

Fall 2023

ADULT PROGRAMS

SEPT. 20 - DEC 6

Wednesdays

8:30 - 10:30AM

\$140

Recreational Pickleball

Practice, learn and develop your game in a fun, friendly environment. This level is for players new to the game or for players looking to improve their skills in a non-competitive environment

SEPT. 17 - DEC 3

Sundays

8:30 - 10:30AM

\$60

Learn to Play Pickleball

Your chance to learn one of the fastest growing sports! Emphasis will be on cooperative play to help everyone on the court master their skills, prolong rallies and have fun!

SEPT. 23 - DEC 2

Saturdays

8:30 - 10:30AM

\$60

Pickleball Advance Ladder

Compete with experienced pickleball players in a supportive, energetic environment! This program is for advanced level players with experience playing the game.

REGISTER NOW!

[CLICK HERE OR VISIT TRENTU.CA/ATHLETICS](https://www.trentu.ca/athletics)

Fall 2023

ADULT PROGRAMS

SEPT. 6 - OCT. 27

Mon&Wed, Friday

6:30-8PM, 7-8:30PM

\$264 + Judo On.
membership

Adult Judo

The ultimate goal of Judo is education; learning the best use of your energy through body-mind training. Develop respect, control, calmness, willpower, perseverance, and confidence while training your flexibility, balance, and endurance through self-defense.

NOV. 1 - DEC. 20

Mon&Wed, Friday

6:30-8PM, 7-8:30PM

\$264 + Judo On.
membership

SEPT. 18 - DEC. 5

Mondays

6 - 7:30PM

\$200

Learn to Row

Develop your fitness and learn the fundamentals of sweep rowing, with particular emphasis on technique, blade work and power application. Upon completion of the program, participants may access the rowing tank within regular operating hours.

SEPT. 19 - DEC. 5

Tuesdays

6-7PM

\$80

Para Learn to Row

Designed for individuals with disabilities to learn the basics of rowing! Taking place in our indoor rowing tank facility, this program provides an opportunity to develop technical rowing skills and fitness in a safe, controlled environment.

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