks 61566 \$79.60

Pottery (beginner) 55+

Chestnut Hill Developments Recreation Complex - Pottery Studio

T Apr 14 - Jun 16 10:00 am - 1:00 pm 10 wks 61393 \$199.67

Th Apr 16 - Jun 18 1:30 pm - 4:30 pm 10 wks 61392 \$199.67



Pottery (Intermediate) 55+

Chestnut Hill Developments Recreation Complex - Pottery Studio

F Apr 17 - Jun 19 12:30 pm - 3:30 pm 10 wks 61397 \$199.67

Sewing 55+

George Ashe Library & Community Centre - Helen Paris Room

M Apr 13 - Jun 22 1:30 pm - 3:30 pm 10 wks 61622 \$78.40

George Ashe Library & Community Centre - Youth Room

T Apr 14 - Jun 16 10:15 am - 12:15 pm 10 wks 61623 \$78.40

Watercolor Class 55+

Chestnut Hill Developments Recreation Complex - Art Studio

F Apr 17 - Jun 19 10:00 am - 12:00 pm 10 wks 61644 \$71.20

Adult 55+ Dance

Clog Dancing (Intermediate) 55+

George Ashe Library & Community Centre - Helen Paris Room

M Apr 13 - Jun 22 12:15 pm - 1:15 pm 10 wks 61554 \$49.90

Country Line Dance 55+

Dr Nelson F Tomlinson Community Centre - Gym/Multipurpose Room

Th Apr 16 - Jun 25 6:30 pm - 7:30 pm 10 wks 61555 \$49.90

Dance 55+

Dorsay Community & Heritage Centre - Banquet Hall South

T May 5 - Jun 30 1:00 pm - 3:00 pm 9 wks 59446 \$71.00

T May 5 - Jun 30 7:30 pm - 8:30 pm 9 wks 59455 \$71.00

Th May 21 - Jun 11 6:00 pm - 7:00 pm 4 wks 59466 \$19.92

T Apr 7-Apr 28 1:00 pm - 3:00 pm 4 wks 59445 \$71.00

Fusion Line Dance - Beginner 55+

George Ashe Library & Community Centre - Russel Franklin Room

F Apr 17 - Jun 19 12:15 pm - 1:15 pm 10 wks 61562 \$49.90

Fusion Line Dance - Intermediate 55+

George Ashe Library & Community Centre - Russel Franklin Room

F Apr 17 - Jun 19 11:00 am - 12:00 pm 10 wks 61563 \$49.90



Latin Line Dance - Level 1 55+

Dorsay Community & Heritage Centre - Banquet Hall South

W May 20 - Jun 10 10:00 am - 11:00 am 4 wks 59410 \$19.92

George Ashe Library & Community Centre - Russel Franklin Room

M Apr 13 - Jun 22 2:00 pm - 3:00 pm 10 wks 61571 \$49.90

Latin Line Dance - Level 2 55+

George Ashe Library & Community Centre - Russel Franklin Room

M Apr 13 - Jun 22 12:30 pm - 1:30 pm 10 wks 61572 \$49.90

Latin Line Dance - Level 3 55+

George Ashe Library & Community Centre - Russel Franklin Room

M Apr 13 - Jun 22 11:00 am - 12:00 pm 10 wks 61573 \$49.90

Line Dance 55+

East Shore Community Centre - Community Room

W Apr 15 - Jun 17 9:30 am - 10:30 am 10 wks 61601 \$49.90

W Apr 15 - Jun 17 10:45 am - 11:45 am 10 wks 61602 \$49.90

Adult 55+ Special Interest

Air Fryer Cooking: Savoury, Simple, and Satisfying

George Ashe Library & Community Centre - Helen Paris Room

Th Apr 16 - May 21 10:00 am - 12:00 pm 6 wks 61346 \$109.00

Baking 55+

Dorsay Community & Heritage Centre - Teaching Kitchen

T May 19 - Jun 23 10:00 am - 12:00 pm 6 wks 59459 \$97.08

Chess for Beginners 55+

Dorsay Community & Heritage Centre - Dorsay Meeting Room

W May 20 - Jun 10 2:00 pm - 4:00 pm 4 wks 59442 \$19.60

Cooking 55+

Dorsay Community & Heritage Centre - Teaching Kitchen

Th May 21 - Jun 25 6:00 pm - 8:00 pm 6 wks 59476 \$86.00

Cooking Classes - Appetizer All - Star -55+

George Ashe Library & Community Centre - Helen Paris Room

T Apr 14 - May 19 10:00 am - 11:30 am 6 wks 61364 \$81.75



Crocheting & Hand Knitting - Introduction 55+

Dr Nelson F Tomlinson Community Centre - Meeting Room

F Apr 17 - Jun 19 10:00 am - 12:00 pm 10 wks 61560 \$78.40

Crocheting 55+

Dorsay Community & Heritage Centre - Program Room

F May 22 - Jun 12 3:00 pm - 4:45 pm 4 wks 59480 \$27.44

George Ashe Library & Community Centre - Youth Room

Sa Apr 18 - Jun 20 10:00 am - 12:00 pm 10 wks 61559 \$78.40

Flavours Without Borders: Cultural Fusion Cooking 55+

East Shore Community Centre - Meeting Room 2

F Apr 17 - May 22 11:00 am - 1:00 pm 6 wks 61373 \$109.00

French - Level 1 55+

East Shore Community Centre - Meeting Room 4

T Apr 14 - Jun 23 9:30 am - 11:00 am 10 wks 61561 \$53.40

French 55+

Dorsay Community & Heritage Centre - Program Room

F May 22 - Jun 12 10:00 am - 12:00 pm 4 wks 59470 \$28.47

Ipad - Level 1 55+

Dorsay Community & Heritage Centre - Program Room

W May 20 - Jun 10 1:00 pm - 2:00 pm 4 wks 59439 \$15.68

George Ashe Library & Community Centre - Youth Room

W Apr 15 - May 20 12:30 pm - 2:30 pm 6 wks 61569 \$47.04

Spanish - Level 1 / 2 55+

East Shore Community Centre - Meeting Room 2

M Apr 13 - Jun 22 1:45 pm - 3:45 pm 10 wks 61626 \$71.20

Spanish - Level 2 55+

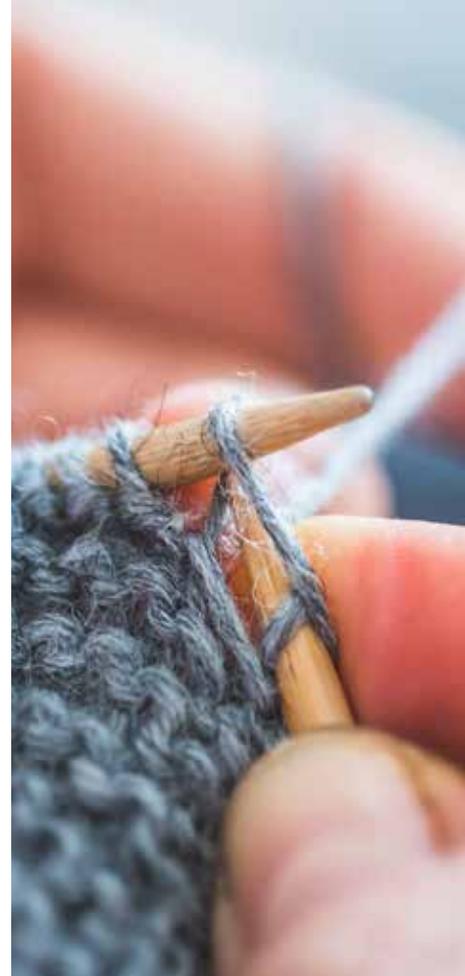
East Shore Community Centre - Meeting Room 4

T Apr 14 - Jun 16 7:15 pm - 9:15 pm 10 wks 61629 \$71.20

Spanish - Level 3 55+

East Shore Community Centre - Meeting Room 2

M Apr 13 - Jun 22 11:30 am - 1:30 pm 10 wks 61630 \$71.20



Adult 55+ Sports & Active

Ball Hockey 55+

East Shore Community Centre - Gymnasium

Th Apr 16 - Jun 25 10:15 am - 11:45 am 10 wks 61550 \$53.40

Learn to Play Pickleball 55+

Chestnut Hill Developments Recreation Complex - East and West Salons

W Apr 29 - May 27 5:30 pm - 6:30 pm 4 wks 61578 \$14.24

W Jun 3 - Jun 24 5:30 pm - 6:30 pm 4 wks 61579 \$14.24

Pickleball - Beginner 55+

George Ashe Library & Community Centre - Paris and Franklin Rooms

W Apr 15 - Jun 17 2:00 pm - 3:30 pm 10 wks 61605 \$53.40

Pickleball - Level 1 55+

This program is a follow-up to the completion of the Beginner Pickleball Class.

Dr Nelson F Tomlinson Community Centre - Gym/Multipurpose Room

W Apr 15 - Jun 17 5:45 pm - 7:15 pm 10 wks 61608 \$53.40

Th Apr 16 - Jun 18 9:30 am - 1:00 pm 10 wks 61607 \$53.40

Pickleball - Level 2 55+

This program is a follow-up to the completion of Level 1 Pickleball Class.

Dr Nelson F Tomlinson Community Centre - Gym/Multipurpose Room

Th Apr 16 - Jun 18 11:15 am - 12:45 pm 10 wks 61610 \$53.40

East Shore Community Centre - Gymnasium

W Apr 15 - Jun 17 8:45 am - 10:15 am 10 wks 61611 \$53.40

George Ashe Library & Community Centre - Paris and Franklin Rooms

W Apr 15 - Jun 17 3:30 pm - 5:00 pm 10 wks 61613 \$53.40

F Apr 17 - Jun 19 2:15 pm - 3:45 pm 10 wks 61612 \$53.40

Pickleball - Level 3 55+

This program is a followup to the completion of Level 2 Pickleball Class.

East Shore Community Centre - Gymnasium

M Apr 13 - Jun 22 3:00 pm - 4:30 pm 10 wks 61616 \$53.40

T Apr 14 - Jun 23 12:15 pm - 1:45 pm 10 wks 62381 \$53.40

W Apr 15 - Jun 17 10:30 am - 12:00 pm 10 wks 61615 \$53.40



Pickleball Drop-in 55+

Registration is required.

East Shore Community Centre - Gymnasium

T	Apr 14 - Jun 16	2:00 pm - 4:00 pm	9 wks	61617	\$26.24
W	Apr 15 - Jun 17	3:30 pm - 5:30 pm	10 wks	61618	\$29.16
Th	Apr 16 - Jun 18	2:00 pm - 4:00 pm	9 wks	61619	\$26.24

Tai Chi 55+

Dorsay Community & Heritage Centre - Banquet Hall South

M	May 25 - Jun 15	10:15 am - 11:15 am	4 wks	59408	\$19.93
T	May 26 - Jun 16	12:30 pm - 1:30 pm	4 wks	62603	\$19.93
Th	May 28 - Jun 25	11:00am - 12:00 pm	4 wks	62613	\$19.93

Tai Chi Advanced 55+

George Ashe Library & Community Centre - Russel Franklin Room

Th	Apr 16 - Jun 18	11:15 am - 12:15 pm	10 wks	61632	\$49.90
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Tai Chi Beginner Level 1 55+

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

M	Apr 13 - Jun 22	10:00 am - 11:00 am	10 wks	61634	\$49.90
M	Apr 13 - Jun 22	5:15 pm - 6:15 pm	10 wks	61636	\$49.90

Dr Nelson F Tomlinson Community Centre - Gym/Multipurpose Room

Th	Apr 16 - Jun 18	5:15 pm - 6:15 pm	10 wks	61638	\$49.90
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George Ashe Library & Community Centre - Russel Franklin Room

Th	Apr 16 - Jun 18	10:00 am - 11:00 am	10 wks	61637	\$49.90
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Tai Chi Beginner Level 2 55+

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

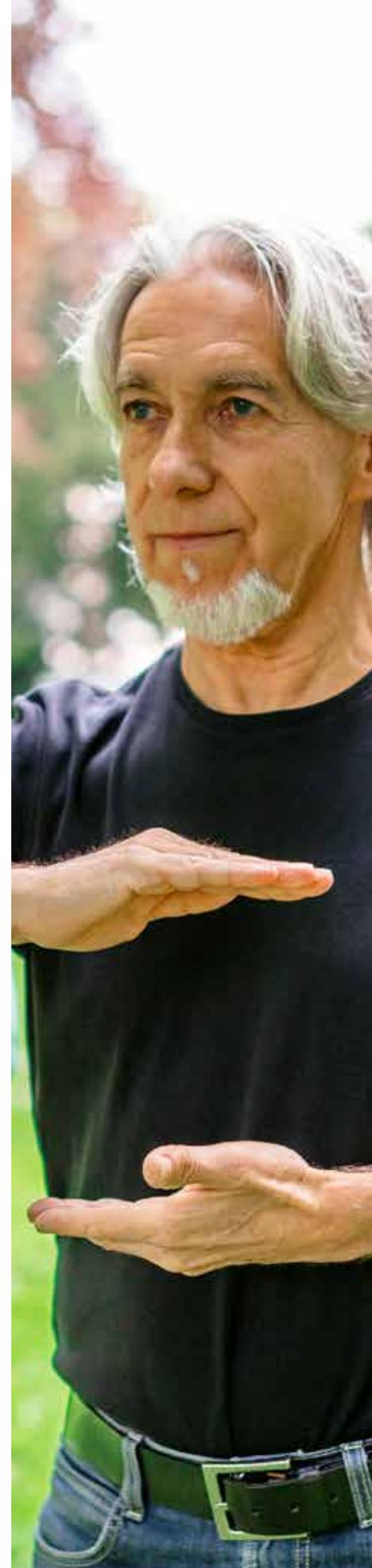
M	Apr 13 - Jun 22	11:15 am - 12:15 pm	10 wks	61641	\$49.90
M	Apr 13 - Jun 22	12:30 pm - 1:30 pm	10 wks	61642	\$49.90
M	Apr 13 - Jun 22	4:00 pm - 5:00 pm	10 wks	61635	\$49.90

Dr Nelson F Tomlinson Community Centre - Gym/Multipurpose Room

Th	Apr 16 - Jun 18	4:00 pm - 5:00 pm	10 wks	61639	\$49.90
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George Ashe Library & Community Centre - Russel Franklin Room

Th	Apr 16 - Jun 18	12:30 pm - 1:30 pm	10 wks	61640	\$49.90
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Adult 55+ Fitness Program Free Trials

Check out a class for free! Registration is required. Register online at pickering.ca/active

FREE TRIAL FITNESS	DAY	DATE	TIME	LOCATION	CODE
Cardio Dance Fit 55+	Th	May 7	9:00 am - 9:50 am	DCHC	61828
Chair Yoga 55+	Th	May 7	10:00 am - 10:50 am	DCHC	59526
Fit Fellows 55+	W	May 6	9:30 am - 10:20 am	DCHC	59632
Fit Fusion 55+	M	May 4	10:30 am - 11:20 am	DCHC	59527
Fit Fusion 55+	W	May 6	10:30 am - 11:20 am	DCHC	59558
Nia 55+	T	May 5	9:30 am - 10:20 am	DCHC	59630
Nia 55+	Th	May 7	12:00 pm - 12:50 pm	DCHC	59634
Pilates for Strong Bones 55+	W	May 6	11:30 am - 12:20 pm	DCHC	59633
Release and Restore 55+	M	May 4	11:30 am - 12:20 pm	DCHC	59628
Yoga 55+	T	May 5	10:30 am - 11:20 am	DCHC	59530
Yoga 55+	Th	May 7	11:00 am - 11:50 am	DCHC	59539

All Spring *Free Trials* will be taking place at the brand new Dorsay Community & Heritage Centre (DCHC) located at 2365 Concession Road 6, Pickering, ON L1Y 0A8

Adult 55+ Fitness - Group Programs

Active Aging: Strength, Cardio & Balance 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio A

W Apr 22 - Jun 10 11:30 am - 12:20 pm 8 wks 61659 \$80.00

Arthritis Dance Fit 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio B

M Apr 20 - Jun 15 1:15 pm - 2:05 pm 8 wks 61661 \$80.00

Cardio Dance Fit 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio A

M Apr 20 - Jun 29 12:00 pm - 12:50 pm 10 wks 61821 \$80.00

Chair Fit 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio B

Th Apr 23 - Jun 25 11:45 am - 12:45 pm 10 wks 61668 \$80.00

Dr Nelson F Tomlinson Community Centre - Gym/Multipurpose Room

T Apr 21 - Jun 30 10:45 am - 11:35 am 10 wks 62329 \$80.00

East Shore Community Centre - Community Room

T Apr 28 - Jun 30 11:00 am - 11:50 am 10 wks 62341 \$80.00

George Ashe Library & Community Centre - Helen Paris Room

M May 25 - Jun 29 8:45 am - 9:35 am 6 wks 62325 \$48.00



Chair Yoga 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio C

T	Apr 21 - Jun 23	11:45 am - 12:45 pm	10 wks	61669	\$80.00
Th	Apr 23 - Jun 25	10:30 am - 11:30 am	10 wks	61670	\$80.00
East Shore Community Centre - Community Room					
M	Apr 20 - Jun 29	10:30 am - 11:30 am	8 wks	62342	\$64.00
M	Apr 20 - Jun 29	9:15 am - 10:15 am	8 wks	62343	\$64.00
Th	Apr 30 - Jun 25	9:15 am - 10:15 am	7 wks	62344	\$56.00
Th	Apr 30 - Jun 25	10:30 am - 11:30 am	7 wks	62345	\$56.00

Cycle Fit 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio B

M	Apr 20 - Jun 29	10:30 am - 11:00 am	10 wks	61678	\$40.00
Th	Apr 23 - Jun 25	10:30 am - 11:00 am	10 wks	61679	\$40.00

Dynamic Chair Yoga 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio C

W	Apr 22 - Jun 24	2:00 pm - 3:00 pm	8 wks	61684	\$64.00
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Fit Fusion 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio A

Th	Apr 23 - Jun 25	9:30 am - 10:20 am	10 wks	61691	\$80.00
Dr Nelson F Tomlinson Community Centre - Gym/Multipurpose Room					
M	Apr 20 - Jun 29	9:30 am - 10:20 am	10 wks	62331	\$80.00
Th	Apr 30 - Jun 25	9:30 am - 10:20 am	8 wks	62330	\$64.00
George Ashe Library & Community Centre - Youth Room					
Th	Apr 23-Jul 2	10:45 am - 11:35 am	10 wks	62323	\$80.00

Nia 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio A

T	Apr 21 - Jun 23	12:30 pm - 1:30 pm	10 wks	61737	\$80.00
George Ashe Library & Community Centre - Russel Franklin Room					
M	Apr 20 - Jun 29	9:30 am - 10:30 am	10 wks	62326	\$80.00



Pilates for Strong Bones 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio C

M Apr 20 - Jun 29 11:30 am - 12:20 pm 10 wks 61743 \$80.00

East Shore Community Centre - Community Room

T Apr 21 - Jun 30 10:00 am - 10:50 am 10 wks 62346 \$80.00

Pilates Reformer 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio A

M Apr 20 - Jun 15 1:00 pm - 1:50 pm 8 wks 61768 \$125.00

W Apr 22 - May 27 1:10 pm - 2:00 pm 6 wks 61766 \$94.00

F Apr 24 - Jun 12 11:45 am - 12:35 pm 8 wks 61767 \$125.00

Release & Restore 55+

Dr Nelson F Tomlinson Community Centre - Meeting Room

Th Apr 30 - Jun 25 10:30 am - 11:20 am 8 wks 62335 \$64.00

Stretch & Strengthen 55+

Dr Nelson F Tomlinson Community Centre - Gym/Multipurpose Room

T Apr 21 - Jun 30 9:45 am - 10:35 am 10 wks 62336 \$80.00

East Shore Community Centre - Community Room

M Apr 20 - Jun 15 11:45 am - 12:45 pm 8 wks 62348 \$64.00

F Apr 24 - Jun 26 11:00 am - 12:00 pm 10 wks 62347 \$80.00

George Ashe Library & Community Centre - Russel Franklin Room

W Apr 22 - Jun 24 10:15 am - 11:15 am 9 wks 62327 \$72.00

Yoga 55+

Chestnut Hill Developments Recreation Complex - Fitness Studio C

F Apr 24 - Jun 26 9:30 am - 10:20 am 10 wks 61814 \$80.00

Dr Nelson F Tomlinson Community Centre - Meeting Room

M Apr 20 - Jun 29 12:30 pm - 1:30 pm 8 wks 62339 \$64.00

George Ashe Library & Community Centre - Russel Franklin Room

F Apr 24 - Jun 26 9:30 am - 10:30 am 10 wks 62328 \$80.00



Adult 55+ Group Fitness Mini-Sessions

Here for a short time only this spring... these 4 week programs will take you right into summer. Register online at pickering.ca/active

Spring Minis	DAY	DATE	TIME	LOCATION	CODE	COST
Cardio Dance Fit 55+	Th	May 28 - Jun 25	9:00 am - 9:50 am	DCHC	61829	\$32.00
Chair Yoga 55+	Th	May 21 - Jun 18	10:00 am - 10:50 am	DCHC	59588	\$32.00
Fit Fellows 55+	W	May 20 - Jun 10	9:30 am - 10:20 am	DCHC	59586	\$32.00
Fit Fusion 55+	M	May 25 - Jun 22	10:30 am - 11:20 am	DCHC	59589	\$32.00
Fit Fusion 55+	W	May 20 - Jun 10	10:30 am - 11:20 am	DCHC	59593	\$32.00
Nia 55+	T	May 19 - Jun 9	9:30 am - 10:20 am	DCHC	59597	\$32.00
Nia 55+	Th	May 21 - Jun 18	12:00 pm - 12:50 pm	DCHC	59604	\$32.00
Pilates for Strong Bones 55+	W	May 20 - Jun 10	11:30 am - 12:20 pm	DCHC	59592	\$32.00
Release and Restore 55+	M	May 25 - Jun 22	11:30 am - 12:20 pm	DCHC	59598	\$32.00
Yoga 55+	T	May 19 - Jun 9	10:30 am - 11:20 am	DCHC	59602	\$32.00
Yoga 55+	Th	May 21 - Jun 18	11:00 am - 11:50 am	DCHC	59603	\$32.00

All Spring Fitness Minis will be taking place at the brand new Dorsay Community & Heritage Centre (DCHC) located at 2365 Concession Road 6, Pickering, ON L1Y 0A8

Adult 55+

Fitness - Small Group Personal Training

Aging Stronger 55+

Chestnut Hill Developments Recreation Complex - Program Room C

T	Apr 21 - Jun 9	1:00 pm - 2:30 pm	8 wks	61660	\$114.00
F	Apr 24 - Jun 12	12:00 pm - 1:30 pm	8 wks	62308	\$114.00

Forever Young 55+

Chestnut Hill Developments Recreation Complex - Small Group Training Room

M,W	Apr 20 - Jun 15	9:30 am - 10:30 am	9 wks	61692	\$153.00
M,W	Apr 20 - Jun 15	11:00 am - 12:00 pm	9 wks	61693	\$153.00
T,Th	Apr 21 - Jun 11	10:00 am - 11:00 am	8 wks	61694	\$153.00
Th	Apr 23 - Jun 11	5:30 pm - 6:30 pm	8 wks	62311	\$77.00



Programs of Interest... Blacksmith Workshops

Forged Floral 16+

Pickering Museum Village - Blacksmith Shop

S May 17 10:00 pm - 2:00 pm 61291 \$129.26

Sa May 16 10:00 pm - 2:00 pm 61285 \$129.26

BBQ Skewers and Steak Flipper 16+

Pickering Museum Village - Blacksmith Shop

S Jun 21 10:00 am - 2:00 pm 61272 \$129.26

Sa Jun 20 10:00 am - 2:00 pm 61271 \$129.26

Woodworker's Apprentice

Jar Vase Holder 16+

Pickering Museum Village - Blacksmith/Paint Shop

Sa Jun 13 9:00 am - 12:00 pm 61308 \$75.18

Charcuterie Board 16+

Sa Jul 4 9:00 am - 12:00 pm 61311 \$75.18

Arts Workshop

Feathered Flair Clay Earring Workshop 14+

Dorsay Community & Heritage Centre - Teaching Kitchen

S May 10 9:00 am - 12:00 pm 59567 \$75.18

S May 24 9:00 am - 12:00 pm 59568 \$75.18

S Jun 7 9:00 am - 12:00 pm 59569 \$75.18



Opportunities to Grow Plot to Plate

Plot to Plate at GALCC 55+

If you are new to gardening or interested in learning how to vegetable garden, join us to grow fresh produce, learn sustainable gardening practices, and build connections in our community garden space! Registration gives you access to one standing bed plot to use for the season.

George Ashe Library & Community Centre - Park Area

Program runs from May 31 to October 25
Participants meet Saturdays, 10:00 am - 11:00 am

Activity code: 56418

Cost: \$50.00

Plot to Plate Heirloom Edition 16+

Join us for a special edition of Plot to Plate, where you'll learn to grow, harvest, and care for heirloom vegetables. This hands-on gardening experience allows you to plant regular and heirloom varieties, nurture your green thumb, and take-home vegetables that have a rich history. With a dedicated garden plot at the Pickering Museum Village, you'll gain practical gardening skills while connecting with nature.

Pickering Museum Village - Raised Garden Plots

Program runs from May 30 to October 25
Participants meet Saturdays, 2:00 pm - 3:00 pm

Activity code: 61241

Cost: \$107.68



Pottery Studio

pickering.ca/PotteryStudio

SPRING Open Studio Hours (until June 22)

Mondays 2:00 pm - 4:00 pm

Wednesdays 4:00 pm - 6:00 pm

Sunday 2:00 pm - 4:00 pm

Public Swimming

Chestnut Hill Developments Recreation Complex Pool | 905.683.6582

Apr 13 - Jun 28	Lane Swim	Open Swim	Parent/Tot Swim (tot pool is also open 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

Schedule/time changes: Apr 10, 11, 12 (swim meet), May 18 (Victoria Day)

Dunbarton Indoor Pool | 905.683.6582

Apr 13 - Jun 28	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

Schedule/time changes: Apr 10, 11, 12 (swim meet), May 18 (Victoria Day)

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.

pickering.ca/aquatics

Rates	single	10 pass	3 mos	annual
Adult 18+	\$4.84	\$41.12	\$93.98	\$215.27
Adult 65+	\$3.15	\$26.78	\$59.01	\$145.33
Person w/ Disability	\$3.15	\$26.78	\$59.01	\$145.33
See website for additional details.				



Aging Well Together

The City offers a variety of free/low cost recreational opportunities exclusively for residents over 55 years of age. For more information visit us online at pickering.ca/adults55plus

Spotlight Seminars

Feature free interactive seminars with local guest speakers on various topics of interest to older adults.

SEMINAR	DATE	TIME	LOCATION	CODE
Playing Online Games for Seniors	Th, Mar 26	6:30 pm - 8:30 pm	GALCC	58599
Taking Charge of Your Healthcare	Th, Apr 2	6:30 pm - 8:30 pm	GALCC	61529
Container Gardening Workshop	Th, May 7	5:00 pm - 7:00 pm	DNT	61652
Sound Meditation	Wed, Jun 10	10:00 am - 12:00 pm	DNT	62292

Location key:

DNT - Dr Nelson F Tomlinson Community Centre (Claremont)

GALCC - George Ashe Library & Community Centre



Register to reserve your spot at pickering.ca/active

Exclusive Events

FREE Lunch and Movie 55+

Spend a cozy afternoon with great food and entertainment.

DCHC Teaching Kitchen

Friday, May 1 11:00 am - 1:00 pm

Register at pickering.ca/active with code: 59479

Friday, May 15 11:00 am - 1:00 pm

Register at pickering.ca/active with code: 59661

Seniors Month

Watch our website for a host of special activities throughout the month as we highlight aging well together in Pickering.

Seniors' is Month sponsored by Amica Pickering

Seniors Month Celebration & Big Band Event

Sunday, June 8 | 2:00 pm - 4:00 pm

Chestnut Hill Developments Recreation Complex

Tickets on sale May 4



55+ Games Day

Thursday Jun 18 | 6:00 pm - 8:00 pm

Dr Nelson F Tomlinson Community Centre

Join us for a variety of physical and intellectual challenges, with plenty of laughter and prizes to spice up the fun.

Register at pickering.ca/active

Find 55+ exclusive events and activities online at pickering.ca/adults55plus

JUNE is Seniors Month in Ontario

Watch for a host of special events and activities throughout the month as we celebrate aging well together in Pickering.

pickering.ca/adults55plus

Seniors' is Month sponsored by Amica Pickering



JUNE IS RECREATION AND PARKS MONTH

Recreation and Parks Month

June 1 - 30

Watch for details in the coming weeks as we prepare to celebrate by hosting a month full of free fitness activities!

New Carbon Monoxide (CO) Law – Effective January 1, 2026

The Fire Code has been revised to improve the early detection of carbon monoxide, known as the “Silent Killer.” CO is a colourless, odorless, and tasteless gas that can only be detected with a working CO alarm. It can cause poisoning quickly in high amounts or slowly over time.

What’s Changing?

The Fire Code now requires additional CO alarms in residential and care facilities.

Existing Homes

- CO alarms are required on every storey of homes.

Multi-Unit Residential Buildings

- CO alarms are required in all applicable suites, service rooms, some public corridors

Care Occupancies

- CO alarms are required in suites and common areas.

Safety Tips

- Have fuel-burning appliances, chimneys, and vents professionally cleaned and inspected every year.
- Keep outside vents and chimneys for dryers, furnaces, stoves, fireplaces, and other fuel-burning appliances free of snow and debris.
- Use gas and charcoal barbecues outside, away from doors, windows, vents, and any other openings. Never use them in garages (even with the door open).
- Use portable fuel-burning generators outside in well-ventilated areas away from any openings to the home.
- Make sure portable fuel-burning heaters are properly vented according to the manufacturer.
- Open the fireplace flue before use to ensure proper ventilation.
- Never run a vehicle or fueled engine inside a garage, even with the door open. Move vehicles out immediately after starting them.
- Test CO alarms monthly and replace batteries as required.

pickering.ca/fire





May

Ernie Coombs Public Art Unveiling

Friday, May 8 | 5:30 pm – 7:30 pm

East Woodlands Park

Petapolooza

Saturday, May 9 | 10:00 am – 5:00 pm

Esplanade Park

Artfest

Saturday, May 23 and Sunday, May 24

11:00 am – 5:00 pm

Esplanade Park

Duffins Creek Festival

Saturday, May 30 | 10:00 am – 3:00 pm

Dorsay Community & Heritage Centre/Pickering Museum Village

June

D-Day

Saturday, June 6 | 10:45 am – 12:00 pm

Cenotaph, Pickering City Hall Courtyard,

Hosted by Royal Canadian Legion Branch 606

For more details and complete event listing see our webpage.

pickering.ca/events

City Events

April

Easter Parade

Saturday, April 4

Parade Start: 10:00 am

Bay Ridges neighbourhood

Spring Fling

Saturday April 11 and Saturday April 18

11:30 am – 3:00 pm

Millennium Square



Canada Day Wednesday, July 1

Daytime at Esplanade Park

12:00 pm – 5:00 pm

Nighttime at Kinsmen Park

7:00 pm – 10:00 pm

OPEN THIS SPRING

Dorsay Community & Heritage Centre

Register now for our first season of recreation programs.

☑ **Free Program Trials**

☑ **Mini-Sessions**

☑ **Workshops**

Program participants receive a special welcome gift on the first day of class.

One welcome gift per participant.

pickering.ca/active



DORSAY
COMMUNITY &
HERITAGE CENTRE

