



# Washago Community Centre Programs Fall 2017

Registration will be at the Washago Community Centre on

**Wednesday, Sept 6 5:00-7:00pm**

**Thursday Sept 7 5:00-7:00pm**

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 \$12.00\*\*\*

<b><u>Program List</u></b>	
<b>Mondays:</b>	<b>BLT Stretch &amp; Tone</b>
<b>Tuesdays:</b>	<b>Gymnastics Ball Hockey Body Fit Balance Ball</b>
<b>Wednesdays:</b>	<b>Karate Body Fitness Plus Yoga Computer</b>
<b>Thursdays:</b>	<b>Acrylic Landscape Painting Zumba</b>
<b>Fridays:</b>	<b>Line Dancing (drop in; no registration required)</b>

### Monday

#### **BLT Stretch and Tone**

Start Date: Sept 25 for 10 weeks

**Time: 6:30 – 7:30pm**

Tone and muscle conditioning workout utilizing hand weights & stretch bands to great music. Work out at your own pace. Please bring your hand weights.

Cost: \$75.00 members \$85 non-members \$10 discount for payment by Sept 7

Instructor: Suzanne Ball

### Tuesday

#### **Gymnastics**

Start Date Sept 26 for 8 weeks

**Time: 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 50.00

Instructor: Judi Page

### Tuesday

#### **Body Fitness Balance Ball**

Start Date: Sept 26 for 10 weeks

**Time: 7:00 – 8:00pm**

Looking for a great overall body muscle toning workout? Join us for a powerful low impact workout which improves core stability, posture and muscle balance. Also great for flexibility and your cardiovascular system! Bring a balance ball and hand weights.

Cost: \$75.00 members \$85 non-members \$10 discount for payment by Sept 7

Instructor: Suzanne Ball

### Tuesday

#### **Ball Hockey**

Start Date: Sept 26 for 8 weeks

**Time: 6:00 – 7:00pm**

Co-ed Ball Hockey. Enjoy and hour of fun and healthy exercise – no contact or slap shots allowed. Please bring helmet, face guard and a stick.

Cost: \$40.00 \$10 discount for payment by Sept 7

Instructor: John Beck

### Wednesday

#### **Computer - Learn to use your APPLE IPAD**

Start Date: Sept 27 for 6 weeks

**Time: 9:00 - 10:00am**

A 6 session program from the basics in turning on your IPAD, adjusting settings, connecting to wireless, and learning how to take photos, browse the internet and using Skype and Facetime. A great opportunity to get all your questions answered.

Cost: \$30 members \$40 non members

Instructor: Kevin Lehman

### Wednesday

#### **Computer - Learn to use your ANDROID TABLET**

Start Date: Sept 27 for 6 weeks

**Time: 10:30 - 11:30am**

A 6 session program from the basics in turning on your ANDROID TABLET, adjusting settings, connecting to wireless, and learning how to take photos, browse the internet and using Skype. A great opportunity to get all your questions answered.

Cost: \$30 members \$40 non members

Instructor: Kevin Lehman

### Wednesday

#### Yoga

Start Date: Sept 27 for 10 weeks

Time: 7:15 – 8:15pm

This class incorporates breathing and meditation techniques as well as physical postures. It is an excellent way to stretch and bring awareness to your body, focusing on strength flexibility and balance. No gentle yoga class is available this session but you are encouraged to participate in this class at your own pace.

Cost: \$85.00 members \$95 non-members \$10 discount for payment by Sept 7

Instructor: Becki Dickey

### Wednesday

#### Karate

Start Date Sept 27 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 7

Instructor: Tawnya Gauthier-Romaniuk

### Wednesday

#### Body Fitness Plus

Start Date: Sept 27 for 10 weeks

Time: 6:15 – 7:15pm

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: \$75.00 members \$85 non-members \$10 discount for payment by Sept 7

Instructor: Suzanne Ball

### Thursday

#### Acrylic Landscape Painting

Start Date: Sept 28 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: \$85.00 members \$95 non-members \$10 discount for payment by Sept 7

Instructor: Doug Cooper

### Thursday

#### Zumba

Start Date: Sept 28 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: \$85.00 members \$95 non-members \$10 discount for payment by Sept 7

Instructor: Beth Bussoti-Schell

### Friday

#### Line Dancing

2<sup>nd</sup> and 4<sup>th</sup> Fridays – drop in for only \$3.00 from 7:00 to 8:30 pm

**Ontario Early Years Centre (OEYC)** A free Outreach Program for children ages 0 to 6 years, **Tues** from 10 - 11:30 AM. For more information and to register call 705-325-1299