

REGISTERED PROGRAMS

WINTER 2018/2019

MONDAYS

ACRYLIC PAINTING with Bronte Beggs

9:30 – 11:30 Jan. 7 – Mar. 18
\$109 for 8 weeks

Students will learn how to blend colours and apply them to canvas. They will also learn about composition, how to transfer a photo to a painting. A little perspective and a lot of fun! Students are responsible for bringing their own supplies. Supplies list will be available. Maximum of 10 students per class.

WATERCOLOUR PAINTING with Hi-Sook Barker

1:30 – 3:30 Jan. 7 – Mar. 18
\$109 for 8 weeks

This course will focus on developing a solid foundation through basic techniques. With demonstrations and individual assistance, you will learn how to paint loose, transparent watercolours in an impressionistic style. An experienced instructor will accommodate all levels of expertise. Materials list available.

INTRODUCTION TO DRAWING with Bronte Beggs

4:15 – 6:45 Jan. 7 – Mar. 18
\$109 for 8 weeks

Learn techniques & tricks in basic mark-making & sketching; use different drawing implements & surfaces; learn perspective skills and optical cues; draw from other sources; draftsmanship & abstractions; learn how to be confident in drawing objects, locations, people and much, much more! Participants are responsible for buying their own supplies: supplies list will be available.

TUESDAYS

MAT YOGA with Wendy Jackson

8:30 – 9:30 Jan. 8 – Mar. 5
\$72 for 9 weeks

A gentle class for those who can get up and down from the floor. All are welcome—beginners through to intermediate. Modifications are offered for each posture, based on your level of yoga experience, mobility and flexibility. Starting with some breathing techniques, a gentle awakening of the joints to stretch and lubricate tendons, ligaments and muscle groups, balancing postures and movement through various postures. At the end of the class, enjoy some well deserved relaxation.

CHAIR YOGA TUESDAYS with Wendy Jackson

9:45 – 10:45 Jan. 8 – Mar. 5
\$72 for 9 weeks

In this class, all are welcome, as modifications are offered for every level of flexibility and mobility. All poses are adapted to the chair, even balancing poses. The focus of this class is to bring awareness to the breath, lubricate all joints, ligaments and muscles, and work on balancing and increasing your flexibility. At the end of the class, enjoy some well-deserved relaxation.

LINE DANCE LEVEL 2 with Cindy Knowles**11:00 – 12:30 Jan. 8 – Mar. 5**
\$72 for 9 weeks

Traditional line dancing, based on ballroom-style steps, is a gentle and fun way to exercise your body and your mind, and make new friends! The music is lively and upbeat. So much fun you don't realize you're exercising! This is not a beginner class.

TAP DANCING with Pam May**5:00 – 6:00 Jan. 8 – Mar. 5**
\$72 for 9 weeks

Come on out and have fun learning basic tap steps & combinations each week. Tap shoes or hard soled shoes are recommended. No experience required!

POP LINE DANCE *NEW* with Pam May**6:15 – 7:15 Jan. 8 – Mar. 5**
\$72 for 9 weeks

Enjoy a mind-body workout while dancing your way to better health. You'll boost your brain power by improving your memory skills learning patterned steps, strengthen your bones without hurting your joints, develop better balance, but most of all just have fun!

WEDNESDAYS**STRETCH 'N' CORE with Joanne Byers****9:05 – 9:55 Jan. 9 – Mar. 13**
\$72 for 9 weeks

This gentle class offers weight bearing and resistance exercises that stretch and strengthen the whole body. The class targets the torso muscles, abdominal, back, hips and buttocks, helping to balance the body, build strong, lean muscles, improve efficiency of movement and mobility, and reduce stress.

BRIDGE LESSONS with Bob Carey**9:30 – 11:00 Jan. 9 – Mar. 13**
\$72 for 9 weeks

This program is suitable for persons who want to learn how to play bridge and for those who have played bridge and want to brush up on their bidding and playing skills, and learn what's new in bridge.

THURSDAYS**TAI CHI with Ricky and Rosa****9:30 – 10:15 Jan. 10 – Mar. 7**
\$72 for 9 weeks

A graceful healthy ancient Chinese form of exercise that combines relaxed, fluid movement with a calm, alert, mental state. Tai chi is a non-impact exercise ideal for all fitness levels.

CHAIR YOGA THURSDAYS with Wendy Jackson**10:45 – 11:45 Jan. 10 – Mar. 7**
\$72 for 9 weeks

In this class, all are welcome, as modifications are offered for every level of flexibility and mobility. All poses are adapted to the chair, even balancing poses. The focus of this class is to bring awareness to the breath, lubricate all joints, tendons, ligaments and muscles, and work on balancing and increasing your flexibility, At the end of the class, enjoy some well-deserved relaxation.

OSTEO FIT with Joanne Byers**11:50 – 12:45 Jan. 10 – Mar. 7
\$72 for 9 weeks**

Bone is living tissue and responds to exercise by becoming stronger. Join us for a low impact cardio class which includes weight bearing and resistance conditioning exercises that will build bone mass and density. If you have been diagnosed with bone degeneration, this class can help you maintain your bone mass.

GENTLE FITNESS *NEW* with Outi Leis**1:00 – 1:50 Jan .10 – Mar. 7
\$72 for 9 weeks**

This 50-minute class incorporates gentle aerobic movements to improve cardiovascular endurance and strengthening exercises with light weights or bands to enhance muscle strength and endurance. The class also incorporates exercises that help improve and maintain good flexibility and postural alignment. The exercises are done to music seated or standing. This class is appropriate for those who are new to exercising or returning to exercising after a long break or post-rehabilitation.

FRIDAYS**ZUMBA GOLD with Roseanne Pegler****9:30 – 10:15 Jan. 11 – Mar. 8
\$72 for 9 weeks**

This Zumba class is specifically designed for older adults. If you would like to get some exercise in a fun class that keeps you moving, then this is the one for you! You don't need to know how to dance! Just move to the music. The instructor will gear the exercise pace to the participants' level.

STRENGTH & BALANCE *NEW* with Roseanne Pegler**9:30 – 10:15 Jan. 11 – Mar. 8
\$72 for 9 weeks**

This 45-minute exercise class format includes 10 minutes to warm up your body and brain to prepare you to build strength through muscle conditioning exercises using light weights and bands. It also incorporates exercises geared toward building better balance. There is a 10-minute stretch & cool down period at the end to relax you. This class is designed for the active 55+ participant.

MINDFUL LIVING with Anna Durante**9:30 – 10:30 Jan. 11 – Mar. 8
\$72 for 9 weeks**

This class will provide basic instruction on living with more peace, happiness and joy. Themes such as loving kindness, inner peace, gratitude and acceptance will be explored and expanded in simple guided meditations. Learning to be mindful helps us to slow down, to be more present in the moment. We enjoy more rather than rushing or worrying about the past or future. By living with more intention and awareness, we begin to feel less resistance in our bodies and mind, and move towards health and balance.

SATURDAYS

YOGA FUNDAMENTALS *NEW* with Wendy Jackson

8:15 – 9:15 Jan. 12 – Mar. 9
\$72 for 9 weeks

Have you ever wanted to explore yoga but didn't know where to start? Everyone says, "I am not flexible enough to do yoga." Yoga is about uniting the body, breath and mind, turning into yourself. We learn to still the fluctuations of our minds and be more present in each moment. Come join in and explore fundamentals of health and safe alignment of basic postures, sitting, standing (asanas) and breathing (pranayama). Start at the beginning and become more confident as you realize what yoga can bring to your life.

YOGA STRETCH & FLEX with Wendy Jackson

9:30 – 10:30 Jan. 12 – Mar. 9
\$72 for 9 weeks

Are you looking to regain your flexibility or increase what you have? Work on slowly and gently stretching out your tendons, ligaments, and muscles, lubricating your joints as well. Modifications will be offered. Leave the class feeling stretched and relaxed ... a fabulous way to start the weekend.