

Program Appendix

*The following programs were offered in the identified category during 2023

Service Area - General Programs

General Programs - Category A

Badminton Family
Basketball Family
Museum Walking Tour: Oakville and the Underground Railroad
Tennis Indoors Family - JR and SR
Volleyball Family
Yoga - Mother and Daughter
Yoga - Parent and Child
Pickleball Lessons Family

General Programs - Category B

ABC Discovery
Cricket JR/SR
Dodgeball Games JR and SR
Kidfit Jump and Play - Jr and SR
Let's Play Together
Multisport JR and SR
Preschool Parented Workshops
Sing and Play
Soccer Indoor JR and SR
Volleyball - Children/Youth/Level 1/2, Games
Basketball - Children/Youth/ Level 1/2, Games

General Programs - Category C

123 Math for Me
Dance - Ballet Basics Child
Dance - Bollywood Dance Family
Dance - Dance Mix Junior Child
Dance - Dance Mix Senior Child
Dance - Hip Hop Junior Child
Dance - Hip Hop Senior Child
Dance - Lyrical Child
Energy 2 Burn
Mini School
Multi-Sport
Proud to be Me
Badminton JR/SR/Level 1/2
Pickleball Lessons - All ages

General Programs - Category D

Cross Training Kids/Youth
Kickbox Kids Jr/Sr/Youth
Pilates Youth
Squash JR/SR/Youth/Level 1/2/Games
Table Tennis Adults
Table Tennis Children
Tennis Adult Beginner/Intermediate (indoor/outdoor)
Tennis JR/SR/Level 1/2 (indoors)
Tennis Tykes/Junior/Senior Level 1/2 (outdoors)

Program Appendix

Yoga - Children/Youth
Zumba Tots/Children/ Youth
General Programs - Category E
Cupcake Craze JR and SR
Oakville Basketball Development
OHD Hockey Skills
Rock Climbing
General Programs - Category F
Hockey: OHD Goalie Pad Lessons Level 1, 2 & 3
Hockey: OHD Shooter Pad Lessons Level 1, 2 & 3
Skating

Service Area - Fitness

Fitness - Category A
Begin to Spin
Bollywood Dance - Adult
Bootcamp
Cardio/Body Sculpting
Cycle and Strength
Healthy Back and Stretch
Heart and Sole Fitness
Zumba
Fitness - Category B
Kettlebell
Mindfulness, Meditation and Movement
Nordic Walking
Nordic Walking - Therapeutic Care
Pilates - All levels
Tai Chi - All levels
TIME
Yoga - All styles
Yogalates
Fitness - Category C
Kickbox Fit
Stroller Fit
Fitness - Category D
Weight Training Women
Fitness - Category E
Boxing

Program Appendix

Service Area - Aquatics

Aquatics Category A
Swim to Survive
Swim Assessment Clinics
Aquatics Category B - discontinued
Aquatics Category C
Novice Swim Team
Aquatics Category D
Endurance Training - Adult
Female Only Introduction to Water (AquaAdult 101)
Female Only Swim For Fitness (AquaAdult 301)
Female Only Swim to Survive (AquaAdult 201)
Introduction to Water (AquaAdult 101)
Lifesaving Fitness
Swim Fit - Junior
Swim Fit - Youth
Swim for Fitness (AquaAdult 301)
Swim to Survive (AquaAdult 201)
Triathlon Training - Adult
Youth 101/201/301
Aquatics Category E
Aquacycle (Hydroriding)
Therapeutic Water Exercise
Aquatic Bone and Joint Therapeutic Care
Aquatics Category F
Stroke Clinics -Back Crawl, Breast Stroke, Front Crawl, Whipkick and Eggbeater
Swimmer Level Improvement Clinics
Leadership Skill Session
Oakville Lifesaving Club - Junior/ Senior/ Youth
Personal Best
All Synchronized Swimming - Children, Youth, Adults and Clinics
Aquatics Category G
Camp Swimming Lessons
Family Swim Lessons
All Parent and Tot levels 1 - 3
All Preschool Levels A - E
All Swimmer Levels Swimmer 1 - Swimmer 10 (inclusive)
Female Only Swimmer 8/9/10

Program Appendix

Aquatics Category H

Adapted Aquatics - Aquadapt

Aquatics Category I

Semi-Private Swim

Aquatics Category J

Private Lessons - Child and Youth/ Preschool& Beginner/ Adult

Aquatics Category K

All Small Group lessons H30, H40

Service Area - Aquatic Leadership Stream

Aquatics Leadership Category - Pre-courses

Pool Pals

Pre-Bronze Skill Session

Pre-National Lifeguard

Aquatics Leadership Category - Challenge Exams

Bronze Cross Challenge Exam

Bronze Medallion Challenge Exam

Aquatics Leadership Category - Advanced Leadership

Aquatic Supervisor Training

Aquatic Supervisor Training Instructor

Examiner

LSS Sport Coach Level 1

National Lifeguard Instructor

Standard First Aid Instructor

Trainer

Program Appendix

Service Area - Camps

Camp - Category A

Leader in Training
March Break CampOAK - all ages
Winter Break CampOAK - all ages
CampOAK - Tots, Tykes, Junior, Senior
Aquatic LIT

Camp - Category B

Craft and Tour at the Museum
Museum Summer Camps
P.A. Day Afternoons at the Museum
Tiny Tots Discovery

Camp - Category C

Art Explorers
Art Apprentices
Art Pros
Camp All-Star
Carpenter's Apprentice
Culinary Kids
Curtain Call Junior
Curtain Call Senior
Maker Space Senior
Dip Kick & Swing
Lil-sports Camp
Little Splinters
March Break - Oakville Lifesaving Camp
March Break at the Museum
Museum - Explore Oakville Junior
Museum - Explore Oakville Senior
Museum Material World Junior
Museum Material World Senior
Museum Mystery Junior
Museum Mystery Senior
Museum Summer Fun Junior
Museum Summer Fun Senior
Museum Take Part Museum Art Junior
Museum Take Part Museum Art Senior
Museum Tales From Long Ago Junior
Museum Tales From Long Ago Senior
Museum Where Science Meets Art Junior
Museum Where Science Meets Art Senior

Program Appendix

Museum Wonders of Erchless Gardens Junior
Museum Wonders of Erchless Gardens Senior
Need for Speed Competitive Swim Camp
Oakville Lifesaving Camp - Junior
Oakville Lifesaving Camp - Senior
Sport Camps - Junior and Senior
P.A. Day Camp - Junior/Senior
Splish Splash Swim Camp
Sewing and Soft Sculpture Junior
Sewing and Soft Sculpture Senior
Summer Sport and Hockey Camp - Tyke, Junior, Senior
Summer Sport and Skating Camp- Tyke, Junior, Senior
Camp Category D
Hockey Preseason Conditioning Camp
March Break Half-Day Studio Art Camp - Junior
March Break Half-Day Studio Art Camp - Senior
Robotics - Junior/Senior
Rock and Wave
Camp Category E
Aqua Sports Camp
P. A. Day Art Camp - Junior
P. A. Day Art Camp - Senior
Summer Golf and Sport Camp
Teen Adventure Program
Camp Category F
Hockey Skills with the Oakville Blades
Learn to Skate Camp with Skate Oakville
Mini Museum Explore Fairy Tales
Museum Tot's n Pots
Shoot and Swing, Summer Golf and Hockey Camp- Tyke, Junior, Senior

Program Appendix

Service Area - Seniors

Senior Category A

Bridge

Lecture Series

Senior Category B

Pickleball

Senior Category C

Acrylic Painting Level 1 50+

Botanical Drawings 50+

Coloured Pencils 50+

Drawing and Painting Level 1 - The Art of the Still Life 50+

Drawing Level 1 50+

Drawing Level 2 50+

Drawing Landscapes 50+

Fun with Brush Lettering 50+

Pen and Ink 50+

Portrait Drawing 50+

Printmaking Fun 50+

Watercolour Painting Landscapes 50+

Watercolour Painting Level 1 50+

Watercolour Painting Level 2 50+

Watercolours Skill Development 50+

Celtic Fiddling Level 1 50+

Celtic Fiddling Level 2 50+

Guitar Lessons Level 1 50+

Guitar Lessons Level 2 50+

Guitar Lessons Level 3 50+

French Level 1 50+

French Level 2 50+

French Level 1 503

History of the Great Cities of the World in 1900 50+

History of Great Composers 50+

History of Great Literature 50+

Man and his Mythology 50+

History of the 60s and 70s 50+

History of the Island 50+

Spanish Conversational 50+

Spanish for Travelers Level 1 50+

Spanish for Travelers Level 2 50+

Woodcarving 50+

Program Appendix

Senior Category D

Fitness

Tai Chi

Yoga

Dance - Line Dance

Dance - Line Dancing Level 1

Dance - Line Dance Level 2

Dance - Square Dancing

Dance - Tap Dancing

Senior Category E

Pilates

Senior Category F

Computers - Getting to know your Android

Computers - Getting to know your Apple

Computers - Working with Windows

Seniors Category G

Workshops

Program Appendix

Cultural Programs

Culture Category A
Clay Easter Egg Cups Workshop (Parented) - Child
Clay Flower Vase Workshop Parented - Child
Clay Hallowe'en Lanterns Workshop (Parented) - Child
Clay Ornaments Workshop (Parented) - Child
Clay Halloween Lanterns Workshop (Parented) - Child
Clay Sculpting - Youth
Clay Sculpting Junior - Child
Clay Sculpting Senior - Child
Crafty Kids - Child
Curtain Call - Child
Digital - 3D Printing - Child
Digital - 3D Printing - Youth
Digital - All About Minecraft
Digital - Beatmaking - Child
Digital - Beatmaking - Youth
Digital - Drawing with Wacom Tablets - Child
Digital - Drawing with Wacom Tablets - Youth
Digital - Graphic Design - Youth
Digital - Photography - Child
Digital - Photography - Youth
Digital - Website Design- Youth
Digital - Website Design - Child
Digital - You Tube Master Class - Child
Digital - Photoshop, Keynote, InDesign - Child
Digital - Maker Space Intro - Child
Digital - Maker Space Intro - Youth
Drawing - Anime and Manga - Senior
Drawing - Anime and Manga - Youth
Drawing - Cartooning and Caricature - Junior
Drawing - Cartooning and Caricature - Senior
Drawing and Painting Level 1 - Youth
Drawing and Painting Level 2- Youth
Drawing and Painting Junior - Child
Drawing and Painting Senior - Child
Film Making - Child
Music - Musical Juniors - Child
Painting Pet Portraits Workshop (Parented) - Child
Printmaking Holiday Cards Workshop - Child
Printmaking Valentines Cards Workshop (Parented) - Child
Wood Wobot Holiday Ornaments Workshop (Parented) - Child
Woodworking - Level 1 - Youth
Woodworking - Level 2 - Youth
Woodworking - Child

Program Appendix

Culture Category B

Art Adventures
Art Explorers
Clay Explorers
Musical Explorers

Culture Category C

Ceramics - Friday Night Work Week Wind Down - Adult
Clay Basics - Adult
Clay Bowls Workshop - Adult
Clay Ornaments Workshop - Adult
Clay Patio Planter Workshop - Adult
Clay Sculpting - Adult
Clay Wheel Throwing Level 1 - Adult
Clay Wheel Throwing Level 2 - Adult
Design - Wreath Making Workshop - Adult
Digital - 3D Printing Workshop - Adult
Digital - Photography Level 1 - Adult
Digital - Photography Level 2 - Adult
Drawing with Pastels - Friday Night Work Week Wind Down - Adult
Drawing and Painting Level 1 - Adult
Drawing and Painting Level 2 - Adult
Drawing - Meditative Doodling - Adult
Museum Workshop - Knitted Scarf - Adult
Woodworking Level 1 - Adult
Woodworking Level 2 - Adult
Woodworking Outdoor Furniture Bench - Adult
Woodworking Tablesaw Workshop - Adult
Woodworking Intro to the Router - Adult
Woodworking Holiday Gifts - Adult

Culture Category D

Baking Adventures Workshop - Parented
Chocolates, Truffles and Confections Workshop - Child
Chocolates, Truffles and Confections Workshop - Youth
Chocolates, Truffles and Confections Workshop - Adult
Cooking Around the World - Child
Cooking Around the World - Youth
Cooking Around the World - Adult
Crafty Kids - Child
Culinary Collage - Child
Culinary Collage - Youth
Culinary Collage - Adult
Clay Wheel Throwing - Youth

Program Appendix

Holiday Baking Workshop Youth
Holiday Baking Workshop Child
Pasta Making from Scratch - Child
Pasta Making from Scratch - Youth
Pasta Making from Scratch - Adult
Sewing Level 1 - Child
Sewing Level 2 - Child
Sewing Level 1 - Youth
Sewing Level 2 - Youth
Sewing Level 1 - Adult
Sewing Level 2 - Adult
The Korean Kitchen - Adult
Valentines Baking Workshop Parented - Child
Valentines Baking Workshop - Youth
Baking Bonanza - Adult

Youth

Youth Category A
S.T.A.R.
Youth Category B
Bike Maintenance and Repair Workshop
Employment Readiness
Junior Engineers Workshop - Child
Junior Engineers Workshop - Youth