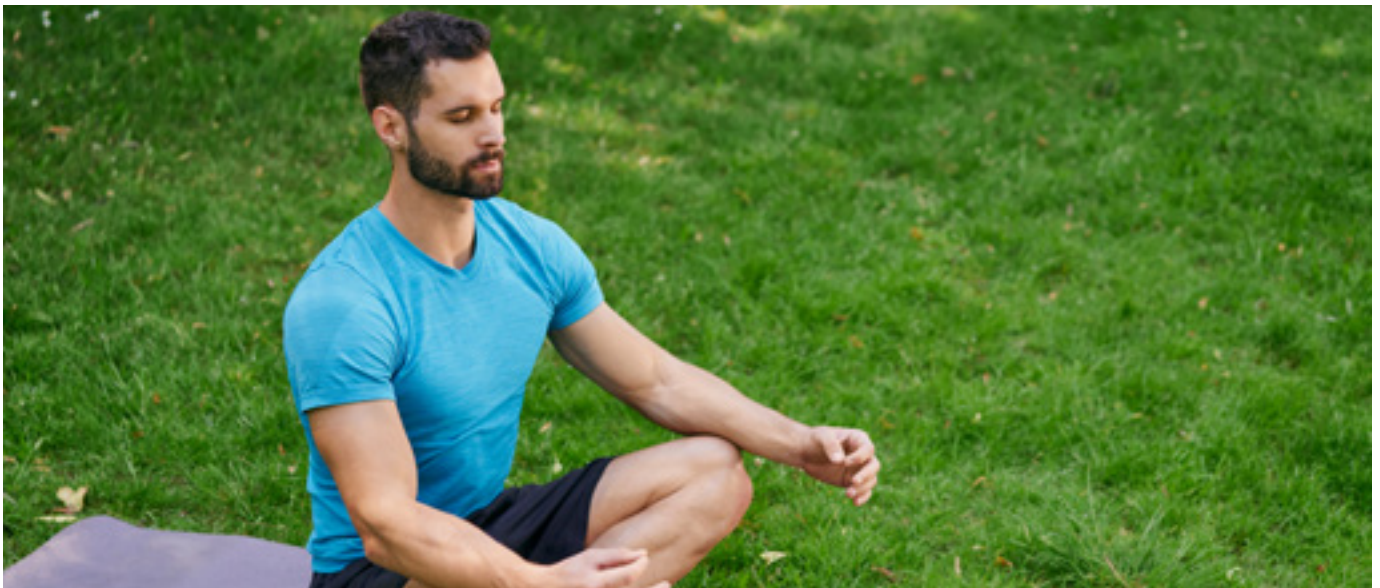




Adult Programs





* Adult Programs

Arts & Culture

Acrylic Painting

Path: Visual Arts

Level: Beginner - Intermediate

Explore a looser, impressionist style in this forgiving and easy-going medium. Ideal for beginner to intermediate artists, we will explore colour value and mixing, experiment with different approaches, brushwork and mediums. There will be demonstration, discussion, and individual support. Build visual harmony as you bring your reference subject to life.

Age: 18+

Location: Old Town Hall

Ballet – Beginner for Adults

Path: Performing Arts / Adult Discovery

Level: Beginner

Ballet enthusiasts and former dancers unite! An open level, beginner friendly, ballet program designed for adult dancers to reap the benefits of ballet through exercises to condition the body, creativity and to compliment short choreographies. Soft ballet shoes are recommended. Please wear comfortable clothing for movement and bring a water bottle.

Age: 18+ Years

Location: Old Town Hall

Celebrate your party with us!

newmarket.ca/partypackages



Adult Meditation and Stretch

Path: Relaxation / Self Exploration

Level: All

Gentle stretching and stretch; Mindful meditation practice to encourage relaxation and awareness; Self-reflection through journaling and group discussion. Please be sure to bring a yoga mat.

Age: 18+ Years

Location: Old Town Hall

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



Click here to view full program information and register online

Program Index

Couch to 5km

This running program will take you from sitting on the couch to being able to run 5 Km. You take part in 1 instructor-led run per week, and you will run 2 times additionally on your own through the week. You will receive an easy to follow running plan. No previous running experience is required.

Age: 16+ Years

Location: Magna Centre

Ballroom & Latin Dance for Singles

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

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: Ray Twinney Recreation Complex



Click here to view full program information and register online

NEW Collective Improvisation

Path: Performing Arts

Level: All

Over this course, participants will learn to make spontaneous music and art with a diverse grouping. Listening and responding creatively will be the focus of our sessions. All ages and experiences are welcome to participate from teen to senior and from beginner to professional. You may attend with any instrument you like, including electronics or your voice. Come as you are, or as you'd like to be!

Age: 16+ Years

Location: Magna Centre

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

Hip Hop for Adults

Path: Performing Arts

Level: Beginner

Hip Hop is an eclectic street style of dance that is great for upbeat and high energy dancers. In this fast-paced and fun-filled dance class, participants will develop their coordination, rhythm, strength and flexibility. This combination of a great cardio workout, funky choreography and energetic dance games is a fun way to exercise the mind and memory.

Age: 18+ Years

Location: Maple Leaf Public School

Program Index



Learn to Journal: Adult

Path: Language Arts / Self Discovery

Level: Beginner

Learn to Journal - gratitude and affirmations - In this class we will embark on self gratitude challenges, as well as positive affirmations as we learn to fill a journal with a few basic techniques. This will get you started on your journey to journaling and adding some positive reflection time into your life.

Age 18+

Location: Ray Twinney Recreation Complex

Paint and Sip:

Calling all Singles – Under 40

Path: Visual Arts / Adult Social

Level: Beginner

Join us for an evening of creativity. Led by a professional artist, you will be guided in the completion of a finished and frameable work of art while you partake of an adult beverage. Meet other singles and get creative in our beautiful gallery space. All materials provided.

Age: 25 to 40 Years

Location: Old Town Hall

Transport Your Tastebuds to Italian Cooking

Path: Culinary Arts

Level: Beginner / Intermediate

Take your tastebuds on an international journey to the Italian peninsula and learn how to make everything from fresh pasta to traditional biscotti and tiramisu. Use the skills and recipes you learn here to prepare a multi-course elegant dinner party or a convenient weeknight meal for your family.

Age: 18+ Years

Location: Seniors Meeting Place

[Program Index](#)

Watercolour Beginner

Path: Visual Arts

Level: Beginner

Dive into the world of watercolour painting! This course is perfect for beginners. You'll learn different painting techniques through fun exercises and get one-on-one help from experienced artist. Discover how to create beautiful watercolour art, whether you're a new artist or just want a relaxing hobby. The course introduces you to everything you need to start: tools, techniques, and more. Your instructor will guide you step-by-step, giving you the confidence to bring your creative ideas to life. Supply list provided. Material costs are not included.

Age: 18+

Location: Old Town Hall

Wellness: Immersive Intuitive ART & Meditation

Path: Wellness / Self Discovery

Level: All

You're invited to explore the healing aspects of expressed art. Intuitive art combined with meditation is a potent way to bring about more self-awareness and insight. You do not have to be an artist. Being in community is a safe place that allows us to come into our own strength and authenticity. We can gain personal clarity, build resilience, inner fortitude, and move beyond what holds us back. Classes will include a combination of meditation, intuitive art, journaling, and more.

Age: 18+ Years

Location: Old Town Hall



Click here to view full program information and register online



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



Click here to view full program information and register online

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

Program Index



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: Magna Centre

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

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

[Program Index](#)



Click here to view full program information and register online



Mindful Meditation with Qi Gong

Mindful meditation, as used in stress reduction programs, focuses on cultivating awareness in four areas of our experience: Breath, Body, Feelings, and Thoughts. With regular practice, such mindfulness spreads into all areas of life. This program aims to guide the participants in mindful meditation practice to bring calmness, reduce stress, and expand these skills to daily life. Each session will offer guided meditation practice and some education about meditation. The sessions will include movement practices of Qi Gong to energize, ground, and calm the body and mind for optimal meditation practice.

Age: 16+ Years

Location: Magna Centre

[Program Index](#)

S.A.F.E for Women

S.A.F.E stands for Self-defence, Awareness, Fitness, & Empowerment. In partnership with Jitsu-Do Karate, this class welcomes women of all fitness levels looking for a way to connect with others, learn some self defence skills, and burn some calories in a friendly, non-judgmental atmosphere. Escape the stresses of your day with like-minded women who are looking to improve themselves physically without the pressure of a busy gym, or the isolation of working out at home.

Location: Jitsu-Do Karate



Click here to view full program information and register online



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: 16+ Years

Location: Magna Centre

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



Click here to view full program information and register online

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

Pickleball-Beginner League

In partnership with Elevation Athletics, this weekly pickleball league is a developmental doubles league where each player does not need to have a registered partner. Players will be assigned to matches competing for individual points and league ranking. Limited experience required, this league is for players that may be new to Pickleball. Players must provide their own paddles.

Age: 16 + Years

Location: Denne Public School

Pickleball-Learn to Play

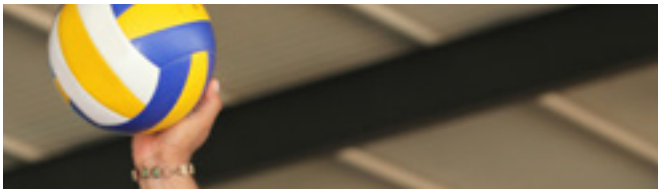
In partnership with Elevation Athletics, players will learn pickleball basics and be able to play with confidence at the end of the session. All players will be assessed based on the Canadian Pickleball Player Skills Rating system on the last day. Players must provide their own paddles.

Age: 16+ Years

Location: Denne Public School

Program Index

 Parent Participation Required



Pickleball-Intermediate League

In partnership with Elevation Athletics, this weekly pickleball league is a developmental doubles league where each player does not need to have a registered partner. Players will be assigned to matches competing for individual points and league ranking. This league is for more experienced pickleball players. Players must provide their own paddles.

Age: 16+ Years

Location: Denne Public School

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



Click here to view full program information and register online

Program Index



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 and Armitage Public School

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

Leadership

Own Your Vibe

Find yourself asking how do I choose a lifelong career path when I'm in school and have no idea what I want to do, or, how can I figure out my career path now that I've finished college or university? Own Your Vibe™ is a program to help you not only find your unique path but also manage the stress, doubt, and uncertainty that often comes with moving from being a young adult to an adult. Own Your Vibe explores insights discovered from your personality together with your physical, mental, and emotional elements to create a map that helps you gain clarity in your professional direction while staying focused, balanced, and confident to pursue networking and interview conversations. Be sure to bring your laptop, something to write with, and, most importantly, your sense of humour and an open mind ready to expand and map your future!

Ages: 16 to 25 Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park