

March 2024

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MARCH IS NUTRITION MONTH®

Did you know that March is Nutrition Month®? Every year in March, Dietitians of Canada provide us with an abundance of nutritional information and helpful tips to keep our food intake nutritionally healthy. Each year has a different theme and this year is no different.

In 2024, Dietitians of Canada is shining the spotlight on their own profession. Together, let's recognize and celebrate the diverse roles dietitians play in influencing the well-being of Canadians. Learn more on the [Dietitians of Canada](#) website.



SWIMMING & PHYSICAL ACTIVITY

By Ethan Courtney, Fitness Assistant

Swimming is by far one of the best ways to get your exercise in as it's proven to build endurance, muscle strength and cardiovascular fitness. Some studies even say that swimming regularly may reduce your risk of death since swimming can help lower your blood pressure and control your blood sugar levels.

Unlike some other ways to exercise where it might be rough on your muscles or joints, swimming can help take some of the impact stress off your body and provide an all-body workout as well. Remember though before you start swimming, it's just like any other sport, you will need to warm up prior to starting if you want to feel your best by the end of the swim.

Always warm up with some stretching beforehand and make sure to read up on the rules of the pool where you are swimming, as some pools are too shallow for diving and you could injure yourself if you're not careful.

HOLIDAY SCHEDULES

Have fun over the holidays! We have family fun programs and activities for everyone to enjoy.

Programs and activities will take place at the Aurora Family Leisure Complex



Before swimming you need to make sure you eat something healthy and something that isn't going to cause you any bloating or discomfort. Foods and drinks that you should tend to avoid are fried, spicy, fibrous foods, high sugar carbonated drinks and caffeine-based drinks.

Lastly, enjoy the swimming and have fun.

(A.F.L.C.) and the Stronach Aurora Recreation Complex (S.A.R.C.).

Visit our [Holiday Schedules](#) webpage for full details.

EASTER WEEKEND
March 29 to April 1

SPRING & SUMMER 2024 PROGRAM GUIDE SUMMER CAMPS 2024 PROGRAM GUIDE

Our newest program guides will be available to view online starting on **Tuesday, March 12.**

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.

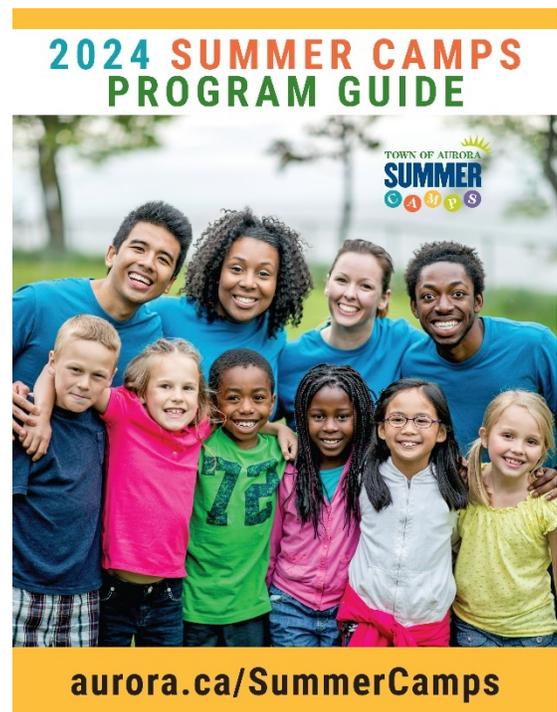
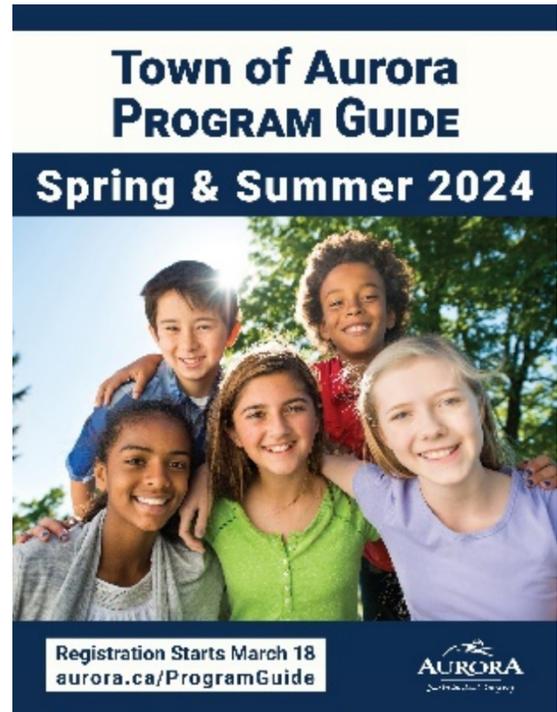
View the interactive guide and click on the code # to register online. Pay in-person at the A.F.L.C. or S.A.R.C.

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



SPRING & SUMMER FITNESS REGISTERED PROGRAMS

PILATES

Age: 14+ years

Location: 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 Feb 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 1	1:30pm	\$108.00/12 Member \$129.60/12 Non-Member	*30441
Tue	Mar 26	1:30pm	\$9.00/1	30449
Wed	Mar 27	7:30pm	\$108.00/12 Member \$129.60/12 Non-Member	30440
Thu	Mar 28	7:30pm	\$108.00/12 Member \$129.60/12 Non-Member	31947



SILVER SPINNERS CYCLEFIT

Age: 55+ years

Location: Cyclefit Studio

This 30-minute beginner cycling class provides a gentle, yet challenging ride geared towards the older adult at a more comfortable and slower pace. Learn proper bike set-up, proper riding technique and positioning for a comfortable and enjoyable workout.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 2	10:30am	FREE/12 Member \$72.00/12 Non-Member	30442

STRICTLY BEGINNER CYCLEFIT

Age: 14+ years

Location: Cyclefit Studio

Developed for those who want to try a cyclefit class. This 45-minute cycling class provides a gentle, yet challenging ride geared towards those that are just starting out. Learn proper bike set-up, proper riding techniques, positioning and pacing strategies for a comfortable and enjoyable workout.

Note: Not suitable for advanced cyclefit participants

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 3	10:00am	FREE/12 Member \$87.00/12 Non-Member	30443

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	Apr 2	7:00pm	\$150.00/12 Member	30444
			\$180.00/12 Non-Member	
Thu	Apr 4	7:00pm	\$150.00/12 Member	30445
			\$180.00/12 Non-Member	



ZUMBA TONING

Age: 14+ years

Location: Lind Realty Team Fitness Studio

The Zumba Toning program offers the best of both worlds. The exhilarating experience of a Zumba “fitness party” with the benefits of safe and effective strength training. It’s an easy-to follow, health-boosting dance-fitness program for all levels of fitness. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 2	10:20am	FREE/12 Member	30446
			\$87.00/12 Non-Member	

GUIDED HIKES

Age: 18+ yrs

**Location: *Shepherds Bush
^ Hadley Grange
~ 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
Sun	Apr 21	9:00am	\$5.00/1	30447
Sat	May 18	9:00am	\$5.00/1	30448
Sun	June 9	9:00am	\$5.00/1	30521

CANCELATION PROCEDURE

Club Aurora is committed to providing fair and equitable access for all to enjoy our programs and services. And as such, if you are unable to attend a group fitness, aquafitness class that you have registered in, we ask that you cancel yourself from the class so another participant can attend.

To cancel from a group fitness or aquafitness class, please choose one of the options.

1. Email our Customer Service team at reisure@aurora.ca
2. Call our Customer Service Staff team at 905-726-4770 or 905-841-7529.

3. Use the QR code below to access the Class Cancellation Form.



CLUB AURORA CUSTOMER SATISFACTION SURVEY!

The Town of Aurora's Community Services Department is looking to gather customer feedback and suggestions to improve the customer experience for fitness participants and members at Club Aurora Fitness Centre. We will be running a Customer Satisfaction Survey this month.

We encourage you to participate and share your feedback with our fitness staff.

Survey runs until Friday, March 22, 2024



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.

SPORT WORKSHOPS & EDUCATION SESSIONS



aurora.ca/SportWorkshops

 AURORA

Easy Vegetarian Taco Salad

Total Time: 15 mins * Makes 2 servings * Serving Size: 2 cups



Taco salad doesn't always have to contain beef. This 15-minute version uses tofu or black bean crumbles, which taste delicious and offer up a healthy dose of protein. This vegetarian meal is so tasty that even meat-only eaters won't miss the beef.



Ingredients

- 4 ounces frozen tofu or black bean crumbles
- 3 cups shredded romaine lettuce
- ¾ cup chopped tomatoes
- ½ cup canned no-salt-added black beans, rinsed and drained
- ¼ cup shredded reduced-fat Cheddar cheese (1 ounce)
- 8 Lime or Cheddar-flavor tortilla chips
- 2 tablespoons light sour cream
- 1 tablespoon salsa

Preparation

1. Prepare tofu or bean product according to package directions.
2. Divide romaine lettuce between two plates or large salad bowls.
3. Top with heated tofu or bean product.
4. Top with tomatoes, beans, cheese, and chips.
5. Serve with sour cream and salsa.

Nutrition Facts: Calories 234; **Total Carbohydrate** 27g; **Dietary Fiber** 6g; **Total Sugars** 5g; **Protein** 17g; **Total Fat** 8g; **Saturated Fat** 4g; **Cholesterol** 36mg; **Vitamin A** 7017IU; **Vitamin C** 26mg; **Folate** 109mcg; **Sodium** 549mg; **Calcium** 230mg; **Iron** 3mg; **Magnesium** 54mg; **Potassium** 544mg

For more delicious recipes, visit these healthy recipe websites at [Eating Well](#) or [All Recipes](#).

EXERCISE TECHNIQUES

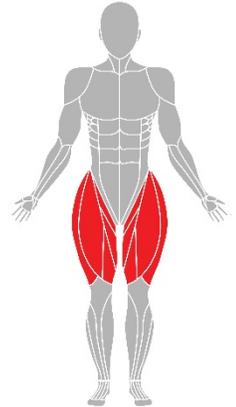
Leg Extension - Beginner

Target Body Part

Equipment Required

Quadriceps

Leg Extension Machine #12



1. Sit and align your knees approximately 90 degrees with the pivot, by adjusting the back pad.
2. Adjust the roller pad to a comfortable position on the front of the ankle or lower shin using one, or both, of the available handles.
3. Grasp both handles.
4. Curl your toes up towards your body and extend your legs in a slow, controlled motion.
5. Pause for a moment at full extension.
6. Slowly return to the start position.
7. Aim to perform 12 to 15 repetitions and 1 to 3 sets.

If any pain or discomfort is felt around the knees, even after readjusting, this machine and exercise may not be appropriate for you.

Please speak to your doctor.



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

SQUASH MEMBERSHIP INFORMATION & WINTER 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 – SPRING 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 \$41.62 fee for a third night.

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
Squash House League	Mon April 1 to June 24 *No class May 20	5:40pm to 9:40pm	FREE/12 Member \$118.16/12 Non-Member	* 30524
Squash House League	Wed April 3 to June 26	5:40pm to 9:40pm	FREE/13 Member \$124.40/13 Non-Member	30525
Squash Round Robin	Fri April 5 to June 28 *No class May 17	5:40pm to 9:40pm	\$43.28/12 Member \$119.15/12 Non-Member	30526

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.

LEVEL	START/END DATE	TIME	FEE/CLASS	CODE
Beginner Session 1	Thu Mar 28 to May 9	5:30pm to 6:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30450
Beginner Session 2	Thu May 16 to June 27	5:30pm to 6:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30451
Intermediate Session 1	Thu Mar 28 to May 9	6:30pm to 7:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30452
Intermediate Session 2	Thu May 16 to June 27	6:30pm to 7:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30453
Advanced Session 1	Sat April 6 to May 12	9:30am to 11:00am	\$90.00/6 Member \$108.00/7 Non-Member	30454
Advanced Session 2	Sat May 26 to June 23	9:30am to 11:00am	\$75.00/5 Member \$90.00/5 Non-Member	30455
Beginner for Women (Split into 2 time slots, based on skill level)	Sun April 7 to May 12	9:00am to 10:30am	\$90.00/6 Member \$108.00/6 Non-Member	30456
Beginner for Women (Split into 2 time slots, based on skill level)	Sun May 26 to June 23	9:00am to 10:30am	\$75.00/5 Member \$90.00/5 Non-Member	30457



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.

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.

TRAINER TIPS

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

WILL EXERCISE IMPROVE MY MOOD AND MENTAL HEALTH?

Yes! Regular exercise can have a profoundly positive impact on depression, anxiety, and Attention Deficit Hyperactivity Disorder (A.D.H.D). It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood.

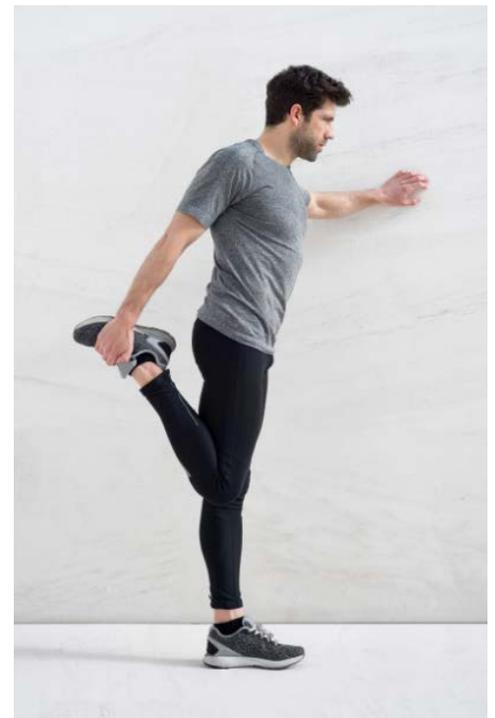
You do not have to be a fitness fanatic to reap the benefits. Research indicates that even modest amounts of exercise can make a real difference.

No matter your age or fitness level, you can use exercise as a powerful tool to deal with mental health concerns, improve your energy and outlook, and get more out of life.



WHY IS STRETCHING GOOD FOR YOU?

1. Reduces the risk of injury.
2. Improves flexibility.
3. Reduces any aches and pains.
4. Helps your joints move through their full range of motion.
5. Increases blood flow in the muscles.
6. Motivates you to work out.
7. Improves posture.
8. Reduces stress.
9. Can keep you calm.



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.



COMMUNITY RECOGNITION AWARDS

The Town of Aurora believes in recognizing citizens who have made a positive impact and generously contributed to the greater good of the community.

Do you know an individual, corporation
or business who has...

- volunteered their own time for the benefit of others?
- gone the extra mile in supporting our community?
 - made Aurora a better place to live?

For nomination details, visit aurora.ca/CRA

★ **NOMINATION DEADLINE** ★
FRIDAY, MARCH 29, 2024

905-726-4762 • aurora.ca/CRA • [#AuroraCRA](https://twitter.com/AuroraCRA)   

Please note, we reserve the right to cancel, amend or change the program.





AURORA'S

HELLO

Presented by

Aurora



SPRING!

Saturday, March 30, 2024
9:30 a.m. to 1 p.m.

Aurora Seniors' Centre • 90 John West Way

Face painting • Hopstake course • Story walk
Activity bags (ages 2 to 12)
Photos with the Easter bunny

WRISTBANDS \$5 PER PERSON

Purchase in advance at:

Aurora Family Leisure Complex, Aurora Joint Operations Centre
Aurora Town Hall, Stronach Aurora Recreation Complex

Pancake breakfast offered by the Optimist Club of Aurora

*Nominal fees apply

aurora.ca/HelloSpring

905-726-4762 • #HelloSpring



Please note, we reserve the right to cancel, amend or change activities.

Event Sponsors



**GUESS
WHAT'S
BACK!**

AURORA'S

YOUTH INNOVATION FAIR

MAY 15, 2024

AURORA FAMILY LEISURE COMPLEX
135 Industrial Pkwy North

**Calling all youth to showcase their
inventions and innovative ideas!**



Individuals or groups in the following
age categories can participate in the fair:

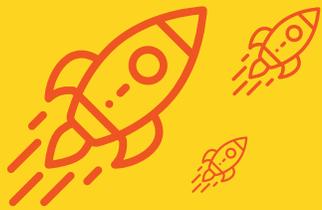


JUNIOR Grades 4 to 6
INTERMEDIATE Grades 7 to 9
SENIOR Grades 10 to 12

GREAT PRIZES WILL BE AWARDED FOR

MOST INNOVATIVE • ECO-FRIENDLY • COMMUNITY LEADERSHIP

**FOR
MORE
INFO**



aurora.ca/YouthInnovation
[#AuroraInnovationFair](https://twitter.com/AuroraInnovationFair)
905-726-4760



Apply as a group or individual by
April 24, 2024

We reserve the right to cancel, amend or change activities.

AURORA