



Washago Community Centre Programs

**SPRING 2019
REGISTRATION:**

Wednesday, April 3 5:00-7:00 pm and Thursday April 4 5:00 - 7:00pm

- 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 and due in January 2019

Program List

- **Mondays:** Yoga Body Fit (BLT) World Beat World Beat Junior
- **Tuesdays:** Gymnastics You Move Ball Hockey T Ball and Softball
- **Wednesdays:** Computer Karate Body Fit (BLT) Personalized Garden Stones
- **Thursdays:** Acrylic Painting Zumba
- **Pickleball:** Monday, Wednesday, Friday Saturday 9 - 11AM

Monday

World Beat

Start Date: April 16 for 8 weeks

Time: 10:00 - 11:00 am

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: \$58 members \$68.00 non members **\$10 discount for payment by Apr 4** Instructor: Nancy Knapp

Monday

Yoga

Start Date: April 16 for 8 weeks

Time: 4:15 Gentle Yoga 5:30 Yoga

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: \$66 members \$76 non members - **\$10 discount for payment by April 4** Instructor: Anita McDonald

Monday

World Beat Junior

Start Date: April 15 for 8 weeks

Time: 5:45 - 6:45

World Beat is a great opportunity for youth, ages 8 - 12 to move to their favourite music. Nancy has Zumba training and her classes feature youth friendly routines, activities, hip hop and latin dance moves. This program develops a healthy lifestyle and incorporates fitness as a natural part of your life and develops elements of leadership, respect, cooperation and self-assurance.

Cost: \$58 - **\$10 discount for payment by Apr 4**

Instructor: Nancy Knapp

Monday

Body Fitness/BLT - (Butts/legs/tummy)

Start Date: April 15 for 8 weeks

7:00 - 8:00pm

Join us for BLT. This popular class includes warm up/cool down portions as well as a short low impact workout, 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

Cost: \$58.00 members \$68.00 non members - **\$10 discount if paid by Apr 4**

Instructor: Suzanne Ball

Tuesday

Gymnastics

Start Date: Apr 16 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 Apr 4**

Instructor: Judy Page

Tuesday

Ball Hockey

Start Date: Apr 16 for 8 weeks

Time: 7:00 - 8:00pm

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 basis are encouraged to come and have an hour of unorganized fun. Parents are also encouraged to participate with their children and assist when they can.

NO CHARGE

NO REGISTRATION

Tuesday

You Move

Start Date: Apr 16 for 8 weeks

Time: 7:00 8:00pm

This newer fitness class is designed to develop core strength and stability. We will work to firm and tone your arm, shoulder, leg and hip muscles. Also tighten those butts and quads and focus on heart health. Many stretching and pilates movements will be utilized as well as use of resistance bands and hand weights. Exercise 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 mats. This program is designed for anyone who wishes 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.

Cost: 58.00 members 68.00 non members - **\$10 discount if paid by April 4** Instructor: Suzanne Ball

Tuesday

T Ball and Softball

Start Date: May 21 for 8 weeks

T Ball (4-6yrs) 5:30 - 6:30 Junior Softball (7-10 yrs) 5:30 - 6:30 Senior Softball (11 - 13 yrs) 6:30 - 7:30

T Ball - for all children ages 4 - 6 years of age - AT PRESS TIME - WE DO NOT HAVE A COACH - IF YOU CAN HELP - PLEASE CALL THE CENTRE

Junior Softball - for all children ages 7 - 10 years of age - AT PRESS TIME, WE DO NOT HAVE A COACH. IF YOU CAN HELP - PLEASE CALL THE CENTRE

Senior Softball for youth 11 - 13 years of age

Cost: \$30

Volunteer Coach: Trish Parkin

Wednesday

Computer

Dates: Apr 17, 24, May8, 15 (4 weeks)

Learn to use your Apple IPAD

Time 9 - 10 AM

A 4 week session in iPAD 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 get your questions answered

Cost: \$25

Instructor: Kevin Lehman

Learn to use your ANDROID TABLET

Time 10:30 - 11:30 AM

A 4 week session to learn the basics of your android tablet - adjust settings, connect to wireless, learn to take photos, browse the internet and use Skype. A great opportunity for group discussion and get your questions answered.

Cost: \$25

Instructor: Kevin Lehman

Wednesday

Personalized Garden Stone

Date: April 24

Time: 10:00am - 1:00pm

Create a stepping stone using coloured glass and cement - personalized by your own creative self. No skill required. All supplies and materials are included.

Cost: \$45

Instructor: Teresa Knights

Wednesday

Karate

Start Date Apr 17 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 4**

Instructor: Tawnya Gauthier-Romaniuk

Wednesday

Body Fitness BLT(Butts/Legs/Tummy)

Start Date: Apr 17 for 8 weeks

Time: 6:30 – 7:30pm

Join us for BLT. This popular class includes warm up/cool down portions as well as a short low impact workout, 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 your legs and butt 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: \$58.00 members \$68.00 non-members **\$10 discount for payment by Apr 4**

Instructor: Suzanne Ball

Thursday

Acrylic Landscape Painting

Start Date: Apr 18 for 8weeks

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: \$75.00 members \$85.00 non-members **\$10 discount for payment by Apr 4**

Instructor: Doug Cooper

Thursday

Zumba

Start Date: Apr 18 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: \$66.00 members \$76.00 non-members **\$10 discount for payment by Apr 4**

Instructor: Beth Bussotti-Schell

Pickleball - Monday, Wednesday, Friday and Saturday from 9 - 11 am

Beginners are welcome at any of the above listed times. We have racquets that the beginners can use

Cost: Unlimited Play at listed times: \$40 plus \$15 membership to WCCC

Casual Play: \$3/session

Circle & Play:

Tuesday

Time: 10:00 - 11:30am

This program is sponsored through Life with a Baby and open for preschool age children with space provided by Washago Community Centre The program is run on a volunteer basis.

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