

Program Appendix

*The following programs were offered in the identified category during 2024

Service Area - General Programs

General Programs - Category A

Badminton Family

Basketball Family

Museum Walking Tour: Oakville and the Underground Railroad - Child

Museum Walking Tour: Oakville and the Underground Railroad - Youth

Museum Walking Tour: Oakville and the Underground Railroad - Adult

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 Preschool

Dance - Ballet Basics Child

Dance - Bollywood Dance Junior Child

Dance - Bollywood Dance Senior Child

Dance - Dance Mix Preschool

Dance - Dance Mix Junior Child

Dance - Dance Mix Senior Child

Dance - Hip Hop Junior Child

Dance - Hip Hop Senior Child

Energy 2 Burn

Mini School

Multi-Sport

Museum Mornings

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

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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)
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 (parented) - Child
Craft and Tour at the Museum (parented) - Preschool
Museum Christmas Craft and Tour (Parented) Child
Museum Christmas Craft and Tour (Parented) Preschool
Museum Summer Camps
March Break at the Museum
P.A. Day Afternoons at the Museum
Tiny Tots Discovery
Camp - Category C
Art Explorers
Art Apprentices
Art Pros
Arts and Crafts Camp Junior
Camp All-Star
Carpenter's Apprentice
Culinary Kids
Curtain Call Junior
Curtain Call Senior
Maker Space Senior
Kinder Crafts
Dip Kick & Swing
Lil-sports Camp
Little Splinters
March Break - Oakville Lifesaving Camp
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

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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

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
Art Pros - Child
Art Apprentices - Child
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 Sculpting - Youth
Clay Sculpting Junior - Child
Clay Sculpting Senior - Child
Crafting Valentine Traditions (Parented) - Preschool
Crafting Valentine Traditions (Parented) - Child
Digital - 3D Printing - Child
Digital - 3D Printing - Youth
Digital - All About Minecraft
Digital - Animation - Youth
Digital - Artful Artificial Intelligence - Child
Digital - Artful Artificial Intelligence - Youth
Digital - Drawing with Wacom Tablets - Child
Digital - Drawing with Wacom Tablets - Youth
Digital - Graphic Design - 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
Graphic Novels and Comics - Youth
Music - Musical Juniors - Child
Painting Pet Portraits Workshop (Parented) - Child
Printmaking Holiday Cards Workshop - Child (Parented)
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 (Parented)
Art Explorers (Parented)
Clay Adventures (Parented)
Clay Explorers (Parented)
Musical Explorers
Visit with Santa (Parented) - Child

Culture Category C

Ceramics - Friday Night Work Week Wind Down - Adult
Clay Basics Level 1 - Adult
Clay Basics Level 2 - 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
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
Glazing Workshop for Current Ceramic Members
Museum Christmas tour and Treat
Museum Workshop - Knitted Scarf - Adult
Woodworking Cutting and Making Wood Joints - 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 - hand Tools Beginner - Adult
Woodworking Holiday Gifts - Adult

Culture Category D

Baking Adventures Workshop - Parented
Baking Juniors Workshop - Child (Parented)
Chocolates, Truffles and Confections Workshop - Child
Chocolates, Truffles and Confections Workshop - Youth
Chocolates 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
Holiday Baking Workshop Adult
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
Stocks and Soups from Scraps - Adult
The Korean Kitchen - Adult
Transforming Leftovers - 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