

Recreation & Culture

Adults 55+ Fall 2026 Activities

Recreation & Culture
newmarket.ca/recreation



Newmarket



Mayor & Council

Message from the Mayor

As the seasons change, fall offers a chance to settle into new routines, explore new interests and reconnect with the activities that make you feel your best. Newmarket's Recreation & Culture programs provide great options to learn, create, stay active and connect with others throughout the season.

Whether you're looking to try a new fitness class, develop a creative skill, or join a sports program, there's something for every age, interest and experience level. Take some time to browse the magazine, pick out a few favourites and save the date for resident registration on Wednesday, August 19 at 8 a.m.

Beyond these programs, the Newmarket Seniors' Meeting Place has a lot to offer, including special events, bus trips and drop-in programs. If you aren't a member already, consider joining the Newmarket Seniors' Meeting Place for a wide variety of recreational and social opportunities for adults 55 and up. I hope to see you in the community enjoying all that fall has to offer.

Sincerely,



John Taylor
Mayor



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2026 Fall Registration

Registration Dates

Resident and NSMP Members Registration

August 19 at 8 a.m.

Non-Resident Registration

August 26 at 8 a.m.



✓ How to Register



Create your Xplor Account today!

How to create your account:

1. newmarket.perfectmind.com
2. Click Sign Up
3. Enter all required information
4. Use your new account to register for recreation programs, drop-in activities, memberships & more!

Important Information

Due to volume of users on registration dates, delays in accessing online registration may occur.

Click here to create Xplor your account.

Online

What you need:

- Xplor Account login
- Visa/Mastercard/AMEX or credit on your account
- Program ID

What to do:

- Log on to **newmarket.perfectmind.com**
- Select the Activity Tab then registration
- Use the filters and activity categories to find activity
- Select register or 'Waitlist' depending on availability
- Enter your credit card information or apply your credit
- Print your registration confirmation and receipt at time of registration
- If you experience trouble, call the Help Line at 905-953-5154
- View all of your activities under the schedule section of your online account

In-Person

What you need:

- Your Xplor Account Information
- Cash/Cheque/Debit/Visa/Mastercard/AMEX or credit on account
- Program ID or name of program

What to do:

- Visit one of our Customer Service Kiosks during business hours. This registration method reduces your chances of getting into the programs of your choice as programs fill up quickly.

* Newmarket Seniors' Meeting Place

474 Davis Drive. 905-953-5325

Imagine...

- Participating in a wide variety of programs and activities
- Taking a class, seminar and learning a new skill
- Getting together with friends
- Taking a bus trip to an exciting destination and meeting new friends
- Attending exciting special events
- A place where you can volunteer and give back to the community
- All these opportunities at a low cost

The Newmarket Seniors' Meeting Place is the place to start! Join today!

The Newmarket Seniors' Meeting Place (NSMP) has over 1200 members that are 55+ years, who actively participate daily in a wide variety of accessible recreational programs, drop-in activities, and social events to maintain a young mind, body and soul. NSMP features include:

- Activity/Meeting Rooms
- Kitchen
- Lounge
- Arts & Crafts Room
- Woodshop
- Games Room (Billiards, Darts)
- Outdoor Patio (sheltered with barbecue)
- Lending Library (books + puzzles)

Membership Options

Take advantage of one or both of the membership options available to you!

NSMP Membership

NSMP Members can access over 40 weekly drop-in activities, free of charge and enjoy reduced fees for NSMP registered programs, bus trips, special events, and hall rentals.

Non-members are permitted 3 visits to drop-in programs and spaces before being required to purchase a membership. **Residents - \$37.73 + HST | Non-Residents - \$49.05 + HST*

RecPass

- Unlimited access to our Fitness Centres - Magna Centre & Ray Twinney Recreation
- Unlimited access to group fitness classes and walking/running track.
- Unlimited access to all swimming drop-in sessions, including public swims, lane swims, aquafit and more.
- Unlimited access to all gym sessions, including open gym, basketball, preschool drop-ins, pickleball and more.
- Unlimited access to skating drop-in programs including public skates, shinny and more.
- Access to NSMP Fitness & Wellness Programs (Pre-registration required)





* Drop-In Programs

Don't have the time to commit to a multi-week program? Interested in just trying out one of our classes? Try one of our drop-in programs!

Public skating, shinny hockey, swimming, fitness classes and a variety of sports available for drop-in style recreation activities to keep you in shape and having fun!



Click the calendar button and check out drop-in schedules and all information for each activity.

Pre-registration is required for Group Fit, Aquafit, Pickleball & Badminton.

All customers must have an Xplor Account in order to participate in a any Drop In Programs.

Refunds/Withdrawal Policy

Can no longer participate in a registered program? Withdrawals can be completed online at **newmarket.perfectmind.com** or through our online form.

Please note: Withdrawals for Aquatic Leadership courses cannot be completed online. An online form must be completed.

Cancellation Options	Refund Policy
7 or more days prior to the start of the program	Full refund
6 or less days prior to the start of the program	No refund, unless medical documentation is provided

If you need to withdraw less than 7 days prior to the start date due to a medical reason, please fill out the online form.

How to Withdraw Online:

Visit newmarket.perfectmind.com and log in with your email address and password.

- Click on the client you are looking to withdraw and scroll down to Schedules.
- Click to Switch to List View then find the program you are looking to withdraw from.
- Click on Actions then Withdraw.

FAQ's:

Q: Am I able to withdraw due to a medical reason?

A: You may withdraw at any time with medical documentation. All credits/refunds will be prorated.

Q: I need to withdraw less than 7 days prior to the start of the class, or after the class has begun due to an extenuating circumstance. What should I do?

A: Please submit a withdrawal and refund request via our online form. All approvals will be up to the discretion of the Town of Newmarket.

Q: Will a refund request be considered after a program has ended?

A: Unfortunately requests submitted after the program has ended will not be considered.

Q: Will a refund be issued if I miss a class?

A: In the event that you are unable to attend one or more classes, a make-up class, refund or credit will not be offered unless medical documentation is provided.

Q: My program was cancelled, will I receive a refund?

A: Yes, you will receive a full credit, refund or may be transferred to another available class.

Q: My cheque has insufficient funds. What happens?

A: You will be charged a non-sufficient funds fee of \$50. The repayment must be made in cash, debit or certified cheque prior to attending the next class.

Q: The program has started. Am I too late to register?

A: Some programs allow for late registration. Please contact our Customer Service team for availability at **905-953-5303** or **info@newmarket.ca**



Creating Accessible Recreation for Everyone

The Town of Newmarket's Care Fund is now available. Give the gift of recreation by donating to the Care Fund today.

The Town of Newmarket aims to "Create Accessible Recreation for Everyone" by offering financial assistance to residents of all ages on any Town of Newmarket Recreation & Culture registered programs. The objective of this program is to offer increased opportunities to those who may require financial assistance that would not otherwise be able to participate in recreation.

Click the buttons below to Apply or Donate to care.



Apply online



**Printable
Application**



Learn more

Subsidy Information

Local Charities

Canadian Tire Jumpstart®

Canadian Tire Jumpstart® is a community-based charitable program that helps kids aged 4 to 18 participate in organized sports and recreation such as hockey, dance, soccer and swimming, so they can develop important life skills, self-esteem and confidence.

Eligible – Newmarket Residents between the ages of 4 to 18

Criteria – Application + must demonstrate need for financial assistance with provision of proof of receiving subsidy (EI, OW, OH, GTRI, ODSP)

Frequency – Twice per annum (Jan-June and July-Dec)

Amount – Eligible 100% up to maximum of \$200

Contact – 905-895-5193 ext. 2705 Canadian Tire Jumpstart® - Newmarket Chapter – Contact 905-895-5193 or ctjs@newmarket.ca

York Region Subsidy Programs

York Region offers various types of subsidies for families with low to moderate income.

For more information on programs and eligibility, please visit www.york.ca/children or contact ACCESS YORK AT 1(877) 464-9675.

York Region does not guarantee funding or space in programs or camps.



* Thank you to our naming rights sponsors!



Mercedes-Benz
Newmarket



Reininger
Family





Events

For information on all upcoming events check out newmarket.ca/events

All events are free to the public unless otherwise indicated.



Interested in receiving email updates with news, events, and happenings?
Sign-up at newmarket.ca/recreation

Fall is here!

We have a variety of programs to offer for adults 55+! Try something new this Fall with us, learn more in the pages ahead.

Looking for drop-in programs as well?

Click the button for all schedules and drop-in information







Welcome to Adults 55+ Programs for Fall 2026!

The Town of Newmarket has a wide variety of recreational and social opportunities for adults 55+. While the Newmarket Seniors' Meeting Place (NSMP) serves as the primary hub of programs and events, over the years we have expanded into other Newmarket facilities as well.

**Arts and
Culture**

**Drop In
Programs**

**Event, Trips
& Seminars**

**Fitness &
Wellness**

Virtual

Registration Reminders!

- Newmarket resident & Seniors' Meeting Place member registration begins August 19 at 8 a.m.
- Non-resident registration begins August 26 at 8 a.m.
- Have your Xplor account created and ready to go before registration opens.



Adult 55+

Fall into fun this season with a lineup that's unbe-leaf-able! From sizzling good times at our Fall BBQ to toe-tapping Music Bingo and a spook-tacular DJ Halloween Bash, something is brewing for everyone this season!



* Special Events

Friday Night Social Dances

8 p.m. to 11 p.m.

Come enjoy a great night, featuring 2 dance floors (Line Dancing & Ballroom / Latin / Social), along with Coffee & Tea, Cash Bar, Theme Nights, and light refreshments.

Fall Dates:

- **September 4** **Code: 101326**
- **September 18** **Code: 101327**
- **October 2** **Code: 101328**
- **October 16** **Code: 101329**
- **November 6** **Code: 101330**
- **November 20** **Code: 101331**

Pre-Registration:

Member \$10 / Non-Member \$11

Day of (If available): \$15 (Everyone)

Happy Hoppers Modern Square Dance - Open House

Thursday, September 10, 2026

7 p.m. to 9 p.m.

Free Event – Pre-registration is preferred.

Registration Code: 101324

Happy Hoppers Modern Square Dance Club wants you to join us on September 10th, 7:00 - 9:00! Come and try us out and see how much fun it is! Please remember you only need casual attire, indoor shoes and a big smile!

Happy Hoppers Modern Square Dance – Season Kick-Off Potluck

Thursday, September 3, 2026

5:30 p.m. to 9:30 p.m.

Free Event – Pre-registration is preferred.

Registration Code: 101325

Join us on September 3rd as a pre-season kick-off potluck dinner. This is open to new and returning members. There will be a social gathering at 530 pm, followed by dinner at 6 then dancing to start around 7. It will be a mix of beginner/basic, mainstream and plus dances. Dress is casual, and please ensure shoes are dry and clean; in other words, if raining, you may want to bring another pair. Coffee, tea and lemonade will be provided. Please bring a dish to share (could be main, side or dessert), your plates, cutlery and cups or glasses. We will be doing a pass-the-hat to cover the cost of the caller that evening.



Click here to view full program information and register online

Seniors Music Bingo**Friday, September 11, 2026****6 to 8 p.m.****Member \$10 / Non-Member \$11****Registration Code: 99891**

Put your music knowledge to the test with a fun twist on a classic game! Music Bingo combines everyone's favourite pastime with unforgettable songs from the years gone by. Enjoy an afternoon of singing, laughter, and friendly competition as you play for prizes.

A cash bar is available.

Sponsor: Arbor Memorial – Taylor Funeral home

Bid Euchre Tournament**Saturday, September 19, 2026**

Doors open at 11:45 am, all players must be on site by 12:15.

The tournament will run until 4:30 pm.

\$5 at the door (Pre-registration required)

Registration Code: 97178

BID Euchre is a great game, where players get the chance to play with a variety of other players during the tournament. Bid Euchre is an 8-card game using 2 decks of cards and is comprised of 8 games, 8 hands per game. No late players will be admitted. Make sure to pre-register through the office to hold your spot. The refreshments, such as tea, coffee, and cookies, will be available at the halfway break. \$5 will be taken at the door. Space is limited.



Click here to view full program information and register online

Culture Days: Frozen in Time – NSMP Time Capsule**Saturday, September 19, 2026****1 to 4 p.m.**

Free Event – Pre-registration is required.

Registration Code: 99994

Older adults, families, and friends are welcome to create a symbolic time capsule that captures the spirit of the Newmarket Seniors' Meeting Place and the community today. Come help create a living snapshot of our community by sharing memories, traditions, advice, stories, and hopes for future generations. Participation opportunities include submitting pieces of art, small woodworking projects, as well as handwritten letters, photos, and memories from their time spent here at the centre. Through this collective act of storytelling, we celebrate the theme of One Community: Many Voices and the connections that bring us together. The capsule will remain locked for 50 years and is to be opened by the future programmers of the centre in 2076. Light Refreshments will be available. Please reach out to the office for advance submission options.

Seniors BBQ**Thursday, September 24, 2026****5 to 8 p.m.****Member \$10 / Non-Member \$11**

Registration Code: 97669

Great food and fun are sure to be had during our final BBQ of the season. The fee includes your choice of hamburger, chicken or veggie burger, hot dog, and sausages, along with a non-alcoholic drink, salad, and dessert. Enjoy an opportunity to socialize and listen to some music.

Sponsor: Chartwell

Progressive Euchre Tournament

Saturday, October 3, 2026

12:30 pm to 4 p.m.

(All players must be on site by 12:45)

Fee: \$5 at the door (but you must pre-register)

Registration Code: 95794

Progressive Euchre is a great game, where players get the chance to play with a variety of other players during the tournament. Doors will open at 12:15 pm, and all players must be on site by 12:45. The tournament will start promptly at 1pm. No late players will be admitted. Space is limited. Make sure to pre-register through the office to hold your spot. Refreshments will be available. \$5 will be taken at the door. Tea & coffee will be available at the halfway break.

Trivia Pub Night

Friday, October 23, 2026

6:30 to 8:30 p.m.

Registration Code: 97671

\$ 5 (Member), \$6 (Non-Member)

Come out for a night of fun with friends, answer 40 mildly challenging questions, enjoy pizza and relax. Register as a team (up to 4) or individual. A cash bar is available.

Sponsor: HomeLife Optimum Realty

DJ Dance Party – Halloween Bash

Saturday, October 24, 2026

7 to 10 p.m.

Member \$30 / Non-Member \$35

Code: 85682

DJ Darin, from Sonisphere Entertainment, will host this special event featuring a large video screen and all of your favourite music from the 60s, 70s, & 80s, which will be sure to keep you dancing and singing along all night. Come dressed up in a Halloween costume or your best 60s, 70s or 80s attire for a chance to win best-dressed prizes. Tickets include a light snack, tea & coffee. Cash bar available.

Sponsored by Venvi - Alexander Muir

Line Dancing Student Appreciation

Sunday, October 25, 2026

12:30 pm to 5 p.m.

Member: \$35 / Non-Member: \$40

Registration Code: 83676

The Line Dance Student Appreciation is intended for all students who have been taught by our instructors Jill & Dianne. It's a great opportunity to catch up and socialize with other line dancers, as you enjoy great music and fun dance steps. Bring your dancing shoes and smiles and be prepared for a great afternoon of line dancing excitement. Light refreshments are included.

Sponsor: Kingsway Place

Pepper Shakers - Live Music Night

Saturday, November 14, 2026

6:30 pm to 9:00 p.m.

Member: \$30 / Non-Member: \$35

Registration Code: 97670

The Pepper Shakers are one of the premier 3-piece party bands in the Greater Toronto Area. Good time hits through the decades. Hank, George and Dom will take you on a musical ride of memories, for your listening, toe-tapping, and dancing pleasure. **Sponsor: Kingsway Place**

Seniors Jeopardy

Friday, November 27, 2026

6:30 to 9:30 p.m.

Registration Code: 97672

Member \$10 / Non-Member \$11

Will you be the next Jeopardy Champion? Try your hand at America's favourite quiz show! Come out for a night of fun with friends and test your knowledge in true Jeopardy fashion. Pizza is provided, and a cash bar is available. Register as a team (up to 4) or as an individual.

Sponsor: HomeLife Optimum Realty



**Click here to view full
program information
and register online**

Holiday Social Tea

Sunday, December 6, 2026

2 to 4 p.m.

Member: \$5 / Non-Member: \$6

Registration Code: 97241

Spend a festive afternoon enjoying music, light refreshments, tea and coffee, and a great group of friends. Pre-register by December 1.

Sponsor: Delmanor

Winter Wonderland Dinner & Dance

Friday, December 11, 2026

5 to 11 p.m.

Member: \$35 / Non-Member: \$50

Registration Code: 97673

A great night, starting with a delicious buffet dinner. Then dance the night away on two dance floors, Ballroom & Latin dancing and the other for Line Dancing. Be sure to purchase your tickets by December 4. Pre-registration is required. Cash bar is available.

Sponsor: Kingsway Place

Turkey Luncheon

Tuesday, December 15, 2026

11:30 a.m. to 2:00 p.m.

Member: \$15 / Non-Member: \$35

Registration Code: 98587

Our Annual Turkey Luncheon will feature a delicious turkey lunch with vegetables, mashed potatoes, stuffing, cranberry sauce, salad, dessert, and tea/coffee. Live entertainment will follow lunch. A cash bar will be available. Pre-registration is required by December 8. No takeaway option available.

Sponsors: Coldwell Banker - Michelle Haick, Kingsway Place, Chartwell, Taylor Funeral Home, Amica Newmarket, Faris Team, Roxborough.

New Year's Eve Dance

Thursday, December 31st, 2026

8:00 p.m. to 1:00 a.m.



**Click here to view full
program information
and register online**

* Adults 55+ Programs

Arts & Culture

Acrylic Fine Art - Advanced

This comprehensive program is for students that have completed at least 3 years (9 sessions) in the Beginner Acrylic Fine Art program. You must have a solid understanding of colour theory, brush handling & composition in various styles of art, especially realism. This course is less structured and geared towards the more independent artist.

Instructor: Cori

Acrylic Fine Art – Beginner

In this extensive program, you can expect to learn all about acrylic paints, mediums, brushes, colour mixing, values, composition & perspective in many different styles of art including Realism, Impressionism, Reductionism, & Mixed Media in a pleasant & relaxing atmosphere. The focus is on Painting! Drawing skills are not required.

Instructor: Cori

Dip & Discover Paint Night

Our social Paint Nights are back! Whether you paint all the time or never have, give this completely guided painting experience a try. It's a fun, light, you-can't--get-it-wrong atmosphere. Everything you need is supplied, and no art experience is needed. A professional artist will help you along the way. Make friends or bring friends. Unleash your inner artist and let's see what's hiding at the end of that brush. All supplies included.

Instructor: Anni

Drawing (Beginner)

The class will cover many topics from basic shapes both 2 dimensional and 3 dimensional as well as animals and faces. Using simple geometry to create various elements without reference. Composition for landscapes will be covered as well as some basic perspective and an introduction to lettering. Be sure to pick up a supply list from the NSMP office or via email request.

Instructor: Matt

Drawing to Watercolour Intermediate

Students will take their drawings and transfer them to watercolour paper to create a full colour watercolour painting of their original drawing. All steps will be covered in the course. Requirements fine tip water colour brush and simple water colour set. This is an intermediate class.

Instructor: Matt

Life Drawing Intermediate

All sessions will start with half an hour of warm-up gesture drawing, leading to a main weekly topic, including an introduction to figure drawing (visual introduction, anatomy, proportion, and balance). Then students will learn about lever systems and shading techniques with dry, wet, and mixed media. We'll also investigate points of view, rules of perspective and composition. This intermediate course not suitable for beginners. Be sure to pick up a supply list from the NSMP office or via email request.

Instructor: Will



Click here to view full program information and register online

Watercolour Fundamentals I – Learn the Language of Watercolour

Discover the captivating world of watercolour painting in this comprehensive beginner's course. Whether you're an aspiring artist looking to explore a new medium or a creative soul seeking a relaxing and expressive hobby, this course will provide you with the fundamental skills and techniques needed to create stunning watercolour artworks. Throughout this course, you'll be guided step-by-step by experienced watercolour artists, who will help you develop a solid foundation in this versatile and beautiful medium. From understanding the materials and tools required to mastering essential techniques, this course is designed to equip you with the knowledge and confidence to bring your artistic visions to life. Be sure to pick up a supply list from the NSMP office or via email request.

Instructor: Mahtab

Watercolour Fundamentals II - Build Your Artistic Voice

Ready to take your watercolor skills beyond the basics? This course is designed for students who have completed a beginner watercolor class and want to strengthen their technique before moving to an intermediate level. We'll revisit core watercolor principles while introducing more challenging concepts such as stronger compositions, color harmony, atmospheric perspective, expressive brushwork, and personal style.

Instructor: Mahtab

Watercolour Focus

Watercolour is a magic-making playground. Build confidence and improve your skills as we cover essentials. Loosen up as you explore existing approaches and techniques like mixing on palette or paper, charging and lifting. Enjoy warm-ups, exercises, demos and guidance. Classes will offer a chance to explore themes and subjects. Some experience helpful but not necessary. The atmosphere is supportive, relaxing and fun. Be sure to pick up a supply list from the NSMP office or via email request.

Instructor: Anni

Watercolour Intermediate / Advanced

This watercolour painting class will enhance your existing skills through a variety of themes including landscape, still life, cityscapes, flowers, and more. Instruction in this spontaneous, playful medium includes demonstrations, exercises, critiques and feedback. This class allows you to explore and further develop your own style of painting. Please note: Students must have a solid understanding of watercolour principles and be prepared to work independently, with guidance and feedback only. To be prepared for this class it is important to read the supply list- students need the correct (1/4 sheet) recommended paper, artists' quality paints, and a large brush(es). Be sure to pick up a supply list from the NSMP office or via email request.

Instructor: Fiona

Write Your Way Home – Journaling for Joy & Insight

This inspiring course is based on the acclaimed "Journal to the Self" program, teaching various journaling techniques to enhance self-awareness, reduce stress, and explore creativity. Participants will learn to use writing for reflection, memory keeping, and emotional well-being. No writing experience is necessary—only a willingness to explore and enjoy the journey.

Instructor: Mukin

Fitness, Wellness, & Dance

Balance & Stability

Improve your balance, posture, and coordination using simple, bodyweight-only movements. This class focuses on slow, controlled exercises that strengthen your core, legs, and ankles — helping you move with greater confidence and ease. No equipment needed — just your body, a chair for support if needed, and a willingness to stay strong on your feet.

BollyX®

A Bollywood-inspired dance-fitness program that combines dynamic choreography. A light cardio workout that includes a balance of upper and lower body movements with lower-intensity dance sequences to get you moving, sweating, and smiling.

Cardio Dance Fusion Fitness

This type of fitness dance class is a low impact workout designed to promote overall flexibility, mobility, strengthening and toning techniques for the core and hips; It's all about getting a sweat on and having fun while moving around to the rhythms of various styles of music including Latin dance, belly dance, and a variety of other genres throughout the world.

Circl Mobility

CIRCL Mobility™ is a fitness program that focuses on improving flexibility, breath work and overall mobility through functional movement exercises. It aims to help individuals release stress, restore their range of motion, and enhance their ability to move effectively. The program is designed for all levels and draws inspiration from techniques like yoga, Pilates, and Tai Chi.

Circuit Movement for Wellness

Circuit Movement for Wellness begins with a cardiovascular warm-up, followed by cardiovascular, muscular strengthening, coordination with a full body stretch. It has a big focus on coordination and hand strength and dexterity. Participants will increase their mobility and balance with strengthening exercises and stretch focused movement.



Click here to view full program information and register online

Complete Body Tone

Designed to slow down and focus on technique & isolation. You will condition, strengthen and tone the largest muscle groups while giving the smaller muscle groups attention through isolation and target focused exercises. This program includes floor work, so participants will spend half the program on the floor on mats. Remember to bring a mat / towel and water.

DROM for Seniors

A combination of drumming, movement, music and cool-down/stretch exercises. The exercise can be performed seated and in standing position.

Fit & 55+

Enjoy an hour of exercise that includes aerobic activities designed to tone and stretch your muscles, increase your energy and promote a healthy lifestyle. Movements are done standing with a minimum of 20 min of cardio (low or high intensity easy to follow steps). There is a strength training component using weights followed by balance exercises, cool down and stretch. Bring a towel.

Fusion FIT 55+

Focus: Total Body Balance. Blend of cardio, strength and flexibility through various style of exercise such as dance, yoga and kickboxing and muscle conditioning. Each class would either be circuit training of 15 minutes on each style or two only (i.e. dance + yoga or kickboxing & yoga or muscle conditioning & dance etc.). Yoga mat required.

Gentle Stretch & Tone

Stretching is an important part of a person's flexibility and will help participants remain active and independent. In this stretching class, learn how to safely increase range of motion and relieve tension. A variety of stretches will be offered for the whole body some standing, sitting on a chair or on a mat. Equipment Required A mat, water, and comfortable clothing.

Knee and Hip Fitness

Don't let achy knees stop you from exercising! In this class we will use gentle exercises to strengthen the muscles of the legs to support and protect the joints.

Line Dancing – Absolute Beginner

This class is for the participant who has never had any instruction in line dancing before. This level is an introduction to basic steps and a must before you progress to the next levels of line dancing.

Line Dancing - Beginner

For those who have completed the Absolute beginner class and are ready to learn more intricate steps and dances. This class is great for men and women of all age groups.

Line Dancing - Improver

This program is designed for Line Dancers with previous experience or those who have graduated from the Beginner level, and who would like an additional challenge before they continue to a Progressive class.

Line Dancing - Progressive

Step up to our third level of line dance fun! This welcoming class is for those who know the basic line dance steps and want a challenge. Sign up early, as this class is very popular.

Line Dancing - Intermediate

Students at this level are competent dancers who have completed the Progressive level. This class offers higher-level intermediate dances with more twists and turns. It is a popular class with men and women 55+

Meditation for Everyday Peace

This gentle yet transformative series introduces participants to mindfulness meditation, fostering calmness, clarity, and greater awareness of the present moment. The skills developed in these sessions naturally extend into daily life, helping individuals navigate challenging situations with greater ease and resilience.

Mindful Breathwork

In this series, participants will be guided in practicing a variety of mindful breathing techniques drawn from yogic, Qi Gong, and contemporary breathwork traditions. Each session will focus on one or two techniques, allowing participants to deepen their experience in a gentle, supportive way. Suitable for individuals of all experience levels, these sessions offer practical tools for cultivating greater calm, vitality, and well-being.

Mobility and Core Strengthening

This class will help to improve total body strength and increase range of motion in the joints and spine. Using weights, resistance bands and a variety of movement patterns to help you strengthen, lengthen and condition postural alignment, this class is open to all levels of fitness.

Osteoporosis Exercise

We are pleased to provide this therapeutic exercise program intended for those with, or trying to prevent, osteoporosis. Given the focus of the program, participants are encouraged to speak with their doctor to ensure they are safe to participate. This hour-long fitness class focuses on stretching and posture, arm and leg strengthening, exercises as well as balance and coordination skills.

Pilates

Explore the fundamentals of Pilates movements to develop core strength, align the spine and create better posture resulting in less aches and pains. This class incorporates a variety of props such as bands, balls, gliders and weights to add a variety of resistance and intensity.



**Click here to view full
program information
and register online**

Pilates - Chair

Chair Pilates (with Osteoporosis considerations) is a low-impact exercise that adapts traditional Pilates to be performed on a chair. This makes it safe for seniors and beginners and focuses on improving strength, flexibility, balance, and posture while minimizing stress on joints and bones. This class can be easily modified to accommodate various fitness levels and physical limitations, making it a great option for those seeking a gentle yet effective workout.

Qi Gong

CFQ Qigong is a gentle set of movements that reduce physical and mental stress and restores health and vitality to the body. CFQ Qigong is easily learned in a short period of time and is suitable for people who are unable to do vigorous physical exercise.

Square Dancing – Basic, Mainstream & Plus

Join a healthy activity that incorporates physical, mental, and social wellness. No experience is necessary to start at the basic level. You don't need a partner, nor do you need special attire. Wear comfortable clothing and shoes. An experienced caller takes students through the paces of the Callerlab Curriculum in a stepped fun and supportive manner, gradually working the way thru 3 levels over several dance sessions

Strength Release 1 - Seated Position

In partnership with Olive Recreational Therapy, participants will engage each of their major muscle groups, as well as their brain, through interesting movement combinations. Instructor will start with a gradual cardiovascular warm-up, followed by upper and lower body tracks, and ends with a full body stretch. Participants will use hand-held weights, and resistance bands.

Strength Release 2 - Seated Position

In partnership with Olive Recreational Therapy, participants will engage each of their major muscle groups, as well as their brain, through interesting movement combinations. Instructor will start with a gradual cardiovascular warm-up, followed by upper and lower body tracks, and ends with a full body stretch. This class will include the use of free weights, resistance bands and small balls.

Strong & Stable

You may have heard that strengthening your core will improve balance, but did you know it has also been shown to increase coordination, agility, and endurance? This fun and effective class focuses on exercises for the core muscles of the torso (legs, abs, back, shoulders) combined with flexibility exercises for ease of movement and targeted balance activities to help you build a body that is strong, stable, and ready to meet the challenges of everyday life!

Strong Bones & Balance

This class focuses a lot on posture, balance, strengthening the back muscles and lower body to improve balance. By improving your balance, you can prevent falls and continue to enjoy your activities of daily living! You will build and maintain bone density by using body weight, hand-held weights, balls and resistance bands. Feel stronger and walk taller.

Tai Chi:

Intro to Yang Style Short Form

Tai chi is an internal martial art that is often referred to as "moving meditation". This low-impact exercise will improve posture alignment, balance and inner peace. In three months, you will learn a Yang style short form. In each class you will learn a new set of movements and detailed explanation of their meaning and how to execute each move. Gradually you will build the individual movements into a complete set of movements you can practice on your own anywhere.

Tai Chi (Yang Style) Refinements

If you learned the Yang short form in an earlier session at the NSMP, this class picks up from there and will present a more complex explanation of Tai Chi so students can gain a deeper understanding. In this class the entire form is practiced from beginning to end during the first part of the class. Then, a set of moves within the form are broken down and refined to improve your form. This process is repeated from the first set of moves through the entire form. If you have learned the short form in the first term, this class will build on that knowledge to refine those moves.

Tone, Stretch and Soothe

A slow, full body stretch and tone exercise workout. This is a low-impact workout that focuses on flexibility, stability, balance, and strength. A perfect evening workout.

Wall Workout

A low-impact wall workout to improve balance, posture, mobility, strength and muscle toning through supported exercises that use only the wall - perfect for all fitness levels. Running shoes required.

Yoga - Hatha

Suitable for all levels, participants will work at their own personal limits to improve flexibility, muscle tone, balance, and circulation. Breathing and relaxation techniques are employed to show participants how to conserve energy and reduce stress. Yoga mat and comfortable clothing are required.

Yoga Flow

Mindful sequenced movements of easy yoga poses combined with breathwork to help improve strength, muscle tone, endurance, balance, stability, lower anxiety and manage stress both on and off the mat.

Yoga - Chair

A gentle introduction to Yoga for anyone needing extra support. The class focuses on very simple, gentle stretching and strengthening of the body while the student is seated or standing by a chair for support. Breathing, relaxation and visualizations are integrated into every class.

Zumba

ZUMBA takes the 'work' out of workout, by mixing low and high intensity moves for an interval-style, calorie-burning dance fitness party. It covers all elements of fitness - cardio, muscle conditioning, balance and flexibility. Active clothing and running shoes are required.

Zumba Gold

FUN! It offers active older adults a chance to experience the rhythms of Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango, and Rock & Roll, while getting fit and having the time of their life! This program is designed so everyone can do it!

Zumba Toning

Enjoy the same great workout with emphasis on toning your muscles. 1-pound weights will be used during the class.



**Click here to view full
program information
and register online**

* Adults 55+ Program Charts

Program	Dates	Day	Time	Place	Code
Fitness & Wellness					
Balance & Stability	Sept 14 - Dec 14	Mon	3:30 - 4:30 p.m.	Magna 5	100373
Balance & Stability	Sept 15 - Dec 15	Tue	3:30 - 4:30 p.m.	MC FS	100372
Balance & Stability	Sept 11 - Dec 18	Fri	2:30 - 3:30 p.m.	RTRC 2	100369
BollyX	Sept 9 - Dec 16	Wed	1:15 - 2:15 p.m.	RTRC 2	100361
BollyX	Sept 11 - Dec 18	Fri	10:15 - 11:15 a.m.	RTRC 2	100366
Cardio Dance Fusion Fitness	Sept 8 - Dec 8	Tues	8:30 - 9:30 a.m.	SMP12	100411
Cardio Dance Fusion Fitness	Sept 9 - Dec 16	Wed	9:45 - 10:45 a.m.	CCLH 34	100909
Cardio Dance Fusion Fitness	Sept 10 - Dec 17	Thur	9 - 10 a.m.	CCLH 34	100273
Chair Pilates	Sept 24 - Dec 17	Thur	2:15 - 3:15 p.m.	SMP 5	100439
Chair Pilates	Sept 25 - Dec 18	Fri	2:15 - 3:15 p.m.	SMP 3	100440
Chair Yoga	Sept 14 - Dec 14	Mon	2:15 - 3:15 p.m.	MC 5	100374
Chair Yoga	Sept 15 - Dec 15	Tue	2:15 - 3:15 p.m.	MC FS	100371
Chair Yoga	Sept 9 - Dec 16	Wed	11:30 a.m. - 12:30 p.m.	RTRC 2	100360
Chair Yoga	Sept 10 - Dec 17	Thu	2:30 - 3:30 p.m.	MC FS	100197
Chair Yoga	Sept 14 - Dec 14	Mon	4 - 5 p.m.	SMP45	100383
Chair Yoga	Sept 11 - Dec 18	Fri	3:45 - 4:45 p.m.	SMP 4	100384
Chair Yoga	Sept 14 - Dec 14	Mon	10:15 - 11:15 a.m.	RTRC 2	100446
Chair Yoga	Sept 8 - Dec 8	Tue	11 a.m. - 12 p.m.	SMP12	100450
Chair Yoga	Sept 17 - Dec 17	Thu	11 - 12 p.m.	SMP45	100406
Chair Yoga	Sept 25 - Dec 18	Fri	1 - 2 p.m.	SMP3	100407
Circl Mobility	Sept 21 - Dec 14	Mon	9 - 9:30 a.m.	SMP 12	100422
Circuit Movement for Wellness	Sept 14 - Dec 14	Mon	5:45 - 6:15 p.m.	SMP 12	101993
Complete Body Tone	Sept 14 - Dec 14	Mon	9 - 10 a.m.	RTRC 2	100410
Complete Body Tone	Sept 8 - Dec 8	Tues	9:45 - 10:45 a.m.	SMP 12	100412
Complete Body Tone	Sept 10 - Dec 17	Thur	10:15 - 11:15 a.m.	CCLH 34	100280
DROM for Seniors	Sept 9 - Dec 9	Wed	4:30 - 5 p.m.	SMP 4	101583
Fit & 55+	Oct 2 - Dec 18	Fri	9 - 10 a.m.	RYC	100435
Fit & 55+	Sept 9 - Dec 16	Wed	8:30-9:30 a.m.	CCLH 34	100414
Fit & 55+	Sept 14 - Dec 14	Mon	1:15 - 2 p.m.	MC FS	100091
Fit & 55+	Sept 11 - Dec 18	Fri	1-2 p.m.	MC FS	100095
Fit & 55+	Sept 22 - Dec 15	Tue	9 - 10 a.m.	RYC	100243
Fit & 55+	Sept 10 - Dec 17	Thu	8:30 - 9:30 a.m.	RTRC 2	100246

Program	Dates	Day	Time	Place	Code
Fit & 55+	Sept 8 - Dec 8	Tue	6:45 - 7:45 p.m.	SMP45	100428
Fit & 55+	Sept 12 - Dec 19	Sat	8:30 - 9:30 a.m.	SMP 12	100430
FusionFIT 55+	Sept 11 - Dec 18	Fri	9 - 10 a.m.	RTRC 2	100365
FusionFIT 55+	Sept 9 - Dec 16	Wed	9 - 10 a.m.	RTRC 2	100358
Gentle Stretch & Tone	Sept 10 - Dec 17	Thu	3:30 - 4:30p.m.	SMP 4	100467
Gentle Stretch & Tone	Sept 14 - Dec 14	Mon	11:30 - 12:30 p.m.	RTRC 2	100448
Gentle Stretch & Tone	Sept 16 - Dec 16	Wed	7 - 8 p.m.	SMP12	100452
Gentle Stretch & Tone	Sept 22 - Dec 15	Tue	11:30 - 12:30 p.m.	RYC	100245
Hatha Yoga	Sept 14 - Dec 14	Mon	1 - 2:30 p.m.	RTRC 2	100432
Hatha Yoga	Sept 14 - Dec 14	Mon	5:30 - 7p.m.	Craft	100449
Hatha Yoga	Sept 16 - Dec 16	Wed	5:30 - 6:45 p.m.	SMP12	100451
Knee & Hip Fitness	Sept 15 - Dec 8	Tue	1 - 2 p.m.	SMP45	100388
Line Dance (Absolute Beginner)	Sept 14 - Nov 23	Mon	3 - 4 p.m.	SMP3	101212
Line Dance (Absolute Beginner)	Sept 15 - Nov 17	Tues	4 - 5 p.m.	SMP3	101219
Line Dance (Beginner)	Sept 14 - Nov 23	Mon	1 - 2:30 p.m.	SMP3	101209
Line Dance (Improver)	Sept 15 - Nov 17	Tues	2 - 3:30 p.m.	SMP3	101216
Line Dance (Improver)	Sept 15 - Nov 17	Tue	7 - 8:30 p.m.	SMP12	101223
Line Dance (Intermediate)	Sept 14 - Nov 23	Mon	10 - 11:30 a.m.	SMP45	101207
Line Dance (Progressive)	Sept 15 - Nov 17	Tues	12:15 a.m. - 1:45 p.m.	SMP3	101215
Line Dancing (Absolute Beginner)	Sept 8 - Nov 24	Tue	6 - 7 p.m.	SMP3	100380
Line Dancing (Beginner)	Sept 8 - Nov 24	Tue	7:15 - 8:15 p.m.	SMP3	100381
Line Dancing (Intermediate)	Sept 9 - Nov 25	Wed	7 - 8:30 p.m.	SMP3	100382
Line Dancing (Progressive)	Sept 14 - Nov 23	Mon	6 - 7:30 p.m.	SMP45	101224
Meditation for Everyday Peace	Sept 8 - Dec 8	Tues	11:15 a.m. - 12:15p.m.	SMP 6	100393
Mindful Breathwork	Sept 8 - Dec 8	Tues	10 - 11 a.m.	SMP 6	100392
Mobility and Core Strengthening	Oct 2 - Dec 18	Fri	10:30 - 11:30 a.m.	RYC	100436
Mobility and Core Strengthening	Sept 14 - Dec 14	Mon	2:15-3 p.m.	MC FS	100093

* Adults 55+ Program Charts

Program	Dates	Day	Time	Place	Code
Mobility and Core Strengthening	Sept 22 - Dec 15	Tue	10:15 - 11:15 a.m.	RYC	100244
Osteoporosis Exercise	Sept 10 - Dec 17	Thu	2:15 - 3:15 p.m.	SMP4	100443
Osteoporosis Exercise	Sept 15 - Dec 8	Tue	2:15 - 3:15 p.m.	SMP45	100390
Pilates	Sept 24 - Dec 17	Thur	1 - 2 p.m.	SMP 5	100437
Pilates	Sept 14 - Dec 14	Mon	3:15 - 4 p.m.	MC FS	100094
Pilates	Sept 11 - Dec 18	Fri	2:15 - 3:15 p.m.	MC FS	100096
Pilates	Sept 10 - Dec 17	Thu	9:45 - 10:45 a.m.	RTRC 2	100247
Pilates	Sept 10 - Dec 17	Thu	11 a.m. - 12 p.m.	RTRC 2	102861
Square Dancing - Basic	Sept 17 - Dec 17	Thur	7:30 - 8:30 p.m.	SMP3	101577
Square Dancing - Mainstream	Sept 17 - Dec 17	Thur	8:30 - 9:30 p.m.	SMP3	101576
Square Dancing - Plus	Sept 17 - Dec 17	Thur	6:30 - 7:30 p.m.	SMP3	101578
Strength Release 2 - Seated Position	Sept 9 - Dec 9	Wed	5:15 - 6:15 p.m.	SMP12	101584
Strength Release 1 - Seated Position	Sept 14 - Dec 14	Mon	4:30 - 5:30 p.m.	SMP12	101994
Strong & Stable	Sept 25 - Dec 18	Fri	3:30 - 4:30 p.m.	SMP 3	100441
Strong & Stable	Sept 10 - Dec 17	Thu	1 - 2 p.m.	SMP 4	100442
Strong Bones & Balance	Sept 15 - Dec 8	Tue	3:30 - 4:30 p.m.	SMP45	100389
Tai Chi - Intro to Yang Style short form	Sept 9 - Dec 16	Wed	8 - 8:50 a.m.	SMP 45	101580
Tai Chi - Refinements Yang Style	Sept 9 - Dec 16	Wed	9 - 9:50 a.m.	SMP 45	101581
Tone, Stretch and Soothe	Sept 8 - Dec 8	Tue	7:50 - 8:50 p.m.	SMP45	100429
Tone, Stretch and Soothe	Sept 12 - Dec 19	Sat	9:45 - 11 a.m.	SMP 12	100431
Wall Workout	Sept 14 - Dec 14	Mon	1 - 2 p.m.	Magna 5	100375
Wall Workout	Sept 15 - Dec 15	Tue	1 - 2 p.m.	MC FS	100370
Wall Workout	Sept 9 - Dec 16	Wed	2:30 - 3:30 p.m.	RTRC 2	100363
Wall Workout	Sept 11 - Dec 18	Fri	1:15 - 2:15 p.m.	RTRC 2	100368
Yoga Flow	Sept 9 - Dec 16	Wed	10:15 - 11:15 a.m.	RTRC 2	100359
Yoga Flow	Sept 10 - Dec 17	Thu	1:15 - 2:15 p.m.	MC FS	100196
Yoga Flow	Sept 11 - Dec 18	Fri	11:30 a.m. - 12:30 p.m.	RTRC 2	100367
Zumba Gold	Sept 14 - Dec 7	Mon	9 - 9:45 a.m.	SMP45	100385
Zumba Gold	Sept 10 - Dec 10	Thu	10 - 10:45 a.m.	SMP45	100387

Program	Dates	Day	Time	Place	Code
Zumba Gold Toning	Sept 21 - Dec 14	Mon	8 - 8:45 a.m.	SMP 12	100421
Zumba Toning	Sept 9 - Dec 9	Wed	10 - 10:45 a.m.	SMP45	100386
Online Fitness					
Hatha Yoga	Sept 17 - Dec 17	Thu	10 - 11:30 a.m.	Zoom	100434
Qi Gong	Sept 8 - Dec 8	Tue	2 - 3 p.m.	Zoom	100313
Art Classes					
Acrylic Fine Art (Advanced)	Sept 24 - Nov 26	Thu	1 - 4 p.m.	SMP 12	100402
Acrylic Fine Art (Beginner)	Sept 24 - Nov 26	Thu	9 - 12 p.m.	SMP 12	100394
Dip & Discover Paint Night	Sept 30 2026	Wed	6 - 9 p.m.	SMP CR	101600
Dip & Discover Paint Night	Dec 2 2026	Wed	6 - 9 p.m.	SMP 12	101601
Drawing (Beginner)	Sept 9 - Dec 9	Wed	11:30 a.m. - 1p.m.	SMP 4	100415
Drawing to Watercolour Intermediate	Sept 9 - Dec 9	Wed	1:30 - 3 p.m.	SMP 4	100420
Life Drawing Intermediate	Oct 26 - Dec 14	Mon	7 - 9 p.m.	SMP12	100391
Watercolour Fundamentals 1	Sept 9 - Nov 18	Wed	9 -12 p.m.	SMP 12	100241
Watercolour Fundamentals 2	Sept 9 - Nov 18	Wed	1 - 4 p.m.	SMP12	100242
Watercolour Focus	Sept 22 - Nov 24	Tues	5 - 8 p.m.	SMP CR	101579
Watercolour Intermediate/Advanced	Sept 25 - Nov 27	Fri	9 a.m. - 12 p.m.	SMP12	100408
Watercolour Intermediate/Advanced	Sept 25 - Nov 27	Fri	1 - 4 p.m.	SMP6	100409
Write Your Way Home - Journaling for Joy & Insight	Sept 9 - Dec 9	Wed	10 a.m. - 11:30 a.m.	MC 5	101582



Live here. Care here. **Vote here.**



Vote online anytime, anyplace!
October 17 - 26, 2026

**In the 2026 Newmarket
Municipal Election voters
will elect candidates for
the following offices:**

- Mayor
- Deputy Mayor and Regional Councillor
- One Ward Councillor per Ward (7 Wards)
- School Board Trustees
(to represent the 4 School Boards for Newmarket)

You can vote if...

- ✓ You are a Canadian citizen
- ✓ You are at least 18 years of age
- ✓ You are a Newmarket property owner, tenant, or the spouse of one
- ✓ Not otherwise prohibited from voting

**Visit NewmarketVotes.ca to check, update
or get on the Voters' List today.**

Getting on the Voters' List today means you will be ready to vote online this October.

* Facilities

Municipal Offices

395 Mulock Drive
P.O. Box 328, Station Main,
Newmarket, Ontario
L3Y 4X7

Facility Information

Community Centre & Lions Hall

200 Doug Duncan Drive | CCLH
905-895-5193

Elman W. Campbell Museum

134 Main Street South | ECM

Gorman Outdoor Pool (Fall Only)

424 D'Arcy Street | GOP | 905-895-5193

Lawn Bowling (Indoor/Outdoor)

400 D'Arcy Street | 905-895-1265

Magna Centre

and telMAX Outdoor Skatepark

800 Mulock Drive | MC | 905-895-5193

Newmarket Seniors' Meeting Place

474 Davis Drive | 905-953-5325

NewRoads Performing Arts Centre

505 Pickering Crescent | 905-953-5122

Newmarket Public Library

438 Park Avenue | NPL | 905-953-5110

Old Town Hall

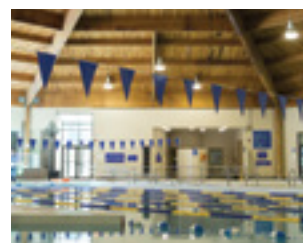
460 Botsford Street | OTH | 905-895-5193

Ray Twinney Recreation Complex

100 Eagle Street West | RTRC | 905-895-5193

Recreation Youth Centre and Indoor Skate Park

56 Charles Street | RYC | 905-953-5120





Recreation & Culture
newmarket.ca/recreation

