



### Wednesday

#### Computer - Learn to use your Apple IPAD

Start Date: Apr 25 for 6 weeks

**TTime: 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: Apr 25 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 Apr 25 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 Apr 12

Instructor: Tawnya Gauthier-Romaniuk

### Wednesday

#### Body Fitness Plus

Start Date: Apr 25 for 8 weeks

**Time: 6:30 – 7:30pm**

This is an excellent cardio fat burning workout including muscle conditioning and strengthening. This workout is designed for all ages and you work at your own pace to great music. Included is a warm up, cool down, aerobic activity, muscle conditioning and mat exercises. Please bring your own hand weights.

Cost: \$56.00 members \$66 non-members \$10 discount for payment by Apr 12

Instructor: Suzanne Ball

### Thursday

#### Acrylic Landscape Painting

Start Date: Apr 26 for 8 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: \$68.00 members \$78 non-members \$10 discount for payment by Apr 12

Instructor: Doug Cooper

### Thursday

#### Zumba

Start Date: Apr 26 for 8 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: \$68.85.00 members \$78 non-members \$10 discount for payment by Apr 12

Instructor: Beth Bussoti-Schell

**Circle & Play:** This program is sponsored through Life with a Baby and open for preschool age children. The program is run on a volunteer basis and available **10:30 - 11:30am** on the following dates: **March 19 April 16 May 14 June 18**

**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.

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