

# ACTIVE LIVING IN TAY

## BEGINNER TAI CHI WITH SUZANNE BOZEK

Learn a basic introduction to Tai Chi to improve balance, strength and relaxation. Wear comfortable shoes and bring water to stay hydrated.

2724 WED MAR 25 TO MAY 27 FROM 7:00 PM TO 8:00 PM AT HSCR | \$50

## CIRCUIT TRAINING WITH DONNA BOUDREAU

Work independently on every major muscle group and get your cardio heart rate up with easy low-impact moves. Suitable for all fitness levels. Mat required.

2725 THU MAR 26 TO MAY 7 FROM 5:30 PM TO 6:45 PM AT PMCC | \$35

## INTERMEDIATE TAI CHI WITH SUZANNE BOZEK

This class is a continuation of the Beginner Tai Chi class. Wear comfortable shoes and bring water to stay hydrated.

2726 TUE MAR 24 TO MAY 26 FROM 7:00 PM TO 8:00 PM AT HSCR | \$50

## LET'S GET PHYSICAL WITH JANE ARGUE

Take your fitness to a new level! Get physical as you participate in a variety of fun exercises. Activities change each week and include Kickboxing PiYo Tabata, Stability Balls, Core, and more!

2727 MON MAR 23 TO JUN 22 FROM 6:00 PM TO 7:00 PM AT OCC | \$60

## MOSTLY MUSCLE WITH DONNA BOUDREAU

Build and tone muscles you never knew you had! Personal weights and mat required.

2728 TUE MAR 24 TO JUN 23 FROM 5:30 PM TO 6:30 PM AT PMCC | \$70

## NO JUMPING JUST PUMPING WITH DONNA BOUDREAU

Get your heart pumping without the jumping in this interval class that combines low-impact aerobics with weight training. Personal weights and mat required.

2729 WED MAR 25 TO JUN 24 FROM 5:30 PM TO 6:30 PM AT PMCC | \$70

## YOGA WITH DONNA BOUDREAU

Enjoy the benefits of yoga. Participants must be able to do poses on hands and knees. Mat required.

2730 TUE MAR 24 TO JUN 23 FROM 6:45 PM TO 7:45 PM AT PMCC | \$70

2731 THU MAR 26 TO MAY 7 FROM 6:50 PM TO 7:40 PM AT PMCC | \$35

## YOGA WITH SUZANNE BOZEK

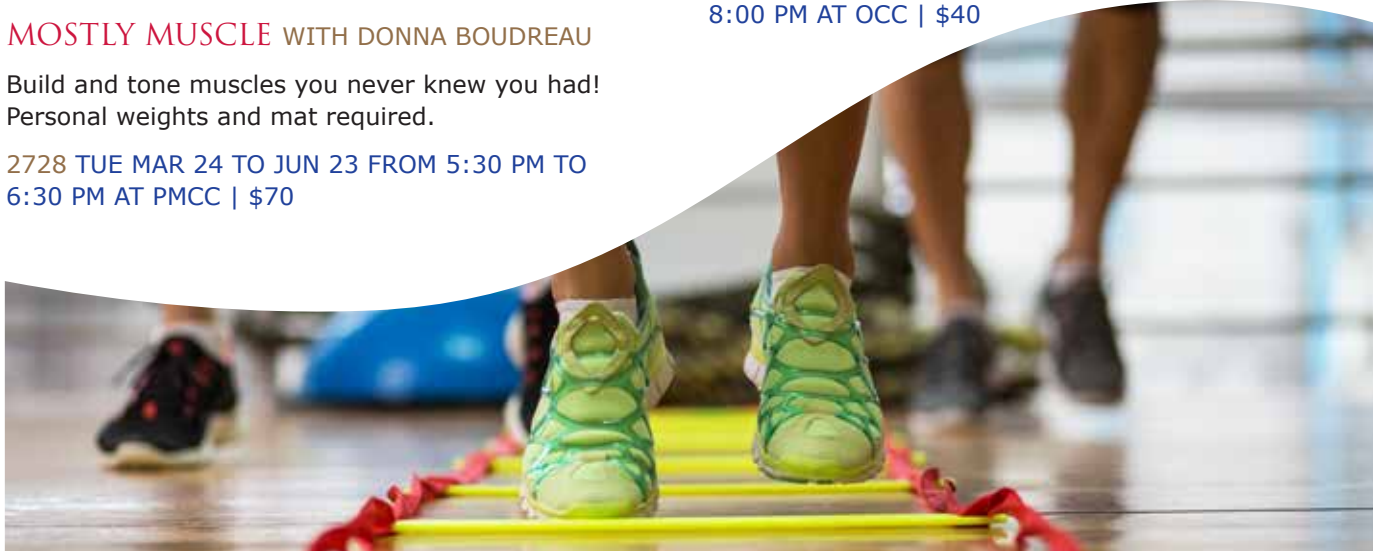
Move through a vinyasa style flow and feel the benefits of Hatha Yoga. Suitable for individuals with prior yoga experience. Mat and water bottle required.

2732 THU MAR 26 TO MAY 28 FROM 6:45 PM TO 8:00 PM AT HSCR | \$50

## YO-QIGONG WITH SUZANNE BOZEK

Yo-Qigong blends the gentle floor and standing postures of Yoga with the slow flowing movement and deep breathing of Qigong. Mat required.

2733 MON MAR 23 TO MAY 25 FROM 7:00 PM TO 8:00 PM AT OCC | \$40



<b>HSCR</b>	Harbour Shore Community Room 145 Albert Street, Victoria Harbour	<b>OCC</b>	Oakwood Community Centre 290 Park Street, Victoria Harbour	<b>PMCC</b>	Port McNicoll Community Centre 560 Seventh Avenue, Port McNicoll
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## BABYSITTING

Youth over 10 years old learn about caring for young children, basic first aid, and safety from CERT to prepare them for babysitting. Please bring your lunch, a doll or teddy bear, and a pencil to class.

2734 WED MAR 18 FROM 9 AM TO 4 PM AT OAKWOOD COMMUNITY CENTRE | \$45

## HOME ALONE

Youth over 8 years old learn about household hazards including fire, home and internet safety, and basic first aid from CERT to prepare them for being home alone. Please bring your lunch.

2735 MON MAR 16 FROM 9 AM TO 4 PM AT OAKWOOD COMMUNITY CENTRE | \$45

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# REGISTER ONLINE

## IN 3 EASY STEPS



### STEP 1

Create an account or login to your existing account at [tay.ca/register](https://tay.ca/register)



### STEP 2

Select "enroll now"



### STEP 3

Checkout and pay by credit card

**You can also register for recreation programs in person at the Municipal Office**  
450 Park Street, Victoria Harbour | [tay.ca/register](https://tay.ca/register) | [recreation@tay.ca](mailto:recreation@tay.ca) | 705-534-7248 x232

# SUMMER CAMP FOR YOUTH AGES 5 TO 12

Participate in games, sports, outdoor play, crafts, and more! Each week includes a trip and pizza lunch on Friday. Our experienced First Aid and CPR certified staff ensure a fun and safe environment. Camp runs from 8:15 a.m. to 4:45 p.m. at Oakwood Community Centre (290 Park Street, Victoria Harbour). Extended before (7:30 a.m.) and after (5:30 p.m.) care are available for \$5 per morning/afternoon.



1. **KICK OFF TO SUMMER** (X-Play Amusements)  
2736 JUL 6 TO 10 | \$130
2. **SAFARI ADVENTURE**  
(Elmvale Jungle Zoo & Splash Pad)  
2737 JUL 13 TO 17 | \$130
3. **BACK IN TIME** (Medieval Times)  
2738 JUL 20 TO 24 | \$130
4. **ULTIMATE THRILL** (Canada's Wonderland)  
2739 JUL 27 TO 31 | \$145
5. **WACKY ADVENTURE WEEK** (Gymfinity)  
2740 AUG 4 TO AUG 7 (4 DAYS) | \$110
6. **WILD WEST** (Rounds Ranch)  
2741 AUG 10 TO 14 | \$130
7. **CLIMBING ADVENTURE WEEK** (Alt. Rock)  
2742 AUG 17 TO 21 | \$130
8. **SUPER SCIENCE** (Ontario Science Centre)  
2743 AUG 24 TO 28 | \$130

# TEEN CAMP FOR YOUTH AGES 13 TO 15

## 1. TRAVELLING TEENS (JUL)

Hop on the bus and visit Playdium, Bubble Soccer/Archery Tag, Trampoline Park, Medieval Times, and Escape Rooms.

2744 JUL 20 TO 24 | \$170

## 2. TRAVELLING TEENS (AUG)

Hop on the bus and visit PC Cooking School/Galaxy Cinemas, Blue Mountain Base Camp, Water Park, Rock Climbing, and Treetop Trekking.

2745 AUG 17 TO 21 | \$170

# SOCCER FOR YOUTH AGES 3 TO 13

Participate in a non-competitive fun league at the St. Antoine Daniel Catholic School field (460 Park Street, Victoria Harbour). Includes a team jersey, team photo, medal and end of season party. Register by May 31.

## VOLUNTEER TO COACH

Our soccer program relies on volunteers to coach. No soccer experience needed! We provide the training and equipment. Get off the sidelines, get involved, and save 50% off your child's registration. Contact us at [recreation@tay.ca](mailto:recreation@tay.ca) to learn more.

### AGES 3 TO 4

2746 TUE JUL 7 TO  
AUG 25 FROM 6 PM  
TO 6:30 PM | \$55

### AGES 5 TO 6

2747 TUE JUL 7 TO  
AUG 25 FROM 6:45 PM  
TO 7:30 PM | \$55

### AGES 7 TO 9

2748 THU JUL 9 TO  
AUG 27 FROM 6 PM  
TO 7 PM | \$55

### AGES 10 TO 13

2749 THU JUL 9 TO  
AUG 27 FROM 7:15 PM  
TO 8:15 PM | \$55

# DISCOVER 7 EVENTS IN TAY



Marsh by Moonlight | Photo by Wye Marsh Wildlife Centre

FOR MORE EVENTS  
OR TO SUBMIT  
YOUR OWN  
EVENTS VISIT  
[TAY.CA/EVENTS](http://TAY.CA/EVENTS)



Sweetwater Harvest Festival | Photo by Wye Marsh Wildlife Centre

## 1. MARSH BY MOONLIGHT

Connect with nature and paddle through the sparkling moonlit waters of the marsh on a two-hour guided canoe tour. **MAY 16, 23, 30, JUN 6 & 13 AT WYE MARSH WILDLIFE CENTRE | \$50**

## 2. YOUTH DANCES

Dance the night away! Dances for youth ages 7 to 13. **MAR 13, APR 17 & MAY 15 FROM 7 PM TO 10 PM AT OAKWOOD COMMUNITY CENTRE | \$5**

## 3. SENIORS SYMPOSIUM

Join Tay Township Seniors Advisory Committee for lunch and information on Simcoe County Affordable Housing, Simcoe County Aging Plan, Ontario Renovates Program, and Geriatric Services Programs. **MAR 27 FROM 10 AM TO 2 PM AT OAKWOOD COMMUNITY CENTRE | FREE - RSVP BY EMAIL TO [AGRAY@TAY.CA](mailto:AGRAY@TAY.CA) OR CALL 705-534-7248 X240**

## 4. SENIORS TALKS

Join Tay Township Public Library and the Seniors Advisory Committee for monthly talks for seniors. Refreshments provided. **FEB 19, APR 15 & JUN 17 FROM 2 PM TO 4 PM AT HARBOUR SHORE COMMUNITY ROOM | FREE**

## 5. SWEETWATER HARVEST FESTIVAL

Celebrate a uniquely Canadian tradition in a distinctively Canadian landscape. Escape to a time when maple syrup was made over an open fire, experience our history, and explore nature at its best. **MARCH 28 & 29 FROM 10 AM TO 4 PM AT WYE MARSH WILDLIFE CENTRE | \$10 FOR ADULTS AND \$5 FOR YOUTH AGES 4-17 | \$5 EACH PANCAKE BREAKFAST | CASH ONLY**

## 6. EARTH DAY

Unearth your learning this Earth Day with Wye Marsh. Celebrate stewardship and learn about local ecosystems and how *you* can help our planet. **APR 26 FROM 9 AM TO 4:30 PM AT WYE MARSH WILDLIFE CENTRE | ADMISSION BY DONATION**

## 7. PORTARAMA FAMILY FESTIVAL

Celebrate the long weekend at the 36th annual family festival featuring a soap box derby, parade and fireworks! **MAY 15 TO 17 IN PORT MCNICOLL | FREE**