

ADULT & OLDER ADULT PROGRAMS



AURORA BARBARIANS – OUTDOOR RUGBY

Age: 18+ years

Location: Sheppard’s Bush

This outdoor session is geared towards playing touch/flag rugby through mini/modified games. These sessions will be filled with fun challenges, while developing rugby skills. T-shirt will be included.

*No class on: May 17, June 14

^No class on: Aug 2 & 16

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	May 3	4:00pm – 5:30pm	\$40.00/6	39122*
Sun	July 5	4:00pm – 5:30pm	\$40.00/6	39126^

BALANCE IMPROVEMENT

Age: 55+ years

Location: ASC

This class uses practical and simple exercises using a sturdy chair. Achieve improved balance for everyday activities. Gain strength and confidence to maneuver through tasks, such as getting out of your chair, stepping over a curb and more.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 7	9:30am – 10:15am	\$70.00/11	39178
Tue	Apr 7	10:30am – 11:15am	\$70.00/11	39179
Tue	July 7	9:30am – 10:15am	\$51.00/8	39322
Tue	July 7	10:30am – 11:15am	\$51.00/8	39323



HYBRID PROGRAM

This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

BALLROOM & LATIN DANCE – LEVEL 1

Age: 18+ years

Location: ASC

This stress-free introduction to the basics of Ballroom & Latin dancing can be used at dance clubs, weddings, dinner dances and more. Participants will experience several dances: the cha-cha, rumba, mambo, merengue and foxtrot. The course will be taught by a couple so participants may see both leading and following. Prior dance experience is not necessary. Partners are required.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 22	7:30pm – 8:30pm	\$98.00/08	39246

BALLROOM & LATIN DANCE – LEVEL 2

Age: 18+ years

Location: ASC

This program will develop dance skills and steps. New dances will be introduced, such as the waltz, swing, samba, quickstep, salsa, cumbia or bachata. The course will be taught by a couple so participants may see both leading and following. The beginners class or previous dance experience are preferred prerequisites for this class. Partners are required.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 22	8:30pm – 9:30pm	\$100.00/8	39247

BALLROOM & LATIN DANCE – LEVEL 3

Age: 18+ years

Location: ASC

The Level 3 program will continue to offer more technique and additional figures to the dance styles covered in Level 2. This class will focus only on two or three dances per session, in order to provide in-depth instruction for each of the styles taught. Several sessions of Level 2 would be the preferred prerequisite for this course. Partners are required.

*No class on: May 18

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 20	7:30pm – 8:30pm	\$102.00/8	39248*

ADULT & OLDER ADULT PROGRAMS

BALLROOM & LATIN DANCE – LEVEL 4

Age: 18+ years

Location: ASC

The Level 4 program will continue to offer more technique and additional figures to the dance styles covered in Level 3. This class will focus only on two or three dances per session, in order to provide in-depth instruction for each of the styles taught. Several sessions of Level 3 would be the preferred prerequisite for this course. Partners are required.

*No class on: May 18

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 20	8:30pm – 9:30pm	\$104.00/8	39481*

BASIC CARDIO

Age: 55+ years

Location: ASC & zoom



This basic, cardiovascular only class takes you through simple choreography designed to gently raise your heartrate to improve fitness and burn fat.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 9	9:00am – 9:30am	\$40.00/11	39180
Thu	July 9	9:00am – 9:30am	\$30.00/8	39324

BOOT CAMP GOLD

Age: 55+ years

Location: ASC

This circuit class will incorporate stations using Pilates, bands and more. Work towards improving strength, cardio capacity, balance and agility. Designed for the active, independent older adult.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 7	9:00am – 9:45am	\$70.00/11	39181
Tue	July 7	9:00am – 9:45am	\$26.00/4	39325
Tue	Aug 4	9:00am – 9:45am	\$26.00/4	39326

CHAIR FIT

Age: 55+ years

Location: ATH

Get fit while you sit. This program uses cardiovascular exercise to improve your endurance and works the muscles to strengthen the entire body. This class is ideal for participants who are new to exercises or who prefer the aid of a chair during the routine.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 7	3:00pm – 3:45pm	\$70.00/11	39255
Thu	Apr 9	3:00pm – 3:45pm	\$70.00/11	39182
Tue	July 7	3:00pm – 3:45pm	\$51.00/8	39338

CHAIR: GENTLE EXERCISE

Age: 55+ years

Location: ASC

This is a gentle exercise class. Learn how to gently stretch and strengthen, mobilize your joints and use your breath to relax, all with the aid of a chair. This is a great class for those new or returning to exercise, or for individuals who suffer from arthritis, joint tightness, chronic pain or other conditions. Breathe deeper, stretch farther and grow stronger.

*No class on: Apr 24

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Apr 17	10:00am – 10:45am	\$63.00/10	39184*
Fri	July 10	10:00am – 10:45am	\$51.00/8	39327

CORE ON THE FLOOR

Age: 55+ years

Location: ATH

This class will focus on hip movement and strength, along with supporting stomach muscles. Using bodyweight and bands to build strength and control, in order to support your hips and back. All exercises will be done on the floor. Participants must be comfortable lying on their backs.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 7	1:00pm – 1:30pm	\$40.00/11	39185

DELIGHT – DEMENTIA LIFESTYLE INTERVENTION FOR GETTING HEALTHY TOGETHER

Age: 40+ years

Location: Teleconference

NEW!

The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program is a free telephone-based program led by a registered group fitness instructor, designed for individuals living with dementia, care partners, and those seeking preventative strategies. The program includes 30-minutes of exercise over the phone, followed by 30-minutes of social learning.

*No class on: May 18

DAY	DATE	TIME	FEE/CLASS	CODE
M/Th	May 4	11:00am – 12:00pm	FREE/16	39890*

FUTURE AVIATORS CLUB

Age: 18+ years

Location: AFLC

NEW!

Future Aviators Club offers an engaging aviation training experience using a professional grade flight simulator. Participants gain hands on practice with aircraft control, instruments, takeoff and landing, traffic patterns and navigation.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Apr 19	4:00pm – 4:45pm	\$360.00/10	39794
Sun	Apr 19	5:00pm – 5:45pm	\$360.00/10	39795
Sun	Apr 19	6:00pm – 6:45pm	\$360.00/10	39796



TOWN OF AURORA
SENIORS' CENTRE
IN THE MAIL

Seniors Centre in the Mail is a free program.

Twice a month activity packs are mailed to you
(or you can pick it up at
the Aurora Seniors Centre).

Each package will include puzzles, sudoku, trivia and more!

Aurora's Virtual Seniors Centre
365-500-3161
wow@aurora.ca

ADULT & OLDER ADULT PROGRAMS

GET FIT!

Age: 55+ years

Location: ASC & zoom

Welcome to all around fitness. This class includes a warm-up and 20-minutes of cardiovascular conditioning with easy-to-follow steps and upbeat music. There will be strength training with weights or bands, balance exercise and flexibility training. Increase your fitness and have fun.

*No class on: Apr 24



DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 8	9:00am – 9:45am	\$70.00/11	39186
Fri	Apr 17	9:00am – 9:45am	\$63.00/10	39187*
Wed	July 8	9:00am – 9:45am	\$51.00/8	39328

GET STRONG

Age: 55+ years

Location: *ATH

^ASC & zoom

Are you ready for the next challenge to step up your strength? This class uses seating and standing exercises to improve your strength, mobility and range of motion. Weights, bands and body weight exercises will be incorporated.

~No class on: Apr 24



DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 7	1:45pm – 2:45pm	\$70.00/11	39189*
Fri	Apr 17	11:00am – 12:00pm	\$63.00/10	39190^~
Wed	July 8	1:00pm – 2:00pm	\$51.00/8	39330*
Fri	July 10	11:00am – 12:00pm	\$51.00/8	39329^

KNITTING: FOR CHARITY

Age: 55+ years

Location: ASC

This is a free class, and most supplies are provided free for knitters who would like to knit for charities. Hand-knit items will be donated to non-for-profit organizations. This session will be knitting hats. Knitters who are familiar with knitting hats are welcome to enjoy the class as an opportunity for social knitting. This is not a learn to knit class. The advanced beginner will be given help with techniques with which they are unfamiliar. Please bring a selection of needles and usual knitting implements, yarn will be provided for free.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 7	2:30pm – 3:45pm	FREE/4	39221

KNITTING: LEARN TO KNIT – STEP 2

Age: 55+ years

Location: ASC

In this class you will learn various techniques (increases, decreases, seaming, bias knitting, reading charts) and stitches (cables, lace, slip stitches, ribs, knit and purl combos) which will enable you to go on and create your own designs. For each new stitch or technique, you will also be given a pattern for a simple project you can knit using that new skill. This class is suitable for the advanced beginner. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 8	10:00am – 11:15am	\$45.00/4	39191

AGE REQUIREMENTS

For Adult programs, participants must be the minimum age by the first day of the program.

KNITTING: LEARN TO KNIT SOCKS

Age: 55+ years

Location: ASC

Hand-knit socks are one of life's little luxuries that everyone should experience. As complicated as they appear, they are quite simple to make. Sock yarns are some of the most fun yarns available today: hand paints, self-patterning and self-stripping. In this class, you will learn a basic top-down sock and allow you to treat yourself and those you love to the cozy comfort of hand-knit socks. This is an advanced beginner class. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	May 13	2:30pm – 3:45pm	\$45.00/4	39192

KNITTING: PROJECTS

Age: 55+ years

Location: ASC

This class does not have a set agenda. It is an opportunity to get help with projects from previous knitting classes. Participants will be provided with a varied selection of patterns. They will be able to select projects they would like to try. They will learn what is involved in the pattern and then use class time to get help with any problem areas. Some printed notes will be shared in class, however the majority of information will be shared online or by links to Ravelry, which is a free knitting app. Participants must have internet access and a printer.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 7	10:00am – 11:15am	\$45.00/4	39222

KNITTING: SUMMER T-SHIRT

Age: 55+ years

Location: ASC

NEW!

This class is for advanced beginner, intermediate level knitters and requires the completion of homework as assigned. The project is a simple, adult sized, short sleeved, summer t-shirt style top. It is knit top down, on circular needles and has no seams. This basic pattern can easily be customized to change fit, sleeve and body length. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	May 13	10:00am – 11:15am	\$45.00/4	39193

KNITTING: TWIDDLEMAT

Age: 55+ years

Location: ASC

In this class, you will knit a basic Twiddlemat (sometimes called a fidget matt), which is a small, knitted lap blanket with textured stitches and add a variety of attachments and embellishments. These mats are perfect as gifts for those people with dementia, where it helps to ease agitation, calm the person's mood as they can keep their hands and minds occupied, encouraging both movement and brain stimulation. Please pick-up a supply list at the ASC.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 8	2:30pm – 3:45pm	FREE/4	39194

PROGRAM PRICES & HST

The program fees for all Adult and Older Adult Programs include HST.

ADULT & OLDER ADULT PROGRAMS

MEN'S FIT

Age: 55+ years

Location: ATH

This exercise class is designed specifically for men looking to maintain and build their physical health. The focus is on full body: building strength, improving balance and flexibility, increasing cardio fitness and preventing injury. A series of exercises will include weights, resistance bands, bodyweight movements and other materials targeting all the major muscle groups.

*No class on: May 18

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 13	9:00am – 9:45am	\$63.00/10	39195*
Thu	Apr 9	9:30am – 10:15am	\$70.00/11	39200
Thu	July 9	9:30am – 10:15am	\$51.00/8	39331

PAINT & SIP

Age: 55+ years

Location: *ASC

^ATH

Join local artist Eva Folks for an afternoon of painting. All supplies are included and you will leave with a completed seasonal picture. Light refreshments (coffee, tea and a sweet treat) will be served.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Apr 18	1:00pm – 5:00pm	\$70.00/1	39458*
Sat	May 30	1:00pm – 5:00pm	\$70.00/1	39459*
Mon	July 13	12:30pm – 4:30pm	\$70.00/1	39457^

PILATES FOR OLDER ADULTS

Age: 55+ years

Location: ATH

Pilates is a highly effective way to shape up and feel great. It is a contemporary approach to mind/body exercise, that uses floor and standing exercises. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging and revitalizing workout that will improve your balance, posture and mobility. Please bring a yoga mat and water to the class.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 9	1:00pm – 1:45pm	\$94.00/11	39201

PILOGA

Age: 55+ years

Location: *ATH

^ASC

~AFLC

This class is designed to build strength and gain flexibility. Combining the muscle toning of Pilates with the flexibility of Yoga, this class has constant movement to help burn fat.

>No class on: May 18

~No class on: Apr 24

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 13	9:00am – 9:45am	\$63.00/10	39202^>
Tue	Apr 7	11:00am – 11:45am	\$70.00/11	39208^
Fri	Apr 17	9:00am – 9:45am	\$63.00/10	39213~
Tue	July 7	11:00am – 11:45am	\$51.00/8	39332^
Fri	July 10	9:00am – 9:45am	\$51.00/8	39333*

QI-GONG

Age: 55+ years

Location: ATH

Qi-gong is a gentle, flowing mind body practice. Sets of movements are easily learned and offer many benefits for maintaining health during the senior years. As a low impact weight bearing activity, Qi-gong helps to improve strength, co-ordination and balance. These are important factors for fall prevention. The connection to mind, body and breath aids in alleviating stress and anxiety. Learn simple forms of Qi-gong that you can immediately bring into your daily life. This is an empowering practice. All levels are welcome. Qi-gong can be practiced both standing and seated.

*No class on: Apr 29

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 22	11:30am – 12:15pm	\$58.00/8	39879*

SENIORS NEWSLETTER

Check out our monthly Fun After 55! seniors newsletter online at www.aurora.ca/seniorsnewsletter

VIRTUAL ALL-ACCESS PASS

Enjoy Our Fitness Classes Virtually At Home!



VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years

Location: ZOOM

Our All-Access Pass allows you to join virtually to any fitness classes with the Hybrid symbol. Attend as many classes and you wish during the season. Participants in this program will receive their Zoom links the day before each program's scheduled start. This is a great value! Note: Please email the Seniors Centre at seniorscentre@aurora.ca to obtain the full class list.

*No class on: May 18

^No class on: Aug 3

DAY	DATE	TIME	FEE/WEEKS	CODE
M-F	Spring	See Schedule	\$70.00/11	39460*
M-F	Summer	See Schedule	\$51.00/8	39461^



FEATURED VIRTUAL PROGRAM

MOVE & TONE

Age: 40+ years

Location: ZOOM

This fitness class is offered through Zoom only. Participants will improve their cardiovascular endurance and strength, while toning their body through light weights and resistance bands.

ADULT & OLDER ADULT PROGRAMS



QI-GONG & YOGA BLENDED

Age: 55+ years

Location: ATH

Both practices of Qi-gong and Yoga offer benefits to your health and vitality. Imagine how amazing you can feel when combining the two modalities. Each session begins with breath awareness, followed by a gentle yoga warm-up and a Qi-gong flow to balance the energy. A final relaxation allows you time to fully absorb the benefits of your session. Please bring a yoga mat to the class. There will be standing and floor work involved.

*No class on: May 18 & 25

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 20	2:00pm – 3:00pm	\$58.00/8	39880*

SEATED CORE & PELVIC FLOOR

Age: 55+ years

Location: ATH

This female only class will help you strengthen your core (or midsection). Using a chair, this class stays off the floor. Your program Instructor will also help you train your pelvic floor in a safe and manageable manner.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	July 8	12:15pm – 12:45pm	\$26.00/4	39882
Wed	Aug 5	12:15pm – 12:45pm	\$26.00/4	39883

STRETCH & TONE

Age: 55+ years

Location: ASC & zoom



This class is designed for functional fitness, which prepares and enhances the body for real life movement and daily motions. We use exercises that push, pull, bend, reach, and core exercises to keep you balanced and limber. Light weights, bands and body weight exercises will be incorporated.

*No class on: May 18

^No class on: Aug 3

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 13	1:30pm – 2:30pm	\$63.00/10	39203*
Thu	Apr 9	9:45am – 10:45am	\$70.00/11	39204
Mon	July 6	1:30pm – 2:30pm	\$51.00/8	39334^
Thu	July 9	9:45am – 10:45am	\$51.00/8	39335

VOLLEYBALL – CASUAL

Age: 18+ years

Location: Aurora High School Gymnasium

Calling all co-ed volleyball enthusiasts. Come out and participate in an indoor season of volleyball. This program will provide an ideal environment for beginners and recreational players in a fun and friendly environment. Note: Overhand serving and spiking will not be permitted. This is not an instructional program.

*No class on: May 18

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 13	6:15pm – 7:45pm	\$95.00/8	39249*

WALK FIT

Age: 55+ years

Location: *AFLC

^ATH

Build your endurance, balance and strength in this walking class. You will be guided through walking intervals using your bodyweight to develop strength. Walk the Chartwell Indoor Track (Spring) and the paved trails in the Aurora Arboretum (Summer). Bring your water bottle and be ready to have fun.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 15	12:15pm – 1:00pm	\$63.00/10	39209*
Wed	July 8	10:30am – 11:15am	\$51.00/8	39336^

WALKING SOCCER – LEARN TO PLAY

Age: 55+ years

Location: Lind Realty Sports Dome

Walking soccer is a fantastic way to stay active, meet new friends, and enjoy the beautiful game at a pace that suits everyone. This modified non-contact version of soccer is perfect for all ages and abilities, especially those with mobility challenges. Learn from experienced coaches from the Aurora Soccer Club who will guide you through skills.

*No class on: Apr 15

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 8	12:30pm – 1:30pm	\$91.00/11	39214*



CIVIL CEREMONIES & MARRIAGE SERVICES

Getting married?

Aurora offers civil ceremonies in Council Chambers and at the charming Petch House, a beautiful and intimate setting. Packages include officiant, space rental, and décor.

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Learn more at aurora.ca/Marriage
or call 905-727-1375.



WALKING SOCCER – SCRIMMAGE

Age: 55+ years

Location: Lind Realty Sports Dome

With rule changes to ensure a non-contact and a slower-paced game, walking soccer is designed to keep you safe while having a blast. This is your chance to get back on the field, no matter your fitness level or experience. Join the Aurora Soccer Club and be part of a supportive soccer community.

*No class on: Apr 15

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 8	1:30pm – 2:45pm	\$77.00/11	39226*

YOGA: CHAIR

Age: 55+ years

Location: ASC

Chair Yoga is for anyone who has movement limitations or is recovering from an injury and would like to start moving, or to be more active. A varied series of focused poses and movement flows, incorporating breath awareness and proper alignment, will help to develop strength, flexibility and balance.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 15	10:00am – 11:00am	\$70.00/11	39210
Wed	July 8	10:00am – 11:00am	\$51.00/8	39337

YOGA: CHAIR, MOVEMENT & MINDFULNESS

Age: 55+ years

Location: ATH

Learn how to connect your body and mind, so you can enjoy life and be fully present. Combined with traditional Chair Yoga, we will turn off the autopilot, find our breath and expand our awareness. The goal is to take this practice off the chair so you can be fully present, engaged and aware while living life.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 9	11:00am – 12:00pm	\$70.00/11	39217

YOGA: HATHA

Age: 55+ years

Location: ASC

These classes will greatly benefit those who wish to focus on the fundamentals of basic classical yoga postures, breathing techniques and correct alignments. Beginners are welcome. Note: This class will involve floor work.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 6	12:15pm – 1:15pm	\$70.00/11	39211

ZUMBA GOLD

Age: 55+ years

Location: ASC

The design of the class introduces easy-to-follow Zumba, choreography to a Latin and World rhythms that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 7	10:00am – 10:45am	\$70.00/11	39223
Tue	July 7	10:00am – 10:45am	\$51.00/8	39341

ZUMBA TONING

Age: 55+ years

Location: ASC

This class combines Zumba with strength training. Through dynamic lightweight resistance training and music, Zumba Toning helps participants build muscle strength, increase bone density, improve mobility, posture and coordination.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 7	9:00am – 9:45am	\$70.00/11	39224
Tue	July 7	9:00am – 9:45am	\$51.00/8	39342



T O W N O F A U R O R A

WITHOUT WALLS

wow@aurora.ca • 365-500-3161

Without Walls (W.O.W.) is like attending a fitness class, seminar or playing a game at the Aurora Seniors Centre, however you can do so in the comfort of your own home.

**Card Bingo • Chair Exercise • Chair Yoga • Coffee Chat • Fun & Games
Jeopardy • Sit & Strong • Stories & Games • Stretch & Strong**

**This is a free program offered 6 days per week.
You do not have to be an Aurora Seniors Centre member to attend.
Zoom and teleconference options are available.**

FAMILY WORKSHOPS

Join Us For These Exciting Programs!

AURORA MUSEUM & ARCHIVES: MUSEUM MONDAY

Age: 7+ years

Location: ATS

Join the Aurora Museum & Archives for an informal, insider's view of your community museum. Participants will experience a guided tour of the exhibition and collection spaces followed by an "Ask Me Anything" session with the Museum team.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 20	6:30pm – 8:00pm	\$10.00/1	39716
Mon	May 25	6:30pm – 8:00pm	\$10.00/1	39717

AURORA MUSEUM & ARCHIVES: PHOTO DIGITIZATION WORKSHOP

Age: 16+ years

Location: ATS

This hands-on workshop will guide participants through the process of scanning, organizing, and preserving old prints, slides and photo albums. Learn how to protect your family history, enhance image quality, and store your memories safely for future generations. No experience needed, just bring your photos and your passion for preserving the past.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	May 28	6:00pm – 8:00pm	\$10.00/1	39721

BELLY DANCE FOUNDATIONS CLASS

Age: 10+ years

Location: ATS

This class is an introduction to the foundational technique of belly dancing. It will focus on the execution of the essential basic movement of the hips, upper body and the method for beautiful hands and arms. Students will gain a general knowledge of belly dance and learn to execute movements with precision. This class is for those new to belly dance, and a refresher for those with some experience in belly dance. Please bring indoor shoes, ballet type or socks.

NEW!

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 13	6:00pm – 7:15pm	\$94.00/5	39718

BOLLYWOOD 101

Age: 14+ years

Location: ATS

This is a beginner-friendly, high-energy dance program designed for those who want to explore the vibrant world of Bollywood dance. Participants will learn basic Bollywood dance steps, signature moves, simple choreography set to popular Bollywood tracks, tips on expression, body language, performance style and how to dance with grace, energy and that iconic "filmy" flair. This program focuses on enjoyment, fitness and self-expression. Please bring indoor shoes or socks.

NEW!

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	June 7	1:30pm – 2:30pm	\$80.00/4	39719

ADULT & OLDER ADULT PROGRAMS

These programs are brought to you by the Aurora Cultural Centre.

ACRYLIC PAINTING: LEVEL 1

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This 10-week program is tailored for participants ages 55+, who want to discover the unique qualities of acrylic paint and experiment with a variety of techniques. Learn about choosing paints, painting surfaces and how to make the most of your tools. Basic colour theory and mixing will be explored as well as composition and mixed media. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 16	9:00am – 11:00am	\$155.00/10	39649

ACRYLIC PAINTING: LEVEL 2

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This 10-week program is tailored for participants ages 55+, who want to expand and experiment with additional acrylic painting techniques. Learn about choosing paints, painting surfaces and how to make the most of your tools. Colour theory and mixing will be explored as well as composition and mixed media. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 16	11:30am – 1:30pm	\$155.00/10	39650

ACRYLIC I: THE FUNDAMENTALS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this beginner acrylic painting course, participants will be introduced to the fundamentals of acrylic painting. You will learn and understand the basics, such as composition, form, colour, value and space. Please email info@auroraculturalcentre.ca if you have any questions. *No class on: May 18

NEW!

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	May 4	9:30am – 12:00pm	\$130.00/5	39695*

ACRYLIC II: EXPAND YOUR HORIZONS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Formerly known as "Expand Your Horizons in Acrylics", discover unlimited stylistic and expressive possibilities in this 8-week acrylic painting program for the intermediate artist. From texture-building techniques to layering methods, this class is tailored to push your artistic boundaries and refine your understanding of acrylics as a versatile medium. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 14	6:30pm – 9:00pm	\$250.00/8	39639

DRAWING CLUB INTERMEDIATE

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This 8-week program is tailored for experienced artists looking to refine their drawing skills and explore new techniques. You'll enhance your observational skills, improve your line quality, master perspective, work with proportion/space in a fun and encouraging environment. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Apr 22 & 29

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 15	6:30pm – 9:00pm	\$170.00/8	39642*

DRAWING FUNDAMENTALS

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This 10-week program is tailored for experienced artists looking to refine their drawing skills and explore new techniques. You'll enhance your observational skills, improve your line quality, master perspective, work with proportion and space in a fun and encouraging environment. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 15	9:00am – 10:30am	\$130.00/10	39643
Thu	Apr 16	2:00pm – 3:30pm	\$130.00/10	39651

GUITAR BEGINNER

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This 8-week adult guitar program is perfect for those just starting their musical journey. Learn the basics of guitar playing, including proper finger placement, basic chords, strumming patterns and simple songs. With a fun and supportive atmosphere, you'll develop essential skills and build confidence as you progress week by week. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Apr 29

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 15	6:00pm – 7:00pm	\$135.00/8	39644*

GUITAR INTERMEDIATE

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Take your guitar skills to the next level in this 8-week adult intermediate program. Building on your knowledge of chords and strumming, you'll explore more complex techniques such as fingerpicking, barre chords and soloing. Learn to play more challenging songs, improve your rhythm, and develop a deeper understanding of music theory. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Apr 29

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 15	7:30pm – 8:45pm	\$150.00/8	39645*

INTRO TO WOOD CARVING

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Formerly known as "Wood Carving", this adult 8-week wood-carving program is perfect whether you are a beginner or a seasoned wood turner. Unlock the artistry within wood and learn to create intricate reliefs to dynamic sculptural pieces in the round. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: May 18

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 13	6:30pm – 9:00pm	\$210.00/8	39638*

PRINTMAKING SERIES

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Learn printmaking with two different techniques. See dates below for theme per class. Register separately for each week. No previous experience needed. Please email info@auroraculturalcentre.ca if you have any questions.

May 9: Printmaking I: Basics in Black and White

June 13: Printmaking II: Exploring Colour

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	May 9	3:00pm – 6:00pm	\$50.00/1	39652
Sat	June 13	3:00pm – 6:00pm	\$50.00/1	39660



ADULT & OLDER ADULT PROGRAMS

WATERCOLOUR LEVEL 1

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. It is perfect for those who have some basic watercolour experience. Participants will learn about mixing colours, techniques and how to plan a watercolour project from start to finish with the help of demos from the instructor. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 14	1:00pm – 3:30pm	\$195.00/10	39640

WATERCOLOUR LEVEL 2

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. It is focused on seasoned watercolour artists wishing to further develop their style and learn new techniques. Participants will learn more about the importance of values and will have exposure to increased-complexity subject matter. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 14	9:30am – 12:00pm	\$195.00/10	39641

WATERCOLOUR I: INTRO TO BASICS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This beginner program will introduce you to the beautiful and timeless medium of watercolours. You will learn essential techniques such as washes and glazes, colour mixing, palette set-up, materials and more. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 23	6:30pm – 9:00pm	\$250.00/8	39653

WATERCOLOUR II: INTERMEDIATE & ADVANCED

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This intermediate program will refine your existing skills to take your art practice to the next level. Explore advanced composition, expressive brushwork, and harness the full spectrum of colour. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Apr 29

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 15	1:00pm – 3:30pm	\$250.00/8	39647*



ONE DAY ADULT WORKSHOPS

These programs are brought to you by the Aurora Cultural Centre.

ACRYLIC LANDSCAPE PAINTING

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this inspiring new 3-hour workshop, participants are introduced to the basics of acrylic landscape painting. Students will explore composition, brushwork, and layering to capture light and atmosphere in nature. By the end of the workshop, each participant will complete their own original acrylic landscape painting. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 23	6:00pm – 9:00pm	\$60.00/1	39659

ACRYLIC POURING & MEDIUMS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this acrylic pouring workshop, participants will learn how to mix paint formulations for pouring, what additives to use, and learn the best colour combinations for successful results. This workshop is a great start for those that are new to acrylic pouring and for those who have experimented a bit with the medium. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	June 6	3:00pm – 6:00pm	\$75.00/1	39636

BEADED BAG CHARMS

Age: 14+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this engaging workshop, bring your friends and discover the art of traditional Indigenous artistry. Use the single needle flat stitch beading technique to make a one-of-a-kind colorful beaded bag charm. Leave with a deeper appreciation for Indigenous arts and culture. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	May 3	11:00am – 1:30pm	\$75.00/1	39680

CREPE PAPER FLOWER SERIES: HIBISCUS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Let the May flowers bloom by crafting a tropical hibiscus flower that will stay in bloom long after the season ends. Along the way, you'll learn how to work with grain, stretch and colour, in order to bring realism and movement into your paper flowers. Perfect for beginners and enthusiasts alike. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	May 10	10:00am – 1:00pm	\$75.00/1	39681

EXPRESSIVE PAINTING FOR WELLBEING

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this 5-hour intensive workshop, participants will cultivate their creativity and feel the sense of well-being through a gently guided and playful approach to art-making. You will learn to trust what is intuitively needed, without judgement and let that shape the direction of your large-scale acrylic painting on paper; perhaps standing back at times to let the emerging image “speak”. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	June 14	11:00am – 4:00pm	\$90.00/1	39683

FAMILY WATERCOLOUR KEEPSAKE CREATIONS SERIES

Age: 4+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. An exciting new 2.5-hour, family-focused watercolour workshop celebrating the artful bond that is created while creating. Choose from two Indigenous-themed templates to celebrate a theme of “togetherness” that can be hung in your home to add to a lifetime of family memories. Templates available will be an Indigenous bird-family or bear-family with examples provided to guide the creation process and inspiration. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Apr 25	3:00pm – 5:30pm	\$100.00/1	39684
Sat	June 20	3:00pm – 5:30pm	\$100.00/1	39686

INTRO TO FABRIC SCULPTING: GARDEN GNOMES

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this fun and exciting workshop, you’ll make two small gnomes that can be displayed outdoors. This is a great introduction to using liquid polymer medium and the art of fabric sculpting. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	May 30	10:00am – 4:00pm	\$95.00/1	39905

INTRO TO HAND SEWING & MENDING

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this new beginner-friendly 3-hour workshop, learn the essentials of hand sewing and simple embroidery to repair and personalize your clothes. Practice core stitches (running, backstitch, whip/blanket, chain, French knot) and turn reclaimed fabric into a custom embroidered patch. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	June 7	11:00am – 2:00pm	\$65.00/1	39635



INTRO TO MODERN CALLIGRAPHY

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this new 3-hour, beginner-friendly calligraphy workshop, tap into your artistic and creative self and learn the art of modern calligraphy using a brush pen. By the end of the workshop, you’ll not only have learned to write the entire lower-case alphabet in a modern calligraphy style, but also gained the confidence to continue your calligraphy journey. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	May 19	6:00pm – 9:00pm	\$75.00/1	39682

INTRO TO NEEDLE FELTING: PILLOW COVERS

NEW!

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this needle-felting workshop, join us for a relaxing and inspiring art-making session while create your own beautifully felted 16” x 16” throw pillow. Learn the step-by-step fundamentals of needle felting as you design and craft a unique pillow to take home. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 28	1:00pm – 4:00pm	\$65.00/1	39678