

2019 JRPM Activity Schedule

Revised: May 31, 2019



City of Mississauga

RECREATION FACILITY	DATE 2019	EVENT/ACTIVITY/ PROGRAM NAME	TIME	COST	BRIEF DESCRIPTION
Burnhamthorpe 1500 Gulleden Drive L4X 2T7 905-615-4630	2019/06/16	Cycle & Lift	12:30 PM - 1:30 PM	Drop in fee	14+ years, workout attire, class held in the Program Room
Carmen Corbasson 1399 Cawthra Rd. L5G 4L1 905-615-4800	2019/06/12	Stronger & Steadier	1:00 PM - 2:00 PM	Drop in fee	
	2019/06/13	Drop In Older Adult & Adult Basketball	10:00 AM - 11:00 AM	FREE	
	2019/06/14	Zumba	6:30 PM	Drop in fee	14+ years, workout attire, class held in the Active Living Studio
	2019/06/18	Drop In Older Adult Volleyball	1:00 PM - 3:30 PM	FREE	
	2019/06/22	Family Sport Drop-in		FREE	
Clarkson 2475 Truscott Drive L5J 1L8 905-615-4840	2019/06/05	Ai Chi	12:00 PM - 1:00 PM	Drop in fee	15+ years, swim attire, class held in the pool
	2019/06/07	Warm Water Fibromyalgia Class	5:30 PM - 6:30 PM	Drop in fee	15+ years, swim attire, class held in the pool
	2019/06/11	Yoga	6:30 PM - 7:30 PM	Drop in fee	14+ years, workout attire
	2019/06/19	Adult Pickleball Try it	1:00 PM-2:30 PM	FREE	
David Ramsey Outdoor Pool 2470 Thornlodge Dr. L5K 1K5 905-615-4355	2019/06/22	Family Swim to Survive Fun Swim	1:35 PM - 4:25 PM	Drop in fee	Learn the minimum skills needed to survive an unexpected fall into deep water. Takes place during the fun swim.
Erin Meadows 2800 Erin Centre Blvd. L5M 6R5 905-615-4750	2019/06/05	Low Impact with Yoga	11:45 AM - 12:45 PM	Drop in fee	14+ years, workout attire
	2019/06/06	Zumba	5:00 PM - 6:00 PM	Drop in fee	14+ years, workout attire
	2019/06/09	Stay and Play	9:30 AM - 11:30 AM	FREE	

	2019/06/12	Cycle and Lift	8:35 PM - 9:35 PM	Drop in fee	14+ years, workout attire
	2019/06/15	Family Swim to Survive Fun Swim	1:35 PM - 3:00 PM	Drop in fee	Learn the minimum skills needed to survive an unexpected fall into deep water. Takes place during the fun swim.
Frank McKechnie 310 Bristol Rd., E L4Z 3V5 905-615-4600	2019/06/17	Ginga Fitness	7:25 PM - 8:25 PM	Drop in fee	14+ years, workout attire, Active Living Studio
	2019/06/23	Family Swim to Survive Fun Swim	1:35 PM - 2:55 PM	Drop in fee	Learn the minimum skills needed to survive an unexpected fall into deep water. Takes place during the fun swim.
Huron Park 830 Paisley Blvd., W L5C 3P5 905-615-4820	2019/06/05	Family Swim to Survive Fun Swim	7:35 PM - 9:00 PM	Drop in fee	Learn the minimum skills needed to survive an unexpected fall into deep water. Takes place during the fun swim.
	2019/06/06	Stronger & Steadier H2O	2:20 PM - 3:20 PM	Drop in fee	15+ years, swim attire, class held in the therapeutic pool
	2019/06/11	Boot Camp	7:15 PM - 8:15 PM	Drop in fee	14+ years, workout attire, takes place in the Gym
	2019/06/12	Yoga	6:00 PM - 7:00 PM	Drop in fee	14+ years, workout attire, takes place in the Ojibway Room
	2019/06/12	Family Swim to Survive Fun Swim	7:35 PM - 9:00 PM	Drop in fee	Learn the minimum skills needed to survive an unexpected fall into deep water. Takes place during the fun swim.
	2019/06/16	Family Sport	3:00 PM - 4:30 PM	FREE	
	2019/06/19	Family Swim to Survive Fun Swim	7:35 PM - 9:00 PM	Drop in fee	Learn the minimum skills needed to survive an unexpected fall into deep water. Takes place during the fun swim.
Malton 3540 Morning Star Dr. L4T 1Y2 905-615-4640	2019/06/10	Warm Water Strength Training	9:15 AM - 10:00 AM	Drop in fee	15+ years, swim attire, class held in the therapeutic pool. A full body workout that includes muscle strengthening, conditioning and flexibility exercises for the legs, arms, shoulders and core.
	2019/06/22	Recreation Open House Community BBQ	2:00 PM-5:00 PM	FREE	
	2019/06/25	Try it Citi Swim	6:30 PM - 8:00 PM	FREE	Introduction to competitive swimming for youth ages 6-16
	2019/06/27	Try it Power Yoga	7:00 PM - 8:00 PM	FREE	14+ years, workout attire, takes place in Multi Room 1
	2019/06/28	Oh My Aching Body	10:00 AM - 11:00 AM	Drop in fee	15+ years, swim attire, class held in the therapeutic pool
Meadowvale 6655 Glen Erin Dr. L5N 3L4	2019/06/04	Yoga for Older Adults	10:45 AM - 11:25 AM	Drop in fee	14+ years, workout attire, takes place in the Auditorium

905-615-4710	2019/06/06	Zumba	9:10 AM - 10:10 AM	Drop in fee	14+ years, workout attire, takes place in the Studio
	2019/06/06	Therapeutic Chair Yoga	1:00 PM - 2:00 PM	Drop in fee	14+ years, workout attire, takes place in the Studio
	2019/06/08	Try It - Aquafitness	3:00 PM - 3:45 PM	FREE	15+ years, swim attire, class held in the pool
Mississauga Valley 1275 Mississauga Valley Blvd L5A 3R8 905-615-4670	2019/06/10	Try it Chairercise	11:30 AM - 12:30 PM	FREE	14+ years, workout attire, takes place in the Fitness Studio
	2019/06/12	Try it Yoga & Tone	5:30 PM - 6:30 PM	FREE	14+ years, workout attire, takes place in the Fitness Studio
	2019/06/17	Community Walk through the park	11:00 AM - 12:00 PM	FREE	
	2019/06/22	Family Swim to Survive Fun Swim	1:05 PM - 2:30 PM	Drop in fee	Learn the minimum skills needed to survive an unexpected fall into deep water. Takes place during the fun swim.
Paramount Fine Foods Centre 5500 Rose Cherry Place 905-615-3200 ext. 2895	2019/06/05	Boot Camp	6:00 PM - 7:00 PM	Drop in fee	14+ years, workout attire, takes place in Fitness Studio 2
	2019/06/06	Total Body Toning	12:15 PM - 1:00 PM	Drop in fee	14+ years, workout attire, takes place in Fitness Studio 1
Port Credit Memorial Arena 40 Stavebank Road N. L5G 2T8 905-615-4830	2019/06/05	Yoga	10:40 AM - 11:40 AM	Drop in fee	14+ years, workout attire
River Grove 5800 River Grove Ave. L5M 4R8 905-615-4780	2019/06/23	Family Swim to Survive Fun Swim	1:35 PM - 4:25 PM	Drop in fee	Learn the minimum skills needed to survive an unexpected fall into deep water. Takes place during the fun swim.
	2019/06/24	Family Camp Games	3:30 PM - 4:30 PM	FREE	Parents and children can participate in camp games including passive, active games and craft stations.
South Common 2233 South Millway L5L 3H7 905-615-4770	2019/06/19	Zumba	9:05 AM - 10:05 AM	Drop in fee	14+ years, workout attire, takes place in the Tempo Room
	2019/06/19	Therapeutic Body Movement	1:15 PM - 2:15 PM	Drop in fee	14+ years, workout attire, takes place in the Fitness Studio. Learn proper body alignment to exercise easily and safely - all levels of fitness welcome
	2019/06/23	Family Swim to Survive Fun Swim	3:15 PM - 4:45 PM	Drop in fee	Learn the minimum skills needed to survive an unexpected fall into deep water. Takes place during the fun swim.
Streetsville Outdoor Pool 335 Church St. L5M 1N1 905-615-4355	2019/06/22	Family Swim to Survive Fun Swim	1:35 PM - 4:25 PM	Drop in fee	Learn the minimum skills needed to survive an unexpected fall into deep water. Takes place during the fun swim.