ADULT RECREATION

RecPlex Thursday Night Drop-in: Cornhole, Badminton and Pickleball

One pass gets you access to all three of these activities! Looking to pick-up Pickleball or play with some friends on a Thursday night, this is a great time for you to seek some serious competition or just bat the ball around with your family and try it out. Badminton is a great game both at a competitive or recreational level. It requires not only skill but also extensive body movement, which helps to keep you physically fit and strong. Corn-Hole is one of Canada's favorite backyard games and it's coming indoors to the Wasaga Beach RecPlex on Thursday nights!

Dates: Thursdays, Sept. 8 – Mar. 9

Times: 6:00 – 9:00 pm

Fees: Drop-in $5.00 (tax in), 10 pass $40 + HST

Location: Wasaga Beach RecPlex Hall 1/A, 1724 Mosley Street

No Programs: Nov. 3, 10 & 17, Dec. 29

CPR & First Aid Courses

Certification provided through the Lifesaving Society of Canada. All course materials and certification cards are included in the price of the course. All courses are recognized by the Workplace Safety and Insurance Board (WSIB).

CPR C

This 3 hour course covers all aspects of CPR skills and theory for adults, children and infant including two-rescuer CPR and an introduction to the purpose of an AED and when to use it.

Date: Sun., Sept. 18

Times: 9:00 am – 12:00 pm

Fees: $85.00 + HST

Location: Wasaga Beach Youth Centre, 1621 Mosley Street

CPR-HCP

Covers all aspects of CPR skills and theory for adult, child and infant victims, including rescue breathing (artificial respiration) and the use of AEDs and bag-valve-masks (BVM). This Health Care Provider level is designed specifically for those who, as part of their job descriptions as Health Care Providers, have a duty to respond to medical emergencies (e.g., doctors, nurses, paramedics and allied health care professionals).

Date: Sun., Sept. 18

Time: 9:00 am – 2:00 pm

Fees: $105.00 + HST

Location: Wasaga Beach Youth Centre, 1621 Mosley Street

Standard First Aid and CPR with AED

Provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as; medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies.

Day I: Sat., Dec. 17

Day II: Sun., Dec. 18 (Recertification)

Fees: $155.00 + HST, Full Course with CPR & AED
$105.00 + HST, Recertification

Time: 9:00 am – 3:00 pm

Location: Wasaga Beach Youth Centre, 1621 Mosley Street