

June 2024

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AURORA CELEBRATES RECREATION AND PARKS MONTH IN JUNE

To mark June is Recreation and Parks Month (JRPM), the Town of Aurora is celebrating with a calendar full of active, healthy, and fun activities, including several free drop-in activities for the community to participate in throughout the month.

JRPM is an initiative aimed to increase awareness of the important benefits of recreation and parks for individuals, families, and communities. June is Recreation and Parks Month raises awareness for the role parks and recreation play as pathways to individual, community, and environmental well-being.



JUNE IS RECREATION AND PARKS MONTH

Visit our [JRPM webpage](#) and download the Town's JRPM calendar for different ideas on how you can enjoy nature and play all month long.

Take photos of you and your family participating in a JRPM activity and post your photos on Facebook, Twitter and Instagram using the hashtag **#AuroraJRPM24**.

You could be eligible to have your photo published in Aurora's Community Services Program Guide.

Don't forget to tag the Town @townofaurora on Facebook, @Town_of_Aurora on X or @townofaurora on Instagram.



JUNE IS RECREATION AND PARKS MONTH



aurora.ca/JRPM



SPRING & SUMMER 2024 PROGRAM GUIDE SUMMER CAMPS 2024 PROGRAM GUIDE

Our newest program guides are now available to view online.

Please visit our [Program Guide](#) webpage for the Spring & Summer 2024 Program Guide.

Please visit our [Summer Camps](#) webpage for the Summer Camps 2024 Program Guide.

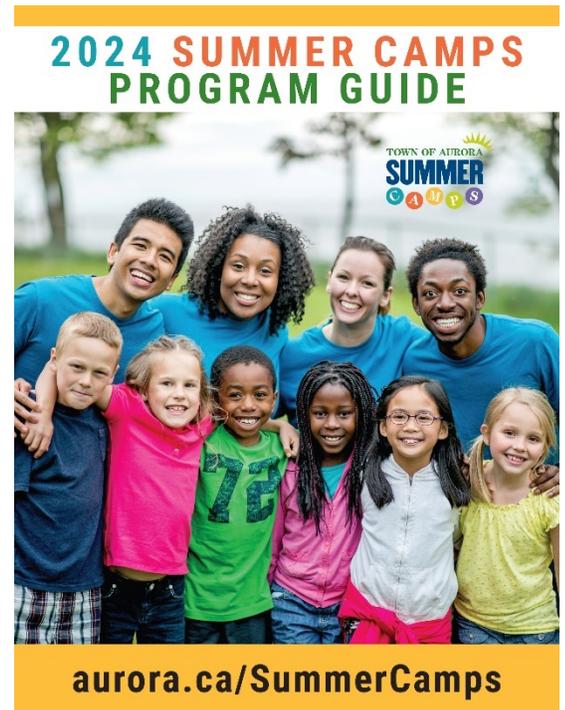
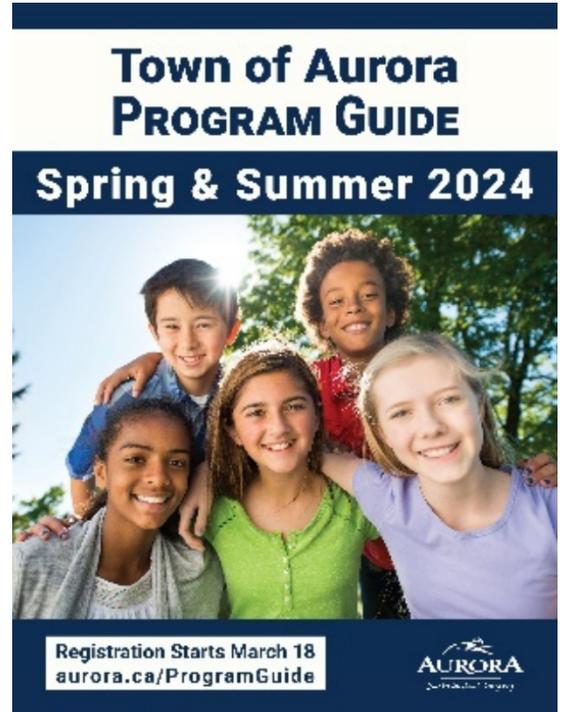
View the interactive guide and click on the code # to register online. Pay in-person at the A.F.L.C. or S.A.R.C.

Recreation Programs – Spring & Summer	
Residents	Non-Residents
March 18	March 25

Summer Camps Programs – Summer	
Residents	Non-Residents
March 18	March 25

Aquatic Learn to Swim Programs – Spring	
Residents	Non-Residents
March 20	March 27

Aquatic Learn to Swim Programs – Summer	
Residents	Non-Residents
June 12	June 19



SUMMER FITNESS REGISTERED PROGRAMS

YOGA

Age: 14+ years

Location: Aurora Town Square
Program Room #2

Club Aurora now offers Hatha Yoga for those who prefer a true body/mind experience. This program consists of stretching and toning, which help to keep joints flexible, improve circulation and reduce stress.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	July 2	7:00pm	\$100.00/8 Member	31905
			\$120.00/8 Non-Member	

PILATES

Age: 14+ years

Location: AFLC Lind Realty Team Fitness Studio

Pilates is a highly effective way to shape up, slim down and feel great. It is a contemporary approach to mind/body exercise. The emphasis on movement quality, posture, and breathing, makes Pilates a safe, challenging, and revitalizing workout.

No Class August 5

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	July 8	7:30pm	\$63.00/7 Member	32934
			\$75.60/7 Non-Member	
Tue	July 9	1:30pm	\$72.00/8 Members	32938
			\$96.40/8 Non-Members	
Wed	July 10	1:30pm	\$72.00/8 Members	32939
			\$96.40/8 Non-Members	

GUIDED HIKES

Age: 18+ yrs

Location: *Shepherds Bush
^ Willow Farm

These walks are designed to encourage families to get active, while enjoying York Region's finest nature walking trails. These walks can range in time from 60 to 90 minutes. Comfortable clothing and appropriate footwear are recommended. Leashed dogs are welcome.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	July 13	9:00am	\$5.00/1	30522*
Sun	Aug 11	9:00am	\$5.00/1	30523^



GROUP FITNESS UPDATES

NEW BOOMER ABC's CLASSES

We are excited to share that we have added 2 additional Boomer ABC's classes to our drop-in schedule!

In addition to the Monday and Wednesday morning classes, there will now be two Boomer ABC's classes running on Friday mornings in the Lind Realty Team Fitness Studio, for the duration of the Spring session. The class times will be 9:15 a.m. to 10:10 a.m. and 10:30 a.m. to 11:25 a.m.

As the studio space is smaller than the gymnasium, class sizes have been adjusted for safety.

REGISTRATION FOR DROP-IN GROUP FITNESS CLASSES

Based on the feedback we have received from our recent Customer Satisfaction Survey and the recent addition of popular group fitness classes, the timing for online registration for group fitness and aquafitness classes will be changing.

For all group fitness and aquafitness classes, online registration is now open at 1:30 p.m. instead of the previous opening time of 9:30 a.m.

This later time allows members the ability to register without the conflict of classes running when registration opens.

We hope that this new time will help to alleviate the stress experienced when

members are unable to register due to participating in a class or having to leave early to complete the online registration.

CLASS NO SHOW POLICY

Club Aurora is now enforcing a new group fitness class cancellation policy that will allow us to effectively manage the number of fitness spots that are available, allowing members and participants to access in-person classes. When cancelling pre-registered group fitness classes, members are required to use one (1) of the options below.

1. Cancel online using the online [Class Cancellation Form](#).
2. Email our [Customer Service team](#).
3. Call our Customer Service team at 905-726-4770 or 905-841-7529. Leave a message if staff are unable to answer your call.

In efforts to maximize the opportunity for fitness members and participants to participate in the Town of Aurora fitness drop-in programs, members who do not attend their pre-registered spot in a drop-in group fitness class will be contacted by the Town of Aurora by phone or email, and future re-offences may lead to membership suspension or cancellation.

Those with a suspended or cancelled membership will be removed from any remaining pre-registered spots where it will allow more opportunities for others to participate.

Avocado Deviled Eggs

Total Time: 20 mins * Makes 6 servings * Serving Size: 2 egg halves



These avocado deviled eggs add a little zing to a classic recipe. Avocado combined with egg yolks adds extra creaminess, while lime juice adds an extra hit of acidity. Add chopped cooked bacon for a savory note. Look for pickled red onions in a jar or make your own by soaking thinly sliced red onion in a solution of white-wine vinegar and sugar for 30 minutes.



Ingredients

- 6 large, hard-boiled eggs, peeled and halved lengthwise
- 1 small avocado, halved and peeled
- 3 tablespoons thinly sliced fresh chives, divided
- 2 tablespoons light mayonnaise
- 1 tablespoon lime juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 2 tablespoons cooked 1/4-inch strips center-cut bacon (from 1 slice; optional)
- 1 1/2 tablespoons sliced pickled red onions.
- Crushed red pepper for garnish (optional)

Preparation

- Carefully remove egg yolks from egg whites using a spoon; place the yolks in a medium bowl. Place egg white halves on a large plate.
- Add avocado, 2 tablespoons chives, mayonnaise, lime juice, mustard, paprika and salt to the bowl with the egg yolks. Mix and mash thoroughly with a fork until smooth.
- Spoon the egg yolk mixture evenly into each egg white half (about 1 tablespoon each). Alternatively, place the egg yolk mixture in a pastry bag, or a zip-top bag with a 1/4-inch corner cut off, and pipe the filling into the egg white halves.
- Garnish each egg half with bacon (if using), pickled red onions and the remaining 1 tablespoon chives. Sprinkle with crushed red pepper, if desired.

TIPS

- If you want a smoother filling, push the egg yolk mixture through a fine-mesh sieve to remove any clumps.
- Add 2 teaspoons finely chopped chipotle in adobo for a spicy kick.
- To make peeling freshly hard-boiled eggs easier, crack each one on the side of the pot then submerge them in ice water to cool. This step helps release the cooked eggs from their shells.

Nutrition Facts: Calories 116; Total Carbohydrate 3g; Dietary Fiber 1g; Protein 7g; Total Fat 9g; Saturated Fat 2g; Cholesterol 187mg; Vitamin C 3mg; Vitamin E 1mg; Sodium 249mg; Calcium 30mg; Iron 1mg; Magnesium 11mg; Potassium 150mg; Zinc 1mg

EXERCISE TECHNIQUES

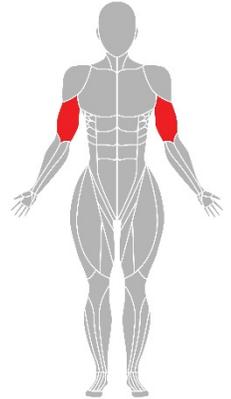
BICEP CURL - Beginner

Target Body Part

Biceps

Equipment Required

Dumbbells



1. Sitting on a bench or stability ball, back straight with your feet placed firmly on the floor, hold a dumbbell in each hand.
2. With both palms facing upward, slowly lift the dumbbells toward the shoulder, while bending the elbows and keeping them next to the middle of the body
3. Slowly lower the weight to return to the starting position. Keep chest still, using just the arms for the movement.
4. Aim to perform 12 to 15 repetitions and 1 to 3 sets.



If you are unsure how to perform any exercise correctly, please ask the fitness staff for assistance.

SQUASH MEMBERSHIP INFORMATION & SUMMER PROGRAMS

Memberships are now available for purchase online at [e-PLAY](#).

The Squash Membership Package includes unlimited use of the squash courts, no court fees, and 2 nights (Monday and Wednesday) of house league. Visit our [Squash](#) webpage for more information.

Our new **Inclusive Membership Package** now includes Squash. Not only can you participate in unlimited group fitness and aquafitness classes, along with unlimited use of the equipment and weights in Club Aurora, you can now also book a squash court and play in the house league (Monday and Wednesday). Registration is required for the house league.

Squash Package		Monthly		12 Months	
Age Category	Resident	Non-Resident	Resident	Non-Resident	
Adult	\$40.30	\$50.38	\$464.50	\$580.63	
Youth / Older Adult	\$32.25	\$40.31	\$371.70	\$464.50	
Inclusive Package		Monthly		12 Months	
Age Category	Resident	Non-Resident	Resident	Non-Resident	
Adult	\$45.00	\$56.25	\$495.00	\$618.75	
Youth / Older Adult	\$36.00	\$45.00	\$396.00	\$495.00	

HOUSE LEAGUE – SUMMER 2024 - Age: 14+ years

This is a mixed team’s event, open to all levels of play.

The level of play varies from advanced (Level 1) to beginner/intermediate (Level 5). Each player plays a 40-minute match per night for their team. Play begins as early as 5:40pm and ends at 9:40pm. Note: Members are entitled to sign-up for 2 free nights (Monday and Wednesday) of house league and must pay the applicable \$43.28 fee for a third night.

SUMMER 2024				
PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
House League	Mon July 8 to August 26 *No class August 5	5:40pm to 9:40pm	FREE/7 Member \$86.96/7 Non-Member	* 30462
House League	Wed July 3 to August 28	5:40pm to 9:40pm	FREE/9 Member \$99.44/9 Non-Member	30463
Round Robin	Fri July 5 to August 30 *No class August 2	6pm to 8pm	\$43.28/8 Member \$93.20/8 Non-Member	* 30464

LEARN TO PLAY

Age: 8+ Level: Beginner to Advanced

This program emphasizes the technical aspects of the game of squash in a fun, yet competitive environment. Participants will be partnered with others of similar ability. Participants must provide their own eye protection and squash racquet.

WOMEN'S LEARN TO PLAY SQUASH

Age: 18+ years

This program is an introductory recreational program that emphasizes the technical aspects of the game of squash in a fun, yet competitive environment. Taught by our female squash pro, the program is aimed at female participants 18+ years who are new to the sport. Participants will be partnered with others of similar ability.

SUMMER 2024				
LEVEL	START/END DATE	TIME	FEE/CLASS	CODE
Beginner Session	Thu July 4 to August 22	5:30pm to 6:30pm	\$94.50/8 Member \$113.40/8 Non-Member	30458
Intermediate Session	Thu July 4 to August 22	5:30pm to 6:30p	\$94.50/8 Member \$113.40/8 Non-Member	30459
Advanced Session	Sat July 6 to August 24 *No Class August 3	9:30am to 11:00am	\$105.00/7 Member \$126.00/7 Non-Member	* 30460
Beginner for Women	Sun July 7 to August 25 *No class August 4	9:00am to 10:30am	\$90.00/6 Member \$108.00/6 Non-Member	* 30461



PERSONAL TRAINING



Club Aurora offers a variety of personal training packages to fit any budget.

We offer both private and semi-private training options.

For more information, please email fitness@aurora.ca.

ABOUT OUR EXPERT STAFF

Our professional trainers have the skills you need to be successful. Each trainer has a background and education suited to a variety of fitness needs. All staff members are fully certified by nationally accredited organizations. Check out our PT Board in the fitness centre for available trainers.

PERSONAL TRAINING PACKAGES

Competitive rates and packages are available for every budget. Unlike some private gyms, you do not need to be a member of Club Aurora to benefit from its great personal training packages.

PRIVATE PERSONAL TRAINING	MEMBER	NON-MEMBER
Individual Session	\$72.64	\$90.80
3 Session Package*	\$170.04	\$212.55
5 Session Package	\$296.76	\$370.95
10 Session Package	\$562.43	\$703.04
20 Session Package	\$1,103.91	\$1,379.89
SEMI-PRIVATE PERSONAL TRAINING [^]	MEMBER (per person)	NON-MEMBER (per person)
Individual Session	\$55.02	\$68.78
3 Session Package*	\$127.66	\$159.58
5 Session Package	\$221.83	\$277.29
10 Session Package	\$422.55	\$528.19
20 Session Package	\$781.30	\$976.63

* 3 Session package is a one-time only offer.

[^] Semi-Private Personal Training fees are per person.

PERSONAL TRAINING STAFF

A Personal Trainer is a certified fitness professional. Personal trainers specialize in the design and instruction of individualized exercise programs. They work with you in setting, achieving, and maintaining your health, lifestyle, and fitness goals.

Our personal trainers have the skills you need to be successful. Each personal trainer has a background and education suited to a variety of fitness needs. All our staff members are fully certified by nationally accredited organizations.

Below is our newest trainer Saied, who can help you achieve your health and fitness goals. Please email [Club Aurora](mailto:fitness@aurora.ca) if you would like additional information on our Personal Training program.



💬 My love for sports and physical activity dates to my childhood. My father's participation in sports as a professional athlete had a profound influence on my life.

Over the course of my career, I have earned fifteen medals in Iran's National and Provincial competitions, including physical fitness, boxing, and kickboxing. While living in Iran, I won the bronze medal for International Sports Kickboxing.

In 2016, I participated in bodybuilding and was a boxing coach for Iran's National Youth Muay Thai team. In 2017, I was the assistant coach for the Ontario Youth Boxing team.

It is my intention to share my passion for exercise and physical fitness with others.

~ **Saied**

FORMAL EDUCATION

- Bachelor of Physical Education & Sports Science - Azad University of Iran

PROFESSIONAL CERTIFICATIONS

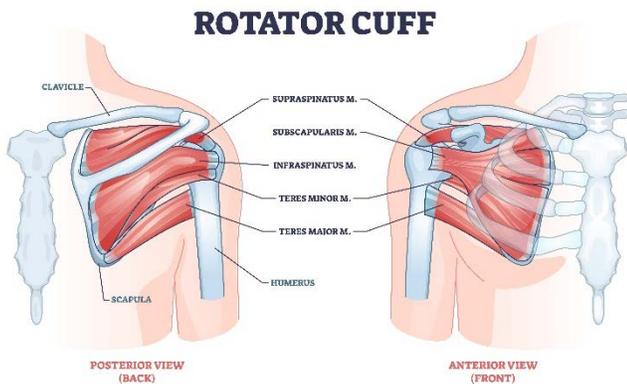
- Canadian Personal Training Network (C.P.T.N.): Personal Trainer Specialist
- International Fitness and Bodybuilding Federation (I.F.B.B.): Master Fitness & Bodybuilding Coach
- National Coaching Certification (N.C.C.P.): International Level 1 & 2 Boxing Coach
- International Boxing Association (I.B.A.): Level 1 Coach
- Standard First Aid & CPR-C

TRAINER TIPS

Written by Lisa Carter, Fitness Attendant, C.S.E.P. Certified Personal Trainer

ARE THERE SPECIFIC EXERCISES THAT I CAN DO TO REHAB or STRENGTHEN a ROTATOR CUFF AFTER INJURY?

The “rotator cuff” is a term used to describe four muscles that primarily help to stabilize the shoulder. These muscles include Supraspinatus, Infraspinatus, Teres Minor and Subscapularis.



One of the biggest keys in the prevention of a rotator cuff injury is to keep the muscles of the shoulder strong and balanced.

Try to include a wide variety of exercises in your shoulder workout to help prevent any unnatural stress due to muscular imbalances or overexertion of the muscle.



It is best to find out the cause of the injury by seeing your doctor who may choose to do various tests to determine what exactly is wrong. Your doctor will then advise you as to which sort of treatment you need.



Always get clearance from your doctor before beginning any exercise if you have an injury.

**If you have any fitness questions,
please ask the fitness staff or email us at fitness@aurora.ca.**

SPORT WORKSHOPS & EDUCATION SESSIONS

The Town of Aurora hosts a variety of courses and workshops to support the growth and development of both sport organizations and their members.

Information on upcoming courses can be found online on our [Sport Workshops](#) webpage. If you have any questions, please contact Hailey Jones, Sport & Community Development Specialist at hjones@aurora.ca.



Kendra Fisher:
Mental Health in Sport

Friday, June 7, 2024
7 p.m. to 8:30 p.m.
St. Andrew's College, Wirth Theatre
15800 Yonge Street, Aurora

Registration required
Free event for ages 13+

aurora.ca/SportWorkshops



CLUB AURORA FITNESS STAFF

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Let us help you achieve your health and fitness goals!

A ONE HOUR WORKOUT IS 4% OF YOUR DAY. NO EXCUSES.



JUNE IS RECREATION AND PARKS MONTH



MOVEMENT TRAILBLAZERS GUARDIANS CONNECTION

#JRPM2024 | #CommunityThrivesHere

aurora.ca/JRPM



PARKS AND RECREATION ONTARIO

prontario.org

For more information



LEADHER PLAY DAY

June 7, 2024
8:30 a.m. to 4 p.m.

Aurora Family Leisure Complex
135 Industrial Parkway North



LeadHER Play Day offers girls aged 8 to 13 in Aurora an inclusive space to connect and thrive.

On June 7th at the AFLC, from 8:30 am to 4:00 pm, girls will enjoy swimming, art, physical activities, and nutrition sessions led by all-female identifying staff. Our goal is to foster confidence, friendship, and healthy habits while empowering girls to play, learn, and grow, thus creating a brighter future for all.



Admission: \$20 (Subsidy Available)

Program Code: #32873

Girls ages 8 to 13

aurora.ca/SportWorkshops

