



CRESCENT TOWN CLUB

WINTER 2019 Program Guide

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Crescent Town Club Inc.
2A The Market Place,
Toronto, ON M4C 5M1
416-699-9631

visit us at our website:
www.crescenttownclub.com

MARCH BREAK DAY CAMP 2019

- Monday March 11th to Friday March 15th.
- Five full days of sports, swimming, games and arts & crafts under the supervision of responsible, experienced and enthusiastic Counselors.
- Day Trip included at no extra charge.
- Member \$100, Non-Member \$110.

See details on Page 3

LOOK!

EVERY DAY AT THE CENTRE

- 25 metre swimming pool
- racquet / handball courts
- wading pool
- Ivanko free weights
- club room with Full Kitchen
- Atlantis weight stations
- table tennis room
- indoor track
- youth room
- elliptical trainers
- lifecycles & spinning bikes
- all purpose room
- full size gymnasium
- large change rooms
- squash courts
- saunas

BOOK OUR PARTY ROOM!

Children's Birthdays! • Social Events!
Meeting Space!

Call 416-699-9631 ext.26 for information

REGISTRATION BEGINS:

Saturday December 15, 2018

8:30 to 10:30 am

*Winter programs run for 8 weeks and begin the week of January 6, 2019.
5% discount offered during 2 hour registration period (excluding Swimming Lessons,
March Break Day Camp and Clubs & Houseleagues).



CHILDREN AND YOUTH PROGRAMS

PRESCHOOL PROGRAMS

DAY	PROGRAM	TIME	AGES	START DATE	END DATE	COST
Tues	Crescent Town Family Drop In	9:30 to 11:30 am	5 years & under	Jan 8, 2019	Mar 7, 2019	Free
Wed & Fri	School Readiness for Preschoolers	W: 9:15 to 10:15 am F: 9:15 to 11:15 am	3 to 5 years	Jan 9, 2019	Mar 1, 2019	Member \$70 Non-Member \$80 Max 20 children
Wed	Preschool Soccer	5:30 to 6:30 pm	3 to 5 years	Jan 9, 2019	Feb 27, 2019	Member \$30 Non-Member \$40
Thurs	Introduction to Recreation for Newcomers, Parents & Preschoolers	9:30 to 11:30 am	5 years & under	Jan 10, 2019	Feb 28, 2019	Free
	My First Art Class	5 to 5:45 pm	3 to 5 years	Jan 10, 2019	Feb 28, 2019	Member \$40 Non-Member \$50 (includes materials)
Sat	Preschool Ballet	10 to 10:45 am	3 to 5 years	Jan 12, 2019	Mar 2, 2019	Member \$30 Non-Member \$40

CHILDREN PROGRAMS

DAY	PROGRAM	TIME	AGES	START DATE	END DATE	COST
Mon, Wed & Fri	Karate Club	4:30 to 5:30 pm or 5:30 to 6:30 pm	7 to 16 years	Jan 7, 2019	Mar 29, 2019**	Member \$165 Non-Member \$195
Mon to Fri	Kick Start After School Program	3 to 6 pm	7 to 12 & 13 to 24 years	To register contact the Kick-Start team at: 416-301-1168 or kickstart@neighbourhoodlink.org		
Tues	Children's ABC's – Writing Practice	4 to 5 pm	4 to 6 years	Jan 8, 2019	Feb 26, 2019	Member \$35 Non-Member \$45 (maximum 25 children)
Wed	Junior Soccer	4:30 to 5:30 pm	6 to 10 years	Jan 9, 2019	Feb 27, 2019	Member \$30 Non-Member \$40
Thurs	Co-ed Basketball	4 to 5 pm	6 to 13 years	Jan 10, 2019	Feb 28, 2019	Member \$30 Non-Member \$40
	Art Attack	4 to 5 pm	6 to 14 years	Jan 10, 2019	Feb 28, 2019	Member \$45 Non-Member \$55 (includes materials)
	Netball	5 to 6:30 pm	8 to 18 years	Jan 10, 2019	Feb 28, 2019	Member FREE Non-Member \$20

** No Monday classes on: February 18, 2019 (Family Day)

Save 5% on programs during Registration Saturday December 15 from 8:30 to 10:30 am (excluding Swimming Lessons, March Break Day Camp and Clubs & Houseleagues).



CHILDREN AND YOUTH PROGRAMS

CHILDREN PROGRAMS

DAY	PROGRAM	TIME	AGES	START DATE	END DATE	COST
Sat	Jr. Soccer Club	9 to 10:30 am	6 to 9 years	Jan 12, 2019	Mar 2, 2019	Member \$35 Non-Member \$45
	Ballet	11 am to 12 pm	6 to 13 years	Jan 12, 2019	Mar 2, 2019	Member \$30 Non-Member \$40
	Science, Technology, Engineering & Math	12 to 1 pm 1 to 2 pm	5 to 8 years 9 to 13 years	Jan 12, 2019	Mar 2, 2019	Member \$45 Non-Member \$55

YOUTH PROGRAMS

DAY	PROGRAM	TIME	AGES	START DATE	END DATE	COST Spring/Summer
Thurs	Netball	5 to 6:30 pm	8 to 18 years	Jan 10, 2019	Feb 28, 2019	Member FREE Non-Member \$20
	NEW! Fundamentals for Job Preparation	6:30 to 7:30 pm	14 to 18 years	Jan 10, 2019	Feb 28, 2019	Member \$10 Non-Member \$20

SPECIAL EVENTS/ SPECIALTY CHILDREN & YOUTH PROGRAMS

DAY	EVENT/ SPECIALTY PROGRAM	DESCRIPTION	TIME	AGES	COST
1 st Thursday of every month	Crescent Town Youth Council	Youth Council members organize events for youth. If interested in joining, contact Kristal at kristalarseneau@crescenttownclub.com	5 pm	13 to 19 years	Free- Members only (new members welcome)
Friday Dec 7	Winter Cupcake Decorating and Craft Party	Children will be treated to an afternoon of crafts, cupcake decorating, activities, and light snacks!	12:30 to 3:30 pm	4 to 11 years	\$15 per child Max 24 children
Tuesday Dec 18	Santa Claus Party	Take your picture & meet with Santa Claus and play some holiday games.	6:15 to 7:30 pm	10 & under	Free – Members only
Friday Jan 18	Winter Wonderland Prince & Princess Tea Party	The little princes & princesses will be treated to an afternoon of games, activities and light snacks! Children are encouraged to wear prince & princess inspired attire!	1 to 3 pm	4 to 11 years	\$10 per child Max 24 children
Friday Feb 15	Valentine's Cookie Decorating & Craft Party	Children will be treated to an afternoon of crafts, cookie decorating, activities and light snacks! Children are encouraged to wear valentine's day inspired attire!	12:30 to 3:30 pm	4 to 11 years	\$15 per child Max 24 children
Monday Mar 11 to Friday Mar 15	March Break Day Camp	Five full days of sports, swimming, games and arts & crafts under the supervision of responsible, experienced and enthusiastic Counselors. Day trip included at no extra charge.	8 am to 6 pm	5 to 12 years	Member \$100 Non-Member \$110
Saturday Feb 23	Red Cross Babysitter Course	8 hour course, teaches how to handle emergency situations, strategies to create a safe environment for children, basic first aid skills and much more.	10 am to 6 pm	11 to 15 years	Member \$35 Non-Member \$45



AQUATIC PROGRAMS

Winter Session 1 — Registration is Saturday December 15 from 8:30 to 10:30 am

Winter Session 2 — Registration is Saturday February 9 from 8:30 to 10:30 am

Winter Session 1 — Starts January 8, Ends January 31 | Winter Session 2 — Starts February 19, Ends March 14.

(Winter Sessions run for 4 weeks, twice a week, on Tuesdays and Thursdays - 8 Classes)

RED CROSS PRESCHOOL SWIM

LEVEL	AGES	DESCRIPTION	TIME	COST
Starfish	6 to 18 months	<i>Child must be accompanied by a parent or caregiver and must be able to hold their head up on own</i>	Tuesday & Thursday 5 to 5:30 pm	Member \$50 Non-Member \$60
Duck	18 to 30 months	<i>A parent or caregiver must accompany child. Perform front, back and vertical position (with assistance), move forward, backward and use arms (with assistance)</i>	Tuesday & Thursday 5 to 5:30 pm	Member \$50 Non-Member \$60
Sea Turtle	30 months to 3 years	<i>A parent or caregiver must accompany child. Move forward, backwards, assisted front and back floats and recovery and use buoyant objects for support.</i>	Tuesday & Thursday 5 to 5:30 pm	Member \$50 Non-Member \$60
Sea Otter	3 to 5 years	<i>This is the first level for swimmers participating without a parent or guardian. Swimmers work on front and back floats and glides, kicking on front with a buoyant object and will be able to swim 1 metre upon completion of this level.</i>	Tuesday & Thursday 5:30 to 6 pm	Member \$50 Non-Member \$60
Salamander	3 to 5 years	<i>Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.</i>	Tuesday & Thursday 6 to 6:30 pm	Member \$50 Non-Member \$60
Sunfish	3 to 5 years	<i>Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD and swim 5 metres continuously.</i>	Tuesday & Thursday 6 to 6:30 pm	Member \$50 Non-Member \$60
Crocodile	3 to 5 years	<i>Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water and swim 10 metres continuously.</i>	Tuesday & Thursday 7:15 to 7:45 pm	Member \$50 Non-Member \$60
Whale	3 to 5 years	<i>Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive and will be able to swim 15 metres continuously upon completion of the level.</i>	Tuesday & Thursday 7:15 to 7:45 pm	Member \$50 Non-Member \$60

RED CROSS SWIM KIDS

LEVEL	AGES	DESCRIPTION	TIME	PRICE
Level 1	6 years & up	<i>Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits and swim 5 metres.</i>	Tuesday & Thursday 5 to 5:30 pm	Member \$52 Non-Member \$62
Level 2	6 years & up	<i>Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.</i>	Tuesday & Thursday 5:45 to 6:15 pm	Member \$52 Non-Member \$62
Level 3	6 years & up	<i>Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water and swim 15 metres continuously.</i>	Tuesday & Thursday 6:15 to 6:45 pm	Member \$52 Non-Member \$62
Level 4	6 years & up	<i>Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.</i>	Tuesday & Thursday 5 to 5:45 pm	Member \$58 Non-Member \$68
Level 5	6 years & up	<i>Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back and swim 50 metres continuously.</i>	Tuesday & Thursday 5:30 to 6:15 pm	Member \$58 Non-Member \$68
Level 6	6 years & up	<i>Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive and swim 75 metres.</i>	Tuesday & Thursday 6:30 to 7:15 pm	Member \$58 Non-Member \$68



AQUATIC PROGRAMS

RED CROSS SWIM KIDS

LEVEL	AGES	DESCRIPTION	TIME	PRICE
Level 7	6 years & up	Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.	Tuesday & Thursday 6:45 to 7:30 pm	Member \$58 Non-Member \$68
Level 8	6 years & up	Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive and swim 300 metres continuously.	Tuesday & Thursday 6:15 to 7:15 pm	Member \$63 Non-Member \$73
Level 9	6 years & up	Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m), and breast stroke (25m), learn sidestroke kick, perform head first surface dive and swim 400 metres continuously.	Tuesday & Thursday 7:15 to 8:15 pm	Member \$63 Non-Member \$73
Level 10	6 years & up	Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet and head-first surface dives with underwater swim and swim 500 metres continuously.	Tuesday & Thursday 7:15 to 8:15 pm	Member \$63 Non-Member \$73

DAY	PROGRAM	TIMES	DESCRIPTION	COST
Tues	Adults "Learn to Swim" 16 years & up	Tuesday & Thursday 7:30 to 8:15 pm	Basic swimming skills and water safety will be taught. You will learn how to be comfortable in the water as well as basic floating, moving and rhythmic breathing.	Member \$60 Non-Member \$70
Mon, Wed & Fri	CREST Recreational Swim Racing Program 6 Years & up	To register or for more information please contact the CREST website at www.crestswimming.ca		
Everyday	CREST Swim Club	CREST is a non-profit organization providing an opportunity for children and young adults to train and develop as competitive swimmers. Head Coach Fred Arzaga is a former Olympic Swimmer. Ages 6 +, must be able to swim 2 lengths For more information, please contact the CREST website at www.crestswimming.ca All CREST Swim Club members must possess a valid Crescent Town Club Membership.		

Private Swimming Lessons

1 OR 2 STUDENTS

*10% discount does not apply

TIME	PRIVATE
½ Hour	\$23.00
5 x ½ Hour	\$110.00



ADULT PROGRAMS

ADULT RECREATION PROGRAMS

DAY	PROGRAM	TIME	START DATE	END DATE	COST
Mon	Zumba	8 to 9 pm	Jan 7, 2019	Mar 4, 2019**	Member \$50 Non-Member \$60
Tues	Aquafit	9:30 to 10:30 am	Jan 8, 2019	Feb 26, 2019	Member \$42 Non-Member \$52
	Pilates	6:30 to 7:30 pm	Jan 8, 2019	Feb 26, 2019	Member \$50 Non-Member \$60
	Gentle Yoga & Meditation	7:45 to 8:45 pm	Jan 8, 2019	Feb 26, 2019	Member \$55 Non-Member \$65
	Master Swim	8:30 to 9:30 pm	Jan 8, 2019	Feb 26, 2019	Member \$52 Non-Member \$62
Thurs	Aquafit	9:30 to 10:30 am	Jan 10, 2019	Feb 28, 2019	Member \$42 Non-Member \$52
	Hatha Flow Yoga	6:15 to 7:30 pm	Jan 10, 2019	Feb 28, 2019	Member \$65 Non-Member \$75
	NEW! Cardio Sculpt	7:45 to 8:45 pm	Jan 10, 2019	Feb 28, 2019	Member \$50 Non-Member \$60
Sat	Aquafit	9:05 to 10:05 am	Jan 12, 2019	Mar 2, 2019	Member \$42 Non-Member \$52
	NEW! Painting & Drawing Art Class	9:15 to 10:45 am	Jan 12, 2019	Mar 2, 2019	Member \$70 Non-Member \$80 (materials included)

Winter session runs for 8 weeks. 5% discount offered during the 2 hour registration period (excluding Swimming Lessons, March Break Day Camp and Clubs & Houseleagues). **Seniors:** save **10%** on any Adult Programs first week of Registration **ONLY!** (Winter Saturday December 15 to Saturday December 22, 2018).

**No Monday classes on February 18, 2019 (Family Day).

WEIGHT ROOM ORIENTATIONS

Learn how to use exercise equipment safely and get better results with our trainer, Miranda.

Thursday January 10, 7-9 pm

Thursday February 7, 7-9 pm

Thursday March 14, 7-9 pm

Inquire and sign up at the Recreation Office. Age 16+

FULLY CERTIFIED

PERSONAL TRAINER

START UP PACKAGE PRICES*

includes an assessment and program design

5 Sessions \$200

10 Sessions \$320

15 Sessions \$440

CONTINUATION PACKAGES*

(All new clients must register for a start up package before registering for a continuation package)

5 Sessions \$150

10 Sessions \$270

15 Sessions \$390



CLUBS AND HOUSE LEAGUES

CLUBS & HOUSE LEAGUES, AGE 18+ EXCEPT AS INDICATED					
DAY	PROGRAM	TIME	START DATE	END DATE	COST
Sun	Adult Indoor Soccer Club (19+)	11 am to 1 pm	Jan 6, 2019	Mar 24, 2019	Member \$30 Non-Member \$60
Sun, Wed	Squash Houseleague	1 game scheduled weekly on Wed. 5 to 9:30 pm OR Sun 11:00 am to 3:00 pm	Jan 6, 2019	Mar 27, 2019	Members Only \$30
Sun, Fri	Badminton	Fri: 6:30 to 9:30 pm Sun: 1 to 4 pm	Jan 6, 2019	Mar 29, 2019	Members Only \$30
Mon	Doubles Racquetball Challenge	5:40 to 9:30 pm	Jan 7, 2019	Mar 25, 2019**	Members FREE
	Adult Pick Up Volleyball (Drop In)	7:30 to 9:30 pm	Jan 7, 2019	Mar 25, 2019**	Members Only FREE
Mon, Wed & Fri	Karate Club	Child 7 to 16 years: 4:30 to 5:30 pm OR 5:30 to 6:30 pm. Adult 16+: 6:30 to 8 pm	Jan 7, 2019	Mar 29, 2019**	Member \$165 Non-Member \$195
Tues	T&D Men's "D" Squash League	6:30 to 9:30 pm Home & Away, TBA	Jan 8, 2019	Mar 26, 2019	By invitation, Members Only
Wed, Sat	Table Tennis Club	W: 6:30 to 9:30 pm Sat: 12:30 to 4:30 pm	Jan 9, 2019	Mar 30, 2019	Member \$30 Non-Member \$60
Wed	Racquetball Houseleague	1 game scheduled weekly on Wed. 5 to 9:30 pm	Jan 9, 2019	Mar 27, 2019	Members Only \$30
Thurs	TDWSA Women's "D" Squash League	6:30 to 9:30 pm Home & Away, TBA	Jan 10, 2019	Mar 28, 2019	By invitation, Members Only
	Adult Volleyball Houseleague	7:30 to 9:30 pm	Jan 10, 2019	Mar 28, 2019	Member \$30 Non-Member \$60
Fri	T&D Men's "E" Squash League	6:30 to 9:30 pm Home & Away TBA	Fall	Winter	By invitation, Members Only
Sat	Masters Basketball Club (30+)	10:30 am to 12:30 pm	Jan 12, 2019	Mar 30, 2019	Member \$30 Non-Member \$60

**No Monday classes on February 18, 2019 (Family Day).

SPECIAL COMMUNITY EVENTS: ALL WELCOME!			
EVENT	DATE	TIME	NOTES
Annual Tree Lighting Ceremony	Monday December 3, 2018	7 to 9 pm	<i>Tree lighting on the lawn beside 7 Crescent Place.</i>



CRESCENT TOWN CLUB

WINTER 2019 Program Guide

Club Hours

Monday to Friday 9:00 am to 10:00 pm
Saturday & Sunday 9:00 am to 6:00 pm

Holiday Hours

Monday December 17, Monday December 24,
Monday December 31, 2018 and
Monday February 18, 2019 - 9:00 am to 5:00 pm.

Tuesday December 25, 2018,
Wednesday December 26, 2018 and
Tuesday January 1, 2019 – CLUB CLOSED

No admission to facilities a half hour before closing time.

Registration Policies

All registration is on a first served basis. Valid membership card must be presented at time of registration. Registration for Winter programs is on Saturday December 15, 2018. Winter programs will begin the week of January 6, 2019. Pre-registration is not accepted.

Admission Policy

All persons using the Club MUST present a valid membership card. Guests must be signed in and out and be accompanied by a member of the Club. Guest fees apply.

Refunds, Credits & Cancellations

All requests for refunds must be received in writing prior to the second class of the program. Refunds will only be issued for programs that are cancelled, and for medical reasons when a doctor's note is provided. All refunds and credits will be subject to a 20% service fee. Credits may be issued at the discretion of the Club. Credits are applicable for Club programs only and are valid for 12 months from date of issue.



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RES: 416-698-0504 (LIVES ON SITE)
CELL: 416-274-7420

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SQUARE
OWNERS!!**

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SALES REP.**

POWERFUL NEGOTIATOR

UNBEATABLE SALES RECORD
IN MASSEY SQUARE

WINNER OF SEVERAL
ACHIEVEMENT
AWARDS



STOP Listening to people who tell you your property is NOT worth the prices LISTED BELOW!

- January 2018 Barb sold a (2 Bdrm) 3 Massey Square #1604 for \$325,000 in ONE WEEK.



STOP Letting yourselves be UNDERVALUED. Other owners call me UPSET and RESENTFUL of these Owners who sell LOW. I am constantly trying to repair the damage done by these owners who don't listen. Just call Barb to LIST your property and this wouldn't happen!!!

2018 I DO NOT want to see ANY property listed or SOLD BELOW \$300,000 (INCLUDING 1 bedrooms) this year.

FREE Advice for any reason by Barb, the most experienced Real Estate Sales Rep. in Massey Square.
Home Stager - has Designed, Renovated MANY units in Massey Square.

Condominium values at Massey Square should be at:

+ Means for those properties renovated

2018/2019

1 Bedroom: \$300,000+	2 Bedroom: \$350,000+	3 Bedroom: \$400,000+
3 Massey Square 3 Bdrm "01" Units: \$500,000+		Townhouses: \$450,000+

Rental Prices:

(Reflect a little higher than CT Rental Building prices to the best of my knowledge)

1 Bedroom: \$1,700+	2 Bedroom: \$2,000+	3 Bedroom: \$2,500+
3 Massey Square "01" Units: \$3,500+		Townhouses (3 Bdrm): \$3,000+

BARB has been a great help to those Owners transitioning to a SENIOR'S HOME plus works well with those family members of ESTATE SALES. ALSO, for those wishing to sell their Condominiums that may be in poor condition, Barb can arrange ALL CASH OFFERS AND CLOSING DATES THAT WORKS FOR THE OWNER. STOP being MISLEAD on your true property value. CALL BARB!