

Washago Community Centre - Programs - Spring 2016

Registration Dates: **Thurs Apr 7 5:00-7:00pm & Sat Apr 9 9:00-11:00am**

Program DISCOUNT given if fees are paid by Apr 9

Programs will be **cancelled** if there is insufficient registration. It is important that you register for your **program(s) by the above registration dates!**

Membership to the Washago Community Centre is an annual fee of \$12

Program List

Mondays: BLT Stretch & Tone * Gymnastics *Pickleball
Tuesdays: Yoga * Hockey * Ladies Latin Dance * Ballroom
Wednesdays: Karate * Body Fitness Plus
Thursdays: Acrylic Landscape Painting * Zumba
Pickle Ball: Mon 9-11am & 7-9 pm Wed Fri and Sat 9-11am

Monday

Gymnastics Start Date Apr 18- 8 weeks TIME: Tiny Tumblers (ages 3-6) 5-6pm Gym Giants(ages 7plus) 6 - 7pm
 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 each - \$10 discount for payment by Apr 9 Instructor: Judy Page

Monday

BLT Stretch & Tone Class Start Date: Apr 18- 8 weeks TIME: 7:00 - 8:00 p
 tone and muscle conditioning workout utilizing hand weights & stretch bands to great music. Work out at you own pace. Please bring our own hand weights.
 Cost: \$52.00 members \$62.00 non-members - \$10.00 discount for payment by Apr 9 Instructor: Suzanna Ball

Monday

Pickle Ball - Start Date - May 2 for 3 weeks Time 6:00 - 7:00pm
 Come and learn the new and exciting game of pickle ball from an expert who has been playing all winter in Florida. We welcome anyone from 10+ - the game is similar to the games of tennis and table tennis. The Centre has 12 paddles and the nets and balls that are required.
 Cost - No charge for 3 weeks of lessons. Continue playing from 7-9pm for a cost of \$2.

Monday Wednesday Friday and Saturday

Pickle Ball will be played on the outdoor rink and volunteers will be in charge of each session. Memberships are \$40 for unlimited play or \$2 per session. Youth are encouraged and welcome to participate in any of the sessions. The season is weather dependent , but plan to start on May 2 and continue to Thanksgiving.

Monday 9-11am and 7-9pm Wed, Fri and Sat from 9-11am

Tuesday

Yoga - Start Date - April 19 - 8 weeks TIME: 9:30 - 10:30 AM AND 5:30 - 6:30PM
 Gentle Yoga from 9:30 - 10:30 A style of yoga that is far less strenuous than other forms,, incorporating breathing and meditation techniques as well as physical postures.
 Yoga from 5:30 - 6:30 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. By following through different sequences, we will focus on strength, flexibility and balance.
 Cost: \$64 members \$74 non members - \$10 discount for payment by April 9 Instructor: Becki Dickey

Tuesday

Ball Hockey Start Date: Apr 19 - 8 weeks TIME: Ages 6 to 11 6:00-7:00pm & Ages12+ 7:00 - 8:00pm
 Co-ed Ball Hockey. Enjoy an hour of fun and healthy exercise - no contact or slap shots allowed. Please bring helmet, face guard and stick.
 Cost: \$40.00 - \$10 discount for payment by Apr 9 Instructor: John Beck

Tuesday

Ladies Latin Dance-Advanced Start Date: Apr 19 - 8 weeks

TIME: 6:30 - 7:30pm

For those who have taken a minimum of 3 sessions of Alannah's Ladies Latin course or the equivalent of Latin training including Mambo, Salsa, Cha Cha, Rumba, Merengue and Samba. (canvas or deck shoes but no runners)

Cost: \$64.00 members \$74.00 for non-members - \$10 discount for payment by Apr 9

Instructor: Alannah Ryane

Tuesday

Ballroom Start Date: Apr 19 - 8 weeks

TIME: Levels 1 & 2: 7:30 - 8:30

Beginners Ballroom Levels 1 and 2 - couples only. Basic steps in Swing, Mambo, Rumba, Waltz & Foxtrot. Great exercise and a great date night. (hard shoes - no runners)

Instructor: Alannah Ryane

Cost: \$116.00/couple/members \$126.00/couple/non-member - \$10 discount for payment by Apr 9

Wednesday

Karate: Start Date: Apr 20 - 8 weeks **TIME: Defending Dragons Ages 4-12 5:30 - 6:15 Adv Ages 4-12 6:15 7:00pm**

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

Cost: \$55.00 each - \$10 discount for payment by Apr 9

Instructor: Tawnya Gauthier-Romaniuk

Wednesday

Body Fitness Plus: Start Date: Apr 20 - 8 weeks

TIME: 7:00 - 8:00 pm

This is an excellent 60 minute 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: \$54.00 members \$64.00 non-members - \$10 discount for payment by Apr 9

Instructor: Suzanne Ball

Thursday

Acrylic Landscape Painting: Start Date: Apr 21 -8 weeks

TIME: 9:00-10:45 am

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

Cost: \$64.00 members \$74.00 non-members \$10 discount for payment by Apr 9

Instructor: Doug Cooper

Thursday

Zumba: Start Date: Apr 21 - 8 weeks

TIME: 7:30 - 8:30 pm

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: Members 64.00, non-members 74.00 - \$10 discount for payment by Apr 9

Instructor: Beth Bussotti-Schell

Walking or Biking

Anyone interested in joining a walking or biking group may call the Centre at 689-6424 and have your name on a list of interested participants. If there is sufficient interest, we will convene a meeting to make plans for these activities.

Ontario Early Years Centre (OEYC)

Offer a free Outreach Program for children ages 0 to 6 years - Monday mornings from 10am - 11:30am at the Washago Community Centre.

Call Jackie to sign up 705-325-1299

Registration Information

Registration will be done at the Community Centre on the registration dates shown. Registration form is available for download from the WCC website. Minimum numbers are required to run all programs. The decision to cancel will be made on completion of the last registration date. A full refund will be provided if a program is cancelled.

Washago Community Centre - 705-689-6424 www.washagocommunitycentre.com