

310 Bristol Road East
Mississauga
905-615-4660
www.mississauga.ca/
frankmckechnie

Adult Programs

Winter 2007

Swimming Lessons

Adult Teen Swimmer 101

You will work towards completing a 15 to 25m swim on your front and back. Learn to do jump entries from the side and support yourself at the surface for 10 - 20 sec. You'll be able to recover an object from the bottom of chest-deep water. Seniors fee available.

Day: Monday
Time: 7:00 - 7:45 p.m.
Dates: Jan. 8 to Mar. 5
Cost: \$55.51 for 9 classes
Course Code: 375975

Day: Wednesday
Time: 10:15 - 11:00 a.m.
Dates: Jan. 10 to Mar. 7
Cost: \$55.51 for 9 classes
Course Code: 375974

Day: Friday
Time: 10:15 - 11:00 a.m.
Dates: Jan. 12 to Mar. 9
Cost: \$55.51 for 9 classes
Course Code: 375973

Adult Teen Swimmer 201

You will work towards completing a 50 to 100m swim. Learn to perform dive entries and demonstrate breaststroke arms & breathing over 25m. You'll develop sculling skill and strengths over 10m, and show off your handstands in shallow water. Seniors fee available.

Day: Monday
Time: 7:00 - 7:45 p.m.
Dates: Jan. 8 to Mar. 5
Cost: \$55.51 for 9 classes
Course Code: 375976

Day: Wednesday
Time: 10:15 - 11:00 a.m.
Dates: Jan. 10 to Mar. 7
Cost: \$55.51 for 9 classes
Course Code: 375978

Day: Friday
Time: 10:15 - 11:00 a.m.
Dates: Jan. 12 to Mar. 9
Cost: \$55.51 for 9 classes
Course Code: 375977

Adult Teen Swimmer 301

You will work towards completing a 200 to 300m continuous swims and sprinting 25m. Learn front crawl, back crawl and breaststroke over 100m, as well as sculling feet first and swimming 25m head-up. Seniors fee available.

Day: Monday
Time: 7:00 - 7:45 p.m.
Dates: Jan. 8 to Mar. 5
Cost: \$55.51 for 9 classes
Course Code: 375979

Day: Wednesday
Time: 10:15 - 11:00 a.m.
Dates: Jan. 10 to Mar. 7
Cost: \$55.51 for 9 classes
Course Code: 375981

Day: Friday
Time: 10:15 - 11:00 a.m.
Dates: Jan. 12 to Mar. 9
Cost: \$55.51 for 9 classes
Course Code: 375980

Semi-private lessons also available. See the Active Mississauga Guide for dates.

Aquafitness

Ideal for individuals who want to reduce the amount of stress placed on joints or for those who are interested in cross training options from land based activities.

Day: Monday
Time: 9:30 - 10:15 a.m.
Dates: Jan. 8 to Mar. 5
Cost: \$60.18 for 9 classes
Course Code: 375982

Day: Monday
Time: 7:45 - 8:30 p.m.
Dates: Jan. 8 to Mar. 5
Cost: \$60.18 for 9 classes
Course Code: 375983

Day: Tuesday
Time: 9:30 - 10:15 a.m.
Dates: Jan. 9 to Mar. 6
Cost: \$60.18 for 9 classes
Course Code: 375984

Day: Wednesday
Time: 9:30 - 10:15 a.m.
Dates: Jan. 10 to Mar. 7
Cost: \$60.18 for 9 classes
Course Code: 375985

Day: Wednesday
Time: 7:45 - 8:30 p.m.
Dates: Jan. 10 to Mar. 7
Cost: \$60.18 for 9 classes
Course Code: 375986

Day: Thursday
Time: 9:30 - 10:15 a.m.
Dates: Jan. 11 to Mar. 8
Cost: \$60.18 for 9 classes
Course Code: 375987

Day: Friday
Time: 9:30 - 10:15 a.m.
Dates: Jan. 12 to Mar. 9
Cost: \$60.18 for 9 classes
Course Code: 375988

Aquafitness All Year (Sept to June)

Build a healthy habit the easy way! Register once and attend an Aquafit class now until June. Same time, same place, same instructor. No need to worry about reregistering. Scheduled payments are available and the program cost is based on the number of remaining classes.

Day: Monday
Time: 9:30 - 10:15 a.m.
Dates: Oct. 2 to June 18
Course Code: 375417

Day: Monday
Time: 7:45 - 8:30 p.m.
Dates: Oct. 2 to June 18
Course Code: 375418

Day: Tuesday
Time: 9:30 - 10:15 a.m.
Dates: Oct. 3 to June 19
Course Code: 375419

Day: Wednesday
Time: 9:30 - 10:15 a.m.
Dates: Oct. 4 to June 20
Course Code: 375421

Day: Wednesday
Time: 7:45 - 8:30 p.m.
Dates: Oct. 4 to June 20
Course Code: 375420

Day: Thursday
Time: 9:30 - 10:15 a.m.
Dates: Oct. 5 to June 21
Course Code: 375422

Day: Friday
Time: 9:30 - 10:15 a.m.
Dates: Oct. 6 to June 22
Course Code: 375424

Dance, Drama, Music

Ballroom Dancing Level 1

Learn a variety of steps such as the Waltz, Cha Cha, Rumba, Quick Step, Tango, Fox Trot, and more. An enjoyable way to work-out. Hard soled, non ridged shoes are recommended. A partner is recommended, all participants must register.

Day: Sunday, 7:00 - 8:30 p.m.
Dates: January 7 to March 4
Cost: \$70.22 for 9 classes
Course Code: 357641

Ballroom Dancing Level 2

Register for this class if you have already mastered basic dance steps and wish to improve. A partner is required, all participants must register.

Day: Sunday, 8:30 - 10:00 p.m.
Dates: January 7 to March 4
Cost: \$70.22 for 9 classes
Course Code: 357642



Fitness/ Active Living

Low Impact with Pilates

A combination of everything! This full hour fitness class is based on 30 minutes of hi/lo cardio moves and 30 minutes of the most popular Pilates moves to strengthen the core to complete a total body workout. This class is suitable for all levels of fitness.

Day: Thursday, 5:30 - 6:30 p.m.
Dates: January 11 to March 22
Cost: \$61.92 for 10 classes
Course Code: 379944

Low Impact with Yoga

30 minutes of low impact cardio and 30 minutes of yoga posture moves combine for a complete body workout. This class is suitable for all levels of fitness.

Day: Tuesday, 8:30 - 9:30 p.m.
Dates: January 9 to March 20
Cost: \$61.92 for 10 classes
Course Code: 379945

Meditation Sampler Level 1

Explore a variety of meditation techniques and broaden your interpretation of meditation through; walking meditation, visualization, mantras, breathing and focusing.

Day: Tuesday, 8:00 - 9:00 p.m.
Dates: January 9 to February 6
Cost: \$43.59 for 5 classes
Course Code: 357683

Meditation Sampler Level 2

Practice the meditation skills you learned about in Meditation Sampler.

Day: Tuesday, 8:00 - 9:00 p.m.
Dates: February 13 to March 20
Cost: \$43.59 for 5 classes
Course Code: 357684

Mind, Body and Core Strength

Try this creative movement class blending principles from pilates and yoga with strength and endurance conditioning exercises, for a full mind-body experience.

Day: Thursday, 8:05 - 9:05 p.m.
Dates: January 11 to March 22
Cost: \$61.92 for 10 classes
Course Code: 357685

NIA Introduction

Nia is a combination of Dance, Martial Arts and Healing Arts. You will move with power, ease and grace in this class. Done to music from around the world, and no matter what your fitness level, Nia is an easy to learn and fun workout that promotes mind, expression and personal growth.

Day: Thursday, 8:30 - 9:30 p.m.
Dates: January 11 to March 22
Cost: \$97.58 for 10 classes
Course Code: 379828

Reiki II Usui Tradition

This program will cover the first 3 Reiki symbols, healing others, distance healing and a second attunement. In addition, you will address theoretical and practical aspects working with subtle energies for the purpose of healing. This is a hands on program; students will practice on each other.

Prerequisite Reiki I Usui Tradition
Day: Wednesday, 7:30 - 9:30 p.m.
Dates: January 17 to March 7
Cost: \$88.66 for 8 classes
Course Code: 357694

Spa Therapies

This program takes a holistic approach to healing with essential oils and body scrubs applied through massage. You will making your own aroma therapy products and use them as you are introduced to techniques in Swedish Massage, Reflexology and Stone Therapy. These spa therapies are sure to heal, relax and restore energy. Lead by a Register Holistic Practitioner.

Day: Monday, 7:30 - 9:00 p.m.
Dates: February 12 to March 19
Cost: \$65.38 for 5 classes
Course Code: 377742

Tai Chi Qigong Level 1

This Yang style of Tai Chi is combined with Qigong. The slow meditative movements are combined with deep breathing to cultivate the Chi or Qi, internal energy. This class is suitable for all ages.

Day: Sunday, 7:00 - 8:00 p.m.
Dates: January 7 to March 4
Cost: \$55.72 for 9 classes
Course Code: 357705

Tai Chi Qigong Level 2

This course builds on items taught in level 1. The tai chi qigong set will be practiced in each class and the instructions in the yang style 24 form will continue.

Day: Sunday, 8:05 - 9:05 p.m.
Dates: January 7 to March 4
Cost: \$55.72 for 9 classes
Course Code: 357706

Therapy Massage

Reduce muscular pain, stress, and injury recovery time by learning basic massage techniques. Instructed by a registered Massage Therapist the class will focus on the back, shoulders, neck and feet.

Day: Monday, 7:30 - 9:00 p.m.
Dates: January 8 to February 5
Cost: \$65.38 for 5 classes
Course Code: 357707

For a full listing of programs including Pilates and Yoga please check the Fall/Winter Active Mississauga Guide or visit www.mississauga.ca/frankmckechnie.

For Moms and Moms to Be

Fit for Mommy and Me

Combine adult time and baby time with this class. Mom will enjoy the benefits of a low impact fitness class followed by circle time, parachute games and lap songs with baby. In addition each week we will explore baby related topics, such as infant massage, baby signing and more. Baby must be between 6 weeks and pre walking. Bring a car seat/stroller and blanket to make your child comfortable.

Day: Monday, 1:15 - 2:45 p.m.
Dates: January 8 to February 5
Cost: \$65.38 for 5 classes
Course Code: 357661

Day: Monday, 1:15 - 2:45 p.m.
Dates: February 12 to March 19
Cost: \$65.38 for 5 classes
Course Code: 357662

Parent and Baby Fitness

Bring baby's stroller/car seat and blanket to make your infant comfortable. Now you're ready to enjoy the benefits of a low impact class. Babies must be 6 weeks to pre-crawling.

Day: Tuesday, 1:00 - 2:00 p.m.
Dates: January 9 to March 20
Cost: \$61.92 for 10 classes
Course Code: 357687

Pre Post Natal Sampler

Enjoy the benefits of a Pilates, Yoga and Low Impact class during or after your pregnancy. Modified exercises are used to accommodate your changing body and encourages you to work out at a comfortable pace.

Day: Thursday, 7:00 - 8:00 p.m.
Dates: January 11 to February 8
Cost: \$30.96 for 5 classes
Course Code: 357693

Baby Talk

This class focuses on understanding the language of babies and teaches parents simple signs that infants can use to communicate before words are available to them. Studies have shown that using baby sign language increases emergent language in the toddler years. Parents and babies are both welcome.

Day: Monday, 9:30 - 10:15 a.m.
Dates: February 12 to March 5
Cost: \$59.00 for 4 classes
Course Code: 371870

Yoga Prenatal

Yoga is a safe and effective form of exercise for the pregnant woman. It strengthens the body's core muscles without using weights or jarring motions and helps relieve common discomforts associated with pregnancy.

Day: Tuesday, 6:15 - 7:15 p.m.
Cost: \$43.59 for 5 classes

Dates: January 9 to February 6
Course Code: 357724

Dates: February 13 to March 20
Course Code: 378224

Sports & Athletics

Basketball Pick Up Adults

Day: Tuesday, 12:00 - 1:30 p.m.
Dates: January 9 to March 20
Cost: \$70.58 for 10 classes
Course Code: 378244

Day: Friday, 12:00 - 1:30 p.m.
Dates: January 12 to March 23
Cost: \$70.58 for 10 classes
Course Code: 378245

Floor Hockey Adult League

This league is designed for players looking for a fun, recreational environment. All teams play regular season games, plus a Championship or Consolation final. Please register as an individual. Those wishing to play as a team are asked to indicate so when contacted by league administrators. Registration deadline is one week prior to course start date. Bring your own hockey gloves and CSA approved helmet. Hockey sticks and goalie equipment provided.

Day: Monday, 7:30 - 11:30 p.m.
Dates: January 8 to March 19
Cost: \$81.73 for 10 classes
Course Code: 357636

Floor Hockey Pick Up

Day: Tuesday, 9:15 - 10:30 p.m.
Dates: January 9 to March 20
Cost: \$58.83 for 10 classes
Course Code: 357665

Floor Hockey Women's

Day: Thursday, 7:20 - 8:35 p.m.
Dates: January 11 to March 22
Cost: \$58.83 for 10 classes
Course Code: 357710

Women's Pick Up Basketball

This course will offer participants the opportunity to enhance their skills while playing a friendly game of pick up basketball. Great for all levels. Some understanding of the game is required.

Day: Thursday, 8:40 - 10:10 p.m.
Dates: January 11 to March 15
Cost: \$70.58 for 10 classes
Course Code: 357678

Volleyball Low Intermediate

This co-ed program is terrific for participants who are not new to the sport of volleyball, know the basics and are interested in further developing their skills. Participants must have completed beginner volleyball or have some volleyball experience.

Day: Tuesday, 7:30 - 9:00 p.m.
Dates: January 9 to March 20
Cost: \$59.44 for 10 classes
Course Code: 357708

Workshops

Weddings Invitees and Memories

Add the personal touch to your special day! Get ideas and learn how to make your own wedding invitations and save money in the process. Skills such as calligraphy and scrapbooking will also be taught to help you preserve the memories.

Day: Sunday, 1:30 - 3:30 p.m.
Date: February 25
Cost: \$19.81 for 1 class
Course Code: 372413

Weddings Dream Day on a Dime

Weddings these days are quite costly. This workshop will help couples to set up a reasonable budget and will provide tips and tricks to save money and still have the wedding of your dreams. A wedding planner will be on hand as a resource to help you determine your plan of action and participants will have many opportunities to share ideas.

Day: Sunday, 1:30 - 3:30 p.m.
Date: March 4
Cost: \$19.81 for 1 class
Course Code: 372411

Fitness Class Schedule

Monday

Aquafitness	9:30 - 10:15 a.m.
Buttocks, Legs & Core	6:15 - 7:15 p.m.
Aquafitness	7:45 - 8:30 p.m.

Tuesday

Aquafitness	9:30 - 10:15 a.m.
Yoga	9:35 - 10:35 a.m.
Cardio Resistance	12:10 - 12:55 p.m.
Tai Box, Abs, Weights, Stretch	5:30 - 6:25 p.m.
Cardio Resistance	6:30 - 7:25 p.m.
Basic Fitness Sampler	7:30 - 8:25 p.m.
Low Impact with Yoga	8:30 - 9:30 p.m.

Wednesday

Aquafitness	9:30 - 10:15 a.m.
Body Flex	6:30 - 7:25 p.m.
Cardio with Ball Work	7:30 - 8:25 p.m.
Aquafitness	7:45 - 8:30 p.m.
Buttocks, Legs & Core	8:30 - 9:30 p.m.

Thursday

Aquafitness	9:30 - 10:15 a.m.
Core Board & Cardio	12:10 - 12:55 p.m.
Low Impact with Pilates	5:30 - 6:30 p.m.
Core Board & Cardio	6:30 - 7:25 p.m.
Abs., Back & Stretching	7:30 - 8:25 p.m.
Mind, Body & Core	8:05 - 9:05 p.m.
NIA Introduction	8:30 - 9:30 p.m.

Friday

Aquafitness	9:30 - 10:15 a.m.
Yoga Gentle	9:30 - 10:30 a.m.

Saturday

Cardio Resistance	9:00 - 9:55 a.m.
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Sunday

Tai Box, Abs, Weights, Stretch	9:00 - 9:55 a.m.
Body Flex	10:00 - 11:00 a.m.

Classes are available on a Pay-As-You-Go basis only if space is available. To avoid disappointment, please register for the class.

Fees

Single Adult Fitness or Gym	\$7.93
Single Junior/Senior Fitness or Gym	\$5.70
5 Visit Passbook Fitness or Gym	\$34.67
5 Visit Passbook - Jr./Sr. Fitness or Gym	\$23.53
Pay-As-You-Go Length Swim	\$3.47
Length Swim Book of Tickets (10)	\$31.21
1, 3 and 12 month passes also available for Length Swim.	

Gym Schedule

Drop In Adult Basketball

Wednesday	8:35 - 10:05 p.m.
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Drop In Round Robin Badminton (16 yrs +)

Friday	7:30 - 10:30 p.m.
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Drop In Badminton

Saturday	8:30 - 10:30 a.m.
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Drop In Gym

Monday - Friday	12:00 - 1:30 p.m.
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Drop In Basketball

Saturday	11:00 - 12:30 p.m.
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Length Swim Schedule

Main Pool

Monday to Friday	6:30 - 9:00 a.m.
Monday to Friday	11:30 - 1:00 p.m.
Monday to Friday	8:30 - 9:30 p.m.
Saturday & Sunday	12:30 - 1:30 p.m.

1/3 Main Pool

Mon., Wed. & Fri.	9:00 - 11:30 a.m.
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Times are subject to change. Please contact the facility to confirm times.



Pilates Reformer Semi Private Class

The Pilates Reformer is a specialized piece of equipment that provides a full body workout that is gentle yet challenging. Structured routines will create torso stability, align the spine, strengthen, stretch and lengthen your body while moving your limbs through a range of motion. Classes will have a maximum of 4 participants.

Prerequisite: 1 session of Pilates Mat classes.

See the Active Mississauga Guide for times.