

All outdoor activities run weather permitting.
Please wear comfortable clothing and proper footwear.

3-POINT BASKETBALL COMPETITION

10-17 years

Score as many baskets as you can in 45 seconds from five different areas on the court!

AQUAFIT

14 years+

A low impact water exercise that's like exercising with weights or machines on land, only safer! Prerequisite: Red Cross Swim Level 5 or Adult B.

BASKETBALL SKILLS AND DRILLS

COMPETITION

10-17 years

Show off those basketball skills for the fun of it... and for the prizes! Register with staff upon arrival.

CRAFTY CORNER

6-9 years

A creative 'corner' where artists-in-the-making create a new craft or special keepsake.

DRUMFIT

Children & Youth: 7-9 years Adult: 18 years+

A fast-paced fitness program that combines music, dance, rhythm and learning - guaranteed to leave you breathless and begging for more!

FAMILY BOOT CAMP

5 years+

Parents and children get active together through strength, circuit and agility training, obstacle courses, core stability, power drills and more.

FAMILY ZUMBA

10 years+

Working out shouldn't be boring! Get fit dancing the Cha-Cha, Mambo, Calypso, and belly dance.

FITNESS SWIMMER CLINIC

8-13 years

Improve your overall physical fitness through interval training, sprints and distances swims.

FITNESS GUEST DAY

14 years+

Fitness members are invited to bring a guest to try the centre's facilities for free.

FAMILY INDOOR SPORTS

All Ages

Aspiring athletes can practice their sports skills or play a game of pick-up basketball or volleyball.

FITNESS 60+

60 years+

Cardio exercises including low impact aerobics and muscle conditioning using resistance bands, relaxation and flexibility.

HUSTLE AND SWING

18 years+

With its quick spins and fast tempo, get fit doing the Hustle to disco, rhythm and blues, and contemporary music. Then have fun learning how to swing dance to jazz, ragtime, and hip hop!

INTRO TO BALLET

3-4 years

Toddlers who are light on their feet have fun learning ballet poses, steps, turns and leaps!

MONKEYNASTIX

Parent and Child

Children are born to move! They'll have fun warming-up to a Monkeynastix song, followed by stretching, locomotion, and working with specialized fitness equipment.

"NINE LIVES" POOL TOURNAMENT

10-17 years

Every time your balls get sunk you lose a life - when you lose 9 lives you are out of the game. Last person in the game is the winner.

PARENT & CHILD BADMINTON

All Ages

Practice your badminton skills then put them to the test during organized badminton games. Note: Badminton equipment provided.

PLAYFUN

1 ½ - 4 years

Preschoolers explore kindergym equipment and toys, and take part in parachute fun. Parents participate.

POWER WALK

14 years+

Enjoy the fresh air, chatter and laughter of a brisk 5km power walk with friends. Don't have a baby-sitter? No problem! Bring your infant and stroller.

POWER WALK TO BOYD PARK

All Ages

Gear up for a hike through scenic Boyd Park, guided by our friendly fitness staff. Meet in the lobby of Al Palladini Community Centre.

ROLLER BLADE WITH A BUDDY

10 years+

It's like ice skating, only without the ice! Roller blade around the arena to your favourite tunes. Note: Participants must bring their own roller blades and a CSA approved helmet. Other safety equipment highly recommended.

SALSA AQUAFIT

14 years+

A low impact cardio workout (set to salsa music!) that's like exercising with weights or machines on land, only safer! Max. 30 participants.

'SERVE FOR KIDS'

VOLLEYBALL TOURNAMENT

18 years+

Create a team for recreational 6's - registration forms are available at any Vaughan community centre. Fee: \$125 per team (all proceeds go to RecAssist). Contact Ajay Sharma at ajay.sharma@vaughan.ca or call 905-832-2281 x7504.

SOCCER PENALTY SHOT

COMPETITION

10 years+

You get one (penalty) shot! Soccer players who score move on to the next round until a champion remains.

SOCCER TOURNAMENT

13-17 years

Bend it like a pro during a few friendly soccer games with friends.

SPARE TIME BOWLING

All Ages

Let the good times roll at Maple Community Centre's glow in the dark, 4-lane, 5-pin bowling alley.

STROLLER FIT IN THE PARK

2-18 months

New moms get fit doing muscle strengthening, toning and stretching exercises with/around their baby's stroller. Infants are kept entertained with songs, bubbles, parachute fun and more!

SWIM EXPLOSION

All Ages

Cool off during a recreational swim packed with fun water games.

TAI-CHI IN THE PARK

18 years+

In a tranquil atmosphere, relieve stress with Tai Chi Chuan - the discipline of highly specialized, gentle stretching and slow body movements.

PROGRESSIVE TENNIS CLINIC

Pre-registration required

Adult: 16+ (Code: 179935)

Parent and Child: 6-9 years (Code: 179937)

Beginner players enjoy rallies using modified tennis balls, nets and courts. Note: Participants are responsible for bringing their own racquets.

THORNHILL OUTDOOR POOL OPENS

All Ages

Celebrate summer with a splash! Take a dip or challenge yourself to the many swimming races, diving games and competitions.

VAUGHAN MILLS HEALTHY STRIDES

WALKING CLUB

All Ages

Join Healthy Strides, the Vaughan Mills walking club which features fitness classes and health workshops. Log your laps to earn exciting rewards.

WALK & TALK

60 years+

Walk and talk with other Vaughan seniors during an invigorating stroll around the neighborhood, followed by a muscle conditioning workout. Contact Laura Burgess-Klein at 905-832-2377 ext. 7411 to reserve your spot.

WATER POLO

All Ages

Compete in a deep water polo match where players pass to teammates while being defended by their opponents, and try to shoot the ball in the opposing net.

YOUTH BALL HOCKEY

13-17 years

Bring your stick, hockey gloves, and get ready to play the good ol' game!

YOUTH ROLLER BLADE

13-17 years

It's like ice skating, only without the ice! Roller blade around the arena to your favourite tunes. Note: Participants must bring their own roller blades and CSA approved helmet. Other safety equipment is highly recommended.

CITY OF VAUGHAN COMMUNITY CENTRES (CC) & SATELLITE LOCATIONS

AL PALLADINI CC

9201 Islington Avenue
Woodbridge, ON L4L 1A7 : 905.832.8564

CHANCELLOR CC

350 Ansley Grove Road
Woodbridge, ON L4L 5C9
: 905.832.8620

DUFFERIN CLARK CC

1441 Clark Avenue West
Concord, ON L4J 7R4 : 905.832.8554

FATHER ERMANN BULFON CC

8141 Martin Grove Road
Woodbridge, ON L4L 3W9
: 905.879.8732

GARNET A. WILLIAMS CC

501 Clark Avenue West
Thornhill, ON L4J 4E5 : 905.832.8552

HILLSIDE PARK

549 Vellore Park Ave., Woodbridge, ON

JACK PINE PARK

61 Petticoat Rd., Maple, ON

MAPLE CC

10190 Keele Street
Maple, ON L6A 1R7 : 905.832.2377

NORTH THORNHILL CC

300 Pleasant Ridge Avenue
Thornhill, ON L4J 9B3 : 905.832.8540

ROSEMOUNT CC

1000 New Westminster Drive
Thornhill, ON L4J 8G3 : 905.709.4597

SONOMA HEIGHTS PARK

100 sunset Ridge
Woodbridge, ON : 905.832.8564

SPORTS VILLAGE

2600 Rutherford Road
Maple, ON : 905.738.7574

THORNHILL OUTDOOR POOL

(JUN 25-SEP 5)

28 Centre Street
Thornhill, ON : 905.881.2969

VELLORE VILLAGE CC

1 Villa Royale Avenue
Woodbridge, ON L4H 2Z7
: 905.832.8544

WOODBIDGE MEMORIAL POOL & ARENA

5020 Highway 7
Woodbridge, ON L4L 1T1 : 905.832.8576

VAUGHAN MILLS

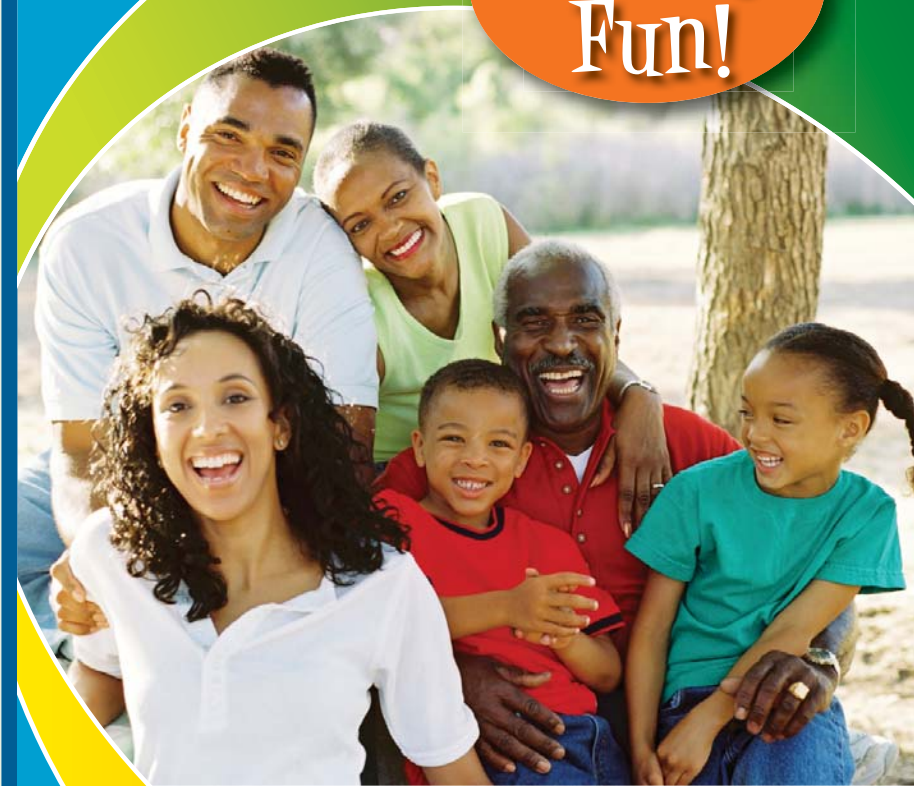
1 Bass Pro Mills Drive
Vaughan, ON L4K 5W4 : 905.879.2110

JUNE 2011 is...

RECREATION AND PARKS MONTH



Family
Fun!



FREE ACTIVITIES!

vaughan.ca | 905.832.8500



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><p>Live it everyday!</p><p>June is Recreation and Parks Month www.recandparksmnth.ca</p></div>		<div><div>1</div><div>TAI CHI IN THE PARK Chancellor CC 10:00-11:00am</div><div>AQUAFIT Chancellor CC 8:15-9:00pm</div><div>JACK PINE PARK OPENING 61 Petticoat Rd..... 6:00pm</div></div>	<div><div>2</div><div>TAI CHI IN THE PARK Garnet A. Williams CC.....1-2pm</div><div>PLAYFUN Garnet A. Williams CC.....9:30-11am</div><div>ROLLER BLADE WITH A BUDDY Rosemount CC..... 12:30 - 2:00pm</div></div>	<div><div>3</div><div>THREE POINT BASKETBALL COMPETITION Father E. Bulfon CC4:00-6:00pm</div><div>FITNESS 60+ Chancellor CC1:00-2:00pm</div></div>	<div><div>4</div><div>FAMILY BOOT CAMP Al Palladini CC10:15-11:15am</div><div>SWIM EXPLOSION Chancellor CC1:00-3:00pm</div></div>	
<div><div>5</div><div>PROGRESSIVE TENNIS CLINICS North Thornhill CC Adult 9:00-10:00am Parent/Child 10:00-11:00am</div></div>	<div><div>6</div><div>INTRO TO BALLET Garnet A. Williams CC1:30-2:15pm</div><div>FITNESS SWIMMER CLINIC Vellore Village CC..... 8:00-8:45pm</div></div>	<div><div>7</div><div>SOCCER PENALTY SHOT COMPETITION Father E. Bulfon CC4:00-6:00pm</div><div>BADMINTON: PARENT & CHILD Dufferin Clark CC..... 6:00-7:00pm</div></div>	<div><div>8</div><div>SKILLS & DRILLS COMPETITION Maple CC3:00-6:00pm</div><div>FAMILY INDOOR SPORTS Dufferin Clark CC..... 5:00-7:00pm</div></div>	<div><div>9</div><div>WALK & TALK Maple CC 8:45-10:15am</div><div>FAMILY ZUMBA Maple CC 7:15-8:15pm</div></div>	<div><div>10</div><div>SWIM EXPLOSION Chancellor CC 5:30-8:00pm</div><div>YOUTH BALL HOCKEY Rosemount CC 4:00-5:30pm</div></div>	<div><div>11</div><div>'SERVE FOR KIDS' BEACH VOLLEYBALL TOURNAMENT Sports Village 11:00am</div></div>
<div><div>12</div><div>MONKEYNASTIX Vellore Village CC 1-4 years11:30am-12:15pm 5-8 years 12:30-1:15pm</div><div>WATER POLO Dufferin Clark CC.....3:00-4:00pm</div></div>	<div><div>13</div><div>STROLLER FIT IN THE PARK Vellore Village CC..... 9:30-10:30am</div><div>CRAFTY CORNER Dufferin Clark CC..... 11:30am-1pm</div><div>FITNESS GUEST DAY Garnet A. Williams CC</div></div>	<div><div>14</div><div>SOCCER TOURNAMENT North Thornhill CC 3:30-6:00pm</div><div>"NINE LIVES" POOL TOURNAMENT Father E. Bulfon CC 5:00-7:00pm</div></div>	<div><div>15</div><div>FITNESS GUEST DAY Father Ermanno Bulfon CC</div><div>FAMILY POWER WALK TO BOYD PARK Al Palladini CC 9:15am</div><div>TAI CHI IN THE PARK Sonoma Heights Park 11am-12pm</div><div>HILLSIDE PARK OPENING 549 Vellore Park Ave 6:00pm</div></div>	<div><div>16</div><div>SALSA AQUAFIT Al Palladini CC 8:00-8:45pm</div><div>FITNESS GUEST DAY North Thornhill CC</div></div>	<div><div>17</div><div>SWIM EXPLOSION INTO SUMMER Maple CC 7:45-9:15pm</div><div>YOUTH ROLLER BLADE Rosemount CC 12:00-2:00pm</div></div>	<div><div>18</div><div>MONKEYNASTIX Rosemount CC 1-4 years 11:00am-11:45am 5-8 years 12:30-1:15pm</div><div>SWIM EXPLOSION Garnet A. Williams CC1:30-3:30pm</div></div>
<div><div>19</div><div>FITNESS GUEST DAY Al Palladini CC</div><div>SWIM EXPLOSION North Thornhill CC1:00-3:00pm</div></div>	<div><div>20</div><div>FAMILY ZUMBA Al Palladini CC 9:00-10:00am</div><div>POWER WALK Maple CC 7:00-8:00pm</div></div>	<div><div>21</div><div>DRUMFIT: ADULT Garnet A. Williams Community Centre 9:15-10:15am</div></div>	<div><div>22</div><div>3-POINT CHALLENGE North Thornhill CC 3:30-6:00pm</div><div>WATER POLO Father E. Bulfon CC 8:00-9:30pm</div></div>	<div><div>23</div><div>SWIM EXPLOSION Vellore Village CC..... 6:00-7:30pm</div><div>HUSTLE & SWING Vellore Village CC.....8:00-9:00pm</div></div>	<div><div>24</div><div>JOIN THE VAUGHAN MILLS HEALTHY STRIDES WALKING CLUB</div></div>	<div><div>25</div><div>THORNHILL OUTDOOR POOL OPENS FOR THE SUMMER 11:00am-7:00pm</div></div>
<div><div>26</div><div>SWIM EXPLOSION Dufferin Clark CC.....1:30-2:30pm</div></div>	<div><div>27</div><div>SPARE TIME BOWLING Maple CC 6:30-9:30pm</div></div>	<div><div>28</div><div>POWER WALK Father E. Bulfon CC 9:30-10:30am</div><div>FITNESS GUEST DAY Maple CC</div></div>	<div><div>29</div><div>DRUMFIT: CHILDREN & YOUTH North Thornhill CC3:30-4:30pm</div></div>	<div><div>30</div><div>ACTIVE DESTINATION SWIM PROGRAM BEGINS! Swim across Canada at your local pool. Pick up a flyer at any City of Vaughan Community Centre.</div></div>	<div><p>Register NOW... Don't miss out on your favourite camp!</p><p>Sessions begin July 4, 2011. Register online at: RecEnrollVaughan.ca</p></div>	<div>CAMPS FOR AGES 3-16 preschool • sports visual & performing arts recreational • leadership science & computer outdoor adventure special needs • specialty</div>