

# Erin Meadows Community Centre

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

RECREATION AND PARKS  
FALL 2012

## Have Fun and Keep Fit this Fall

**Erin Meadows Community Centre** is the place to be this Fall. We are excited to offer a wide variety of recreation, active living, aquatics, and community programs for Fall 2012.

### Active Living

#### Workshops Detoxify your Body

Learn about the various herbs that can assist in detoxifying your liver, kidneys, and digestive system. Herbs can strengthen the immune system. Learn how toxins build up in your body and contribute to a number of diseases and illnesses.  
Wed. Nov. 14, 2012 7:00pm– 9:00pm  
Code 557352

#### Introduction to Holistic Health

Preventing disease requires an understanding of the connection between the mind, body, and spirit. Traditional Chinese medicines, such as herbology, massage therapies, therapeutic exercises, meditation and balanced eating are all preventative measures that will be addressed in this course.

Wed. Jan. 9, 2013 7:00pm– 9:00pm  
Code 557538

See inside for Active Living Registered program guide. Drop-In may be available for some programs. Inquire at the Front Desk for more info.

#### Program Sessions Available:

Fall 1: Sept. 15- Nov. 16, 2012  
Fall 2: Nov. 17- Feb. 1, 2013

### Aquatics

Learn to swim, take leadership training, get fit in the pool, or simply enjoy a fun swim with family and friends. Swim schedule and Drop-In Aquatic Fitness information on back cover.

### Community Programs

Preschool programs for Kindergarten readiness, Arts and Crafts, Music, Sports and more! Children and Teens can enjoy a variety of instructional and Drop-In sports programs including soccer, basketball, volleyball, floor hockey, and hip hop dance. Adults programs include badminton, volleyball, basketball, and hip hop dance programs. Registered and Drop-In Programs are available. See the Community Program guide inside for days and times.

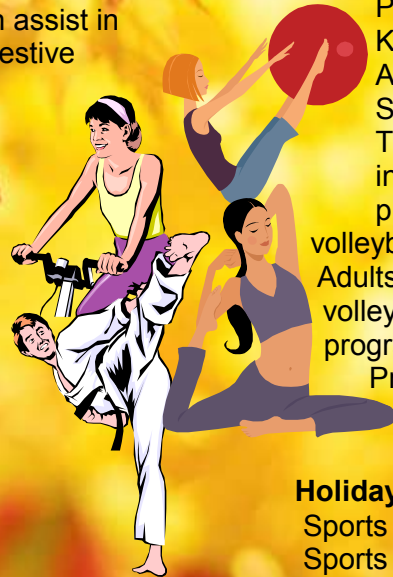
**Holiday Break Camps Jan. 2-4, 2013**  
Sports Camp (7-10) Code 552095  
Sports Camp (10-14) Code 552094

### Skating at Erin Mills Twin Arena

Public Skating Begins Fri. Sept. 21, 2012. Fun Skate is a drop-in recreational skating program for participants of all ages.

Fri. 7:30pm–9:00pm  
Sat. 7:30pm–9:00pm  
Sun. 2:15pm–3:45pm

**Erin Mills Twin Arena**  
3205 Unity Drive, Mississauga  
905-615-4760



# Erin Meadows Community Centre

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RECREATION AND PARKS  
FALL 2012

## Aquatics



### Recreational Swimming

#### Fall/Winter 2012-13

(Sept. 4 - March 31)

Please note that the pool will be closed Dec. 22, 2012-Jan. 11, 2013. Regular programs resume Sat. Jan. 12, 2013.

Fun & Fit	M, W, F	12:05 pm -	1:00 pm
Fun	Th	7:35 pm -	9:00 pm
	Sa	1:35 pm -	3:00 pm
	Su	12:05 pm -	1:30 pm
Length	Tu - Fri	7:30 am -	8:25 am
	Tu & Th	11:05 am -	12:55 pm
	M, W, F	11:05 am -	12:00 pm
	M, Tu	9:20 pm -	10:15 pm
	Th, F	9:05 pm -	10:00 pm
	Sa	12:35 pm -	1:30 pm
Parent & Tot	Tu & Th	11:05 am -	12:55 pm*

### Learn to swim, or become a lifeguard or instructor...

Swim for Life and leadership programs available. Register for programs at [www.connect2rec.ca](http://www.connect2rec.ca) or in person at a City of Mississauga Community Centre nearest you.

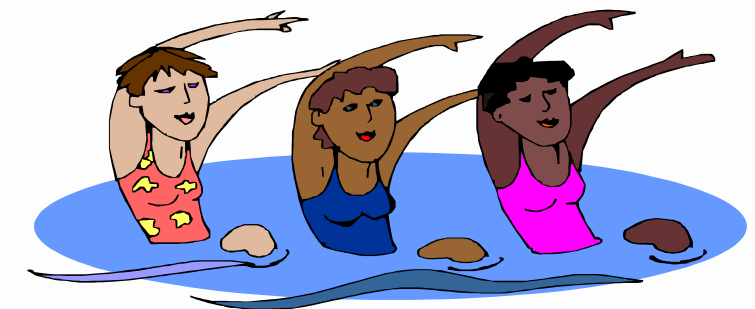


### Aquatics—Exercise Classes

Register for the following Aquafitness programs to get fit and have fun in the pool:

Aquafitness	M	8:30PM -	9:15PM
Aquafitness	Tu	10:00AM -	10:45AM
Aquafitness	Tu	1:00PM -	1:45PM
Aquafitness Boot Camp	Tu	1:45PM -	2:30PM
Aquafitness	W	9:15AM -	10:00AM
Aquafitness	W	10:00AM -	10:45AM
Deep End Aquafit	W	10:00AM -	10:45AM
Gentle Aquafit	Th	9:15AM -	10:00AM
Aquafitness	Th	10:00AM -	10:45AM
Deep End Aquafit	Th	6:45PM -	7:30PM
Diaper Fit	Tu	9:15AM -	10:00AM

Drop-In may be available space permitting. Please inquire at Front Desk for details.





## Swim with the Swamp Monster

Legend has it the Swamp Monster can only be seen around Hallowe'en.  
Come out to Fun Swim at Erin Meadows Pool  
Sat. Oct. 27 1:30-3pm and Sun. Oct. 28 12-1:30pm to see if you can spot him.



# EMCC Active Living and Community Program Guide - Fall 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycle and Lift</b> 8:00AM-9:00AM <b>Soccer (6-8Y)</b> 9:00AM-10:00AM <b>Cycle Workout for Beginners</b> 9:05AM-9:50AM <b>Stay and Play Drop-In</b> 9:30AM-11:30AM <b>Basketball (6-8Y)</b> 10:00AM-11:00AM <b>Skip and Tone</b> 10:30AM-11:30AM <b>Basketball (9-11Y)</b> 11:00AM-12:00PM <b>Tai Chi Qigong Level 1</b> 11:45AM-1:00PM <b>Basketball (12-14Y)</b> 12:00PM-1:00PM <b>Soccer (9-11Y)</b> 12:00PM-1:00PM <b>Little Tykes Soccer</b> 12:15PM-1:00PM <b>Pencils, Paints &amp; Plasticine</b> 12:30PM-2:00PM <b>Soccer for Girls (6-8Y)</b> 1:00PM-2:00PM <b>Mini Soccer</b> 1:00PM-2:00PM <b>Sports Series</b> 1:00PM-2:00PM <b>Meditation for Health, Healing and Well Being</b> 1:15PM-2:15PM <b>Blastball</b> 2:00PM-3:00PM <b>Soccer (12-14Y)</b> 2:00PM-3:00PM <b>Zumbatomic</b> 2:30PM-3:30PM <b>Youth Drop-In Basketball Gr.5-8 &amp; 9-12</b> 2:30PM-4:30PM <b>Soccer for Girls (9-11Y)</b> 3:00PM-4:00PM <b>Zumba</b> 4:00PM-5:00PM	<b>Zumba</b> 9:15AM-10:15AM <b>Messy Hands Drop-In</b> 9:30AM-11:30AM <b>Kinder Korner</b> 10:30AM-12:00PM <b>Little Artists</b> 10:00AM-11:00AM <b>Parent and Baby Latin Fitness</b> 10:30AM-11:30AM <b>Zumba Gold for Older Adults</b> 11:30AM-12:30PM <b>Pre-Kinder Korner</b> 1:00PM-2:00PM <b>Little Artists</b> 1:00PM-2:00PM <b>Musical Medley for Munchkins (4M-1Y)</b> 1:00PM-2:00PM <b>Yoga-Seated and Standing Chair Stretching</b> 1:30PM-2:30PM <b>Musical Medley for Munchkins (1Y-2Y)</b> 2:05PM-3:05PM <b>Yoga Power</b> 5:30PM-6:30PM <b>Zumba</b> 6:00PM-7:00PM <b>Volleyball Co-Ed Hit Around Advanced</b> 7:00PM-10:00PM <b>Buttocks, Legs and Core</b> 7:05PM-8:05PM <b>Yoga Abs</b> 6:40PM-7:40PM <b>Pilates</b> 8:00PM-9:00PM <b>Total Body Workout 60 Min.</b> 8:10PM-9:10PM <b>Nia</b> 8:15PM-9:15PM	<b>Bikini Boot Camp</b> 6:45AM-7:45AM <b>Osteoporosis Class</b> 9:00AM-10:00AM <b>Stay and Play Drop-In</b> 9:30AM-11:30AM <b>Pre-Kinder Korner</b> 9:30AM-10:30AM <b>Cycling Mommies</b> 10:30AM-11:30AM <b>Kinder Korner</b> 10:35AM-12:05PM <b>Kinder Korner</b> 1:00PM-2:30PM <b>Movers and Shakers</b> 1:00PM-1:45PM <b>Animal Kingdom</b> 1:00PM-2:00PM <b>Homework Club</b> 2:30PM-4:30PM <b>Cycle and Lift</b> 4:30PM-5:30PM <b>Little Tykes Floor Hockey</b> 5:15PM-6:00PM <b>Kickbox Cardio</b> 6:00PM-7:00PM <b>Little Tykes Soccer</b> 6:05PM-6:50PM <b>Karate Classes</b> 7:15PM-8:30PM <b>Low Impact w/Pilates</b> 8:05PM-9:05PM <b>Karate Advanced Yellow Belts &amp; Up</b> 8:30PM-9:45PM <b>Volleyball Teen Boys</b> 7:30PM-9:00PM	<b>Kickbox Cardio</b> 9:00AM-10:00AM <b>Stay and Play Drop-In</b> 9:30AM-11:30AM <b>Pre-Kinder Korner</b> 9:30AM-10:30AM <b>Parent and Baby Stroller Fit</b> 10:10AM-11:10AM <b>Zumba</b> 10:15AM-11:15AM <b>Kinder Korner All Year</b> 10:35AM-12:05PM <b>All About Preschool</b> 1:00PM-2:00PM <b>Messy Hands Drop-In</b> 1:00PM-3:00PM <b>Yoga Gentle</b> 1:30PM-3:00PM <b>Messy Hands Drop-In</b> 5:00PM-7:00PM <b>Yoga Sampler</b> 5:00PM-6:00PM <b>Cycle Workout for Beginners</b> 5:30PM-6:15PM <b>Turbo Kick</b> 6:15PM-7:15PM <b>Cycle Workout</b> 6:25PM-7:25PM <b>Cooking 101</b> 6:30PM-8:30PM <b>Volleyball Co-Ed Hit Around</b> 7:00PM-8:30PM <b>Zumba</b> 7:30PM-8:30PM <b>Cycle Workout</b> 7:30PM-8:30PM <b>Volleyball Co-Ed Hit Lessons Intermediate</b> 8:30PM-10:00PM <b>Cycle and Lift</b> 8:35PM-9:35PM	<b>Bikini Boot Camp</b> 6:45AM-7:45AM <b>Fitness Class for Older Adults</b> 8:00AM-9:00AM <b>Yoga 90 Minutes</b> 9:00AM-10:30AM <b>ABC 123 Fit 4 Me</b> 9:30AM-10:30AM <b>Musical Medley for Munchkins (2Y-3.5Y)</b> 9:30AM-10:30AM <b>Teen Gaming</b> 11:15AM-1:00PM <b>Pencils, Paints &amp; Plasticine</b> 1:00PM-2:30PM <b>Kindergym 2</b> 11:00AM-11:45AM <b>Stay and Play Drop-In</b> 1:00PM-3:00PM <b>Parent and Baby Yoga</b> 1:15PM-2:15PM <b>Zumba</b> 5:00PM-6:00PM <b>Mini Floor Hockey</b> 5:30PM-6:30PM <b>Boot Camp 60 Minutes</b> 6:05PM-7:05PM <b>Floor Hockey (6-8Y)</b> 6:30PM-7:30PM <b>Yoga Power</b> 7:10PM-8:10PM <b>Yoga 90 Minutes</b> 8:15PM-9:45PM	<b>Low Impact with Yoga</b> 9:10AM-10:10AM <b>Kindergym and Swim</b> 9:30AM-11:00AM <b>Kindergym 4</b> 10:30AM-11:30AM <b>Yoga for Older Adults</b> 10:30AM-11:30AM <b>Kindergym 3</b> 11:30AM-12:30PM <b>Kinder Korner</b> 10:30AM-12:00PM <b>Pre-Kinder Korner</b> 12:30PM-1:30PM <b>Stay and Play Drop-In</b> 1:00PM-3:00PM <b>Kinder Korner</b> 1:35PM-3:05PM <b>Pencils, Paints &amp; Plasticine</b> 4:00PM-5:30PM <b>Yoga Youth</b> 4:00PM-5:00PM <b>Hip-Hop (7-9Y)</b> 5:00PM-6:00PM <b>Cycle Workout</b> 5:30PM-6:15PM <b>Hip-Hop (10-14Y)</b> 6:00PM-7:00PM <b>Fit Kids</b> 6:00PM-7:00PM <b>Jiu Jitsu</b> 6:45PM-7:45PM <b>Hip-Hop 2 (10-14Y)</b> 7:00PM-8:00PM <b>Jiu Jitsu Adult</b> 7:45PM-9:00PM <b>Jiu Jitsu Teen</b> 7:45PM-9:00PM <b>Hip-Hop Adult</b> 7:00PM-8:00PM-Fall 1 8:00PM-9:00PM-Fall 2 <b>Basketball Shoot Around (10-13Y)</b> 6:00PM-7:30PM <b>Badminton Hit Around Adult</b> 8:00PM-9:30PM	<b>Cycle Workout</b> 8:30AM-9:30AM <b>Kindergym 3</b> 9:30AM-10:30AM <b>Body Flex</b> 10:00AM-11:00AM <b>Kindergym 4</b> 10:30AM-11:30AM <b>Buttocks, Legs and Core</b> 11:00AM-12:00PM <b>Kindergym 4</b> 11:30AM-12:30PM <b>Karate Advanced Green Belts &amp; Up</b> 12:15PM-1:30PM <b>Karate Advanced Yellow Belts &amp; Up</b> 1:30PM-2:45PM <b>Little Tykes Soccer</b> 1:00PM-1:45PM <b>Volleyball Teen Girls</b> 1:00PM-2:30PM <b>Little Tykes Floor Hockey</b> 1:45PM-2:30PM <b>Mini Floor Hockey</b> 2:30PM-3:30PM <b>Karate Classes</b> 2:45PM-4:00PM <b>Floor Hockey (6-8Y)</b> 3:30PM-4:30PM <b>Karate Classes</b> 4:00PM-5:15PM <b>Drop-In Family Sport</b> 5:00PM-7:00PM
		<b>Program Dates</b> Two Program Sessions Available Fall 1: Sept. 15-Nov. 16, 2012 Fall 2: Nov. 17-Feb. 1, 2013		<b>Program Exception Dates:</b> Please note that there will be no programs on the following dates: Mon. Oct. 8, 2012 <i>Thanksgiving</i> Dec. 22, 2012 - Jan. 4, 2013 <i>Holiday Program Break</i> Wed. Oct 31, 2012 Afternoon/Evening Swim Classes Hallowe'en		<b>Pool Closure</b> Erin Meadows Pool will be closed: Dec. 22, 2012 - Jan. 11, 2013. <i>Regular programs resume Sat. Jan. 12, 2013.</i>

\*Program schedule is subject to change due to high/low registration. For program information or registration, visit [www.connect2rec.ca](http://www.connect2rec.ca) or visit Customer Service in person at a City of Mississauga Community Centre near you.