

Outdoor Recreation



Click program names to register



Aquatics

SWIM LESSONS

Never too young to learn. Never too old to start. Swim for Life is a complete learn-to-swim program from Parent & Tot through to Leadership training ages 1 to 12 years of age.

AQUATIC LEADERSHIP

Get certified for a job you will love! Follow the path to becoming a lifeguard, instructor or just re-certify to keep your professional skills up to date and your job opportunities open.



Arts & Culture

Acting Fundamentals

Gain experience in the preparation required to perform a character on stage! This program gives participants the experience in analysis of a script, vocal work, and movement.

Computer Programs for Kids

Children will use technology to create everything from mobile apps to interactive video games! Select technology equipment is required for these programs.



Tiny Toes Dance

This program combines jazz and ballet dancing for your preschooler. Little ones will have a great time learning basic dance steps while having fun. We will complete the course with a routine.

Fitness

55+ Beyond Bones & Balance

Join us for the next level of strength, agility and stretch exercises - designed for the older, mobile adult.

55+ Fit & Fun

This class is set to great music and is fun for all participants. Build your heart and muscle fitness while improving mobility, flexibility, balance and coordination.



55+ Gentle Chair Yoga

A gentle form of yoga performed standing or sitting in a chair and using the chair for support. Improve flexibility, balance, and strength. Ideal for participants who find it difficult to get down to the floor on a yoga mat.

55+ Lunch Club

Perfect for people who want to learn more about how to cook for themselves. Nutrition, food safety, basic cooking skills plus lots of tips, trick and recipes to cook for one or two.

Ayurveda and Yoga

Ayurveda is the sister practice to yoga and should be taught together to allow for the greatest benefits of bringing balance, alignment and well-being into your life.

Baby Bootcamp

This is fitness fun for modern moms. Bring your baby and work out in a fun group environment. This class includes cardio, strength and core exercises. Suitable for women 6 weeks plus post-partum with their pre-mobile baby.

Cardio/Yoga Dance

Cardio-Strength for the mature fitness enthusiast; alternating strength and cardio exercises ranging from moderate to a more challenging workout level while listening to music from the 50's 60's & 70's.

Cardio Strength

This course brings authentic movement to allow for freedom of expression and healing into the body, by moving your body to what you need in the moment.

Chair Fitness

Join us for a fun workout with easy to follow cardio chair moves and gentle strength exercises using a light resistance band and weights. This program is ideal for participants who find it challenging to stand or maintain balance for extended periods of time.

Family Fitness

You and your children (8+ yrs) can interact and enjoy a workout together in this program! Easy to follow cardio moves, agility, and strength exercises to fun music let you re-energize yourself and your family.

H.I.I.T.

Join us for a total body, heart pumping, aerobic and strength conditioning workout.

Kangoo

Kangoo Boot Camp is a fun, military style, circuit training program for women that can be conducted outdoors. This program combines the best of cardio & strength training and is suitable for participants of all ages and fitness levels.

Karate

At the Orillia Academy of Karate, we offer traditional martial arts, non-contact! We pride ourselves on being friendly, family-oriented and the perfect choice whether you're a complete beginner or have trained elsewhere in the past.

Lakeside Fit

Open to all fitness levels! Join our outdoor group fitness class in the park, lead by Personal Trainer Melanie Booth. A total body workout designed to make you feel amazing alongside others in our friendly community. Show up with your mat, towel, smile, and get ready to sweat! Newbies welcome!

Lakeside Yoga Flow

Connect to peace and calm while you stretch, strengthen and relax your mind and body. Enjoy the meditative qualities of Orillia's beautiful waterfront to renew your spirit. Suitable for all levels. Please bring your own mat and blocks if needed.



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Mom & Baby Yoga

Feel good in your body as a new Mom. We will work with gentle stretches to help reduce fatigue and tension while promoting strength, flexibility, balance, relaxation and improve circulation.

Pole Walking

Walk our trails using Urban Poles. A great way to enhance your walking activities. A total body workout engaging 90% of your muscles. Poles are provided for each session, or bring your own!

Run Smart

Participate in a jog/run program that will use time, distance and tempo as components to enhance one's jogging/running development. Students will experience various running drills and routines.

Stand-Up Paddle Board

You will be introduced to different types of paddle strokes, safety skills and overall board knowledge. Enjoy developing your core muscles while balancing and exploring the water. Exercise outdoors and experience the many benefits this fun sport has to offer!

Stand-Up Paddle Board (SUP) Yoga

Take your yoga practice out of the studio and onto the paddle board with this fun and playful yet relaxing class. Open your mind to find peace on the water while exploring your ability to let go. Find new challenge in traditional yoga postures as you learn to balance with the element of water.

Zumba

Zumba is a Latin and international dance inspired fitness class with the focus on fun and calorie burning workouts. Come join the party.

Leagues

7 on 7 Co-ed Rec Soccer League

Do you love soccer? Want to try something different? Come out and try our new half-field 7-on-7 Coed Recreational Soccer league. Please be aware that the start date is weather dependent.

Co-ed Adult Beach Volleyball League

Beach volleyball is a team sport in which two teams of four players are separated by a net on a beach court. Teams will play their 3-set game each Monday at differing times each week.

Parented

1, 2, 3 Blast Off!

Become an astronaut by exploring all things space! This program will entail making crafts, experiments, and playing games all related to space. Children will learn about space all while doing so in a fun way! Parent participation is required for this course.

Baby Time: Music & Movement

We sing, touch, dance and play with baby and move to stimulate both vestibular (ear and balance) and visceral (body and heart) development.

Baby Time: Rhyme Time

We know that children from birth to age 2 experience a high rate of brain development. We provide this support through Baby Rhyme Time a parent-child program that features a playful approach to language development by sharing rhymes, songs, stories and early literacy messaging.

Fun with Letters

This program is a fun exploration of letters! It incorporates crafts, colouring, songs, games and other engaging learning activities. Each week, we will concentrate on a different letter, to make learning easy and entertaining. Adult participation is not required. Participants must be toilet-trained.

Fun with Numbers

This program is a fun exploration of numbers! It incorporates crafts, colouring, songs, games and other engaging learning activities. Each week, we will concentrate on a different number, to make learning easy and entertaining. Adult participation is required.

Special Interest

Sensational Sensory Time

During this class we will explore tummy time, physical touch, creative play, music, and active movement. Parent participation is required for this program.

Babysitter's Training Course

The Babysitters Training Course is aimed at young people turning 12 years of age within the calendar year or older who want to demonstrate their capabilities by completing the course under responsible direction.

Father's Day Craft

This Father's Day, show your dad how much you love them with this fun shirt and tie craft! We supply all the items you need to get creative. Crafts best suited for children between 4-8Y.

Home Alone Program

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

Intro to Vegetable Gardening

This program will introduce you to the fundamentals of growing vegetables in the garden. You will learn about plot design, crop selection, garden maintenance, harvesting, and preserving. Whether you're new to gardening or have the green thumb, this course will surely teach you something new.



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Science and Slime

Become a Scientist by exploring and experimenting with all things bubbly, gooey and slimy. Create crazy concoctions and slime over the next 8 weeks. Follow recipes, and create your own!

Standard First Aid - CPR-C & AED

This course is recognized by the Workers Compensation Board for training in the work place. This course is a prerequisite for National Lifeguard. The price includes a key chain face shield.

Vegetable Gardening

Focused mainly on vegetable gardening, you will learn about plot design, crop selection, garden maintenance, harvesting, and preserving. Come and learn about gardening for your health while being active with old or new friends.

Introduction to Lawn Bowling

This program is in partnership with the Orillia Lawn Bowling Club. This introductory program is for individuals looking for gentle, outdoor exercise and an opportunity to socialize. Lawn bowling is often referred to as "curling on grass", but without the sweeping!

Sports

Warriors Soccer

Warrior's Soccer is a sport and movement program designed to encourage physical literacy and introduce children to lifelong love of sport and recreation participation. This course is taught by a certified Warrior' Soccer instructor.

Kayaking

The basics of kayaking are at your fingertips with this course. You will learn some moves to impress your friends, some safety skills and some awesome games that you'll love! Kayaks are supplied but you are welcome to bring your own.

Orillia Girl's Softball

The Orillia Girls Softball League is open to all girls 7-17 years of age, and will consist of three divisions of play. No experience is required, just a desire to get out on the diamond and have some fun! Weather permitting; practices will be on Thursdays at Bayview Diamond with games on Sundays at Kitchener Diamond.

Pickleball

Come out and enjoy this exciting racquet sport that combines fitness, skill and social aspects. This sport is played on the smaller badminton court with rules similar to tennis. Short solid racquets and perforated plastic balls are supplied.

Sports for Shorts

Our Sports for Shorts program helps to ensure children build the confidence and competence they need to participate in sport, allowing them to become healthy, happy and active for life! This program teaches physical literacy through basic play. Parents are required to participate in this course.

Tennis

Classes cover the fundamentals of tennis, including forehand, backhand, volley, serve and etiquette. Weather permitting, cancelled classes will be added to the end of the session. The City of Orillia now partners with the Orillia Tennis Club to bring you this tennis program.