

May 2024

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REPETITIVE STRAIN INJURY – GOLF OR TENNIS ELBOW

Written by Joanne Donohue, Fitness Assistant

Many individuals have suffered debilitating forearm pain, which can negatively impact their ability to perform daily activities. Using a mouse or keyboard, folding laundry, opening a jar and sports such as tennis or golf and strength training, can become more difficult as pain persists.

While you will feel pain on the outside of the elbow with Tennis Elbow, pain from Golfer's Elbow occurs on the inside of the elbow and radiates down the arm; both can limit your range of motion and decrease your strength.



Golfer's Elbow can also include numbness or tingling in the fingers. Both relate to repetitive strain in the elbow and involve the wearing down of tendons.

Tendons are strong bands of tissue that connect muscles to bones. They can become inflamed and degenerate when repeatedly stressed or overused. When the hand and forearm are used in movements such as gripping, lifting, or throwing, tendons can get overloaded. As they do not stretch when pulled and their fibers can break down (similar to a rope that becomes frayed), this type of strain injury can also form scar tissue. If you develop a strain injury, here are some treatment options and stretches that can help alleviate the symptoms.

Treatment

- Rest
- Ice
- Massage
- Exercises to stretch and strengthen the muscles
- Possible use of anti-inflammatory drugs to reduce pain
- Seeing a doctor, physiotherapist, or chiropractor
- Medical brace

Stretches

For tennis elbow hold your arm in front of you with palm facing down. Pull your hand and fingers back towards you using the other hand to the point of discomfort but not pain. Hold for 30 seconds, relax, and repeat 3 times.



For golfer's elbow hold your arm in front of you with palm and fingers pointing up this time and hold for 30 seconds, relax, and repeat 3 times.



One of the most common strengthening exercises for both tennis and golfer's elbow is to place a small squishy ball in the palm of your hand and do some gentle squeezes.

Sources

www.chiropractic.ca

www.ccohs.ca

SPRING & SUMMER 2024 PROGRAM GUIDE SUMMER CAMPS 2024 PROGRAM GUIDE

Our newest program guides are now available to view online.

Please visit our [Program Guide](#) webpage for the Spring & Summer 2024 Program Guide.

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

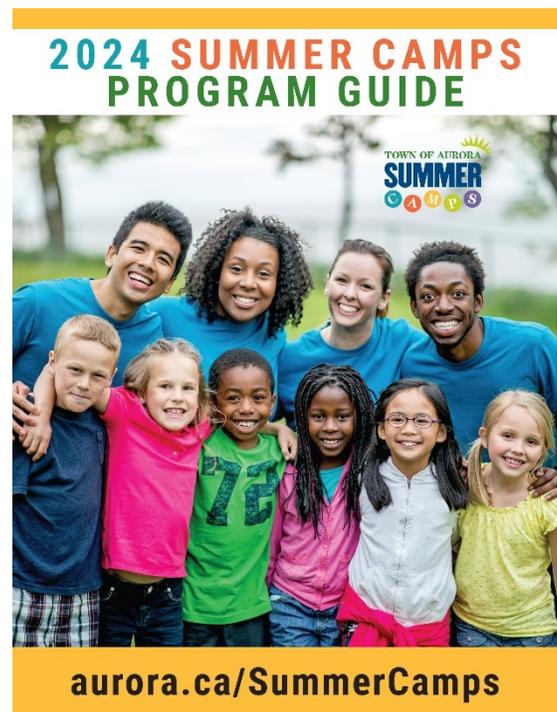
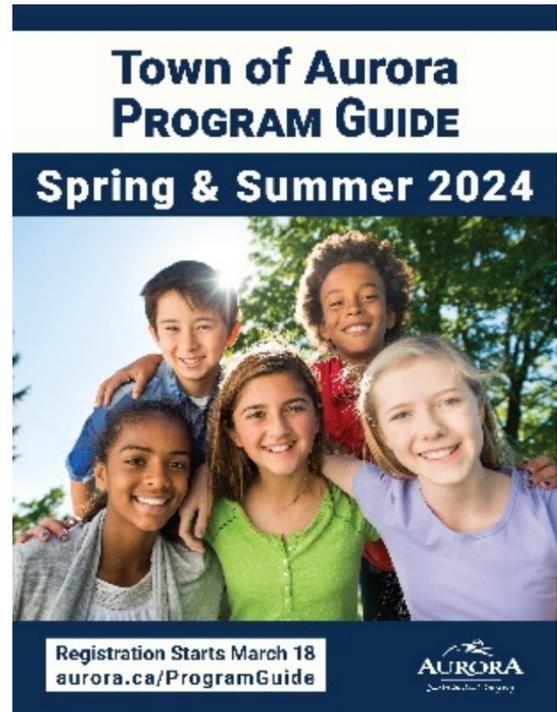
View the interactive guide and click on the code # to register online. Pay in-person at the A.F.L.C. or S.A.R.C.

Recreation Programs – Spring & Summer	
Residents	Non-Residents
March 18	March 25

Summer Camps Programs – Summer	
Residents	Non-Residents
March 18	March 25

Aquatic Learn to Swim Programs – Spring	
Residents	Non-Residents
March 20	March 27

Aquatic Learn to Swim Programs – Summer	
Residents	Non-Residents
June 12	June 19



SUMMER FITNESS REGISTERED PROGRAMS

YOGA

Age: 14+ years

Location: Aurora Town Square
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	July 2	7:00pm	\$100.00/8 Member	31905
			\$120.00/8 Non-Member	

GUIDED HIKES

Age: 18+ yrs

Location: *Shepherds Bush
^ Hadley Grange
~ Willow Farm

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

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	July 13	9:00am	\$5.00/1	30522
Sun	Aug 11	9:00am	\$5.00/1	30523



e-PLAY

CANCELATION PROCEDURE

Club Aurora is committed to providing fair and equitable access for all to enjoy our programs and services. And as such, if you are unable to attend a group fitness, aquafitness class that you have registered in, we ask that you cancel yourself from the class so another participant can attend.

To cancel from a group fitness or aquafitness class, please choose one of the options.

1. Email our Customer Service team at recreation@aurora.ca
2. Call our Customer Service Staff team at 905-726-4770 or 905-841-7529.
3. Use the QR code below to access the Class Cancellation Form.



We're
Hiring

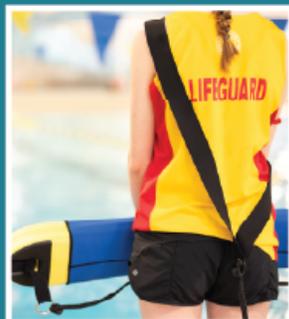
RECREATION JOB FAIR

Monday, May 6, 2024

5 p.m. to 8 p.m.

Aurora Family Leisure Complex
in The Loft

aurora.ca/RecJobs



**AURORA**

Chicken Taco Bowls

Total Time: 45 mins * Makes 4 servings * Serving Size: 2 bowls



This chicken taco bowl recipe uses the underside of a muffin tin as a mold to bake cute little homemade "tortilla bowls." The "tortilla bowls" are filled with a zesty chicken filling and topped like nachos. If you have 2 large muffin tins, you can make all 8 "bowls" at once. Bake them in the upper and lower thirds of the oven, rotating top to bottom about halfway through baking.



Ingredients

- 8 6-inch corn tortillas
- Canola oil cooking spray
- 12 ounces boneless, skinless chicken breast, cut into ½ inch pieces
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- 1 tablespoon Canola oil
- 1 cup prepared green salsa
- ½ cup shredded sharp cheddar cheese
- ½ cup reduced-fat sour cream
- 1 cup thinly sliced lettuce
- 1 medium tomato, chopped
- 2 tablespoons sliced ripe black olives

Preparation

1. Preheat oven to 375 degrees F.
2. Heat tortillas until warm (see Tips). Coat each side of 4 tortillas with cooking spray. (Keep the remaining 4 tortillas covered.) Turn a 12-cup muffin tin upside down. Nestle a tortilla in the space between 4 cups to form a "bowl" (see Tips). Repeat with 3 more tortillas, making 4 bowls total. Bake until firm and beginning to brown, about 15 minutes. Transfer to a wire rack to cool. Repeat with the remaining 4 tortillas.
3. Meanwhile, toss chicken with garlic powder and salt in a bowl. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, stirring, until it is no longer pink on the outside, about 3 minutes. Add salsa and cook, stirring, until the chicken is no longer pink in the middle, about 3 minutes more. Cover and remove from the heat.
4. Fill each tortilla bowl with about ¼ cup of the chicken mixture. Top with 1 tablespoon each cheese and sour cream, 2 tablespoons each lettuce and tomato and a few olives.

TIPS

- Equipment: Muffin tin with 12 (½ cup) cups
- Warming tortillas prevents them from cracking and breaking. Here are three ways to warm your tortillas.
 - In the oven: Wrap stacks of 8 tortillas in foil; place in a 375°F oven for 10 to 15 minutes.
 - On the stove: Turn a gas or electric burner on high. Using tongs, slide one tortilla at a time over the burner for a few seconds, alternating sides, until it's softened and beginning to char. Cover tortillas to keep warm.
 - In the microwave: Wrap a stack of 8 tortillas in a barely damp, clean kitchen towel (or paper towel); microwave on High for 30 to 45 seconds.

Nutrition Facts: Calories 489; Total Carbohydrate 32g; Dietary Fiber 4g; Total Sugars 3g; Protein 25g; Total Fat 29g; Saturated Fat 7g; Cholesterol 73mg; Vitamin A 1731IU; Vitamin C 12mg; Folate 33mcg; Sodium 731mg; Calcium 195mg; Iron 2mg; Magnesium 63mg; Potassium 392mg

EXERCISE TECHNIQUES

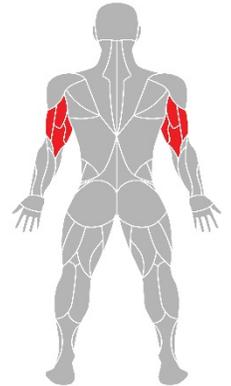
ARM EXTENSION - Beginner

Target Body Part

Triceps

Equipment Required

Machine #15



1. Adjust the seat height so that your upper arms are resting fully on the support pads.
2. Adjust the seat back so your elbows are aligned with the axis of rotations (yellow sticker).
3. Grasp handles.
4. Push handles forward and towards the floor.
5. Pause momentarily, return slowly to start position and repeat.
6. Aim to perform 12 to 15 repetitions and 1 to 3 sets.



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

SQUASH MEMBERSHIP INFORMATION & SUMMER 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 – SUMMER 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 and must pay the applicable \$43.28 fee for a third night.

SUMMER 2024				
PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
House League	Mon July 8 to August 26 *No class August 5	5:40pm to 9:40pm	FREE/7 Member \$86.96/7 Non-Member	* 30462
House League	Wed July 3 to August 28	5:40pm to 9:40pm	FREE/9 Member \$99.44/9 Non-Member	30463
Round Robin	Fri July 5 to August 30 *No class August 2	6pm to 8pm	\$43.28/8 Member \$93.20/8 Non-Member	* 30464

LEARN TO PLAY

Age: 8+ Level: Beginner to Advanced

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

WOMEN'S LEARN TO PLAY SQUASH

Age: 18+ years

This program is an introductory recreational program that 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 18+ years who are new to the sport. Participants will be partnered with others of similar ability.

SPRING 2024

LEVEL	START/END DATE	TIME	FEE/CLASS	CODE
Beginner Session 2	Thu May 16 to June 27	5:30pm to 6:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30451
Intermediate Session 2	Thu May 16 to June 27	6:30pm to 7:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30453
Advanced Session 2	Sat May 26 to June 23	9:30am to 11:00am	\$75.00/5 Member \$90.00/5 Non-Member	30455
Beginner for Women	Sun May 26 to June 23	9:00am to 10:30am	\$75.00/5 Member \$90.00/5 Non-Member	30457

SUMMER 2024

LEVEL	START/END DATE	TIME	FEE/CLASS	CODE
Beginner Session	Thu July 4 to August 22	5:30pm to 6:30pm	\$94.50/8 Member \$113.40/8 Non-Member	30458
Intermediate Session	Thu July 4 to August 22	5:30pm to 6:30p	\$94.50/8 Member \$113.40/8 Non-Member	30459
Advanced Session	Sat July 6 to August 24 *No Class August 3	9:30am to 11:00am	\$105.00/7 Member \$126.00/7 Non-Member	* 30460
Beginner for Women	Sun July 7 to August 25 *No class August 4	9:00am to 10:30am	\$90.00/6 Member \$108.00/6 Non-Member	* 30461

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.

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.

TRAINER TIPS

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

WHAT TIME OF DAY IS BEST TO WORK OUT?

The best time to work out is whenever you can fit it in! Have a look at your schedule and figure out what time of day is best for you.

If your routine is flexible, think about when you feel most energetic, or when you would prefer to exercise.

Morning workouts can be an energizing way to start the day for some, while others prefer working out in the afternoon or evenings.

Consistency is what matters, so focus on working out when it works best for you, which will make it more enjoyable and easier to stick to.



SPORT WORKSHOPS & EDUCATION SESSIONS

The Town of Aurora hosts a variety of courses and workshops to support the growth and development of both sport organizations and their members.

Information on upcoming courses can be found online on our [Sport Workshops](#) webpage. If you have any questions, please contact Hailey Jones, Sport & Community Development Specialist at hjones@aurora.ca.

Brock McGillis

LGBTQ2S+ Inclusion in Sport & Recreation



Wednesday, May 22, 2024
5 p.m. to 6 p.m.
Aurora Public Library

FREE EVENT • REGISTRATION REQUIRED

aurora.ca/SportWorkshops



CLUB AURORA FITNESS STAFF

Adrian Wong
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General Squash Inquiries
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General Fitness Inquiries
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Let us help you achieve your health and fitness goals!

A ONE HOUR WORKOUT IS 4% OF YOUR DAY. NO EXCUSES.

TOWN OF AURORA

YOUTH WEEK

MAY 1 TO 7

All events are FREE for teens ages 12 to 17

Youth Week Flag Raising

Aurora Town Hall
Wednesday, May 1
2 p.m.

Youth Art Show

Aurora Town Hall
Saturday, May 4
& Sunday, May 5
10 a.m. to 5 p.m.

Recreation Job Fair

The Loft
Monday, May 6
5 p.m. to 8 p.m.

YNBA 3v3 Basketball Tournament

Aurora Family Leisure Complex
Thursday, May 2
5 p.m. to 9:30 p.m.

Youth Open Gym

Aurora Family Leisure Complex
Saturday, May 4
3:30 p.m. to 5 p.m.

Youth Badminton

Aurora Family Leisure Complex
Monday, May 6
11:45 a.m. to 1 p.m.

Drop-in Ping Pong Tournament

The Loft
Friday, May 3
4:30 p.m. to 6:30 p.m.

Youth Basketball

Aurora Family Leisure Complex
Sunday, May 5
12:30 p.m. to 2 p.m.

Drop-in Rock Wall

Aurora Family Leisure Complex
Tuesday, May 7
5 p.m. to 7 p.m.

For more details and schedules, please visit:

aurora.ca/YouthWeek

 @AuroraTeens | #AuroraYouthWeek

We reserve the right to cancel, amend or change activities





**We're
Hiring**

RECREATION JOB FAIR



**Monday, May 6, 2024
5 p.m. to 8 p.m.**

**Aurora Family Leisure Complex in The Loft
135 Industrial Parkway North**



Summer Camps, Aquatics, Recreation Programs, Fitness

Applicants should bring copies of their resume, certifications, references and diplomas or transcripts.

aurora.ca/RecJobs



AURORA