

CRESCENT **TOWN CLUB**

SPRING 2024 **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







SUMMER DAY CAMP

A fun & affordable option for children ages 5 to 12 years.

- A full day of sports, games, arts & crafts activities and MORE!
- Swimming everyday
- All activities supervised by experienced & enthusiastic Counselors
- Camp Hours 8:30am to 5:30pm

WEEKLY RATES:

Member \$130 Non-Member \$145 See Page 3 for details

LOOK!

Everyday at the Club

- 25 metre swimming pool
- Racquetball/handball courts
- Wading pool
- York free weights
 - Club Room with full kitchen Lifecycles, spinning bikes Saunas
- Weight stations
- Table Tennis Room • Indoor Atlantis Track
- Elipticals & treadmills
- - & cascade climbers
 - **BOOK OUR PARTY ROOM!**

Children's Birthdays! Social Events! Meeting Space!

Call 416-699-9631 ext. 25 for information

REGISTRATION BEGINS:

Online: Wednesday March 20, 2024 - starting at 10:00am at www.crescenttownclub.com (excluding Swimming Lessons)

> In Person: Saturday March 23, 2024 – 8:30 to 10:30am (Swimming Lessons Only)

In Person: Monday March 25, 2024 – starting at 10:00am (any remaining spaces for all programs)

* Spring Programs run for 10 weeks & begins the week of March 31, 2024

- All Purpose Rooms • Full size gymnasium
 - Large change rooms
 - Squash courts



CHILDREN AND YOUTH PROGRAMS

	PRESCHOOL PROGRAMS					
DAY	PROGRAM	TIME	AGES	START DATE	END DATE	COST
Tues	Preschool Ballet	4:45 to 5:30pm	3 to 5 years	April 2, 2024	June 4, 2024	Member \$50 Non-Member \$65
Wed	Family Drop In	9:30 to 11:00am	1 to 4 years	April 3, 2024	June 5, 2024	Member FREE (Members Only)
Thurs	Preschool Soccer	5:15 to 6:00pm	3 to 5 years	April 4, 2024	June 6, 2024	Member \$50 Non-Member \$65
Sat	My First Art Class	10:45 to 11:30am	3 to 5 years	April 6, 2024	June 8, 2024	Member \$50 Non-Member \$65

		CHILDR		GRAMS		
DAY	PROGRAM	TIME	AGES	START DATE	END DATE	COST
Mon & Wed	Karate Club <i>Junior Class</i> Karate Club Advanced Class	5:00 to 6:30pm (Below Orange Belt) 6:00 to 7:30pm (Orange belt & above)	7 to 16 years	*April 1, 2024	June 19, 2024	Member \$178 Non-Member \$203 plus \$10 annual federation fee
Mon & Wed	Racquetball Juniors Program	M: 5:30 to 6:30pm W: 5:00 to 6:00pm	8 years & up	*April 1, 2024	June 26, 2024	Member \$10/mth Non-Member \$20/mth To register, email racquetball@binbrook.ca
Tues	Ballet	5:30 to 6:15pm	6 to 11 years	April 2, 2024	June 4, 2024	Member \$50 Non-Member \$65
	Jazz	6:15 to 7:00pm	6 to 11 years	April 2, 2024	June 4, 2024	Member \$50 Non-Member \$65
Thurs	Co-ed Basketball	4:15 to 5:15pm	6 to 13 years	April 4, 2024	June 6, 2024	Member \$45 Non-Member \$60
	Netball	5:30 to 7:00pm	8 to 18 years	April 4, 2024	June 6, 2024	Member FREE Non-Member \$25
Sat	Jr. Soccer Club	9:00 to 10:30am	6 to 9 years	April 13, 2024	June 15, 2024	Member \$55 Non-Member \$70
	Art Attack	11:30am to 12:30pm	6 to 12 years	April 6, 2024	June 8, 2024	Member \$55 Non-Member \$70
	Math Marvels	1:00 to 2:00pm	Grades 1 to 3	April 6, 2024	June 8, 2024	Member \$75 Non-Member \$90
	Math Marvels	2:00 to 3:00pm	Grades 4 to 6	April 6, 2024	June 8, 2024	Member \$75 Non-Member \$90



CHILDREN AND YOUTH PROGRAMS

	YOUTH PROGRAMS						
DAY	PROGRAM	TIME	AGES	START DATE	END DATE	COST	
Mon & Wed	Karate Club <i>Junior Class</i> Karate Club Advanced Class	5:00 to 6:30pm (Below Orange Belt) 6:00 to 7:30pm (Orange belt & above)	7 to 16 years	*April 1, 2024	June 19, 2024	Member \$178 Non-Member \$203 plus \$10 annual federation fee	
Mon & Wed	Racquetball Juniors Program	M: 5:30 to 6:30pm W: 5:00 to 6:00pm	8 years & up	*April 1, 2024	June 26, 2024	Member \$10/mth Non-Member \$20/mth To register, email racquetball@binbrook.ca	
Tues	Empowerment Basketball Club	5:00 to 6:00pm	13 to 18 years	April 2, 2024	June 4, 2024	Member \$20 Non-Member \$35	
Thurs	Netball	5:30 to 7:00pm	8 to 18 years	April 4, 2024	June 6, 2024	Member FREE Non-Member \$25	
Sat	Math Marvels	3:00 to 4:00pm	Grades 7 to 9	April 6, 2024	June 8, 2024	Member \$75 Non-Member \$90	

	SPECIAL EVENTS / SPECIALITY CHILDREN & YOUTH PROGRAMS						
DAY	EVENT/SPECIALTY PROGRAM	DESCRIPTION	TIME	AGES	СОЅТ		
Monday April 8 th	Hop Hop Hooray! Easter Party	Children will be treated to a morning of games, activities, & light snacks!	10:30am to 12:30pm	4 to 11 years	\$12 per child Max 24 children		
Friday June 7 th	Carnival Games Party	Children will be treated to an afternoon of carnival games, activities, & light snacks!	1:00 to 3:00pm	4 to 11 years	\$12 per child Max 24 children		
*Week 1 July 2 to 5 Week 2 July 8 to 12 Week 3 July 15 to 19 Week 4 July 22 to 26 Week 5 July 29 to August 2 *Week 6 Aug 6 to 9 Week 7 Aug 12 to 16 Week 8 Aug 19 to 23	Summer Day Camp Weekly Trips Week 1 Kidstown Week 2 ROM Week 3 Zoo To You Week 4 Chuck E Cheese Week 5 Bowling *Week 6 Ashbridges Bay Week 7 Movies Week 8 Science Centre	A fun and affordable experience for children ages 5 to 12. A full day of sports, swimming, games and arts & crafts activities, all led and supervised by our experienced staff. Day trip is included at no extra cost. Camp operates from 8:30am to 5:30pm Monday to Friday, no charge for the extended hours! Family Discount : Children (siblings) from the same family save \$10 per child per week. *4 day week, cost \$120 / \$135. REGISTRATION BEGINS ONLINE ON Wednesday March 20, 2024 and IN PERSON on Monday March 25, 2024. Space is limited. *All Day Trips are subject to change without notice.	8:30am to 5:30pm	5 to 12 years	Weekly Rates Member \$130 Non-Member \$145		

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	SPECIAL EVENTS / SPECIALITY CHILDREN & YOUTH PROGRAMS					
DAY	EVENT/SPECIALTY PROGRAM	DESCRIPTION	TIME	AGES	СОЅТ	
Session 1: July 2 to 12 OR Session 2 July 29 to August 9	Leaders In Training	A TWO week program, LIT's learn leadership skills, how to plan and run games and events for groups of children and get hands on experience working with our Day Camp. LITs will receive training in CPR and First Aid, participate in daily swimming & water safety, weekly day trips and receive a certificate upon completion.	8:30am to 5pm	13 to 17 years	Session Rates: Member \$135 Session Rates: Non-Member \$150 Maximum 15 participants per session	
Any week of Day Camp following completion of LIT Program July 15 to August 23	Counselors In Training	A one week program for selected graduates of the LIT Program. CITs will be placed with a Summer Day Camp Counselor and be mentored as they perform duties similar to those of a Camp Counselor. Daily swimming and weekly day trip with assigned camp group. Letter to certify volunteer hours upon completion.	to 5pm	13 to 17 years	No Charge	

*No Monday classes on Monday May 20, 2024 (Victoria Day)

Spring session runs for 10 weeks. All costs are plus HST where applicable.

AQUATIC PROGRAMS

Spring Session 1 – Registration is in person on Saturday March 23 from 8:30 to 10:30am Spring Session 2 – Registration is in person on Saturday May 4 from 8:30 to 10:30am Spring Session 1 -Starts April 2, Ends April 25, 2024 * Spring Session 2 –Starts May 14, Ends June 6, 2024 (Spring Sessions run for 4 weeks, twice a week on Tuesdays and Thursdays – 8 classes)

	LIFESAVING SOCIETY – SWIM FOR LIFE						
LEVEL	AGES	DESCRIPTION	TIME	СОЅТ			
Parent & Tot 1	Ages 4 to 12 months	Parents and babies will explore the water together. They will learn how to safely enter & exit the water and discover the water safely. Parents will learn how to safely support their child while they play.		Member \$65 Non-Member \$80			
Parent & Tot 2	Ages 12 to 24 months	Instructors will lead sessions to help parents while children learn basic water safety skills. Parents are taught how to support their child with assisted entries and exits into water and support them in learning to float and kick. The child will practice getting their face wet and blowing bubbles.	Tuesday & Thursday 5:30 to 6pm	Member \$65 Non-Member \$80			
Parent & Tot 3	Ages 2 to 3 years	Parents will work towards supporting their toddlers in becoming more independent in the water. Getting in, getting out, going under, and floating, parents and toddlers will be introduced to different fundamental swimming skills.	Tuesday & Thursday 5:30 to 6pm	Member \$65 Non-Member \$80			



L	LIFESAVING SOCIETY – SWIM FOR LIFE & CANADIAN SWIM PATROL					
LEVEL	AGES	DESCRIPTION	TIME	COST		
Preschool 1	Ages 3 to 5	Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills.	Tuesday & Thursday 5 to 5:30pm	Member \$65 Non-Member \$80		
Preschool 2	Ages 3 to 5	Preschoolers will work on becoming more independent with their water skills, which include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.	Tuesday & Thursday 5:30 to 6pm	Member \$65 Non-Member \$80		
Preschool 3	Ages 3 to 5	Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides (3m), kicks(3-5m). In this level they work their way into deeper water for side entries and jumping in with their lifejackets on.	Tuesday & Thursday 5:30 to 6pm	Member \$65 Non-Member \$80		
Preschool 4	Ages 3 to 5	Preschoolers will gain some independence in deep water. Practice jumping into deeper water (including getting out themselves), sideways entries, and opening their eyes underwater. Swimmers will work on completing 5m of front crawl in their lifejackets, flutter kick on front & back (7m), swim 5m and work on their ability to tread water.	Tuesday & Thursday 6 to 6:30pm	Member \$65 Non-Member \$80		
Preschool 5	Ages 3 to 5	Preschoolers will work on being able to support themselves treading in deep water for 10 seconds and complete 5m swims with front and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.	Tuesday & Thursday 6 to 6:30pm	Member \$65 Non-Member \$80		
Swimmer 1	Ages 6 to 12	Swimmer will gain confidence in the water, as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Swimmers will learn floats, rollovers, glides (3m), and kicks from front to back (5m).	Tuesday & Thursday 6:30 to 7pm	Member \$65 Non-Member \$80		



	LIFESAVING SOCIETY – SWIM FOR LIFE & CANADIAN SWIM PATROL					
DESCRIPTION	AGES	DESCRIPTION	TIME	СОЅТ		
Swimmer 2	Ages 6 to 12	Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water (15 seconds) without a lifejacket. Swimmers will be challenged by the introduction to various skills including, flutter kick on their front, back and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10m. Swimmers will get to work on their Swim to Survive skills & be introduced to interval training.	Tuesday & Thursday 7 to 7:30pm	Member \$65 Non-Member \$80		
Swimmer 3	Ages 6 to 12	Swimmers will make a splash with kneeling dives & forward roll entries. Swimmers will be introduced to handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front & back (5m), whip kick on back (10m), front & back crawl (15m), treading water (30 seconds) and interval training.	Tuesday & Thursday 6 to 6:30pm	Member \$65 Non-Member \$80		
Swimmer 4	Ages 6 to 12	Swimmers will complete standing dives, tread water for 1 minute, and swim underwater for 5 m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl (25m), back crawl (25m), and whip kick (15m), swimmers will be introduced to breaststroke (15m).	Tuesday & Thursday 7:30 to 8pm	Member \$65 Non-Member \$80		
Swimmer 5	Ages 6 to 12	Swimmers will be challenged with a whole new set of skills, shallow dives, tuck jumps, eggbeater kick (30 seconds) and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmer will need to complete longer distance swims (50m front & back crawl, 25m breaststroke) and interval training sessions for all their strokes.	Tuesday & Thursday 7 to 7:30pm	Member \$65 Non-Member \$80		



	LIFESAVI	NG SOCIETY – SWIM FOR LIFE & CANADIA	N SWIM PATRO	DL
LEVEL	AGES	DESCRIPTION	TIME	СОЅТ
Swimmer 6	Ages 6 to 12	Swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance -critical for success in the 300 m workout required to complete the level.	Tuesday & Thursday 7 to 7:30pm	Member \$65 Non-Member \$80
Rookie Patrol	Ages 8 to 12 years	Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement is focused on front crawl, back crawl, and breaststroke. Fitness components include a 350m workout and 100m timed swim. Swimmers will learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self- rescue techniques, victim recognition, and using throwing assists.	Tuesday & Thursday 7:30 to 8pm	Member \$65 Non-Member \$80
Ranger Patrol	Ages 8 to 12 years	Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200m timed swim. First aid at the Ranger Patrol level includes assessment of unconscious victims, treating for shock, and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non-contact rescues with a buoyant aid.	Tuesday & Thursday 7:30 to 8pm	Member \$65 Non-Member \$80
Star Patrol	Ages 8 to 12 years	Strokes will continue to be refined through completion of 100m swims. It demands good physical conditioning as swimmers will be challenged with a 600m workout, 300m timed swim, and a 25m object carry. First aid at this level focuses on treatment of bone and joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include in water defense methods, rolling over and supporting victims in shallow water, and removing victims from shallow water.	Tuesday & Thursday 8 to 8:30pm	Member \$65 Non-Member \$80
Adults	Ages 13 years & up	Adult swimmers will work towards being able to complete short distance swims (10 to 15m) on their front and back. They will work on stroke fundamentals such as floats, rolls, glides, and kicks.	Tuesday & Thursday 8 to 8:30pm	Member \$65+HST Non-Member \$80+HST



Private Swimming Lessons

1 or 2 Students
 ½ hour
 \$27.00

 5 x ½ hour
 \$125.00

	CREST SWIM CLUB
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 visit the CREST website <u>www.crestswimming.ca</u>
CREST Recreational Swim Racing Program	To register or for more information, please visit the CREST website at <u>www.crestswimming.ca</u> 6 years & up

ADULT PROGRAMS

ADULT RECREATION PROGRAMS								
DAY	PROGRAM	TIME	START DATE	END DATE	СОЅТ			
Mon & Wed	Learn to Play Racquetball	M: 5:30 to 6:30pm W: 5:00 to 6:00pm	*April 1, 2024	June 26, 2024	Member \$10/mth Non-Member \$20/mth To register, email racquetball@binbrook.ca			
Tues	Zumba	8:00 to 9:00pm	April 2, 2024	June 4, 2024	Member \$58 Non-Member \$73			
Wed	Tai Chi	7:15 to 8:15pm	April 3, 2024	June 5, 2024	Member \$32 Non-Member \$47			
Thurs	Cardio High-Low	6:30 to 7:30pm	April 4, 2024	June 6, 2024	Member \$58 Non-Member \$73			
Sat	Aquafit	9:15 to 10:15am	April 6, 2024	June 8, 2024	Member \$53 Non-Member \$68			
	Circuit Blast	10:00 to 11:00am	April 6, 2024	June 8, 2024	Member \$58 Non-Member \$73			
	Cardio High-Low	11:00am to 12:00pm	April 6, 2024	June 8, 2024	Member \$58 Non-Member \$73			

*No Monday classes on Monday May 20, 2024 (Victoria Day)

Spring session runs for 10 weeks. All costs are plus HST where applicable.



CLUBS & HOUSELEAGUES

CLUBS & HOUSELEAGUES, AGE 18+ EXCEPT AS INDICATED									
DAY	PROGRAM	TIME	START DATE	END DATE	COST				
Sun	Pickleball Club	9:00 to 11:00am	March 31, 2024	June 16, 2024	Members \$37 Non-Member \$67				
	Badminton Individuals can ONLY register maximum 2 players	1:00 to 4:00pm	March 31, 2024	June 16, 2024	Member \$37 Non-Member \$67				
Sun, Wed	Squash Houseleague	For more information or to register, please email Andy at: andyroberts_@hotmail.com 1 game scheduled weekly on Wed 5:00 to 9:00pm OR Sun 11:00am to 3:00pm							
Mon & Wed	Karate Club (16+)	7:30 to 9:00pm	*April 1, 2024	June 19, 2024	Member \$178 Non-Member \$203 plus \$10 annual federation fee				
Mon	Adult Pick UP Volleyball (Drop In)	7:00 to 9:00pm	*April 1, 2024	June 17, 2024	Members Only Free				
Wed	Racquetball Houseleague	For more information or to register, please email: racquetball@binbrook 1 game scheduled weekly on Wed 5:00 to 9:00pm							
	Wednesday Soccer Club	7:00 to 9:00pm	April 3, 2024	June 19, 2024	Member \$37 Non-Member \$67				
Thurs	Pickleball Club with Coaching	1:00 to 3:00pm	April 4, 2024	June 20, 2024	Member \$42 Non-Member \$72				
Fri	Badminton Individuals can ONLY register maximum 2 players	6:00 to 9:00pm	April 5, 2024	June 21, 2024	Member \$37 Non-Member \$67				
Sat	Masters Basketball Club (30+)	10:30am to 12:30pm	April 13, 2024	June 29, 2024	Member \$37 Non-Member \$67				
	Table Tennis Club	12:30 to 4:30pm	April 13, 2024	June 29, 2024	Member \$27 Non-Member \$47				

*No Monday classes on Monday May 20, 2024 (Victoria Day)

Spring session runs for 10 weeks. All costs are plus HST where applicable.

FREE Exercise Room Orientation available to All Members

Learn to use the Exercise Room equipment correctly and get better results.

Monday April 1, 2024 – 7:30 to 9:00pm

Monday May 6, 2024 – 7:30 to 9:00pm

Monday June 3, 2024 – 7:30 to 9:00pm

Visit the Recreation Office for more details and to register.



SPRING 2024 Program Guide

Club Hours Monday to Friday 9:00am to 9:00pm Saturdays & Sundays 9:00am to 5:30pm

No admission to facilities a half hour before closing

Holiday Closures Friday March 29 (Good Friday) & Monday May 20 (Victoria Day) - CLUB CLOSED

Registration Policies:

All registration is on a first served basis. Valid membership card must be presented at time of registration to receive member prices. Spring programs will begin the week of March 31, 2024. 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 and will only be issued for programs that are cancelled, and for medical reasons. 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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CELL: 416-274-7420 EMAIL: barbarakirk1159@gmail.com OFFICE: 416-690-2121 WINNER OF SEVERAL ACHIEVEMENT AWARDS

Not only do you get to ENJOY the Wonderful Recreation Centre BUT WHY NOT LIVE right beside it !!!

CRESCENT TOWN CONDOMINIUMS AND TOWNHOUSES

Why not OWN one of these SPACIOUS Condominiums or Townhouses ranging from approximately 700-1400 Square Feet in this Complex known as YORK CONDOMINIUM CORPORATION #76. YCC#76 has been making some BIG changes drawing NEW young Owners and Empty Nesters to live in this Community that offers SO MUCH. I see NEW Beautiful on-going LANDSCAPING happening around Complex and LOVELY designed NEW PODIUM DECK with NEW Lamp Post and Benches, not to mention Impressive NEW Interior Elevator Cabs. AND THIS IS ONLY THE BEGINNING OF MANY MORE NEW LOOKS COMING THEIR WAY, can't wait to see!!! This neighbourhood is on SUBWAY LINE (20 mins, Downtown/10 mins, to the Beach), 24 Hour Security Guards, Cameras. SURROUNDED by nothing BUT Parkland, Golf Course and MILES of Bike Trails. INCLUDING Doctor, Dentist Offices, Pharmacy, Elementary School/Daycare, Grocery Store, +++Wonderful for those without a Car.

SALE PRICES \$450.000 TO \$800.000 for 1, 2 or 3 BEDROOMS - Don't Wait!!!

LOCATION-LOCATION-LOCATION!

I am very often called and referred by others to SELL Owner's Properties when they are transitioning to a SENIOR'S HOME or handling ESTATE SALES.