



the
block

winter PROGRAMS

Winter Session II Program Guide

www.seton-connect.com

CONTACT US

General Info + Program Registrations

info@setonhoa.ca

Lifestyle Coordinator

ilifestyle@setonhoa.ca

Lead Ambassador + Facility Rentals

rentals@setonhoa.ca

The Block

99 Seton Road SE

Calgary AB, T3M 3G1

the
block

seton-connect.com



PROGRAM FEES

All of our programs are open to both Seton residents as well as non-residents. Non-residents are subject to the full price, whereas Seton HOA Members and Brookfield Residents are granted a discount on all programs.

SETON HOA MEMBER RATE (SR)

The Seton HOA Member rate applies to all Seton HOA residents in good standing with their annual HOA fees. Tenants may also receive the member rate if the property owner has transferred their membership privileges.

BROOKFIELD RESIDENT RATE (BR)

The Brookfield Resident rate applies to all residents who live in a community developed by Brookfield Residential. To receive the Brookfield Resident rate, please call or email before registering.

NON-RESIDENT RATE (NR)

The Non-Resident rate applies to all other registrants.

HOW TO REGISTER

Online:

www.seton-connect.com

If you are a Seton HOA Member, you may already have an account in our system. If you are unsure of your login information, please email us with your property address and we can help you retrieve your account details. If you are a non-resident looking to register, please email lifestyle@setonhoa.ca.

By Phone or In Person

The Seton HOA facility is open from 10 AM - 8 PM and our team will be happy to help you register in person or over the phone.

Please call 403-768-9186

Please note: Registration is not complete without payment.

seton-connect.com



PROGRAM POLICIES

Photos & Videos

Photos and/or videos may be taken by Seton HOA staff during events and programs. These may be used for promotional purposes, including social media and marketing materials. Any questions or concerns can be directed to lifestyle@setonhoa.ca

Non-Member Access to The Block

Non-Seton HOA members will only be granted access to The Block during their scheduled program time, and are not permitted to use amenities or spaces not included in their registered program.

KidSport Applications

We will accept KidSport applications/registrations for families who may require financial assistance to participate in children's programs. This must be arranged with KidSport prior to registration. As KidSport often requires proof of registration, please contact lifestyle@setonhoa.ca directly to discuss your options.

No exceptions will be made to the policies outlined above.

Please review carefully.

PROGRAM POLICIES

Withdraws + Refund Requests

All withdrawal requests must be submitted to the lifestyle Coordinator by email at lifestyle@setonhoa.ca. A \$15.00 administration fee will apply to all program withdrawal requests.

- More than 14 days prior to the program start date: A full refund will be issued to the original form of payment, less the \$15.00 administration fee.
- Less than 14 days prior to the program start date: A refund of 85% of the program fee will be issued, less the \$15.00 administration fee.
- After the first class: Refunds will only be issued for medical reasons with a doctor's note provided at the time of the request. A prorated refund will be issued to the original form of payment, less the \$15.00 administration fee.

Transfers

All transfer requests must be submitted to the lifestyle Coordinator by email at lifestyle@setonhoa.ca. Transfers are subject to availability and any difference in program fees will apply. No transfers will be permitted after one week from the program start date unless for medical reasons, with documentation provided at the time of the request.

No exceptions will be made to
the policies outlined above.
Please review carefully.

PROGRAM POLICIES

Cancellations Due to Low Enrollment

All programs are subject to cancellation if there is insufficient registration. Participants are encouraged to register early to help ensure their desired program runs. If a program is cancelled due to low registration, you will be notified by email at least one day prior to the program start date.

When a program is cancelled, you will have the following options:

1. Transfer to another program (subject to space availability)
2. Receive an account credit for future use
3. Receive a refund to the original form of payment

Cancelled Classes or Postponed Classes

While we do our best to avoid cancelling or postponing classes, there are times when it may be necessary due to unforeseen circumstances. You will be contacted directly via the email provided during registration as soon as possible if a class is cancelled or postponed.

The Lifestyle Coordinator will provide alternatives depending on the situation, which may include:

1. A prorated refund to the original form of payment
2. A prorated credit to your account
3. A make-up class

No exceptions will be made to
the policies outlined above.
Please review carefully.



Winter 2026

YOUTH + CHILD PROGRAMS

seton-connect.com





Winter 2026
Youth + Child Programs

MOVE:

**SPORTS, GAMES,
ACTIVE PLAY**

seton-connect.com



register online:
seton-connect.com

SPORTBALL INDOOR BASKETBALL

4-6 Years

Wednesday's in the winter

4:30 pm - 5:25 pm

Session 2: February 18 - March 25 2026 (6 weeks)

class description

Bounce into basketball this winter!

This January, Sportball Basketball comes to our Seton facility for children ages 4-6. This high-energy program keeps young athletes active, learning, and having fun while developing their basketball skills.

Each week, players will practice dribbling, passing, shooting, and defense through engaging, age-appropriate games and activities. Whether it's their first time on the court or they already love the sport, every class is designed to keep them moving, smiling, and building confidence.

Led by Sportball's enthusiastic coaches, the program also emphasizes teamwork, coordination, and sportsmanship. Classes are held indoors, providing a consistent and comfortable space to play all winter long.

What to wear/bring: comfortable, movable athletic clothing and clean indoor runners & a water bottle.

class Pricing

Session 2

February 18 - March 25 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

seton-connect.com



register online:
seton-connect.com

SPORTBALL INDOOR BASKETBALL

7-9 Years

Wednesday's in the winter
5:30 pm - 6:25 pm

Session 2: February 18 - March 25 2026 (6 weeks)

class description

Stay active and sharpen your skills this winter!

This January, Sportball Basketball comes to our Seton facility for players ages 7-9. This high-energy program is the perfect way for young athletes to stay active, build skills, and have fun during the winter months.

Each week, participants will develop basketball fundamentals—including dribbling, passing, shooting, and defense—through play-based drills and games designed to boost confidence and keep kids engaged.

Whether they're new to the sport or already love the game, our curriculum ensures they're always challenged and having fun.

Led by Sportball's passionate coaches, the program also emphasizes teamwork, coordination, and sportsmanship in a positive and supportive environment. Classes are held indoors, providing a consistent and comfortable place to play all season long.

What to wear/bring: comfortable, movable athletic clothing and clean indoor runners & a water bottle.

class Pricing

Session 2

February 18 - March 25 (6 classes)

Non-Resident price (Nr)

\$175

Brookfield Resident price (br)

\$150

Seton Resident price (sr)

\$125

register online:
seton-connect.com

SPORTBALL INDOOR BASKETBALL

10-14 Years

Wednesday's in the winter
6:30 pm - 7:25 pm

Session 2: February 18 - March 25 2026 (6 weeks)

class description

Level up your basketball skills this winter!

This January, Sportball Basketball comes to our Seton facility for players ages 10-14. Designed for older youth ready to take their game to the next level, this high-energy program combines skill development with fast-paced fun in a supportive, team-focused environment.

Players will work on core techniques—including dribbling, shooting, passing, and defense—through structured drills and dynamic scrimmages that challenge them physically and mentally. Whether they're new to basketball or looking to refine their skills, this class offers the perfect balance of fundamentals and gameplay.

Led by experienced and enthusiastic Sportball coaches, each session emphasizes teamwork, strategy, confidence, and sportsmanship. Classes are held indoors, so the game is always on—no matter the winter weather!

What to wear/bring: comfortable, movable athletic clothing and clean indoor runners & a water bottle.

class Pricing

Session 2

February 18 - March 25 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

seton-connect.com



register online:
seton-connect.com

SPORTBALL *PARENTED MULTI-SPORT JUNIORS

16 months - 2 Years

Sunday's in the Winter

10:15 am - 11:00 am

Session 2: February 22 - March 22 2026 (5 weeks)

class description

Kick off the winter with active play + early skill-building!

This season, we're introducing Multi-Sport Juniors, a brand-new program for toddlers 16 months-2 years, designed to spark movement, confidence, and curiosity through sport-focused play.

With guidance from Sportball's experienced coaches, little athletes will explore the basics of multiple sports—such as throwing, kicking, balancing, and hand-eye coordination—through fun, sensory activities made just for early movers. Each week blends simple skill development with playful games that help build motor skills, listening abilities, and early social connections.

Parents stay actively involved alongside their child, making this a wonderful opportunity to move, bond, and learn together in a supportive and upbeat environment. Classes are held indoors for a warm and consistent winter experience, keeping young athletes active all season long.

What to bring:

Comfortable, flexible clothing for both parent & child, clean indoor shoes if desired, and a water bottle.

class Pricing

Session 2

February 22 - March 22 (5 classes)

Non-Resident price (Nr)

\$145

Brookfield Resident price (br)

\$130

Seton Resident price (sr)

\$115

register online:
seton-connect.com

SPORTBALL *PARENTED MULTI-SPORT

2-3 Years

Saturday's in the winter

10:15 am - 11:00 am

Session 2: February 21 - March 21 2026 (5 weeks)

class description

Start the new year with Sportball's Parented Multi-Sport fun!

This January, little athletes ages 2-3 are invited to join Sportball's action-packed Parented Multi-Sport program at our Seton facility. This engaging class introduces children to the fundamentals of a variety of sports, helping spark a lifelong love of active play.

Our play-based curriculum features soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis, with each week offering new games and activities to keep children learning, moving, and discovering new skills—no two classes are ever the same!

Led by Sportball's energetic coaches and joined by a parent or guardian, toddlers thrive in a supportive, active, and playful environment indoors, perfect for staying warm and engaged throughout the winter.

What to wear/bring: comfortable, movable athletic clothing and clean indoor runners & a water bottle.

class Pricing

Session 2

February 21 - March 21 (5 classes)

Non-Resident price (Nr)
\$145

Brookfield Resident price (br)
\$130

Seton Resident price (sr)
\$115

seton-connect.com



register online:
seton-connect.com

**SPORTBALL
MULTI-SPORT**

4-6 Years

Saturday's in the winter
11:05 am - 12:00 pm

Session 2: February 21 - March 21 2026 (5 weeks)

class description

Start the new year with Sportball's Multi-Sport fun!

This January, young athletes ages 4-6 are invited to join Sportball's action-packed Multi-Sport program at our Seton facility. This engaging class introduces children to the fundamentals of eight exciting sports, helping them build confidence, coordination, and a lifelong love of active play.

Our play-based curriculum features soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis, with each week offering a fresh and exciting experience. No two classes are ever the same, giving children the chance to explore new skills and discover the sports they enjoy most.

Led by Sportball's energetic and supportive coaches, children enjoy a positive, active, and playful environment indoors, perfect for staying warm and active all winter long.

What to wear/bring: comfortable, movable athletic clothing and clean indoor runners & a water bottle.

class Pricing

Session 2

February 21 - March 21 (5 classes)

Non-Resident price (Nr)
\$145

Brookfield Resident price (br)
\$130

Seton Resident price (sr)
\$115

seton-connect.com


SETON
HOMEOWNERS
ASSOCIATION

register online:
seton-connect.com

**SPORTBALL
SOCCER**

5-7 Years

Sunday's in the Winter

11:05 am - 12:00 pm

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Session 2: February 22 - March 22 2026 (5 weeks)

class description

Kick off the new year with soccer fun!

This January, young athletes ages 5-7 are invited to learn the fundamentals of soccer at our Seton facility with Sportball Soccer. This engaging program blends skill-building, fun games, and active play to help children develop coordination, confidence, and a love for the sport.

Each week, players will practice essential skills—including dribbling, passing, shooting, and teamwork—through age-appropriate drills and play-based activities. Whether it's their first time with the ball or they already enjoy the game, this program keeps kids moving, learning, and having fun.

Led by Sportball's enthusiastic coaches, classes will be held indoors for a consistent and comfortable winter experience, ensuring young players can stay active and build skills all season long.

What to wear/bring: comfortable, movable athletic clothing and clean indoor runners & a water bottle.

class Pricing

Session 2

February 22 - March 22 (5 classes)

Non-Resident price (Nr)
\$145

Brookfield Resident price (br)
\$130

Seton Resident price (sr)
\$115

seton-connect.com



register online:
seton-connect.com

BEGINNER BADMINTON

6-9 years

Tuesday's in the winter
5:00 pm - 6:00 pm

Session 2: February 24 - March 31 2026 (6 weeks)

class description

Serve, smash, and soar this winter!

This January, join us at the Seton facility for an engaging beginner Badminton program — perfect for anyone new to the game or looking to build confidence on the court.

Participants will learn and practice key skills, including proper grip, footwork, and basic strokes (clears, drops, smashes), along with an understanding of game rules, scoring, and court positioning. With guidance from our skilled coaching team, you'll gain confidence while building a strong foundation for future play.

Whether you're stepping onto the court for the first time or ready to rally, this class is a fun, active, and supportive way to stay moving and enjoy winter!

What to wear/bring: comfortable, movable athletic clothing and clean indoor runners. Racquets available to borrow if needed.

class Pricing

Session 2

February 24 - March 31 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

register online:
seton-connect.com

BEGINNER/INTERMEDIATE BADMINTON

10-14 years

Tuesday's in the winter
6:00 pm - 7:00 pm

Session 2: February 24 - March 31 2026 (6 weeks)

class description

Serve, smash, and soar this winter!

This January, join us at the Seton facility for an engaging Badminton program designed for beginner and intermediate players. Whether you're new to the game or looking to sharpen your skills, this class is a fun, active, and supportive way to learn and improve.

Participants will develop key skills, including proper grip, footwork, and basic strokes (clears, drops, smashes), as well as a solid understanding of game rules, scoring, and court positioning. With guidance from our skilled coaching team, you'll gain confidence on the court while building a strong foundation for future play.

Whether it's your first time on the court or you're ready to rally, this class is the perfect way to stay active and enjoy winter!

What to wear/bring: comfortable, movable athletic clothing and clean indoor runners. Racquets available to borrow if needed.

class Pricing

Session 2

February 24 - March 31 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

seton-connect.com



register online:
seton-connect.com

BALL HOCKEY

7-10 years

Mondays in the winter
6:00 pm - 7:00 pm

Session 2: February 23 - March 30 2026 (6 weeks)

class description

Shoot, pass, and have fun this winter!

This January, join us at the Seton facility to learn the exciting, fast-paced sport of Ball Hockey. Designed for beginners and those looking to build confidence on the floor, this class provides a friendly and supportive environment to develop skills at a comfortable pace.

Participants will learn the fundamentals of the game — including stick handling, passing, shooting, positioning, and basic rules of play. Each session combines instruction with active gameplay, helping players improve coordination, teamwork, and game awareness while staying engaged and having fun.

Indoor instruction ensures a warm, weather-proof space for winter play, with a focus on movement, practice, and friendly competition. Whether it's your first time on the floor or you're brushing up on your skills, this program is a great way to stay active, meet new friends, and discover the fun of Ball Hockey.

What to wear/bring:

Comfortable, movable athletic clothing and clean indoor runners. Sticks and balls are provided.

class Pricing

Session 2
February 23 - March 30 (6 classes)

Non-Resident price (Nr)
\$200

Brookfield Resident price (br)
\$175

Seton Resident price (sr)
\$150



Winter 2026
Youth + Child Programs

BUILD:

**ART • READING • WRITING
MATH • ACADEMIC**

seton-connect.com



register online:
seton-connect.com

ART + DRAWING CLASS

6-12 years

Sunday's in the winter
10:30 am - 11:30 am

Session 2: February 22 - March 22 2026 (5 weeks)

class description

Create, explore, and have fun this winter!

This January, join us at the Seton facility for Art & Drawing with Inquisitive Minds, a hands-on program designed for young artists to discover their creativity in a supportive and engaging environment. Perfect for beginners or budding artists looking to explore new techniques, this class encourages self-expression, focus, and imagination.

Participants will learn the fundamentals of drawing, including line, shape, color, shading, and composition, through fun, guided projects and creative exercises. Each session combines instruction with hands-on practice, allowing students to develop skills, build confidence, and bring their ideas to life. Indoor instruction ensures a warm, cozy space for creativity all winter long. Whether it's your child's first art class or they've been sketching for a while, this program is a great way to spark imagination, meet new friends, and have fun while learning. **What to bring:**

Comfortable clothing that can get a little messy and a creative spirit. All art materials are provided

class Pricing

Session 2
February 22 - March 22 (5 classes)

Non-Resident price (Nr)
\$145

Brookfield Resident price (br)
\$130

Seton Resident price (sr)
\$115

register online:
seton-connect.com

INQUISITIVE MINDS LITERACY EXPLORERS

Grades 1-4

Wednesday's in the winter
6:00 pm - 7:00 pm

Session 2: February 18 - March 25 2026 (6 weeks)

class description

Kickstart your child's reading and writing adventure this winter!

This January, ignite your child's passion for literacy at our Seton facility with Literacy Explorers, run by Inquisitive Minds. Designed for students in grades 1-4, this engaging program helps boost reading comprehension, enrich vocabulary, sharpen spelling, and spark creative writing.

Each session combines hands-on activities, individualized instruction, and a focus on social-emotional learning, helping students gain confidence while strengthening foundational language skills. Led by the trusted educator behind our popular YYC Math Explorers program, these classes provide a welcoming, supportive environment where every learner can thrive.

Empower your child to become a confident, capable reader and writer while having fun exploring the world of literacy this winter!

What to wear/bring: Writing materials

class Pricing

Session 2

February 18 - March 25 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

register online:
seton-connect.com

INQUISITIVE MINDS LITERACY HUB

Grades 5-9

Wednesday's in the winter
7:00 pm - 8:00 pm

Session 2: February 18 - March 25 2026 (6 weeks)

class description

This fall, ignite your child's passion for reading and writing at our brand-new Seton facility! Literacy Hub, run by Inquisitive Minds, is a dynamic program for students ages 11-14 designed to enhance reading comprehension, expand vocabulary, improve spelling, and hone creative writing skills.

Each lesson combines interactive activities, personalized instruction, and a focus on social-emotional learning, helping students build essential literacy skills while gaining confidence. Led by the same experienced instructor behind our YYC Math Explorers program, the program provides a warm and supportive environment where every learner can thrive.

Give your child the opportunity to become a more confident, capable reader and writer while enjoying a fun and engaging learning experience this fall!

What to wear/bring: Writing materials

class Pricing

Session 2

February 18 - March 25 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

register online:
seton-connect.com

INQUISITIVE MINDS MATH EXPLORERS

Grades 1-4

Monday's in the winter
6:00 pm - 7:00 pm

Session 2: February 23 - March 30 2026 (6 weeks)

class description

Kickstart your child's math adventure this winter!

This January, give your child the opportunity to explore the exciting world of numbers at our Seton facility with YYC Math Explorers, run by Inquisitive Minds. Designed for elementary students in grades 1-4, this fun, interactive program makes math approachable, engaging, and rewarding. Created in collaboration with our experienced instructor—whom the Seton Lifestyle Coordinator has worked with for years—this program supports each child's unique learning needs while building confidence and mastery of key skills.

Through hands-on activities, interactive lessons, and collaborative problem-solving, students will explore topics from basic computation to intriguing concepts like statistics. Along the way, they'll develop critical thinking, logical reasoning, and numerical fluency—all while having fun!

YYC Math Explorers sparks curiosity and shows kids that math is more than just numbers—it's a tool for discovery and problem-solving in everyday life. Regular progress updates keep parents informed and engaged, making it a rewarding experience for the whole family.

What to wear/bring: Writing materials

class Pricing

Session 2

February 23 - March 30 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

register online:
seton-connect.com

INQUISITIVE MINDS MIDDLE SCHOOL MATH

Grades 5-9

Monday's in the winter
7:00 pm - 8:00 pm

Session 2: February 23 - March 30 2026 (6 weeks)

class description

Dive into the world of math this winter!

This January, let your child explore the exciting world of numbers at our Seton facility with Middle School Math, run by Inquisitive Minds. Designed for students in grades 5-9 (ages 10-14), this engaging program provides a structured yet interactive approach to mastering key math concepts while keeping learning exciting and challenging.

From strengthening foundational skills to exploring advanced topics like statistics, algebra, and geometry, students engage with a variety of concepts through hands-on activities, real-world problem-solving, and group collaboration. Along the way, participants develop critical skills in logical reasoning, problem-solving, and numerical fluency—all while gaining confidence to tackle more complex challenges.

Middle School Math shows students that math is more than memorizing formulas—it's a powerful tool for critical thinking and problem-solving in everyday life.

What to wear/bring: Writing materials

class Pricing

Session 2

February 23 - March 30 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125



Winter 2026
Youth + Child Programs

DANCE: RHYTHM & FLOW

seton-connect.com



register online:
seton-connect.com

*PARENTED DANCE + PLAY

2-3 years

Tuesday's in the winter

4:15 pm - 5:00 pm

Session 2: February 24 - March 31 2026 (6 weeks)

class description

Step into a world of dance and discovery this winter!

This January, join us at the Seton facility for Parent & Tot Dance, taught by the wonderful Puddle of Mud Productions. Designed for toddlers ages 2-3 and their caregivers, this enchanting class offers a joyful blend of music, movement, and meaningful connection.

Each week, you and your little one will sing, dance, use props, and play interactive games that spark imagination and creativity. Whether it's your child's first introduction to music and movement or you're looking to nurture their growing love for it, this class provides a warm, supportive space to explore and grow together.

Enjoy quality time with your toddler while creating lasting memories through rhythm, play, and joyful movement this winter!

What to wear/bring: comfortable, movable athletic clothing and clean indoor shoes.

class Pricing

Session 2

February 24 - March 31 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

register online:
seton-connect.com

BALLET

3-5 years

Tuesday's in the winter
5:00 pm - 5:45 pm

Session 2: February 24 - March 31 2026 (6 weeks)

class description

Step into the graceful world of ballet this winter!

This January, join us at the Seton facility for Ballet, taught by the talented Puddle of Mud Productions. Designed for children ages 3-5, this class offers a joyful introduction to dance, music, and movement.

Each week, students will learn basic ballet positions and movements, explore rhythm and coordination, and participate in creative games that inspire imagination and confidence. Whether your child is taking their very first dance steps or building on early movement skills, this class provides a nurturing and fun environment to grow.

Encourage creativity, coordination, and a love of dance while your child enjoys an engaging and playful introduction to ballet this winter!

What to wear/bring: comfortable, movable athletic clothing and clean indoor shoes.

class Pricing

Session 2

February 24 - March 31 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

register online:
seton-connect.com

DANCE EXPLOSION

4-6 years

Tuesday's in the winter
6:00 pm - 6:45 pm

Session 2: February 24 - March 31 2026 (6 weeks)

class description

Ignite your child's love of dance this winter!

This January, join us at the Seton facility for Dance Explosion, taught by the talented Puddle of Mud Productions. Designed for children ages 4-6, this exciting program introduces young dancers to a variety of styles—including jazz, ballet, tap, creative movement, hip-hop, and more.

No previous experience is needed! Each week, students will explore fun choreography, express themselves through movement, and build confidence in a supportive environment.

Every session is unique, featuring fresh routines and themes that keep children engaged and inspired. Our passionate instructors tailor each class to spark creativity and encourage individual growth, ensuring every dancer feels celebrated, motivated, and excited to move.

Dance Explosion is the perfect way for your child to develop skills, confidence, and a lifelong love of dance this winter!

What to wear/bring: comfortable, movable athletic clothing and clean indoor shoes.

class Pricing

Session 2

February 24 - March 31 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

register online:
seton-connect.com

HIP-HOP

7-10 years

Tuesday's in the winter

7:00 pm - 8:00 pm

Session 2: February 24 - March 31 2026 (6 weeks)

class description

Step into the spotlight this winter!

This January, join us at The Block for Hip-Hop, an exciting dance program for young movers ages 7-10, taught by the talented Puddle of Mud Productions. Dancers will explore rhythm, musicality, and expressive movement while learning age-appropriate hip-hop choreography in a fun and supportive space. With guidance from our skilled instructors, students will build coordination, confidence, and style as they learn new steps, grooves, and combinations each week. Each session introduces fresh material, encouraging creativity, teamwork, and personal expression through movement.

This program offers a positive, high-energy environment where young dancers can grow their skills, develop stage presence, and fall in love with dance. Classes are held on Tuesdays, providing consistent opportunities for learning, movement, and creativity this winter!

What to wear/bring: comfortable, movable athletic clothing and clean indoor shoes.

class Pricing

Session 2

February 24 - March 31 (6 classes)

Non-Resident price (Nr)
\$175

Brookfield Resident price (br)
\$150

Seton Resident price (sr)
\$125

register online:
seton-connect.com

BOLLYWOOD ZUMBA

7+ years (Family Friendly)
Wednesday's in the winter
7:00 pm - 8:00 pm

Session 2: February 18 - March 25 2026 (6 weeks)

class description

Step into the spotlight with rhythm, energy, and family fun this winter!

This season at The Block, we're thrilled to introduce Family Bollywood Zumba—a vibrant, movement-filled program for all ages to enjoy together! With upbeat music, playful choreography, and energetic instruction, this class blends Bollywood-inspired moves with Zumba-style cardio to get everyone moving, laughing, and feeling great.

Families will explore rhythm, musicality, and expressive dance in a welcoming space where no experience is required. Each week features fresh routines and fun movement challenges that build coordination, confidence, and connection through shared activity.

This program offers an inclusive, high-energy environment where children and adults can dance side-by-side, learn new skills, and experience the joy of movement as a team. Held weekly throughout the winter, it's the perfect way to stay active, warm, and creative—together!

What to wear/bring: Comfortable, movable clothing, clean indoor shoes, and a water bottle.

class Pricing

Session 2
February 18 - March 25 (6 classes)

Non-Resident price (Nr)
\$175 + GST

Brookfield Resident price (br)
\$150 + GST

Seton Resident price (sr)
\$125 + GST



Winter 2026

ADULT PROGRAMS

seton-connect.com



register online:
seton-connect.com

ADULT PICKLEBALL

15+years

Monday's in the winter
7:00 pm - 8:00 pm

Session 2: February 23 - March 30 2026 (6 weeks)

class description

Serve, rally, and have fun this winter!

This January, join us at the Seton facility to learn the fast-growing, easy-to-love sport of Pickleball. Designed for beginners and those looking to build confidence on the court, this class offers a friendly and supportive environment to develop skills at a comfortable pace.

Participants will learn the fundamentals of the game — including grip, serving, volleying, scoring, and basic rules of play. Each session combines instruction with active gameplay, helping players improve coordination, strategy, and court awareness while having fun and staying engaged.

Indoor instruction will keep things warm and weather-proof for winter, with a focus on movement, practice, and play. Whether you're stepping onto the court for the first time or brushing up on the basics, this is a great way to stay active, meet new people, and discover why Pickleball is becoming everyone's new favourite sport.

What to wear/bring: comfortable, movable athletic clothing and clean indoor runners. Paddles available to borrow if needed.

class Pricing

Session 2
February 23 - March 30 (6 classes)

Non-Resident price (Nr)
\$132 + GST

Brookfield Resident price (br)
\$117 + GST

Seton Resident price (sr)
\$102 + GST

register online:
seton-connect.com

BOLLYWOOD ZUMBA

7+ years (Family Friendly)
Wednesday's in the winter
7:00 pm - 8:00 pm

Session 2: February 18 - March 25 2026 (6 weeks)

class description

Step into the spotlight with rhythm, energy, and family fun this winter!

This season at The Block, we're thrilled to introduce Family Bollywood Zumba—a vibrant, movement-filled program for all ages to enjoy together! With upbeat music, playful choreography, and energetic instruction, this class blends Bollywood-inspired moves with Zumba-style cardio to get everyone moving, laughing, and feeling great.

Families will explore rhythm, musicality, and expressive dance in a welcoming space where no experience is required. Each week features fresh routines and fun movement challenges that build coordination, confidence, and connection through shared activity.

This program offers an inclusive, high-energy environment where children and adults can dance side-by-side, learn new skills, and experience the joy of movement as a team. Held weekly throughout the winter, it's the perfect way to stay active, warm, and creative—together!

What to wear/bring: Comfortable, movable clothing, clean indoor shoes, and a water bottle.

class Pricing

Session 2

February 18 - March 25 (6 classes)

Non-Resident price (Nr)
\$175 + GST

Brookfield Resident price (br)
\$150 + GST

Seton Resident price (sr)
\$125 + GST