



905-615-4670
www.mississauga.ca/mississaugavalley

The Centre of Your Community
1275 Mississauga Valley Blvd. Mississauga, Ontario L5A 3R8

The Valley Voice - Spring 2010

Message from the Manager

Spring is on its way and the Valley's is ready for action! The Team is pleased to be introducing many new programs for the upcoming months and look forward to seeing the community join in and take full advantage of the recreational opportunities available.

Whether your interest is water, fitness, sports, camps or arts we have something for everyone - preschool, youth, young and older adults alike. The Spring/ Summer Active Mississauga guide is now available. Pick up a copy at the Customer Service Desk or check it out on-line at www.mississauga.ca/connect2rec for all your recreational needs. Spring programs start Monday April 5.

Upcoming special events at the Valley's in spring also include the Mississauga Marathon Expo on May 14th and 15th as well as Carassauga Festival of Cultures on May 28th, 29th and 30th. Hope to see you there!

Bev Litman,
Manager, Mississauga Valley CC

At the Gymnasium

Stop by to check out the array of registered and drop-in programs being offered at the gymnasium this Spring for the entire family!

Join our youth and adult basketball leagues offering a fun alternative to traditional exercise.

We also have exciting summer camp programs for children and youth of all ages.

Spots fill quickly—register your child early to avoid disappointment.

For more program and summer camp details, visit the gymnasium or contact us at 905-615-4670.

DON'T DELAY — REGISTER NOW

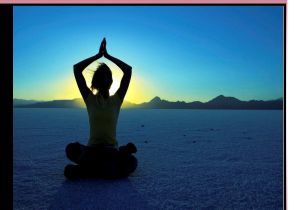


BE THE BEST YOU CAN BE !

Adult Fitness Memberships as low as
\$35.74/ month

*prices exclude applicable taxes

Visit the Terry Fox Fitness Centre today!



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Special Points of Interest:

- Spring Swim Schedule
- Library Activities
- Spring Fitness Programs
- Spring Programs at the Gymnasium

At the Pool

Swim Schedule

March 22 to June 27, 2010

Please note: The regular swim schedule will change during March Break, Holidays and pool shutdowns. Watch for change notices at the pool.

WAVE FUN SWIM

Friday 7:30 to 9:00 pm
Saturday & Sunday 1:00 to 2:30 pm

FUN SWIM

Monday to Friday 12:30 to 1:30 pm

WAVE LENGTH SWIM

Tuesday & Friday 9:00 to 10:00 pm
Sunday 12:00 to 1:00 pm

LENGTH SWIM

Monday to Friday 6:30 to 8:30 am
Monday to Friday 11:30 to 12:30 pm
Thursday 9:00 to 10:00 pm
Saturday 8:00 to 9:00 am
Monday 8:30-9:30 pm
Wednesday 8:30-9:30pm (1/2 pool only)

DROP IN LESSONS

Tues, Thurs & Friday 4:30 to 5:30 pm

TRIATHLON WAVE TRAINING – DROP IN

Wednesday 9:30 to 10:30 pm

LEARN TO KAYAK – DROP IN

Sunday (Children) 6:15 to 7:15 pm
Sunday (Adult) 7:15 to 8:15 pm

Learn to Swim – Swim for LIFE

It is a skill that everyone NEEDS. Choose the way to learn that best meets your schedule.

Drop-In - Can not commit to a regular schedule? Need to work on specific skills? Give our drop-in lessons a try.

All Year (Sept to June) – Same time, same place, same swimming instructor. Register once and attend lessons from September to June. Select the starting level and we will take care of the rest! Scheduled payments are available.

Session lessons (Apr to June) – Register for a session of swimming lessons this fall. Learn a new skill, continue your learning! Preschool to Adult lessons available.

Become an Aquatic Leader

We encourage you to choose the option that best meets your needs.

Bronze Star

Participants develop problem-solving and decision making skills. They learn CPR and develop lifesaving skills to be their own life-saver.

Bronze Medallion / EFA/CPR B

Candidates will learn rescue techniques, resuscitation and the history of the Lifesaving Society.

Prerequisites: 13 years of age OR hold the Bronze Star Award.

Bronze Cross/SFA/CPR C

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities.

Prerequisites: Hold Bronze Medallion and Emergency First Aid / CPR B.

National Lifeguard Service / AED

This award is recognized as the elite lifeguarding certificate. Candidates are trained in many specialized lifeguarding techniques, as well as training in the use of Automatic External Defibrillation.

Prerequisites: Hold Bronze Cross and Standard First Aid/CPR C, and at least 16 years of age by the last day of the program.



Happening at the Library

Registered Storytimes

All classes \$15 for 8 weeks

“We’re ONE-derful”

Ages: 12 to 24 mos.

Starts: Wed Mar 31 (10:30 - 11:00am)

Bouncing Baby

Ages: Birth to 18 mos.

Starts: Thurs Apr 1 (9:30 - 10:15am)

Toddler “1-2-3 Read-With-Me”

Ages: 18 to 36 mos

Starts: Thurs Apr 1 (10:30 - 11:15am)

Preschool “Picture Book Parade”

Ages: 3Y to 5Y

Starts: Wed Mar 31 (2:00 - 2:45pm)

Specials

Easter Egg Hunt

All ages; \$2.00

Sat April 3 (10:00 - 10:30am)

Mother’s Day Storytime

All ages; Free!

Sat May 8 (10:30 - 11:00am)

Little Princesses Storytime

Ages 3Y to 6Y; \$2.00

Sat May 22 (10:30 - 11:30am)

Daddy and Me Storytime

All ages; Free!

Sat June 19 (10:30 - 11:00am)

Drop-in Storytimes

All Ages, free drop-in

“Sweet Dreams” Family Storytime

Every Tues for 8 weeks

Starting Mar 30 (7:00 - 7:30pm)

“Spanish” Family Storytime

Saturday (Apr 3, May 1, June 5)

10:30 - 11:00am

We have exciting reading programs for all ages. Choose titles from—Bruce Spruce— Silver Birch— Red Maple selections. Vote for your favourite!

For more information and library hours check our website www.mississauga.ca/library

Getting Fit - Terry Fox Fitness (Register at the Customer Service Desk)

NEW– Osteoporosis Class

This class is taught with consideration for those with reduced bone density and limited joint mobility.

Start Dates: Mon Apr 5

Class Dates: 10:30 - 11:30 am / 11 wks

Ages: 15Y and up

Code: 495885

NEW- Kettlebell Class

Kettlebell training is a great way to get a full body workout that allows you to burn calories, increase your flexibility and develop overall strength.

Start Dates: Mon Apr 5 or Sat Apr 10

Class Dates: Mon 5:30-6:30pm/ 11wk s

Sat 9:30-10:30am/ 11wks

Ages: 15Y and up

Codes: 495922 & 495921

Other activities include:

- Outdoor & Indoor Boot Camp Classes
- Chinese Wushu
- Karate Classes (Beg & Adv)
- Cycling Classes
- Cycle & Lift
- Step Interval
- Squash Lessons
- Latin American Dance
- Jazzercise
- Yoga
- Pilates
- Weight Loss Workout
- Fitness Class for Older Adults

Personal Training

Reach your goals quickly and effectively by working with our qualified Personal Trainers.

Our reasonably priced training packages are designed for individuals or small groups starting as low as \$25.80 / session.

For more information contact our Recreation Programmer at 905 615-4670 ext 2458 or speak with our customer service staff.



The Biggest Winner

FOR AS LITTLE AS \$9.22 PER CLASS! Individuals with similar weight loss goals will motivate each other to reach their personal objectives. Participants will work with Personal Trainers who will help monitor their success. Each week of the program will include one hour of nutritional education, a circuit training workout and one hour in the cardio and weight room area. Lose weight and have fun in a professionally monitored setting. Challenge yourself to be the biggest winner.

NOTE: In the 1st class participants will complete an initial assessment.

Start Date: Sun Apr 11

Classes: 10 weeks / 30 Classes

Class Dates: Sun 7-8 pm, Mon 7-8pm, Wed 7:30-8:30pm

Ages: 15Y and up

Code: 471250

**Join us today for
a fitness class at the
Terry Fox Fitness Centre**

**Pick up a schedule with class
descriptions at our
customer service desk.**

MONDAY

9:15 am (B) Low & Tone
9:30 am (B) Cycle*
10:15 am (B) BLT
5:30 pm Low & Tone
6:15 pm Cycle*
6:30 pm Cardio, Pump & Crunch
7:30 pm Abs & Back (Ball Work)

TUESDAY

9:15 am (B) Cardio Pump
10:15 am (B) Gentle Low
5:30 pm Flex & Sculpt
6:15 pm Cycle*
6:30 pm Cardio Plus
7:10 pm Mainly Abs(20 Min)
7:30 pm Mind, Body, & Core

WEDNESDAY

9:15 am (B) Low & Tone
9:30 am (B) Cycle*
10:15 am (B) Yoga Fit
5:30 pm Low & Tone
6:15 pm Cycle*
6:30 pm TMC (Ball Work)
7:30 pm Low & Tone

THURSDAY

9:15 am (B) Fusion
10:15 am (B) Gentle Low
5:30 pm 20-20-20
6:15 pm Cycle*
6:30 pm Power Yoga Flow
7:30 pm Boot Camp (75 min)

FRIDAY

9:15 am (B) Step
5:30 pm Boot Camp

SATURDAY

9:00 am Cycle*
9:15 am Hi/Low & Tone
10:15 am Step & Tone

SUNDAY

8:45 am Cycle*
9:00 am Hi/Low & Tone (75 min)
10:15 am Boot Camp (75 min)

**Schedule & Instructors is subject to
change without notice**

*Cycle - PAYG/Membership fees required
(B) Babysitting Available

At the Gymnasium-

For more information call (905) 615-4670 x2209



**Valley's Gymnasium
Drop in Schedule**

Adult Basketball (18 yrs+)

Mondays 8:00 - 10:00 pm \$6.00
Saturdays 2:30 - 4:30 pm \$6.00

Youth Basketball (10-17yrs)

Tuesdays 4:30 - 6:30 pm Varies

Wal-Mart @ Play (8-14yrs)

Wednesdays 3:30 - 5:30 pm Free
Fridays 3:30 - 5:00 pm Free

Family Basketball

Sundays 1:00 - 3:00 pm \$6.50

Open Badminton (10 yrs+)

Fridays 7:30 - 9:30 pm Varies
Sundays 1:00 - 3:00 pm Varies

Register today

Adult Basketball Spring League

Start Dates: Tues Apr 6
Class Dates: 7:00 - 10:30 pm / 12 wks
Ages: 18 yrs+
Code: 493899

Youth Basketball League

Start Dates: Sat Apr 10
Class Dates: 9:30 - 11:30 am / 11 wks
Ages: 10-14 yrs
Code: 493916

Dodgeball

Start Dates: Sun Apr 11
Class Dates: 10:30 - 11:30 am / 11 wks
Ages: 9-11 yrs
Code: 493919

Volleyball

Start Dates: Thurs Apr 8
Class Dates: 6:00 - 7:00 pm / 12 wks
Ages: 12-14 yrs
Code: 493914

Volleyball

Start Dates: Thurs Apr 8
Class Dates: 7:00 - 8:00 pm / 12 wks
Ages: 9-11 yrs
Code: 493915

Badminton

Start Dates: Fri Apr 9
Class Dates: 6:00 - 7:00 pm / 12 wks
Ages: 12-14 yrs
Code: 493920



**Other activities
include:**

Pre School Programs:

- **Little Tykes**
(Basketball, Floor Hockey, Soccer)
- **Mini** (Basketball, Floor Hockey, Soccer & Sport Series)

Youth Programs:

- Basketball (Lev #1 & 2) & Basketball League
- Soccer
- Badminton
- Volleyball
- Sport Series