



Wal*Mart at Play

Free, supervised programs for youth 10- 17Y.
 Programs run September 20– December 19, 2014.

Arts, Drama, Dance	Mondays	3:30 PM–5:00 PM
Homework Club	Tuesdays	2:30 PM–4:30 PM
Teen Gaming	Thursdays	11:15 PM–1:00 PM
Hip Hop	Fridays	3:30 PM–5:00 PM
Chill Zone	Fridays	3:30 PM–7:00 PM

Play ping pong, video games, card games karaoke or just chill out for a while. This is a supervised, drop-in program organized by youth, for youth!



New! Early Morning Workouts

Kickstart your day! New early morning fitness program times for Bootcamp, Fitness class for Older Adults, Buttocks Legs and Core see inside for program times.

New! Lunchtime Fitness Classes

Bootcamp is now offered Tuesdays and Fridays

Drop-In Programs

- Family Sport**
Sa 5:00 PM–7:00 PM
 - Adult Basketball**
Sa 5:00 PM–7:00 PM
 - Pick Up Basketball (14-17Yrs)**
Sa 5:00 PM–7:00 PM
 - Youth Basketball Grades 5–8**
Su 2:30 PM–4:30 PM
 - Youth Basketball Grades 9-12**
Su 2:30 PM–4:30 PM
 - Stay and Play Drop-In**
Su/Tu/W 9:30 AM- 11:30 AM
Th/F 1:00 PM–3:00 PM
 - Messy Hands Drop-In**
W 1:00 PM–3:00 PM
W 5:00 PM–7:00 PM
M 9:30 AM–11:30 AM
- For more info visit Customer Care.

Public Skating

Public skating is a fun activity that the whole family can enjoy!
 Skating starts Friday September 19 at Erin Mills Twin Arena

Fun Skate Schedule:

Fridays	7:30 PM – 9:00 PM
Saturdays	7:30 PM – 9:00 PM
Sundays	2:15 PM – 3:45 PM



Please note: skate rentals are not available at Erin Mills Arena.



Halloween Spooktacular

Swim with the Swamp Monster, create spooky crafts, listen to some scary stories and more at the second annual Halloween Event. Information will be available at customer care soon!



ERIN MEADOWS COMMUNITY CENTRE

2800 Erin Centre Boulevard Mississauga • L5M 6R5

905-615-4750

www.mississauga.ca/erinmeadows

FALL 2014

Turn over a new leaf – try something new

IMPORTANT DATES

ONLINE REGISTRATION – AUGUST 16

IN PERSON REGISTRATION – AUGUST 23

FALL PROGRAMS - SEPTEMBER 20 – DECEMBER 19



Pool Closure and Program Break

Pool Closure – Erin Meadows Pool will be closed for maintenance August 30 through September 19. The pool will re-open Saturday September 20, 2014.

Program Break - There will be no registered programs scheduled October 11, 12, and 13, 2014.

Facility Closure - Erin Meadows will be closed October 13, December 25, 26, and January 1.



C.I.T.Y. Group

Community Involvement for Teens and Youth works to engage youth 13 to 24 years in the Erin Meadows community. To find out how you can join in visit: [facebook.com/#!/groups/12503249763](https://www.facebook.com/groups/12503249763) [1277](tel:9056154750) for more info.

Aquatics Leadership

Advanced training is offered for those looking to become a lifeguard or a swim instructor. Programs offered include Bronze Cross, Bronze Medallion, National Lifeguard, and Swim and Lifesaving/EFA Instructors, Visit Mississauga.ca/recreation for info.

Preschool Programs

Are you looking for opportunities for children 6 months to 5 years to explore, learn, and play? Erin Meadows offers Kindergym, Little Artists, Kinder Korner, Musical Medley for Munchkins and more! Programs fill quickly – register today!

New Programs, New Schedule – Recreational Swimming

Erin Meadows is now offering Lane and Leisure Swim and Lane and Fun Swim! See inside for schedule and program outlines.

Recreational Swimming

September 20, 2014 – March 26, 2015

(Pool closed October 11- 13, December 24-26 and January 1)

Lane & Leisure Swim	M, W, F	11:35 AM - 12:30 PM
	Tu-F	7:35 AM - 8:30 AM
	Tu, Th	11:35AM - 1:30 PM
Lane & Fun Swim	M, W, F	12:35 PM - 1:30 PM
Lane Swim	W, F*	8:35 AM - 11:30 AM
		1:30 PM - 3:00 PM
	M, Tu	9:20 PM - 10:15 PM
	Th, F	9:05 PM - 10:00 PM
	Sa	12:35 PM - 1:30 PM
	Su	7:00 AM - 7:55 AM
Fun Swim	Th	7:35 PM - 9:00 PM
	Sa	1:35 PM - 2:55 PM
	Su	12:05 PM - 1:25 PM
Parent & Tot	M, W, F	11:35 AM - 12:30 PM
	Tu, Th	11:35 AM - 1:30 PM

*at least 1 lane is available

Please Note: Swimmers are encouraged to use gender appropriate change rooms. Family change rooms are provided for guardian(s) with child(ren).

Recreational Swim Programs

Lane & Leisure Swim A time for endurance, fitness and exercise for persons wanting structured length swimming or unstructured exercise in the water. Lane division will be based on the pace of the swimmers. At least one lane will be available for lap swimming. At least one lane will be available for exercise. **50 participants Maximum.**

Lane & Fun Swim A fun swim with at least one lane reserved for lap swimming. All ages welcome.

Lane Swim Pool will be set up with three double lanes available for continuous lap swimming. Swimmers must be able to swim 25 metres and be comfortable in deep water. Lanes will be divided into "Fast", "Medium", and "Slow" Observe the pace of swimmers before choosing the lane that best suits your pace See a lifeguard if you require assistance. Wednesday and Friday lane swim 8:35 – 11:30am & 1:30 – 3:00pm will only have one lane open for swimming. **50 participants Maximum.**

Fun Swim This is an unstructured recreational swim for all ages. Please refer to the swim admission standards to help you have a safe and positive swim experience.

Parent & Tot Swim An unstructured playtime for preschool children, ages 6 and under, accompanied by a parent/guardian. This swim is held in the Play Pool only.

Admission Guidelines are in effect for all swims.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle and Lift 8:00 AM	Mall Walkers* 8:05 AM	Fitness Class for Older Adults 8:00 AM	Buttocks Legs & Core* 7:00 AM	Bikini Boot Camp* 6:45 AM	Buttocks Legs & Core* 7:00 AM	Cycle Workout 8:30 AM
Cycle Workout for Beginners 9:05 AM	Zumba®* 9:25 AM	Bikini Boot Camp* 6:45 AM	Mall Walkers* 8:05 AM	Fitness Class for Older Adults* 8:00 AM	Mall Walkers* 8:05 AM	Kindergym Level 3 9:00 AM
Soccer Indoor (6 to 8) 9:00 AM	Little Artists (1 ½ to 2) 9:30 AM	Osteoporosis Class* 9:00 AM	Kickbox Cardio 9:00 AM	Yoga 90 Minutes* 9:05 AM	Low Impact with Yoga* 9:10 AM	Pencils, Paints & Plasticine (3 to 5) 9:00 AM
Basketball (6 to 8) 10:00 AM	Kinder Korner (3 to 5) 10:30 AM	Pre-Kinder Korner (3 to 5) 9:30 AM	Pre-Kinder Korner (3 to 5) 9:30 AM	ABC 123 Fit for Me (3 to 5) 9:30 AM	Pre-Kinder Korner (3 to 5) 9:30 AM	Kindergym Level 4 10:00 AM
Total Body Toning* 10:30 AM	Little Artists (2 ½ to 4) 10:45 AM	Parent and Baby Cycle Workout 10:30 AM	Zumba®* 10:15 AM	Musical Medley For Munchkins (4M to 1Y) 9:30 AM	Kindergym and Swim 9:15 AM	Body Flex* 10:00 AM
Basketball (9 to 11) 11:00 AM	Zumba Gold* 11:30 AM	Kinder Korner (3 to 5) 10:45 AM	Kinder Korner (3 to 5) 10:45 AM	All Year (3 to 5) 10:45 AM	Yoga 60 Minutes* 10:30 AM	Buttocks Legs & Core* 11:05 AM
Tai Chi Qigong Level 1 11:45 AM	Musical Medley For Munchkins (4M to 1Y) 1:00 PM	Kind Korner (3 to 5) 12:00 PM	All About Preschool (3 to 5) 1:00 PM	Pencils, Paints & Plasticine (3 to 5) 9:30 AM	Kindergym Level 4 10:30 AM	Crafty Creations (6 to 8) 11:00 AM
Basketball (12 to 14) 12:00 PM	Yoga for Older Adults* 1:30 PM	Kind Korner (3 to 5) 1:00 PM	Yoga Gentle* 1:30 PM	Kindergym Level 2 11:00 AM	Kind Korner (3 to 5) 10:45 AM	Kindergym Level 4 11:00 AM
Little Tykes Soccer 12:15 PM	Afterschool Fitness* 3:30 PM	Movers and Shakers 1:00 PM	Yoga Sampler* 5:00 PM	Hi, Low and Tone* 11:00 AM	Kindergym Level 3 11:30 AM	Karate Classes Advanced Green Belts and Up 12:15 PM
Mini Soccer Indoor 1:00 PM	Yoga Power* 5:30 PM	Cycle and Lift 4:30 PM	Cycle Workout for Beginners 5:30 PM	Kind Korner (3 to 5) 1:00 PM	Boot Camp 60 Minutes 12:00 PM	Karate Classes Advanced Yellow Belts and Up 1:30 PM
Soccer Indoor For Girls (6 to 8) 1:00 PM	Zumba* 6:00 PM	Little Tykes Floor Hockey 5:15 PM	Turbo Kick®* 6:15 PM	Parent and Baby Yoga* 1:15 PM	Yoga Youth* 4:00 PM	Volleyball Teen Girls 1:00 PM
Sports Series (6 to 8) 1:00 PM	Yoga Abs* 6:40 PM	Kickbox Cardio* 6:05 PM	Cycle Workout 60 Minutes 6:30 PM	Afterschool Fitness* 3:30 PM	Hip Hop Dance (7 to 9) 5:00 PM	Little Tykes Soccer 1:00 PM
Meditation for Health* 1:15 PM	Volleyball Co-Ed Hit Around Advanced 7:00 PM	Little Tykes Soccer 6:05 PM	Volleyball Co-Ed Hit Around 7:00 PM	Zumba* 5:00 PM	Yoga Power* 5:30 PM	Karate Classes 2:45 PM
Soccer Indoor (12 to 14) 2:00 PM	Buttocks Legs & Core* 7:05 PM	Karate Classes 7:15 PM	Zumba®* 7:30 PM	Mini Floor Hockey 5:30 PM	Hip Hop Dance (10 to 14) 6:00 PM	Badminton Hit Around Family 3:00 PM
Little Tykes Basketball 2:15 PM	Pilates* 8:00 PM	Low Impact With Pilates* 8:05 PM	Athletic Stretch* 7:35 PM	Boot Camp 60 Minutes* 6:05 PM	Basketball Shoot Around (10 to 13) 6:30 PM	Little Tykes Floor Hockey 2:00 PM
Pencils, Paints & Plasticine (3 to 5) 2:30 PM	Total Body Workout 60 Minutes* 8:10 PM	Karate Classes Advanced Yellow Belts and Up 8:30 PM	Volleyball Co-Ed Intermediate Lessons 8:30 PM	Floor Hockey (6 to 8) 6:30 PM	Fit Kids 6:30 PM	Mini Floor Hockey 2:45 PM
Zumba®Kids* 2:30 PM	Body Flex* 8:15 PM		Kickbox Cardio* 8:35 PM	Yoga Power* 7:10 PM	Jiu Jitsu Youth 6:45 PM	Karate Classes 4:00 PM
Soccer Indoor for Girls (9 to 11) 3:00 PM			Cycle and Lift 8:30 PM	Yoga 90 Minutes* 8:15 PM	Hip Hop Dance 2 (10 to 14) 7:00 PM	
Soccer Indoor (9 to 11) 4:00 PM					Jiu Jitsu Adult/Teen 7:45 PM	
Zumba* 4:00 PM					Hip Hop Dance Adult 8:00 PM	
					Badminton Hit Around Adult 8:30 PM	

* Drop in may also be available for this program