

Seniors Summer Fitness/ Recreational Schedule

June 27th – August 30th, 2026

Day		Activity/ Type	Capacity	Time	Location	Instructor
Monday	A	Dance, Move & Get Fit	40 People	6:00 pm – 6:45 pm	Gym	Donna
	A	Tai Chi	25 People	7:00 pm – 7:45 pm	Gym	Betty
Tuesday		Italian Seniors Program	23 People	10:00 am – 2:00 pm	<u>Trip – various locations</u>	Every two weeks
	A	Mat Yoga	20 People	6:00 pm – 6:45 pm	<u>Gym</u>	Svetlana
Wednesday	B	Euchre	20 People	10:00 am – 12:00 pm	<u>Conference room</u>	
	B	Bridge	20 People	12:15 pm – 2:15 pm	<u>Conference room</u>	
		Italian Tombola	20 People	2:30 pm – 4:30 pm	<u>Conference room</u>	
	A	Gentle Fitness & Stretch	40 People	10:00 am – 10:45 am	Gym	Rika
	A	Chair Yoga	30 People	10:15 am – 11:00 am	Activity Room 1 & 2	Svetlana
	A	HIIT Cardio	40 People	11:00 am – 11:45 am	Gym	Leanne
	A	Strength & Stability	30 People	11:15 am – 12:00 pm	Activity Room 1 & 2	Svetlana
	A	Sit & Fit	40 People	12:00 pm – 12:45 pm	Gym	Patti
	A	Chair Pilates	30 People	12:15 am – 1:00 pm	Activity Room 1 & 2	Svetlana
	A	Flex & Tone	40 People	1:00 pm – 1:45 pm	Gym	Donna
	A	Whole Body Fitness	40 People	1:15 pm – 2:00 pm	Activity Room 1 & 2	Lisa
	B	Crafts	20 People	12:30 pm – 2:30 pm	Activity Room #4	
	A	Badminton	30 People	6:00 pm – 8:00 pm	Gym	WSNCC
Thursday	B	Bengali Seniors	30 People	5:00 pm – 8:00 pm	<u>Conference room</u>	Zarin
	A	Sit & Fit	40 People	6:15 pm – 7:00 pm	Gym	Patti
Friday	A	Pickle Ball	30 People	6:00 pm – 8:00 pm	Gym	WSNCC
Saturday	B	South Asian Seniors	35 People	11:00 am – 3:00 pm	Activity Room 1 & 2	Zarin
	A	Community Fitness	25 People	10:00 am – 11:00 am	Activity Room 1 & 2	Lisa
	B	Badminton	30 People	10:00 am – 12:00 pm	Gym	South Asian
	B	Badminton	30 People	12:00 pm – 2:00 pm	Gym	WSNCC
	B	Pickle Ball	30 People	2:15 pm – 4:15 pm	Gym	WSNCC
Sunday	B	Pickle Ball	30 People	9:00 am – 11:00 am	Gym	WSNCC

Seniors Summer Swimming Schedule

June 29th – August 28th, 2026

Day	Activity	Capacity	Time	Cost /	Notes
Monday	Lane Swim	8 People	9:00 am – 9:45 am	Registered Program	Seniors Members
	Recreation Swim	25 People	10:00 am – 11:00 am	Registered Program	Seniors Members
Tuesday	Aquafit	25 People	9:00 am – 9:45 am	Registered Program	Patti
	Recreation Swim	25 People	10:00 am – 10:45 am	Registered Program	Seniors Members
Wednesday	Aquafit	25 People	9:00 am – 9:45 am	Registered Program	Rika
	Lane Swim	8 People	10:00 am – 10:45 am	Registered Program	Seniors Members
	Recreation Swim	25 People	11:00 am – 12:00 pm	Registered Program	Seniors Members
Thursday	Aquafit	25 People	9:00 am – 9:45 am	Registered Program	Patti
	Recreation Swim	25 People	10:00 am – 10:45 am	Registered Program	Seniors Members
Friday	Lane Swim	8 People	9:00 am – 9:45 am	Registered Program	Seniors Members
	Recreation Swim	25 People	10:00 am – 10:45 am	Registered Program	Seniors Members
	Aquafit	25 People	11:00 am – 11:45 am	Registered Program	Rika
Saturday	Open Swim	25 People	3:00 pm – 4:00 pm	FREE	Community Members
Sunday	Open Swim	25 People	1:30 pm – 3:30 pm	FREE	Community Members

All participants must register for each program. All fitness programs are open for community members.

For registration, please contact seniors' staff at (416) 755-9215

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