



Adult Programs



* Adult Programs

Culture

Asian Cooking Class

Path: Culinary Arts

Level: Beginner / Intermediate

Want to learn new dishes that delight your taste buds? Come cook with us. Gain new skills along with hands on practical experience in this hands on cooking class. Discover the best Asian dishes. Get acquainted with local people and their culture by learning about their cuisine.

Age: 18+ Years

Location: Newmarket Seniors' Meeting Place

Ballroom Latin Dance – Level 1

Path: Performing Arts / Adult Discovery

Level: Beginner - Intermediate

Experience both the elegant (Ballroom Standard) and the sensual (Ballroom Latin American) dances with your partner. You will learn a selection of dances from the Slow Waltz, Tango, Foxtrot, Rumba, Cha-Cha, Samba, Jive and Bachata. Good for boat cruises, tropical holidays, weddings and dance parties! Ideally register with a partner. This course is appropriate for both beginners and those wishing to refresh their skills. Ideally register with a partner.

Age: 18+ Years

Location: Old Town Hall

Ballroom Latin Dance – Level 2

Path: Performing Arts / Adult Discovery

Level: Intermediate – Advanced

This course is ideal for those with previous dance experience or those who have enrolled in level 1 more than once. You will learn more advanced figures and footwork for a selection of dances from the Slow Waltz, Tango, Foxtrot, Rumba, Cha-Cha, Samba, Jive and Bachata. Good for boat cruises, tropical holidays, weddings and dance parties! Ideally register with a partner.

Age: 18+ Years

Location: Old Town Hall

Creative Writing – Journaling

Path: Literary Arts

Level: All

Write your way to a better you! This course explores how words can heal the heart & soul. Learn about the creative writing process of 'Personal Journaling'. Using colour, music, art and photos to dig deep into your psyche where you may discover the courage to change your life.

Age: 16+ Years

Location: Old Town Hall

Find Your Voice – A Painting Course

Path: Visual Art

Level: Intermediate

Let your personal journey as a painter be the focus of this interesting course! An experienced artist-instructor will guide you to explore various painting techniques and ideas. You will develop a theme based on your interests. There will be many interesting conversations and a private showing of works at the end of the course.

Age: 18+ Years

Location: Old Town Hall



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Journaling – The Soul Atlas

Path: Literary Arts

Level: All

Learn about the creative writing process of personal journaling, using colour, music, art and photos and guided writing prompts to support your writing process along the way.

Age: 18+ Years

Location: Old Town Hall – Serpa Boutique

Memoir Writing for Beginners

Path: Literary Arts

Level: All

This course will trigger memories and nurture creativity as you learn the art of memoir writing. Filled with guided writing tips and prompts, exploring the elements of memoir writing: events, people, setting and environment, theme and structure, which will show you how to creatively weave your life experiences into an engaging beginning memoir.

Age: 16+ Years

Location: Old Town Hall

Watercolour Beginner

Path: Visual Art / Adult Discovery

Level: Beginner

Through experimentation and exercises, you will learn about different washes, application methods and more. You will receive individual support, instruction demonstrations and explanations on a variety of subject matters. Materials and supply list provided. Material costs are not included.

Age: 18+ Years

Location: Old Town Hall

Fitness & Wellness

Baby & Me Yoga

This class is an opportunity to not only move, breathe and connect with your baby, but others in your community in the same stage of life. We will move through gentle, strengthening poses and breath practices as we build more awareness of our own bodies and meet ourselves exactly where we need to be in our movement practice.

Age: 16+ Years

Location: Ray Twinney Recreation Complex

Toddler and Me Yoga

For toddlers, yoga is where it's at! Toddlers are natural yogis who LOVE moving their bodies in ways that feel good. In our classes, we use visual aids, sing yoga songs and support your child in their natural movement. These classes are done with both toddler and caregiver in mind, so as the present adult (especially for the littlest toddlers), be ready to participate in the class, so the child sees you playing and gets the hang of what to do. Monkey see, monkey do! This class is intended for toddlers who are confident walkers until 3 years old.

Age: 16+ Years

(Registration for Adult - Child is Free)

Location: Ray Twinney Recreation Complex



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HIIT Parent

You're a parent. You're up early, you're to bed late, and all the hours in between are filled with no 'me' time. That's why HIIT workouts are for you! High-intensity interval training is one of the most effective and efficient workouts you can do. This class is for all levels and for those who need to start somewhere. Come and work out with your baby and other parents in this fun-filled class.

Age: 16+ Years

Location: Magna Centre

Family Yoga

These classes are for your entire family - no prior yoga experience required! We move, breathe, take journeys, and rest together in fun-themed classes. We'll often sing a song or two, and find many reasons to giggle and play together! Registration is per family. Kids are free with at least one registered adult. Though classes are open to all ages and abilities, we suggest your youngest family member be 2+ years old.

Age: 16+ Years

(Registration is per family. Kids are free with at least one registered adult)

Location: Ray Twinney Recreation Complex



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Prenatal Yoga

By practicing yoga during pregnancy, an expectant mother invites harmony into her body. Yoga helps release stress and maintain better health, enabling the mother to cope with the changes in her body calmly. The class is specifically designed to introduce yoga poses, theory and health precautions for mothers-to-be.

Age: 16+ Years

Location: Ray Twinney Recreation Complex

Bellyfit® Flow*

With this powerful, choreographed fusion of flowing, feminine, hip-centred movement, you'll finally get to experience a Yoga class that is truly designed for the unique needs of the female body. Delivered from a solid fitness foundation and spiced up with the magic of dance and united seamlessly with Vinyasa Flow, you can expect all the signature elements that Bellyfit® offers, now 100% on the mat, with a focus on strength and flexibility rather than cardiovascular endurance and coordination. Add an incredible soundtrack, and you've got a unique and powerful practise designed to uplift and energize on all levels. And yes, you will burn in the best way possible.

Age: 16+ Years

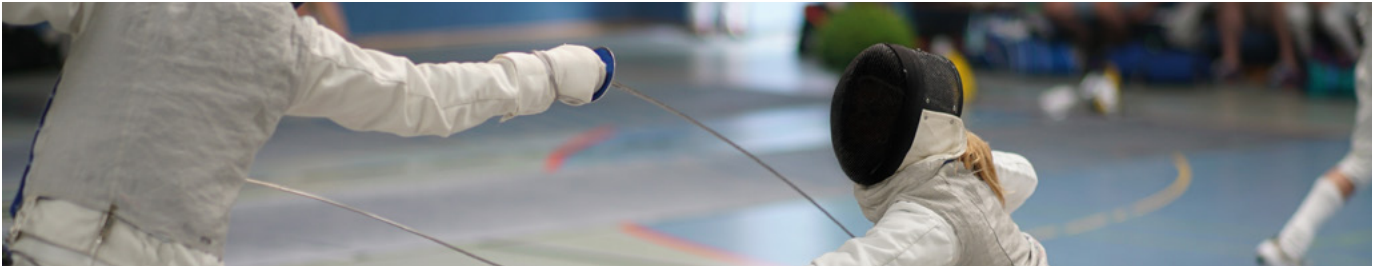
Location: Ray Twinney Recreation Complex

Mind & Body Wellness*

Are you tired, feeling off balance and need to relax, rejuvenate and re-energize? Does your mind and body need a tune-up? Tune inwards to find your inner strength, inner peace and unblock your energy centres in a nurturing environment as we learn, share and practice mind, body wellness through movement, nutrition, Yoga, meditation and engage in conversation. Each of us is unique, so modifications are offered and encouraged!

Age: 16+ Years

Location: Ray Twinney Recreation Complex



Mindful Movement*

This restorative program is designed to enhance your body's overall well-being, helping you move with more ease to do the things you love. It combines functional movement, gentle yoga, relaxation techniques and self-care massage using therapy balls. Individuals who are fit can feel challenged, while those working with injuries, fatigue, or illnesses can feel supported and encouraged. During this program, you will also learn a simple 10-minute routine that can be done at home to maintain your range of motion.

Age: 16+ Years

Location: Ray Twinney Recreation Complex

T.I.M.E. Exercise Program*

TIME is an exercise program tailored to people with neurological conditions such as Stroke, Acquired Brain Injury (ABI), Parkinson's Disease, Multiple Sclerosis or have challenges with balance and coordination. This exercise program involves moving through circuit stations devised by Toronto Rehabilitation Institute physiotherapists and led by fitness instructors. The focus is on improving balance and coordination abilities. Participants are required to walk independently for 10m with or without a walking aid. The 60-minute class incorporates a warm-up, circuit stations and ends with a cool-down. The ratio of participants to staff is 1:4 & can increase to 1:6 when the participants improve their fitness levels. This is a therapeutic program.

Age: 55+ Years

Location: Magna Centre

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Sports

Basketball - Co-Ed Recreational

A recreational program that will help you practice your shooting, dribbling, and passing skills during a shoot around warm-up and scrimmages.

Age: 18+ Years

Location: Magna Centre

Fencing - Beginner and Advanced

Fencing is a challenging sport that emphasizes fitness and quickness of mind. All equipment and instruction will be provided. Those new to this sport need to register in the beginner level and progress through to intermediate and advanced.

Age: 18+ Years

Location: Magna Centre



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Skate - Adult/Senior Learn to Skate

This program is designed for beginner ice skaters or those who skated as a child and want to brush up on their skills. A Newmarket Skating Club coach will assist you to become a confident skater. Helmets are strongly recommended for new skaters.

Age: 18+ Years

Location: Magna Centre

Volleyball - Co-ed – Recreational

Those interested in a recreational atmosphere will play games organized by an on-site instructor. General knowledge of rules required for safety of participants.

Age: 18+ Years

Location: Magna Centre

Volleyball - Co-ed Intermediate

This program is for the intermediate/advanced volleyball player who is more competitive. Spiking is permitted.

Age: 18+ Years

Location: Magna Centre



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