

## August 2024

### INSIDE THIS EDITION:

1	The Fitness Source is Rebranding
2 – 3	Heat Related Emergencies
4	Fall 2024 Program Guide
5 – 6	Fall Fitness Registered Programs
7	Wellness Series
8	Recipe – Apple, Bacon & Sweet Potato Mini Casseroles
9	Exercise Technique – Leg Press
10 – 11	Squash Program Information
12 – 13	Personal Training & Staff
14	Trainer Tips
15	Fitness Staff
16	Special Events – Concerts in the Park

## THE FITNESS SOURCE IS REBRANDING!

*New!*

Get ready for a fresh new look at *The Fitness Source* this September!

We are thrilled to announce the upcoming rebranding, which includes new branded elements and exciting content updates.

Stay tuned for an enhanced experience that will elevate your fitness journey to the next level.

## HEAT RELATED EMERGENCIES

Written by Diana Dawson-Young, Fitness Coordinator  
Original article published in June 2022 with edits.

Now that we are in full summer mode, it is the perfect time to review possible dangers of the sun and heat.

Now that the warmer weather is here and we are enjoying time outdoors, heat-related illnesses can sneak up on you without you even being aware. It is important to know how to prevent heat-related emergencies. You should also learn how to recognize when you or someone else has been exposed to heat for too long; this will allow you to aid when needed.

When the body becomes dehydrated, resulting in an increase in core body temperature, a heat-related emergency can happen. For anyone who stays out in the hot summer sun for too long, heat cramps, heat exhaustion or heat stroke can occur.

One thing you need to watch for is that these illnesses can occur much faster in young children, the elderly, anyone taking certain medications and those with chronic illnesses, compared to a healthy adult.

Knowing how to recognize a heat-related illness is one of the first steps to prevent this type of emergency from occurring and/or getting worse. The chart below outlines the signs and symptoms of Heat Cramps, Heat Exhaustion and Heat Stroke, as well as tips on how to help someone who is experiencing a heat-related emergency.



SIGNS & SYMPTOMS OF HEAT-RELATED EMERGENCIES				
CONDITION	SKIN	PHYSICAL	MENTAL	BREATHING
Heat Cramps	Moist Warm	Muscle contractions (mild to severe)	Normal	Normal
Heat Exhaustion	Moist Warm	Headache Weakness, exhaustion <b>Nausea, vomiting</b> <b>Fainting</b>	<b>Anxiety</b> <b>Dizziness</b>	Normal
Heat Stroke	<b>Dry</b> <b>Hot</b>	<b>Seizures</b> <b>Coma</b> <b>Severe headache</b>	<b>Altered behaviour,</b> <b>irritable, aggressive,</b> <b>bizarre</b>	<b>Rapid</b> <b>Shallow</b>

The signs and symptoms listed in **RED** within the table above are the most serious. Call EMS/9-1-1 immediately if any of these are present. Otherwise, provide care (see chart on next page) and monitor the person closely.

HOW TO HELP	
<b>HEAT CRAMPS</b>	<ul style="list-style-type: none"> <li>Remove person from heat</li> <li>Loosen tight clothing</li> <li>Gentle stretching</li> <li>If person is alert, provide cool drink</li> </ul>
<b>HEAT EXHAUSTION</b>	<ul style="list-style-type: none"> <li>Remove person from heat</li> <li>Loosen tight clothing</li> <li>Do not dry skin</li> </ul> <p><b>ACTIVE COOLING</b></p> <ul style="list-style-type: none"> <li>Pour water on torso</li> <li>Fan skin</li> <li>If person is alert, provide cool drink</li> </ul>
<b>HEAT STROKE</b>	<ul style="list-style-type: none"> <li>Remove person from heat</li> <li>Loosen tight clothing</li> <li>Do not dry skin</li> </ul> <p><b>AGGRESSIVE COOLING (ORDER OF PREFERENCE)</b></p> <ul style="list-style-type: none"> <li>Immerse body in cool water</li> <li>Immerse forearms in cool water</li> <li>Pour water on torso</li> <li>Fan skin</li> <li>If person is alert, provide cool drink</li> </ul>

### Tips to Prevent Heat-Related Emergencies

- Drink plenty of cool fluids.
- Avoid being outside during the hottest part of the day.
- Wear light, loose clothing and always wear a hat.
- Apply sunscreen with SPF 15 or higher.
- Slow down your activities as it gets hotter and don't work, exercise, or play for too long at a time.
- Take a lot of breaks in a cool or shady area to let your body cool off.
- Know the humidex rating. It combines the temperature and humidity into

one number to reflect the perceived temperature.

- According to Environment Canada, the range of the humidex to the degree of comfort is shown in the chart below.

Range of Humidex	Degree of Comfort
20 to 29	Little discomfort
30 to 39	Some discomfort
40 to 45	Great discomfort; avoid exertion
Above 45	Dangerous; heat stroke possible

Sources: [Canadian Red Cross - First Aid Tip & Resources](#)  
[Heat Stroke: Causes, Risks and Prevention](#)

## FALL 2024 PROGRAM GUIDE

Our newest program guide is now available to view online.

Please visit our [Program Guide](#) webpage for the Fall 2024 Program Guide.

View the interactive guide and click on the code # to register online. Pay in-person at the A.F.L.C. or S.A.R.C.


Recreation Programs – Fall	
Residents	Non-Residents
August 12	August 19

Aquatic Learn to Swim Programs – Fall	
Residents	Non-Residents
August 14	August 21




## Town of Aurora PROGRAM GUIDE

### Fall 2024



Registration Starts August 12  
[aurora.ca/ProgramGuide](http://aurora.ca/ProgramGuide)



### 2025 Aquatic Leadership Programs

Registration starts on Monday, August 19 for all 2025 seasons – Winter, Spring, Summer, Fall  
[www.aurora.ca/AquaticLeadership](http://www.aurora.ca/AquaticLeadership)



## FALL FITNESS REGISTERED PROGRAMS

### ARTHRITIS AQUAFIT

**Age: 18+ years**

**Location: AFLC Desjardins Pool**

This 45-minute specialty class is for people who suffer from arthritis. The objective of the recreational exercises are to reduce pain and help maintain or increase joint mobility, muscular strength and endurance.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sep 19	1:55pm - 2:40pm	\$74.88/12 Older Adult	<a href="#">32283</a>
			\$93.60/12 Adult	

### PILATES

**Age: 14+ years**

**Location: AFLC Lind Realty Team Fitness Studio**

Pilates is a highly effective way to shape up, slim down and feel great. It is a contemporary approach to mind/body exercise. The emphasis on movement quality, posture, and breathing, makes Pilates a safe, challenging, and revitalizing workout.

No Class August 5

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sep 9	1:30pm	\$108.00/12 Members	<a href="#">32285</a>
			\$129.60/12 Non-Members	
Wed	Sep 11	7:30pm	\$108.00/12 Members	<a href="#">32284</a>
			\$129.60/12 Non-Members	
Thu	Sep 12	7:30pm	\$108.00/12 Members	<a href="#">32286</a>
			\$129.60/12 Non-Members	

### SILVER SPINNERS CYCLEFIT

**Age: 55+ years**

**Location: Cyclefit Studio**

This 30-minute beginner cycling class provides a gentle, yet challenging ride geared towards the older adult at a more comfortable and slower pace. Learn proper bike set-up, proper riding technique and positioning for a comfortable and enjoyable workout.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sep 10	10:30am - 11:00am	FREE/12 Member	<a href="#">32290</a>
			\$72.00/12 Non-Member	

### STRICTLY BEGINNER CYCLEFIT

**Age: 14+ years**

**Location: Cyclefit Studio**

Developed for those who want to try a cyclefit class. This 45-minute cycling class provides a gentle, yet challenging ride geared towards those that are just starting out. Learn proper bike set-up, proper riding techniques, positioning and pacing strategies for a comfortable and enjoyable workout.

Note: Not suitable for advanced cyclefit participants

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sep 11	10:00am - 10:45am	FREE/12 Member	<a href="#">32287</a>
			\$87.00/12 Non-Member	



## YOGA

Age: 14+ years

Location: Aurora Town Square

Nichols Foundation Program Room #2

Club Aurora now offers Hatha Yoga for those who prefer a true body/mind experience. This program consists of stretching and toning, which help to keep joints flexible, improve circulation and reduce stress.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sep 10	7:00pm	\$150.00/12 Member	<a href="#">32288</a>
			\$180.00/12 Non-Member	
Thu	Sep 12	7:00pm	\$150.00/12 Member	<a href="#">32289</a>
			\$180.00/12 Non-Member	



## ZUMBA TONING

Age: 14+ years

Location: Lind Realty Team Fitness Studio

The Zumba Toning program offers the best of both worlds. The exhilarating experience of a Zumba "fitness party" with the benefits of safe and effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for all levels of fitness. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sep 12	11:15am	FREE/12 Member	<a href="#">32291</a>
			\$87.00/12 Non-Member	



# e-PLAY

## WELLNESS SERIES: Featuring health and wellness topics!

### GUIDED HIKES

**Age: 18+ yrs**

**Location: Shepherds Bush**

These walks are designed to encourage families to get active, while enjoying York Region's finest nature walking trails. Walks range from 60 to 90 minutes. Comfortable clothing and appropriate footwear are recommended. Leashed dogs are welcome.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Sep 15	9:00am	\$5.00/1	<a href="#">32292</a>
Sun	Oct 13	9:00am	\$5.00/1	<a href="#">32293</a>

### PILATES

**Age: 14+ years**

**Location: AFLC Lind Realty Team Fitness Studio**

Pilates is a highly effective way to shape up, slim down and feel great. The emphasis on movement quality, posture, and breathing, makes Pilates a safe, challenging, and revitalizing workout.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sep 26	1:30pm	\$10.00/1	<a href="#">32294</a>



**REGISTER NOW**

### QIGONG FOR WELLNESS

**Age: 18+ yrs**

**Location: Lind Realty Team Fitness Studio**

Feeling busy with no time to take care of yourself? Qigong can help! In this session, learn a simple Qigong practice that can easily become part of your daily self care routine. Please bring any props that will optimize your comfort level during the guided relaxation.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Oct 3	1:30pm	\$10.00/1	<a href="#">32891</a>

### MEDITATION FOR WELLNESS

**Age: 18+ yrs**

**Location: Lind Realty Team Fitness Studio**

Have you heard that a meditation practice can be helpful in managing stress? In this session, experience some simple meditation practices that make it easy for you to begin and maintain a regular routine of meditation. Please bring any props that will optimize your comfort level either seated on the floor or in a chair.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Oct 10	1:30pm	\$10.00/1	<a href="#">32896</a>

### DEEP RELAXATION FOR WELLNESS

**Age: 18+ yrs**

**Location: Lind Realty Team Fitness Studio**

Constantly on the go with little time to pause? Deep relaxation is a replenishing practice to help bring some balance to mind and body. We will begin with a few minutes of gentle movement to release tension. This will be followed by a guided relaxation session to set the stage for your body and mind to experience a deep sense of relaxation. Please bring any props that will optimize your comfort level including a yoga mat, 2 small blankets and an eye pillow.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Oct 18	1:30pm	\$10.00/1	<a href="#">32897</a>



## APPLE, BACON & SWEET POTATO MINI CASSEROLES

Total Time: 1 hour \* Makes 6 servings \* Serving Size: 2 mini casseroles



These sweet and savory mini casseroles are ready in just an hour. Refrigerate or freeze the leftovers to enjoy later.



### Ingredients

- 10 slices lower sodium, less fat bacon
- 2 cups chopped cooking apples
- ½ cup chopped onion
- 1 (10 ounce) sweet potato, peeled and cut into 1/4-inch pieces
- 2 teaspoons snipped fresh thyme or 1/2 teaspoon dried thyme, crushed
- ¼ teaspoon black pepper
- 1 ½ cups refrigerated or frozen egg product, thawed, or 6 eggs, lightly beaten
- ¾ cup fat-free milk
- ¾ cup shredded reduced-fat cheddar cheese (3 ounces).

### Preparation

1. Preheat oven to 350°F. Coat a 12-cup muffin tin with cooking spray. Cut 4 of the bacon slices crosswise into thirds; chop the remaining bacon.
2. In a large skillet, cook large bacon pieces over medium until crisp. Drain bacon on paper towels, discard drippings. Add chopped bacon, apples and onion to skillet. Cook over medium heat for 5 minutes, stirring occasionally. Add sweet potato; cook 10 minutes or just until potato is tender, stirring frequently. Stir in thyme and pepper.
3. Divide potato mixture among the prepared muffin cups. In a medium bowl, combine egg and milk; pour over potato mixture (cups will be full). Top with cheese.
4. Bake 25 minutes or until puffed and a knife comes out clean. Let cool in the pan for 5 minutes. Remove from cups. Top with large bacon pieces. Serve warm.

**Nutrition Facts:** Calories 198; Total Carbohydrate 22g; Dietary Fiber 3g; Total Sugars 11g; Protein 15g; Total Fat 6g; Saturated Fat 3g; Cholesterol 16mg; Sodium 387mg



## EXERCISE TECHNIQUES

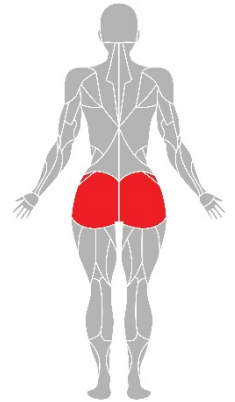
### LEG PRESS - Beginner

**Target Body Part**

**Equipment Required**

**Gluteal Muscles**

**Machine # 8**



1. Sit down in the seat and place your feet with toes pointed straight up on the platform.
2. Your feet should be about shoulder width apart and at chest height. Make sure the seat is close enough so that your knees make a 90-degree angle.
3. Ensure that your knees are pointed straight up to the ceiling and not falling out to the sides or going in towards each other.
4. Choose the desired weight using the pin in the weight stack to your right.
5. Using your legs, push the seat backwards until your legs are almost straight. Do NOT fully lock your legs.
6. Return to the starting position and repeat.
7. Aim to perform 12 to 15 repetitions and 1 to 3 sets.

#### Tips:

1. Try to keep the weight on your heels as much as possible.
2. Do not let the weight go all the way back down until you have completed your last repetition.



**If you are unsure how to perform any exercise correctly,  
please ask the fitness staff for assistance.**

## SQUASH MEMBERSHIP INFORMATION & FALL PROGRAMS

Memberships are now available for purchase online at [e-PLAY](#).

The Squash Membership Package includes unlimited use of the squash courts, no court fees, and 2 nights (Monday and Wednesday) of house league. Visit our [Squash](#) webpage for more information.

Our new **Inclusive Membership Package** now includes Squash. Not only can you participate in unlimited group fitness and aquafitness classes, along with unlimited use of the equipment and weights in Club Aurora, you can now also book a squash court and play in the house league (Monday and Wednesday). Registration is required for the house league.

Squash Package		Monthly		12 Months	
Age Category	Resident	Non-Resident	Resident	Non-Resident	
Adult	\$40.30	\$50.38	\$464.50	\$580.63	
Youth / Older Adult	\$32.25	\$40.31	\$371.70	\$464.50	
Inclusive Package		Monthly		12 Months	
Age Category	Resident	Non-Resident	Resident	Non-Resident	
Adult	\$45.00	\$56.25	\$495.00	\$618.75	
Youth / Older Adult	\$36.00	\$45.00	\$396.00	\$495.00	

### HOUSE LEAGUE – FALL 2024 - Age: 14+ years

This is a mixed team’s event, open to all levels of play.

The level of play varies from advanced (Level 1) to beginner/intermediate (Level 5). Each player plays a 40-minute match per night for their team. Play begins as early as 5:40pm and ends at 9:40pm. Note: Members are entitled to sign-up for 2 free nights (Monday and Wednesday) of house league.

FALL 2024				
PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
House League	Mon Sep 9 to Dec 9 *No class October 14	5:00pm to 9:40pm	FREE/13 Member \$121.28/13 Non-Member	<a href="#">32276*</a>
House League	Wed Sep 11 to Dec 11	5:00pm to 9:40pm	FREE/14 Member \$127.28/14 Non-Member	<a href="#">32277</a>
Round Robin	Fri Sep 13 to Dec 13 *No class October 11	6pm to 8pm	FREE/13 Member \$43.28/13 Non-Member	<a href="#">32279*</a>

**LEARN TO PLAY SQUASH** Age: 8+ years • Levels: Skill Development Level 1 & Advanced

**Location: AFLC Squash Courts**

This program emphasizes the technical aspects of the game of squash in a fun, yet competitive environment, with players partnered with others of similar ability. Participants must provide their own eye protection and squash racquet.

**LADIES SKILL DEVELOPMENT & ROUND ROBIN** Age: 18+ years • Level: All Levels

**Location: AFLC Squash Courts**

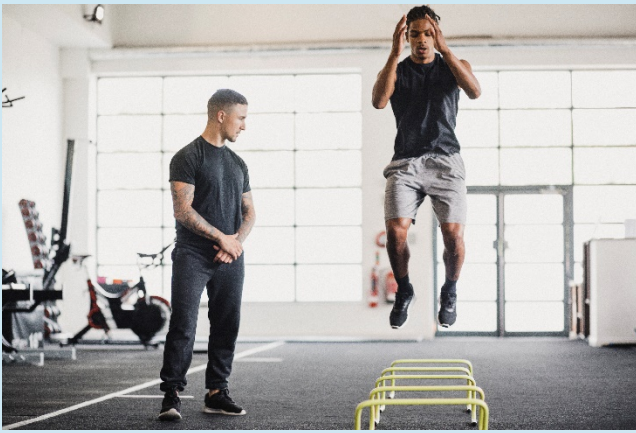
This program emphasizes the technical aspects of the game of squash in a fun, yet competitive environment. Taught by our female squash pro, the program is aimed at female participants who are new to the sport. Participants will be partnered with others of similar ability.

FALL 2024				
LEVEL	START/END DATE	TIME	FEE/CLASS	CODE
Learn to Play Squash Skill Development Level 1	Thu Sept 5 to Oct 24	5:00pm – 6:00pm	\$80.00/8 Member \$96.00/8 Non-Member	<a href="#">32268</a>
Learn to Play Squash Skill Development Level 1	Thu Oct 31 to Dec 12	5:00pm – 6:00pm	\$70.00/7 Member \$84.00/7 Non-Member	<a href="#">32269</a>
Learn to Play Squash Advanced	Thu Sept 5 to Oct 24 *Bi-weekly (every 2 weeks)	6:00pm – 7:30pm	\$60.00/4 Member \$72.00/4 Non-Member	<a href="#">32270*</a>
Learn to Play Squash Advanced	Thu Oct 31 to Dec 12 *Bi-weekly (every 2 weeks)	6:00pm – 7:30pm	\$60.00/4 Member \$72.00/4 Non-Member	<a href="#">32271*</a>
Ladies Skill Development & Round Robin	Sun Sept 8 to Oct 27	9:00am – 10:30am *No class on: Oct 13	\$105.00/7 Member \$126.00/7 Non-Member	<a href="#">32274*</a>
Ladies Skill Development & Round Robin	Sun Nov 3 to Dec 15	9:00am – 10:30am	\$105.00/7 Member \$126.00/7 Non-Member	<a href="#">32275</a>





## PERSONAL TRAINING



Club Aurora offers a variety of personal training packages to fit any budget.

We offer both private and semi-private training options.

For more information, please email [fitness@aurora.ca](mailto:fitness@aurora.ca).

### ABOUT OUR EXPERT STAFF

Our professional trainers have the skills you need to be successful. Each trainer has a background and education suited to a variety of fitness needs. All staff members are fully certified by nationally accredited organizations. Check out our PT Board in the fitness centre for available trainers.

### PERSONAL TRAINING PACKAGES

Competitive rates and packages are available for every budget. Unlike some private gyms, you do not need to be a member of Club Aurora to benefit from its great personal training packages.

PRIVATE PERSONAL TRAINING	MEMBER	NON-MEMBER
Individual Session	\$72.64	\$90.80
3 Session Package*	\$170.04	\$212.55
5 Session Package	\$296.76	\$370.95
10 Session Package	\$562.43	\$703.04
20 Session Package	\$1,103.91	\$1,379.89
SEMI-PRIVATE PERSONAL TRAINING^	MEMBER (per person)	NON-MEMBER (per person)
Individual Session	\$55.02	\$68.78
3 Session Package*	\$127.66	\$159.58
5 Session Package	\$221.83	\$277.29
10 Session Package	\$422.55	\$528.19
20 Session Package	\$781.30	\$976.63

\* 3 Session package is a one-time only offer.

^ Semi-Private Personal Training fees are per person.



## PERSONAL TRAINING STAFF

A Personal Trainer is a certified fitness professional who specializes in the design and instruction of individualized exercise programs. They work with you in setting, achieving, and maintaining your health, lifestyle, and fitness goals.

Our personal trainers have the skills you need to be successful. Each personal trainer has a background and education suited to a variety of fitness needs. All our staff members are fully certified by nationally accredited organizations.

Below is one of our trainers, Dave, who can help you achieve your health and fitness goals. Please email [Club Aurora](mailto:fitness@aurora.ca) if you would like additional information on our Personal Training program.



💬 I want to share my passion for fitness with all of you. I believe in a healthy lifestyle as well as having a balanced approach to nutrition, everything in moderation.

You will always see me with a smile on my face and I just love to make people laugh. I have helped many people reach their fitness goals for over a decade.

Let me share my passion for fitness with you.

~ Dave

### FORMAL EDUCATION

- Seneca College Recreation & Leisure

### PROFESSIONAL CERTIFICATIONS

- Canadian Fitness Professionals (CanFitPro) Personal Trainer Specialist (PTS)
- CanFitPro Fitness Instructor Specialist (FIS)
- Reebok Spin Instructor
- Standard First Aid & CPR/AED
- HIGH FIVE ® – Principles of Healthy Child Development

## TRAINER TIPS

Written by Lisa Carter, Fitness Attendant, C.S.E.P. Certified Personal Trainer

### HOW IMPORTANT IS FLEXIBILITY AND STRETCHING?

Flexibility and stretching allows greater freedom of movement and improved posture, increases physical and mental relaxation, releases muscle tension and soreness and reduces the risk of injury.

It's important to stretch after you have finished working out, whether it is cardio, muscle conditioning or balance workout.

You need to loosen and elongate the muscles that you have used. Doing so while they are warm is the best time.

Each stretch should be held for a minimum of 15 to 30 seconds. Anything less really doesn't do much and can cause the muscle to tighten in some cases. Make sure that you are breathing normally and try to relax as much as possible.



**If you have any fitness questions,  
please ask the fitness staff or email us at [fitness@aurora.ca](mailto:fitness@aurora.ca).**

## CLUB AURORA FITNESS STAFF

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**General Squash Inquiries**  
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**Let us help you achieve your health and fitness goals!**

**FITNESS IS NOT A DESTINATION. IT'S A WAY OF LIFE!**





PRESENTS

AURORA'S 2024

# CONCERTS IN THE PARK

SUMMER CONCERT SERIES

Aurora Town Park  
49 Wells Street  
7 p.m. to 9 p.m.



Premium Concert Experience

Every food donation for the Aurora Food Pantry enters you to win a concert prize package.

Concerts are free

Licensed beverages and food options available for purchase on-site. For your seating comfort, please bring your own lawn chairs.

[aurora.ca/SummerConcerts](http://aurora.ca/SummerConcerts)  
[#AuroraConcerts](https://twitter.com/AuroraConcerts)

## JULY 3 • LEAH DANIELS

Grab your boots and let's dance as we kick off the summer concert series with one of Canada's country sweethearts, Leah Daniels. Fresh from CMT Fest and Boots & Hearts, Leah brings her country energy and heartfelt lyrics to Town Park.

## JULY 10 • GRAND EVOLUTION - A TRIBUTE TO STYX & JOURNEY

This powerhouse group of musicians united by their love for the legendary sounds of rock giants STYX and JOURNEY.

## JULY 17 • HOTEL CALIFORNIA - A TRIBUTE TO THE EAGLES

For over 30 years, they've captivated audiences with their masterful tribute to The Eagles' music. Boasting over a century of combined professional experience, they continue to dazzle and resonate with fans.

## JULY 24 • THE BERESFORDS - PERFORMING TAYLOR SWIFT

To all the Swifties, don't miss this incredible concert night. The Beresfords bring the incredible music of Taylor Swift to life.

## JULY 31 • BERNADETTE CONNORS

Bernadette's authentic style defies industry norms, showcasing her dynamic vocals and heartfelt lyrics. Her album "Monarch," produced by John-Angus MacDonald of The Trews, captures the essence of small-town community spirit.

## AUGUST 7 • MATERIAL GIRLS

Material Girls delivers stunning tributes to Lady Gaga, Adele, Madonna, Blondie, Shania, Ann Wilson & Cher in one mesmerizing concert. With spot on vocals and uncanny looks, they embody these mega stars.

## AUGUST 14 • PEARL JAMMING - TRIBUTE TO PEARL JAM

Pearl Jamming is the ultimate Pearl Jam Tribute, unmatched in authenticity and live show mimicry. Pearl Jam, a leading band from the '90s, outselling and outlasting many, remains influential.

## AUGUST 21 • FANDANGO - TRIBUTE TO ZZ TOP

Fandango pays homage to ZZ Top, celebrating their powerhouse legacy. More than a concert, Fandango promises an unforgettable night of "Texas boogie," nostalgia, and timeless rock.

## AUGUST 28 • ABBAMANIA - TRIBUTE TO ABBA

Abbomania is the world's number one production of Abba. With amazing vocals, look and authentic costumes, Abbomania matches every song note for note, exactly as the original recordings. Don't miss this season's finale night.

Inclement Weather? Please call the 24-hour special events line at 905-726-4762.

We reserve the right to cancel, amend or change activities.

Event Sponsors

