



Amidst the uncertainty during the COVID-19 pandemic, keeping our community engaged, safe and healthy is a top priority. Markham's Recreation department is here to support individuals of all ages and abilities to stay active, whether in-person, virtually, outdoors or indoors, at a variety of City operated programs. All in-person programming is carefully reviewed to ensure that program content and activities follow public health guidelines and comply with each stage of the [Government of Ontario's framework to reopening our province](#).



Older Adult Club Programs

The City of Markham partners with 5 different not-for-profit clubs to operate older adult programs in our community centres. While the operation of our clubs is temporarily paused during the pandemic, club memberships have been extended to August 31, 2021 and the programs below are offered first to any older adult club member at a reduced rate. More programs will be added as interest and capacities increase.

Registration begins on Tuesday, November 3 at 8 AM!

Program schedule (November 9 - December 18, 2020):

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Angus Glen Community Centre	Badminton 7 AM to 8:30 AM Barcode: Nov 9 to 23: 380969 Nov 30 to Dec 14: 380970		Crafts 10 AM to 11:30 AM Barcode: 382019	Pickleball 7 AM to 8:30 AM Barcode: Nov 12 to 26: 380982 Dec 3 to 17: 380983	Badminton 7 AM to 8:30 AM Barcode: Nov 13 to 27: 380977 Dec 4 to Dec 18: 380977
Thornhill Community Centre		Crafts 2 PM to 4 PM Barcode: 382019	Indoor Walking Program 10 AM to 11 AM Barcode: 380984		Indoor Walking Program 10 AM to 11 AM Barcode: 980985
Thornhill Community Centre			Pickleball 11:15 AM to 12:15 PM Barcode: 381542		Badminton 11:15 AM to 12:15 PM Barcode: 381541
Thornhill Community Centre			Knitting & Crochet 2 PM to 4 PM Barcode: 380986		

As further restrictions are lifted, check back at markham.ca/recreation for further programming opportunities. Learn more at markham.ca/seniors



Swimming

Water based activities are a great way to stay active. You can participate to work on your cardio, or it can be therapeutic. Older adults ages 65 years and older receive a 30% discount off adult rates.

Aquafit Classes	Older Adult Aquafit Classes	Lane & Endurance Lane Swimming
<p>Aquafit classes are in water exercise classes offered in both shallow or deep water.</p> <p>Program offered: Mondays to Fridays at 10 AM & 11 AM</p> <p>Program location: Aaniin Pool</p>	<p>Older adult aquafit classes are specifically designed to meet the needs of older adults with a variety of mobility restrictions and exercise needs.</p> <p>Program offered: Wednesdays at Noon</p> <p>Program location: Aaniin Pool</p>	<p>Lane swimming is open fitness swimming in 25-metre lengths in shallow or deep water. Lanes are set up as fast, medium or slow speeds.</p> <p>Program offered: 7 days per week at various times</p> <p>Program locations: Aaniin Pool & Markham Pan Am Pool</p>

Learn more about swimming lessons, rentals, aquafit classes & public swims at [markham.ca/swimming](https://www.markham.ca/swimming)



Sport Programs

A selection of sports can be played while maintaining physical distancing and other COVID-19 health and safety precautions. Sports programs are offered as a pre-registered program, where participants register for multiple weeks at a time, or a pay-per-play (formerly 'drop in') program. Older adults ages 65 years and older receive a 30% discount off adult rates.

Badminton	Pickleball
<p>Bring your own racquet and birdie and practice your badminton skills. This game is played by 2 or 4 people using a light racquet to volley a birdie over a shoulder height net.</p> <p>Program offered: 7 days per week at various times</p> <p>Program locations: Angus Glen Community Centre, Markham Pan Am Centre & Thornhill Community Centre</p>	<p>This mini-tennis game is played by 2 or 4 people on a badminton-size court using wood paddle racquets and a plastic, poly baseball with holes. Pickleball is a combination of Ping-Pong, tennis and badminton and has been enjoyed for over 20 years by people of all ages.</p> <p>Program offered: Mondays, Wednesdays & Fridays at various times</p> <p>Program locations: Angus Glen Community Centre & Markham Pan Am Centre</p>

Learn more about in-person registered programs & pay per play programs at [markham.ca/programs](https://www.markham.ca/programs)



Skating

Skating is a fun winter activity that can be enjoyed at many Markham indoor arenas. Canadian Standards Association (CSA) approved hockey helmets are recommended and participants must bring their own skates. Older adults ages 65 years and older receive a 30% discount off adult rates.

Skating - Adult 55+	Skating - Blades of Glory	Skating - Recreational	Skating - Parent and Tot
<p>Leisure skating dedicated solely for adults ages 55 years and older.</p> <p>Program offered: Tuesdays & Fridays at various times</p> <p>Program locations: Angus Glen Community Centre & Thornhill Community Centre</p>	<p>Practice skating skills at your own pace. Participants have access to full use of educational equipment.</p> <p>Program offered: Mondays, Wednesdays & Thursdays at various times</p> <p>Program locations: Centennial Community Centre & Thornhill Community Centre</p>	<p>Leisure skating offered for participants of all ages.</p> <p>Program offered: 7 days per week at various times</p> <p>Program locations: Angus Glen Community Centre, Crosby Community Centre, Centennial Community Centre, Markham Village Community Centre, Mount Joy Community Centre, & Thornhill Community Centre</p>	<p>Leisure skating offered to adults with children under the age of 7.</p> <p>Program offered: Mondays, Tuesdays, Thursdays, & Fridays at various times</p> <p>Program locations: Angus Glen Community Centre, Thornhill Community Centre, & Centennial Community Centre</p>

Learn more about skating lessons & public skates at markham.ca/programs



Fitness

Stay active with us in the comfort and safety of your own home. Markham Fitness Team has developed over 25 virtual fitness classes per week and launched a brand new Virtual Fit one-on-one consultation and strength training program - all available with a Return to Fit membership.

Markham's Return to Fit membership is an all-inclusive pass to all fitness programs including:

- **NEW!** Virtual Fit One-on-one consultations with a fitness expert to answer any questions you have and show you exercises you can do at home.
- **NEW!** Virtual Fit Strength Training Sessions with one of our fitness specialists and other members to work out specific muscle groups. Each training session will have progressions from week to week and include a warm up, specific muscle group workout, and cool down. You can choose any or all of the following Virtual Fit Strength Training Sessions:
 - Upper Body
 - Lower Body

- Core Workout & Cool Down
- Core + Arms
- Full Body Pull
- Full Body Push
- Balance & Stability for Older Adults - offered 7 days per week!
- Virtual group fitness classes with certified fitness instructors. Classes are available through the Return to Fit membership or participants can register for each class individually. The following types of group fitness classes are offered:
 - Cardio
 - Zumba
 - Nia
 - Muscle Conditioning
 - Yoga
 - Yoga - Core
 - Yoga - Yin
 - Yoga - Gentle
 - Body Weight Boot Camp
 - Pilates
- In-person access to the fitness centres, group fitness classes and many more options coming soon when operations resume or restrictions change!

Memberships are available to older adults for \$26.74 per month, which is approximately \$1.34 per class if you exercise 5 days per week.

Learn more the Return to Fit memberships & group fitness classes at markham.ca/fitness



Virtual Programs & Community Hub Workshops

A variety of fun, educational, creative and active programs and workshops are available virtually for participants of all ages. Virtual programs may be a little different but they are a great way to stay engaged, socialize and learn something new. Through the Aaniin Community Hub, Markham partners with community agencies to provide free resources and virtual workshops.

Workshop	Date	Time	Barcode	Community Partner
Helpful Relationships	November 5, 2020	6:00 PM to 9:00 PM	375650	Women's Support Network (WSN)
Mindfulness for ALL	November 9, 2020	6:30 PM to 8:00 PM	375645	Seniors Support Network
Best Neck and Low Back Exercises to Reduce Tension	November 10, 2020	1:00 PM to 2:00 PM	378946	Dr. Mathieu Turgeon - Pediatric & Family Chiropractor
Fostering Children's Socio-Emotional Development	November 12, 2020	6:30 PM to 8:00 PM	375341	Community Family Services of Ontario
Renaissance Me	November 16, 2020	7:00 PM to 8:30 PM	376354	Markham African-Caribbean Canadian Association (MACCA)

CAYR's Digital Storytelling Part 1	November 17, 2020	2:00 PM to 4:00 PM	379262	CAYR Community Connections
Meditation Workshop	November 17, 2020	8:00 PM to 9:30 PM	375689	Heartful Meditations
Introduction to Anger and Emotional Responses	November 18, 2020	6:00 PM to 7:30 PM	379871	John Howard Society of York Region
Elder Abuse Awareness	November 19, 2020	6:30 PM to 8:00 PM	375757	Settlement Assistance & Family Support Services
CAYR's Digital Storytelling Part 2	November 24, 2020	2:00 PM to 4:00 PM	379262	CAYR Community Connections
Understanding your Teenager 101	November 25, 2020	6: 30 PM to 7:30 PM	378866	Women's Support Network (WSN)
Community Support Program	November 24, 2020	6:30 PM to 8:00 PM	379422	Community Living York South
Assertiveness	November 26, 2020	6:00 PM to 9:00 PM	376352	Women's Support Network (WSN)
Workplace Etiquette - Your First Job	December 2, 2020	4:00 PM to 5:00 PM	378970	YMCA GTA Employment Services
Acing Your Interview - Recruiter Interview Secrets!	December 7, 2020	4:30 PM to 6:30 PM	375700	JVS Toronto Markham Employment Source
Beyond the Bubble Bath: How to Practice Real Self Care	December 8, 2020	7:00 PM to 8:00PM	379920	Canadian Mental Health Association - York Region & South Simcoe
Paper Christmas Tree Making	December 14, 2020	7:00 pm to 8:30 pm	376353	Support Enhance Access Service (SEAS)
Hypertension & Diabetes	December 16, 2020	7:00 PM to 8:30 PM	375667	Markham Stouffville Hospital Adult Diabetes Center

Learn more virtual programs & community hub workshops at markham.ca/recreation

How to register, pre-book & sign up for a membership

Register or pre-book your spot in a pay-per-play (formerly 'drop in') program using your unique City of Markham client barcode and account pin number by:

- Calling 905.477.5530
- Online at using the [EZ Reg](#) system and follow our [step-by-step guide](#)

To register online using [EZ Reg](#), you will need:

- A client barcode
- An account pin
- Course barcode(s)
- Credit card (Visa/MasterCard/AMEX) with a valid expiry date.

If you do not have a client barcode or account PIN, please contact the Contact Centre at customerservice@markham.ca or call 905.477.5530.

Sign up for a Return to Fit membership by:

- Calling 905.477.5530
- Email customerservice@markham.ca

To comply with public health guidelines and contact tracing requirements, each participant must register or pre-book for each in-person program, no walk-ins permitted. Participants are to arrive at least 10 minutes prior to the start of the program to ensure adequate time for the COVID-19 screening process. Once the screening process is completed and the program has started the doors will be locked. Unfortunately, due to current COVID-19 safety guidelines we are unable to accommodate late comers as access to programs must be strictly controlled.

Learn more about how to register, pre-book and sign up for a Return to Fit membership at markham.ca/registernow

COVID-19 Health and Safety Precautions

Markham works closely with York Region Public Health officials to determine how we can safely operate and comply with public health guidelines and each stage of the [Government of Ontario's framework to reopening our province](#).

Review this [video](#) on what to expect when arriving for in-person programs at our community centres.

COVID-19 health and safety precautions include but not limited to:

- Self and on site screening protocols
- Physical distancing
- 10 participant limit for all indoor program spaces
- A mask or face covering is required at all times, except when swimming
- Enhanced cleaning and sanitization procedures for high-touch surfaces and equipment
- Safety and directional signage and hand sanitizing stations throughout the facility
- Indoor change rooms, lockers and showers are not available
- Washrooms are available



Thank you for your ongoing patience and support.
We're all in this together!

markham.ca/recreation

