

the club

WHITE OAKS

SCHOOL VISITATION PROGRAM

PROGRAM DIRECTOR: MATT EASINGWOOD

measingwood@whiteoaksresort.com

905.688.2032 ext:5255

THE CLUB AT WHITE OAKS

We work with schools to help introduce sports and other fitness activities to students, giving them the opportunity to experience these sports in a top notch professional setting with specially trained, certified and experienced instructors.

RACQUET SPORTS

Once introduced, these games can be played and enjoyed throughout an individual's lifetime. Squash, Racquetball and Tennis are all excellent forms of exercise for both the recreational player and the serious competitor.

FITNESS ACTIVITIES

Circuit training, Zumba or aqua Zumba and yoga for athletes are all available to groups of all ages and fitness levels. Each class will be lead by a certified fitness professional.

MINIMUM 15 PARTICIPANTS

**2-3
HOURS** | \$22 + hst
PER PERSON

\$30 + hst
PER PERSON | **FULL
DAY**

ON-SITE [AT WHITE OAKS]

- Use of squash, racquetball and tennis courts (during specified times)
- Classes in circuit training, Zumba or aqua Zumba and yoga for athletes
- Spinning classes are offered for highschool and 8th grade students
- Instruction and supervision are built into our programs to give students a quality fitness experience
- Equipment is included

OFF-SITE [AT YOUR SCHOOL]

Designed to be run in a school gymnasium, qualified instructors will teach the basics of any racquet sport or a class in Zumba, yoga or group exercise.

PROGRAM GUIDELINES

- Only non-marking shoes permitted
- Eye guards are mandatory on the squash and racquetball courts
- School supervisors will be responsible for the actions of the students while on premises
- For bus drop off, enter at the last parking lot entrance (closest to QEW) and drop off the students at the North Entrance