



# Washago Community Centre Programs

## FALL 2018

Registration will be at the Washago Community Centre on

**Wednesday, Sept 12 5:00-7:00 pm**

**Saturday, Sept 15 9:00 - 11:00 am**

**705-689-6424**

**www.washagocommunitycentre.com**

- Registration forms are available for download from the WCC website.
- Minimum numbers are required to run all programs. A decision to cancel will be made on completion of the last registration date. A full refund will be provided if a program is cancelled.
- \*\*\*Membership to the Washago Community Centre is an annual fee of **\$15.00\*\*\*** for adults

• **Program List**

- **Mondays:** Yoga Body Fit BLT Stretch and Tone World Beat
- **Tuesdays:** Gymnastics Ball Hockey Latin Dance
- **Wednesdays:** Computer Karate You Move
- **Thursdays:** Acrylic Landscape Painting Zumba

**Monday**

**World Beat**

Start Date: Sept 24 for 10 weeks

Time: 10:00 - 11:00am

Come and move your way to fitness with World Beat. Dance and choreography are part of your fitness program and steps can be modified as needed, moving at your own pace. This class will be a gentle introduction to the steps and routines of latin dance with verbal cues. Nancy is trained in Zumba and choreography based fitness programs.

Cost: \$72.50 members \$82.50 non members **\$10 discount for payment by Sept 15**

**Instructor: Nancy Knapp**

**Monday**

**Yoga**

Start Date: Sept 24 for 10 weeks

Time: 4:15 - 5:15pm(Gentle) and 5:30 - 6:30pm

Yoga incorporates breathing and meditation techniques as well as physical postures. It is an excellent way to bring awareness to your body while focusing on strength, flexibility and balance. You are welcome to participate at your own pace.

Cost: \$82.50 members \$92.50 non members **\$10 discount for payment by Sept 15**

**Instructor: Anita McDonald**

**Monday**

**Body Fitness BLT(Butts/Legs/Tummy)**

Start Date: Sept 24 for 10 weeks

Time: 6:45 – 7:45pm

Join us for BLT. This popular class includes warm up/cool down portions as well as a short low workout, also utilizing hand weights and toning bands for arm and shoulder strength, improve range of motion, strengthen upper and lower body and target core muscles. We will strengthen and tone our legs and butts to improve stability, balance, flexibility and muscle conditioning, all to great music. Work out at your own pace and ability. Please bring your own hand weights.

Cost: \$72.50 members \$82.50 non-members **\$10 discount for payment by Sept 15**

**Instructor: Suzanne Ball**

**Tuesday**

**Gymnastics**

Start Date: Sept 25 for 8 weeks

**Tiny Tumblers ages 3 to 6 4:45 - 5:45**

**Gym Giants 7+ 5:45 - 6:45**

Participate in gymnastic fundamentals in a fun environment. Learn movement patterns and develop skills and focus on fitness. Classes encourage fun, fitness and learning.

Cost 60.00 - **\$10 discount for payment by Sept 15**

**Instructor: Judy Page**

**Tuesday**

**Latin Dance**

Start Date: Sept 25 for 10 weeks

Time: 7 - 8pm

Latin Dance - social, fun and cultural. Latin Dance is not partner dependant and consists of salsa, cha cha, cumbia, mambo and merengue. With any latin dance dance style, you can bring your own personal creativity to the dance floor while understanding how body movements can affect your dance.

Cost: \$72.50 members and \$82.50 non members **\$10 discount for payment by Sept 15**

**Instructor: Nancy Knapp**

## Tuesday

### Ball Hockey

Start Date: Sept 25 for 8 weeks

Time: 6:00 – 7:00pm

This program has not run with an instructor for approximately 3 years due to low registration. Any youth interested in playing ball hockey on a weekly but casual “pick up” ball hockey basis are encouraged to come and have an hour of unorganized fun ball hockey. Parents are also encouraged to participate with their children and assist when they can.

**NO CHARGE**

**NO REGISTRATION**

## Wednesday

### Computer - Learn to use your Apple IPAD

Start Date: Sept 26 for 6 weeks

Time: 9 - 10am

A 6 week session in APAD basics, adjusting settings, connecting to wireless, learn to take photos, browse the internet and using SKYPE and FACETIME. A great opportunity for group discussion and to get all your questions answered

Cost \$30 members and \$40 non members

Instructor: Kevin Lehman

### Computer - Learn to use your ANDROID TABLET

Start Date: Sept 26 for 6 weeks

Time: 10:30 - 11:30am

A 6 week session to learn the basics in turning on your android tablet - adjusting settings, connecting to wireless and learning to take photos, browse the internet and using SKYPE. A great opportunity for group discussion and getting your questions answered.

Cost \$30 members and \$40 non members

Instructor: Kevin Lehman

## Wednesday

### Karate

Start Date Sept 26 for 8 weeks

Time: Defending Dragons ages 4 to 12 4:45 - 5:30

Advanced ages 4 to 12 5:30 - 6:15

Karate increases agility, flexibility and self-confidence. Defending Dragons (beginner class) introduces children to the basics of karate encouraging the development of motor skills and physical agility. Advanced class, for those who have completed the beginner karate class, is to learn the art of karate as it was intended as self defense.

Cost \$47.50 each - **\$10 discount for payment by Sept 15**

Instructor: Tawnya Gauthier-Romaniuk

## Wednesday

### You Move

Start Date: Sept 26 for 10 weeks

Time: 6:30 – 7:30pm

A new fitness program designed to develop core strength (deep internal back and abdominal muscles) and stability. As well, we will work on firming and toning the muscles in your arms, shoulders, legs and hips to become strengthened and lengthened. We will also work on tightening those buns and quads and focus on heart health. Many stretching and Pilates movements will be utilized and as well, resistance bands and hand weights will be incorporated into the program. Pilates exercises can help us become stronger, leaner, lengthen muscles, improve posture and be more flexible. A large portion of the class will be on the floor utilizing floor mats. This class is for anyone with the desire to improve their overall fitness level, whether you have worked out in the past or not. Great music to motivate everyone! Please bring your own hand weights. Resistance bands are provided, but, if you have them - please bring them along.

Cost: \$72.50 members \$82.50 non-members **\$10 discount for payment by Sept 15**

Instructor: Suzanne Ball

## Thursday

### Acrylic Landscape Painting

Start Date: Sept 27 for 10 weeks

Time: 9:00 – 10:45am

Acrylic Landscape Painting with local artist Doug Cooper. A great opportunity to learn to paint from a gifted artist. – no previous experience is necessary as Doug will accommodate all artistic skill levels. Additional cost may/will be incurred to purchase paint/supplies if required.

Cost: \$95 members \$105 non-members **\$10 discount for payment by Sept 15**

Instructor: Doug Cooper

## Thursday

### Zumba

Start Date: Sept 27 for 10 weeks

Time: 7:30 – 8:30pm

Zumba fitness is a very exciting dance party atmosphere full of Latin and international music – no previous dance experience required! Workout is taught with instruction on how to do the moves and the “watch and follow”. It’s fun and effective, using interval training combining fast and slow rhythms for an effective aerobic workout while at the same time, targeting your legs, abs, glutes and arms.

Cost: \$82.50 members \$92.50 non-members **\$10 discount for payment by Sept 15**

Instructor: Beth Bussoti-Schell

### Circle & Play:

Tuesday 10:00 - 11:30 am

This program is sponsored through Life with a Baby and open for preschool age children. The program is run on a volunteer basis.

Childrens’ Mini Library Bring your small children to the Centre and take advantage of the books, in the lobby, that are available for small children Take a book and/or Leave a book.

Adult library Pocket and hardback books are available in the main lobby of the Centre. All books are a \$2 donation to the Community Centre

NEW PROGRAM IDEAS? - Please contact Rose at the WCCC 705-689-6424