

AQUATICS

Winter Swim Schedule

Fun & Fit: M, W, F 12:05pm-1pm
 Fun: Th 7:35pm-9pm
 Sa 1:35pm-3pm
 Su 12:05pm-1:30pm
 Length: Tu, Th 7:30am-8:25am
 Tu, Th 11:05am-12:55pm
 M, W, F 11:05am-12pm
 M, Tu, F 9:20pm-10:15pm
 Th 9:05pm-10pm
 Sa 12:35pm-1:30pm
 Parent & Tot*: Tu, Th 11:05am-12:55pm
 *Play Pool is only open during this daytime program.

What's up this Winter?

Session Dates

Winter session begins Feb. 11, 2012 and ends Apr. 20, 2012. There are no classes on Mon. Feb. 20, Mar. 10-16 and Fri. Apr. 6.

March Break (Mar. 10-16, 2012)

Join us in a variety of learn to swim programs, advanced leadership programs and recreational swims! Check out ACTIVE MISSISSAUGA Guide of www.mississauga.ca/connect2rec for more information on our programs.

Spring Changes

Starting in the Spring, Mississauga Aquatics will be changing from the Lifesaving Society SWIM Program to the Lifesaving Society SWIM FOR LIFE Program. We will be offering more levels and lower class ratios!

March Break Swim Schedule

Mar 12-Mar 16 2012 ONLY

Fun: M-F 2:05pm-3:30pm
 M-F 7:35pm-9pm
 Length: Tu, Th 7:30am-8:25am
 M, W, F 12:05pm-1pm
 M-F 9:05pm-10pm

Regular swim times still apply for all dates leading up to and after the week of **March 12-16, 2012.**



2800 Erin Centre Blvd | L5M 6R5 | 905-615-4750



Winter 2012 Newsletter

FAMILY DAY - MONDAY FEBRUARY 20, 2012

Family Day is February 20 and Erin Meadows is excited for this year's offerings! Buy a special one day family day pass for only \$8.10* and participate in a variety of indoor drop-in activities throughout the day. This pass is good for a maximum of 5 people, one person must be 16 years of age or older. Some restrictions may apply. Check with each facility for details.

*Pass available for purchase on February 20, 2012 only.

*Single tickets also available for single activity use

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Erin Meadows Family Day Schedule

Stay and Play (0-5 yrs)	11:30am-12:30pm
Length Swim/Parent & Tot Swim	12-1pm
Stay and Play (0-5 yrs)	1-2pm
Family Sport Drop-In (2-12 yrs)	1-3pm
Fun Swim	1:30-3pm

Don't forget to visit <http://www.mississauga.ca/portal/residents/familyday> to check out all the activities you can participate in on Family Day.

MARCH BREAK CAMPS

Camp	Age	Days	Time	Price	Code
Karate Camp	7-13 years	Mar 12-16	9am-4pm	\$148.40	534845
Jr. Multi Sports	7-10 years	Mar 12-16	9am-4pm	\$154.55	519030
Sr. Multi Sports	11-14 years	Mar 12-16	9am-4pm	\$154.55	519038
Extended Hours	7-14 years	Mar 12-16	7:30am-6pm	\$32.38	548521

Karate - Development of martial arts discipline and respect is emphasized in a fun and creative environment. Focus on Kata basics, traditional weapons, sparring and self-defence. Beginners are welcome, uniform not mandatory. Campers will participate in a recreational swim twice during the week.

Jr. & Sr. Multi Sports - Providing a combination of traditional sports and innovative activities for sports' enthusiasts. Enjoy soccer, basketball, badminton, tchoukball and more! Campers will participate in a daily recreational swim.

Extended Hours - Need longer supervision hours? Take advantage of our extended hours program. Staff will program a variety of activities to keep your child interested. Child(ren) must register for camp and extended hours.

DROP IN PROGRAMS - ACTIVE LIVING & COMMUNITY PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Stay & Play 0-5Y 9:30am-11:30am	Messy Hands 1-12Y 9:30am-11:30am	Stay & Play 0-5Y 9:30am-11:30am	Stay & Play 0-5Y 9:30am-11:30am	Stay & Play 0-5Y 1:00pm-3:00pm	Stay & Play 0-5Y 1:00pm-3:00pm	Family Sport Drop In 5:00pm-7:00pm
Youth Drop in Basketball Gr. 5-8 & 9-12 2:30pm-4:30pm		Homework Club FREE 2:30pm-4:30pm	Messy Hands 1-12Y 1:00pm-3:00pm	Homework Club FREE 3:30pm-5:00pm		
			Messy Hands 1-12Y 5:00pm-7:00pm	<p>Want to Drop In for a Fitness Class?</p> <p>Drop In for Active Living programs is available for any program that is not at its maximum registration.</p> <p>Online - visit www.dropin.mississauga.ca</p> <p>In Person - Call or visit us to ask which classes are available.</p>		

REGISTERED PROGRAMS - ACTIVE LIVING & COMMUNITY PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Cycle and Lift 8:15am-9:15am</p> <p>Soccer 6-8Y 9:00am-10:00am</p> <p>Cycle Workout-Beginners 9:15am-10:00am</p> <p>Basketball 6-8Y 10:00am-11:00am</p> <p>Pilates 10:30am-11:30am</p> <p>Basketball 9-11Y 11:00am-12:00pm</p> <p>Tai Chi Qigong Level 1 11:45am-1:00pm</p> <p>Basketball 12-14Y 12:00pm-1:00pm</p> <p>Soccer 9-11Y 12:00pm-1:00pm</p> <p>Little Tykes Soccer 3-4Y 12:15pm-1:00pm</p> <p>Pencils, Paints & Plasticine 3-5Y 12:30pm-2:00pm</p> <p>Mini Soccer 4-5Y 1:00pm-2:00pm</p> <p>Sports Series 6-8Y 1:00pm-2:00pm</p> <p>Girls Soccer 6-8Y 1:00pm-2:00pm</p> <p>Meditation for Health and Well-Being 1:15pm-2:15pm</p> <p>Blastball 4-5Y 2:00pm-3:00pm</p> <p>Soccer 12-14Y 2:00pm-3:00pm</p> <p>Girls Soccer 9-11Y 3:00pm-4:00pm</p> <p>Turbo Kick 3:00pm-4:00pm</p> <p>Cooking 101 14-18Y 3:30pm-5:30pm</p> <p>Zumba 4:15pm-5:15pm</p>	<p>Mall Walkers Erin Mills Town Centre 8:05am-9:05am</p> <p>Zumba 9:15am-10:15am</p> <p>Little Artists 1.5-2.5Y 10:00am-11:00am</p> <p>Kinder Korner 3-5Y 10:30am-12:00pm</p> <p>Parent & Baby Latin Rhythm Fitness 10:30am-11:30am</p> <p>Zumba Gold 11:30am-12:30pm</p> <p>Little Artists 2.5-4Y 1:00pm-2:00pm</p> <p>Bells & Whistles 1 4m-1Y 1:00pm-2:00pm</p> <p>Pre Kinder Korner 3-5Y 1:00pm-2:00pm</p> <p>Bells & Whistles 2 1-2Y 2:00pm-3:00pm</p> <p>Yoga Power 5:30pm-6:30pm</p> <p>Zumba 6:00pm-7:00pm</p> <p>Yoga Abs 6:40pm-7:40pm</p> <p>Volleyball Coed Hit Around Advanced 7:00pm-10:00pm</p> <p>BLC 7:05pm-8:05pm</p> <p>Total Body Workout 8:10pm-9:10pm</p> <p>NIA 8:15pm-9:15pm</p>	<p>Bikini Boot Camp 6:45am-7:45am</p> <p>Hi, Lo & Tone 9:00am-10:00am</p> <p>Pre Kinder Korner 3-5Y 9:30am-10:30am</p> <p>Cycling Mommies 10:30am-11:30am</p> <p>Kinder Korner 3-5Y 10:35am-12:05pm</p> <p>Movers & Shakers 2-4Y 1:00pm-1:45pm</p> <p>Kinder Korner 3-5Y 1:00pm-2:30pm</p> <p>Little Tykes Floor Hockey 3-4Y 5:15pm-6:00pm</p> <p>Kickbox Cardio 6:00pm-7:00pm</p> <p>Little Tykes Soccer 3-4Y 6:05pm-6:50pm</p> <p>Photography Intro to Digital SLR 7:00pm-10:00pm *Feb. 14 - Mar. 6</p> <p>Photography Digital 7:00pm-10:00pm *Mar. 20 - Apr. 10</p> <p>Latin Rhythm Fitness 8:05pm-9:05pm</p> <p>Karate 7:15pm-8:30pm</p> <p>Karate Yellow Belt & Up 8:30pm-9:45pm</p>	<p>Mall Walkers Erin Mills Town Centre 8:05am-9:05am</p> <p>Kickbox Cardio 9:00am-10:00am</p> <p>Pre Kinder Korner 3-5Y 9:30am-11:30am</p> <p>Boot Camp 45 mins 12:00pm-12:45pm</p> <p>Kinder Korner 3-5Y 1:00pm-2:30pm</p> <p>Yoga Gentle 1:30pm-3:00pm</p> <p>Cycle Workout Beginners 5:30pm-6:15pm</p> <p>Cycle Workout 6:25pm-7:25pm</p> <p>Volleyball Coed Hit Around 7:00pm-8:30pm</p> <p>Cycle Workout 7:30pm-8:30pm</p> <p>Volleyball Coed Intermediate Lessons 8:30pm-10:00pm</p> <p>Cycle & Lift 8:35pm-9:35pm</p>	<p>Bikini Boot Camp 6:45am-7:45am</p> <p>Yoga 90 mins 9:00am-10:30am</p> <p>ABC123 Fit 4 Me 3-5Y 9:30am-10:30am</p> <p>Bells & Whistles 3 2-3.5Y 9:30am-10:30am</p> <p>Kindergym 2 6m-1Y 11:00am-11:45am</p> <p>Pencils, Paints & Plasticine 3-5Y 1:00pm-2:30pm</p> <p>Parent & Baby Yoga 1:15pm-2:15pm</p> <p>Zumba 5:00pm-6:00pm</p> <p>Mini Floor Hockey 4-5Y 5:30pm-6:30pm</p> <p>Boot Camp 60 mins 6:05pm-7:05pm</p> <p>Yoga Power 7:10pm-8:10pm</p> <p>Floor Hockey 6-8Y 6:30pm-7:30pm</p> <p>Yoga 90 mins 8:15pm-9:45pm</p>	<p>Mall Walkers Erin Mills Town Centre 8:05am-9:05am</p> <p>Low Impact with Yoga 9:10am-10:10am</p> <p>Kindergym & Swim 1-2Y 9:30am-11:00am</p> <p>Kindergym 4 2-4Y 10:30am-11:30am</p> <p>Kinder Korner 3-5Y 10:30am-12:00pm</p> <p>Yoga for Older Adults 10:30am-11:30am</p> <p>Kindergym 3 1-2Y 11:30am-12:30pm</p> <p>Boot Camp 45 mins 12:00pm-12:45pm</p> <p>Pre Kinder Korner 3-5Y 12:30pm-1:30pm</p> <p>Kinder Korner 3-5Y 1:35pm-3:05pm</p> <p>Pencils, Paints & Plasticine 3-5Y 4:00pm-5:30pm</p> <p>Yoga Youth 4:30pm-5:30pm</p> <p>Hip Hop 7-9Y 5:00pm-6:00pm</p> <p>Yogalates 5:30pm-6:30pm</p> <p>Hip Hop 10-14Y 6:00pm-7:00pm</p> <p>Fit Kids 7-10Y 6:00pm-7:00pm</p> <p>Basketball Shoot Around 10-13Y 6:00pm-7:30pm</p> <p>Jiu Jitsu 6:45pm-7:45pm</p> <p>Jiu Jitsu Teen/Adult 7:45pm-9:00pm</p> <p>Hip Hop 2 10-14Y 7:00pm-8:00pm</p> <p>Fit Kids 11-14Y 7:00pm-8:00pm</p> <p>Hip Hop Adult 8:00pm-9:00pm</p> <p>Badminton Hit Around Adult 8:00pm-9:30pm</p>	<p>Cycle Workout 8:30am-9:30am</p> <p>Kindergym 3 1-2Y 9:30am-10:30am</p> <p>Body Flex 10:00am-11:00am</p> <p>Kindergym 4 2-4Y 10:30am-11:30am</p> <p>BLC 11:05am-12:05pm</p> <p>Kindergym 4 2-4Y 11:30am-12:30pm</p> <p>Karate Green Belt & Up 12:15pm-1:30pm</p> <p>Little Tykes Soccer 3-4Y 12:45pm-1:30pm</p> <p>Volleyball Teen Girls 13-17Y 1:00pm-2:30pm</p> <p>Little Tykes Floor Hockey 3-4Y 1:30pm-2:15pm</p> <p>Karate Yellow Belt & Up 1:30pm-2:45pm</p> <p>Mini Floor Hockey 4-5Y 2:30pm-3:30pm</p> <p>Volleyball Teen Boys 13-17Y 2:30pm-4:00pm</p> <p>Karate 2:45pm-4:00pm</p> <p>Floor Hockey 6-8Y 3:30pm-4:30pm</p> <p>Karate 4:00pm-5:15pm</p>
<p>* Program schedule is subject to change due to high/low registration. Please contact us for most updated information or visit www.connect2rec.ca.</p>			<p>Ways to Register:</p> <p>Online - visit www.connect2rec.ca</p> <p>In Person - At your nearest community centre or at Customer Service Centre, ground floor, Mississauga Central Library</p>		<p>Special points of interest: Spring/Summer brochure timeline:</p> <ul style="list-style-type: none"> • Feb. 15-17 Brochure delivery to Community Centres • Feb. 15 Internet viewing available via www.connect2rec.ca • Feb. 25 Internet registration begins • Mar. 3 In-person registration begins • Apr. 28 Spring programs begin 	