

Get ready for...

CAMP

2021



Online Registration

whitehorse.ca/play



Program Guide

**SUMMER
2021**



CHILD & YOUTH

Certification & Leadership Programs

Babysitting Canadian Red Cross Training Partner

The Babysitting course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Instructor: Jeanne Kucherean

Ages 11 – 15 years

Mt. McIntyre – Grey Mountain Room

Tu & W	Jun. 15 & 16	10:00 am – 2:30 pm	2	\$95	23724
Tu & W	Jul. 20 & 21	10:00 am – 2:30 pm	2	\$95	23725

Leader-in-Training (LIT)

LIT is a two-week summer program designed for participants ages 14–18 years old who are ready to unearth their natural leadership abilities. Participants will hone their leadership skills, learn how to plan, lead, and facilitate summer camp activities, and, if successful, acquire their Bronze Medallion and Standard First Aid & CPR Level C certifications. Each day will be split between the Aquatic Centre, taking the certification courses, and in our Summer Day Camp programs, matched with an experienced mentor camp leader.

Ages 14 – 18 years

Canada Games Centre – Youth Club

M–F	Jul. 5 – Jul. 16	8:30 am – 4:30 pm	10	\$350	23259
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Multi Activity Camp

Our camps are full of activities that encourage participants to laugh, explore, and play in a positive and safe environment. Each week consists of games, crafts, sports, swimming, and more. Activities take place both in and out of the facility.

For your child to see success in these all-day camps, please ensure they have healthy nut-free lunch, nut-free snacks, a change of clothes, indoor and outdoor running footwear, hat, sunscreen, water bottle, swimming attire, and proper clothing for the weather of the day.



Field Trips

An off-site field trip is included with each week-long camp. Our field trip locations will be determined closer to the start of summer. Previous year's field trips included: Yukon Wildlife Preserve, S.S. Klondike, Kookatsoon Lake, Long Lake, Yukon Beringia Interpretive Centre, and various parks within the city limits.



Monthly Calendar

A monthly calendar listing the daily themes and field trips for June, July, and August will be available on the first day of camp.



Camp Staff

We carefully select camp staff based on the following criteria: experience working with children, enthusiasm, strong leadership skills, and sound judgment. Camp staff also have two weeks of training prior to the first day of camps. All camp staff will possess a current First Aid and CPR, Level C Certification, WHMIS, and a clear RCMP Vulnerable Sector Check.



Payment Plans

Payment plans are available for all camps and must be set up in person or by phone at the time of registration. See page 11 for more detail.

KID VENTURE

Ages 5 years

Every adventure requires a first step!

This summer program offers younger children a first taste of day camp.

To register, children must be born in 2016 and entering Kindergarten for the upcoming school year.

Canada Games Centre – Kids Club

Week 1*	Camp Out	Jun. 28 – Jul. 2	8:30 am – 2:00 pm	4	\$128	23170
Week 2	Diggin' for Dinosaurs	Jul. 5 – 9	8:30 am – 2:00 pm	5	\$160	23171
Week 3	Fun in the Sun	Jul. 12 – 16	8:30 am – 2:00 pm	5	\$160	23172
Week 4	Superhero Fun	Jul. 19 – 23	8:30 am – 2:00 pm	5	\$160	23173
Week 5	Outdoor Explorers	Jul. 26 – 30	8:30 am – 2:00 pm	5	\$160	23174
Week 6	Playful Pirates	Aug. 2 – 6	8:30 am – 2:00 pm	5	\$160	23175
Week 7	Silly Sports	Aug. 9 – 13	8:30 am – 2:00 pm	5	\$160	23176

* No camp on July 1 (Canada Day)

WILD THINGS

Ages 6 – 8 years

Let your Wild Things loose this summer!

This camp is a wild rumpus filled with theme related activities, games, crafts, and field trips.

To register, children must be born between 2013 to 2015 and entering Grades 1, 2, or 3.

Drop off: 8:30 am – 9:00 am / Pick up: 4:00 pm – 4:30 pm

Canada Games Centre – ATCO Dry Floor

Week 1	Jun. 14 – 18	8:30 am – 4:30 pm	5	\$175	23177
Week 2*	Jun. 22 – 25	8:30 am – 4:30 pm	4	\$140	23178
Week 3*	Jun. 28 – Jul. 2	8:30 am – 4:30 pm	4	\$140	23179
Week 4	Jul. 5 – 9	8:30 am – 4:30 pm	5	\$175	23180
Week 5	Jul. 12 – 16	8:30 am – 4:30 pm	5	\$175	23181
Week 6	Jul. 19 – 23	8:30 am – 4:30 pm	5	\$175	23182
Week 7	Jul. 26 – 30	8:30 am – 4:30 pm	5	\$175	23183
Week 8	Aug. 2 – 6	8:30 am – 4:30 pm	5	\$175	23184
Week 9	Aug. 9 – 13	8:30 am – 4:30 pm	5	\$175	23185

* No camp on June 21 (National Indigenous Peoples Day) and July 1 (Canada Day).

TRAILBLAZERS

Ages 9 – 12 years

Blaze new trails this summer!

A variety of indoor and outdoor games challenge campers to try new things, make new friends and develop positive life skills.

To register, children must be born between 2009 to 2012 and entering Grades 4, 5, 6, or 7.

Drop off: 8:30 am – 9:00 am / Pick up: 4:00 pm – 4:30 pm

Canada Games Centre – ATCO Dry Floor

Week 1	Jun. 14 – 18	8:30 am – 4:30 pm	5	\$175	23244
Week 2*	Jun. 22 – 25	8:30 am – 4:30 pm	4	\$140	23245
Week 3*	Jun. 28 – Jul. 2	8:30 am – 4:30 pm	4	\$140	23246
Week 4	Jul. 5 – 9	8:30 am – 4:30 pm	5	\$175	23247
Week 5	Jul. 12 – 16	8:30 am – 4:30 pm	5	\$175	23248
Week 6	Jul. 19 – 23	8:30 am – 4:30 pm	5	\$175	23249
Week 7	Jul. 26 – 30	8:30 am – 4:30 pm	5	\$175	23250
Week 8	Aug. 2 – 6	8:30 am – 4:30 pm	5	\$175	23251
Week 9	Aug. 9 – 13	8:30 am – 4:30 pm	5	\$175	23252

* No camp on June 21 (National Indigenous Peoples Day) and July 1 (Canada Day).

For more detailed information about camps see our Parent Handbook at whitehorse.ca/play

SWIMMING



Preschool An 8-level program for ages 4 months to 6 years that teaches an introduction to swimming, basic swimming skills and water safety. Each level starting with Sea Otter is the prerequisite for the next level.

Starfish/Duck

Babies and their parent/guardian work on getting wet, buoyancy and movement, front, back and vertical position in the water and shallow water entries and exits.



Starfish

Ages 4 – 12 months - Parented

M – Th	Jul. 26 – Aug. 5	5:35 pm – 6:05 pm	8	\$56	22517
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Duck

Ages 12 – 24 months - Parented



M & W	Jun. 28 – Jul. 21	5:25 pm – 5:55 pm	8	\$56	22222
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Sea Turtle

Toddlers and their parent/guardian work on submersion, front and back floats and glides, jumping into chest-deep water, kicking on front and independence in the water.



Ages 2 – 3 years - Parented

M & W	Jun. 28 – Jul. 21	3:40 pm – 4:10 pm	8	\$56	22227
Tu – F	Jun. 29 – Jul. 9*	9:35 am – 10:05 am	7	\$49	22195
Tu – F	Jul. 13 – 23	9:25 am – 9:55 am	8	\$56	22204
M – Th	Jul. 26 – Aug. 5	4:20 pm – 4:50 pm	8	\$56	22228
Tu – F	Jul. 27 – Aug. 6	10:25 am – 10:55 am	8	\$56	22213

*No class on July 1

Sea Otter

Swimmers and their parent/guardian work on front and back floats and glides, kicking on front with a buoyant object and will be able to swim 1 metre upon completion of this level.



Ages 3 – 5 years

M & W	Jun. 28 – Jul. 21	3:35 pm – 4:05 pm	8	\$56	22225
M & W	Jun. 28 – Jul. 21	5:35 pm – 6:05 pm	8	\$56	22226
Tu – F	Jun. 29 – Jul. 9*	8:45 am – 9:15 am	7	\$49	22196
Tu – F	Jul. 13 – 23	9:45 am – 10:15 am	8	\$56	22205
M – Th	Jul. 26 – Aug. 5	4:55 pm – 5:25 pm	8	\$56	22229
Tu – F	Jul. 27 – Aug. 6	9:25 am – 9:55 am	8	\$56	22212

*No class on July 1

Salamander

Swimmers and their parent/guardian work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.



Ages 3 – 5 years

Tu – F	Jun. 29 – Jul. 9*	10:25 am – 10:55 am	7	\$49	22197
Tu – F	Jul. 13 – 23	8:45 am – 9:15 am	8	\$56	22206
M – Th	Jul. 26 – Aug. 5	3:35 pm – 4:05 pm	8	\$56	22230
Tu – F	Jul. 27 – Aug. 6	10:15 am – 10:45 am	8	\$56	22211

*No class on July 1

Combined Salamander/Sunfish

M & W	Jun. 28 – Jul. 21	4:20 pm – 4:50 pm	8	\$56	22224
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A caregiver/parent must come in the water for 'Parented' lessons.

Sunfish



Swimmers and their parent/guardian work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.

Ages 3 – 6 years

Tu – F	Jun. 29 – Jul. 9*	9:25 am – 9:55 am	7	\$49	22198
Tu – F	Jul. 13 – 23	10:15 am – 10:45 am	8	\$56	22207
M – Th	Jul. 26 – Aug. 5	4:45 pm – 5:15 pm	8	\$56	22231
Tu – F	Jul. 27 – Aug. 6	8:45 am – 9:15 am	8	\$56	22210

*No class on July 1

Combined Crocodile/Whale



Swimmers and their parent/guardian increase their distance on front and back glide with kick, increase distance on front and back swim, jump into deep water, swim with a PFD in deep water, learn sitting dive, and swim up to 15 metres continuously.

Ages 3 – 6 years

M & W	Jun. 28 – Jul. 21	4:45 pm – 5:15 pm	8	\$56	22223
Tu – F	Jun. 29 – Jul. 9*	9:45 am – 10:15 am	7	\$49	22199
Tu – F	Jul. 13 – 23	9:35 am – 10:05 am	8	\$56	22208
M – Th	Jul. 26 – Aug. 5	5:25 pm – 5:55 pm	8	\$56	22232
Tu – F	Jul. 27 – Aug. 6	8:55 am – 9:25 am	8	\$56	22209

*See online course description for days without lessons



Outdoor Swim Program

Join us at Long Lake for 4 days of outdoor swimming lessons.

Follow the posted signs at the lake. If you find the outdoors cool, dress in a wet suit or water shirt and bring extra towels.

Parented Swim 1

Swimmers and their caregiver work on front and back float, front and back glide, flutter kick (assisted) and swim 2 metres continuously.

Ages 3 – 8 years

Tu & Th	Jul. 6 – 15	3:00 pm – 3:20 pm	4	\$28	22519
Tu & Th	Jul. 6 – 15	3:45 pm – 4:05 pm	4	\$28	22520
Tu & Th	Jul. 6 – 15	4:30 pm – 4:50 pm	4	\$28	22521
Tu & Th	Jul. 20 – 29	3:15 pm – 3:35 pm	4	\$28	22522
Tu & Th	Jul. 20 – 29	4:00 pm – 4:20 pm	4	\$28	22523
Tu & Th	Jul. 20 – 29	4:45 pm – 5:05 pm	4	\$28	22524

Parented Swim 2

Swimmers and their caregiver work on improving floats and glides, front and back glide with flutter kick, kick on front and swim 5 metres continuously.

Ages 3 – 8 years

Tu & Th	Jul. 6 – 15	3:30 pm – 3:50 pm	4	\$28	22531
Tu & Th	Jul. 6 – 15	4:15 pm – 4:35 pm	4	\$28	22533
Tu & Th	Jul. 6 – 15	4:45 pm – 5:05 pm	4	\$28	22534
Tu & Th	Jul. 20 – 29	3:00 pm – 3:20 pm	4	\$28	22540
Tu & Th	Jul. 20 – 29	3:45 pm – 4:05 pm	4	\$28	22541
Tu & Th	Jul. 20 – 29	4:30 pm – 4:50 pm	4	\$28	22542

Parented Swim 3

Swimmers and their caregiver work on increasing the distance of their front and back glide with flutter kick, front and back swim, and swim 15 metres continuously.

Ages 3 – 8 years

Tu & Th	Jul. 6 – 15	3:15 pm – 3:35 pm	4	\$28	22536
Tu & Th	Jul. 6 – 15	4:00 pm – 4:20 pm	4	\$28	22537
Tu & Th	Jul. 20 – 29	3:30 pm – 3:50 pm	4	\$28	22538
Tu & Th	Jul. 20 – 29	4:15 pm – 4:35 pm	4	\$28	22539

School Aged



Red Cross Swim Kids is a 10-level stand-alone program for 6–12 year-old children. Water safety skills are taught at each level.

Each level is the prerequisite for the next level.

Swim Kids 1/2

No swimming experience required.

Swimmers and their parent/guardian develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits and swim 5 metres.

Swimmers and their parent/guardian learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

Ages 6 – 12 years

M & W	Jun. 28 – Jul. 21	4:15 pm – 4:45 pm	8	\$56	22221
Tu – F	Jun. 29 – Jul. 9*	8:55 am – 9:25 am	7	\$49	22191
Tu – F	Jul. 13 – 23	10:25 am – 10:55 am	8	\$56	22203
M – Th	Jul. 26 – Aug. 5	3:40 pm – 4:10 pm	8	\$56	22233
Tu – F	Jul. 27 – Aug. 6	9:35 am – 10:05 am	8	\$56	22214

*No class on July 1

Swim Kids 3/4

Swimmers and their parent/guardian increase their distance on front and back glide with flutter kick, learn back swim with shoulder roll and front crawl (10m), work on flutter kick, wear a PFD in deep water, perform kneeling dive, introduction to sculling and swim up to 25 metres continuously.

Ages 6 – 12 years

M & W	Jun. 28 – Jul. 21	4:55 pm – 5:25 pm	8	\$56	22220
Tu – F	Jun. 29 – Jul. 9*	10:15 am – 10:45 am	7	\$49	22192
Tu – F	Jul. 13 – 23	8:55 am – 9:25 am	8	\$56	22200
M – Th	Jul. 26 – Aug. 5	4:15 pm – 4:45 pm	8	\$56	22235
Tu – F	Jul. 27 – Aug. 6	9:45 am – 10:15 am	8	\$56	22215

*No class on July 1

Swim Kids 5/6

Swimmers develop front crawl (15m), learn back crawl (15m), whip kick on back and elementary back stroke (15m), learn stride dive, dolphin kick and treading water, perform head-first sculling on back and front dive and swim up to 75 metres continuously.

Ages 6 – 12 years

M & W	Jun. 28 – Jul. 21	3:50 pm – 4:35 pm	8	\$60	22219
Tu – F	Jun. 29 – Jul. 9*	8:50 am – 9:35 am	7	\$53	22193
Tu – F	Jul. 13 – 23	10:05 am – 10:50 am	8	\$60	22201
M – Th	Jul. 26 – Aug. 5	5:00 pm – 5:45 pm	8	\$60	22236
Tu – F	Jul. 27 – Aug. 6	8:50 am – 9:35 am	8	\$60	22216

*No class on July 1

Swim Kids 7– 10

Swimmers learn breaststroke, increase their distance on front and back (up to 100m) and elementary back stroke (up to 50 m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry as well as a distance swim up to 500m.

Ages 6 – 12 years

M & W	Jun. 28 – Jul. 21	5:00 pm – 5:45 pm	8	\$60	22218
Tu – F	Jun. 29 – Jul. 9*	10:05 am – 10:50 am	7	\$53	22194
Tu – F	Jul. 13 – 23	8:50 am – 9:35 am	8	\$60	22202
M – Th	Jul. 26 – Aug. 5	3:50 pm – 4:35 pm	8	\$60	22237
Tu – F	Jul. 27 – Aug. 6	10:05 am – 10:50 am	8	\$60	22217

*No class on July 1



Aquatic Leadership



Junior Lifeguard Camp

Prerequisites: Age 8+, ability to swim 50 metres, and tread water for 1 minute

Junior Lifeguard Club provides a safe, fun and controlled setting for participants to learn attitudes and skills similar to those of real lifeguards, that could one day save a life — their life or someone else's.

Ages 8 – 12 years

M – F	Jun. 14 – 18	1:00 pm – 4:30 pm	5	\$100	22342
M – F	Jun. 21 – 25	1:00 pm – 4:30 pm	5	\$100	22518

Cala Group Aquafitness – The Charlene Kopansky Method



Learn how the properties of water impact body function and exercise design. Understand how to manipulate exercise intensity to accommodate a variety of people with diverse health conditions and fitness levels.

Su – W	Jun. 13 – 16	2:30 pm – 8:00 pm	4	\$280	23168
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CALA Workshops
Looking to continue your education by taking an aquafitness workshop.
Contact aquatics@whitehorse.ca

Bronze Star

Prerequisite: 10+ years

Recommended prerequisites: Ability to swim 100 meters and Swim Patrol experience

This course helps prepare swimmers for success in Bronze Medallion. Candidates are taught how to make WaterSmart® choices and learn basic lifesaving and resuscitation skills.

Tu – Th	Jul. 13 – 15	1:00 pm – 5:00 pm	3	\$100	23165
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Bronze Medallion

Prerequisite: 13 years old or Bronze Star

This course teaches an understanding of lifesaving principles in water rescue education, including victim recognition, low risk rescues, victim care and fitness. Fee includes manual.

M – Th	Jul. 19 – 22	12:30 pm – 6:00 pm	4	\$250	23166
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Bronze Cross

Prerequisite: Bronze Medallion

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. This award is the prerequisite for all advanced training programs. Bronze Cross is worth 2 High School Credits, UMLS-11.

M – Th	Jul. 26 – 29	12:30 pm – 6:00 pm	4	\$250	23167
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Leader-in-Training (LIT)

LIT is a two-week summer program designed for participants ages 14–18 years old who are ready to unearth their natural leadership abilities. Participants will hone their leadership skills, learn how to plan, lead, and facilitate summer camp activities, and, if successful, acquire their Bronze Medallion and Standard First Aid & CPR Level C certifications. Each day will be split between the Aquatic Centre, taking the certification courses, and in our Summer Day Camp programs, matched with an experienced mentor camp leader.

Ages 14 – 18 years

Canada Games Centre – Youth Club

M – F	Jul. 5 – Jul. 16	8:30 am – 4:30 pm	10	\$350	23259
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ADULT & SENIOR

Sport & Recreation

Hike & Tea

Join Keri on some of our beautiful local Whitehorse Trails. This will be a social walk on some of our 'backyard trails' with some tea and snacks along the way. All tea and snacks will be provided and details on the meeting location will be communicated out prior to the hike.

Instructor: Keri Rutherford

Canada Games Centre – TBA

Th	Jul. 8	10:30 am – 12:00 pm	1	\$20	22498
W	Jul. 14	10:30 am – 12:00 pm	1	\$20	22499
Th	Aug. 12	10:30 am – 12:00 pm	1	\$20	22500
W	Aug. 18	10:30 am – 12:00 pm	1	\$20	22501

Arts & Culture

Watercolour Wednesdays

Let nature inspire you! Join Karly in this outdoor watercolour workshop where you will be immersed in some of Whitehorse's best viewpoints. Watercolour is a beginner friendly art form. Gather friends and family to join in over these lunchtime classes.

Instructor: Karly Fredrickson

Riverfront Trail – The Warf

W	Jul. 21	12:00 pm – 1:30 pm	1	\$25	21911
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Millennium Trail – Songbird Park

W	Aug. 4	12:00 pm – 1:30 pm	1	\$25	21912
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Community Wellness Series

Stay happy and healthy in all aspects of life by trying one or more options in this feel good series.

These workshops are for the aging population and can provide gentle progressions into socialization and physical activity and recreation. Transportation opportunities may be provided on a case by case scenario. There is no cost for each workshop but registration is required.

Healthy Eating for Seniors

Join Registered Dietitian, Amy Lank, to learn about healthy eating for seniors! Explore and learn how to overcome the challenges of eating in the North, how to meal prep and cook balanced meals for one, identify your nutrition requirements, and how to fuel your body as an active senior. Amy's job is to translate scientific research into everyday language and help individuals explore the potential of food to support a healthy lifestyle. In this session you will have the opportunity to discuss nutrition topics and questions of your choice!

Canada Games Centre – Meeting Room

M	Aug. 2	2:00 pm – 3:30 pm	1	FREE	17193
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This series is a New Horizons funded project in partnership with the Canadian Mental Health Association, Yukon Division.



Canadian Mental
Health Association
Yukon
Mental health for all

Association canadienne
pour la santé mentale
Yukon
La santé mentale pour tous



General Interest

Trail Maintenance

Learn why and how you can help your favourite local trails! Take a walk on a Mt. Mac singletrack trail and learn skills, tips, and advice for helping maintain Whitehorse trails.

Meet in the Mount McIntyre parking lot.

Mount McIntyre – Trails

Th	Jul. 22	6:30 pm – 8:00 pm	1	\$25	21969
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Living Well Mindfully*

Increase your understanding of mindfulness through discussion and practices that focus on the present moment. Work on self-awareness of the mind-body connection and learn about the relationship between stress and your health.

Presented by Canadian Mental Health Association Yukon Division.

Virtual Offering

Via Zoom

Tu	Jun. 15	6:00 pm – 7:30 pm	1	FREE
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Understanding Obesity*

Obesity is so much more than move more and eat less. Join registered nurse, Julie Hopkins who works with Yukon's Weight Wise Program to learn all about obesity as a chronic disease and how to make meaningful changes to best manage it.

Presented by Yukon Weight Wise Program.

Canada Games Centre – Boardroom

W	Jul. 7	2:00 pm – 3:30 pm	1	FREE
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Virtual Offering

Via Zoom

W	Jul. 14	6:00 pm – 7:30 pm	1	FREE
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Keep an eye out for Summer pop-up dates and locations to be revealed throughout the summer!

Join the energetic CGC Programming Team for free fun-filled summer pop-ups. All ages can engage in fun activities and enjoy the great outdoors.

Advanced Care Planning and Senior Supports*

Planning for future health care decisions can be challenging. Advance care planning is an important tool to help communicate your health care wishes and treatment decisions to loved ones and your health care providers. Join Emily from the Palliative Resource Team to find out how to create an advance directive and available supports for Yukon seniors.

Presented by Palliative Care Resource Team and Senior Services.

Canada Games Centre – Boardroom

W	Aug. 25	1:00 pm – 2:00 pm	1	FREE
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Virtual Offering

Via Zoom

W	Aug. 18	1:00 pm – 2:00 pm	1	FREE
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* Living Well! programs are offered through a partnership with the Yukon Governments Chronic Conditions Support Program and the City of Whitehorse.

To register call or email 667-8733 or ccsp@yukon.ca



FITNESS

Sunrise Yoga

This early morning practice will start your day off the right way. Drawing from all styles of Yoga to create a wonderful wake-up and get ready practice. All levels welcome!

Instructor: Eliza Pahl

Canada Games Centre – Wellness Studio

Th	Jun. 3 – 24	6:15 am – 7:15 am	4	\$50	21938
Th	Jul. 8 – 29	6:15 am – 7:15 am	4	\$50	21939

Outdoor Bootcamp

Need an extra push? Our boot camps are designed to keep you on your toes and keep your body guessing. Each class is designed to be different and push you out of your comfort zone! Our goal is to offer encouragement rather than intimidation. We want you to have tons of fun — but be prepared for a challenging workout!

Instructor: Amy Kenny

Shipyards Park – Gazebo & Grounds

W	May 26 – Jun. 23	5:15 pm – 6:15 pm	5	\$65	21677
W	Jul. 7 – 28	5:15 pm – 6:15 pm	4	\$50	21693
W	Aug. 4 – 25	5:15 pm – 6:15 pm	4	\$50	21696

Bootcamp

Need an extra push? Our boot camps are designed to keep you on your toes and keep your body guessing. Each class is designed to be different and push you out of your comfort zone! Our goal is to offer encouragement rather than intimidation. We want you to have tons of fun — but be prepared for a challenging workout!

Instructor: Clint Sauter

Canada Games Centre – Coca-Cola® Fieldhouse

Tu	Jun. 1 – 29	6:15 am – 7:15 am	5	\$65	21914
Tu	Jul. 6 – 27	6:15 am – 7:15 am	4	\$50	21930
Tu	Aug. 3 – 24	6:15 am – 7:15 am	4	\$50	21932

Stroller Bootcamp

Each class includes cardio based intervals, functional strength training and short power walks followed by postnatal-specific core work and flexibility. Mom's & Baby's must be 6 weeks post-partum to 2 years old.

Instructor: Jennifer Derham (21705),
Danielle Armstrong (21706), Anna Jacobsen (21707)

Rotary Park – Grounds

Tu	Jun. 1 – 22	10:30 am – 11:30 am	4	\$50	21705
Tu	Jun. 29 – Jul. 20	10:30 am – 11:30 am	4	\$50	21706
Tu	Jul. 27 – Aug. 10	10:30 am – 11:30 am	3	\$40	21707

Outdoor STRONG Nation

Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Shipyards Park – Gazebo & Grounds

Tu	Jun. 1 – 22	6:30 pm – 7:30 pm	4	\$50	21901
Tu	Jul. 6 – 27	6:30 pm – 7:30 pm	4	\$50	21902

National Health & Fitness Day in Canada is: Saturday, June 5

Join us in celebrating!
Event info coming soon!

Program Registration Information

Registration

- Program fees displayed in this guide are before taxes.
- Participants must meet the age requirements and have achieved all pre-requisites to register.
- Individuals may waitlist for a program that is full. If space becomes available, you will be contacted by email and given 24 hours to register.
- Required program forms or waivers must be submitted to recreation@whitehorse.ca prior to the program start.
- If the participant carries an Epi-Pen, the Anaphylaxis Emergency Plan must be filled out.
- All foods containing nuts are not permitted in our programs.

Cancellations

- All programs are subject to cancellation if advised not to proceed due to COVID, if there are insufficient registrations or an instructor becomes unavailable.
- If the City of Whitehorse cancels a program, participants will be notified and a full refund will be credited to the participant's account.

Withdrawals

- A \$25 fee is charged for each participant withdrawing from a program and the balance is placed on account.
- If the program fee is less than \$25, the program fee is charged and no balance is refunded.
- Due to the extensive planning and preparation involved, programs marked with a ♦ will not be refundable within 7 days of program start date.
- Participants who do not complete required program forms will be withdrawn without a refund.

Transfers

- Transfers depend on programmer approval and space availability.
- Contact us if you are transferring from another city or programming stream to ensure proper placement and eligibility for programs.

Payment Plans

- Offered on any program over \$100.
- Only available in person or by phone at the time of registration.
- Requires an automatic payment authorization plan.

COVID Guidelines Programs

- Wear a mask to and from your program.
- Use hand sanitizer when entering and exiting.
- All participants will be asked COVID screening questions each class.
- Keep a safe distance of 2 meters between yourself and others.

In addition for Swim Lessons

Preschool – Swim Kids 4

- Come dressed to swim (change rooms are only available after lessons).
- A caregiver/parent must come into the water with their child (only 1 adult per child).

Swim Kids 5–10 and Junior Lifeguard Club

- Come dressed to swim (change rooms are only available after lessons).
- A caregiver/parent must attend the first lesson on deck. Swimsuit not required. 1 chair will be provided.

Recreation Assistance Options



Kids Recreation Fund
668-4236 sportyukon.com

Supports sport and recreation for children 18 or under. Families may qualify for up to \$400 yearly per child.



Canadian Tire Jumpstart
jumpstart.canadiantire.ca

Funding is available to support children ages 4 to 18 years participating in sport and recreation.



Raven Recycling Club
ravenrecycling.org

Open to children aged 4 to 16 years. Collect refundable beverage containers and bring them to your local depot to earn points that can be exchanged for prizes, including a 10 punch youth pass or 1 month youth membership to the Canada Games Centre.



Tuesday, May 4 at 4:30 pm

Registration starts for Summer 2021 Programs

3 Easy Ways to Register

Online or at Canada Games Centre Reception



By Phone

668-8360



Online

whitehorse.ca/play

Available 24 hours a day, 7 days a week with no convenience fees!



In Person

200 Hamilton Boulevard

Access your Online Account

Go to whitehorse.ca/play

Click on "**Login**" and enter your login and password.

Don't have an account?

Click on "**Signup**" and enter the required fields, your login information is emailed directly to you.

Forgot your login?

If you already have a PLAY account, click "forgot your password" and enter your email address to receive your login information.

Quick Online Registration

Go to whitehorse.ca/play

Select an activity or search by keyword. Additional filters available.

Click on "**Show Courses**"

Click on "**Book Now!**" and login to proceed.

Tip

Save your Visa or MasterCard on your account ahead of time for quick check out!



The next registration session opens

August 24, 2021
for Fall Programs.



Contact Us

667-4FUN (4386)

General Info recreation@whitehorse.ca

Aquatics aquatics@whitehorse.ca

Fitness fitness@whitehorse.ca

Youth youth@whitehorse.ca

OOPS!! Despite the best efforts, an error may slip through. In the event of a printing error, the information or fee provided by our customer service team will be deemed accurate.