



Washago Community Centre Programs

Registration Information

Registration will be done at the Community Centre on the registration dates shown. Registration form is available for download at www.washagocommunitycentre.com 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.

WINTER PROGRAM 2012

Registration Dates

Wednesday	Jan 11	5-7 pm
Thursday	Jan 12	5-7pm
Saturday	Jan 14	10-12am

Registrations received after the final registration date above are subject to an additional \$10.00 fee.

Program List

Hockey	Mon	Ballroom Dance	Tue	Body Fitness	Mon/Wed
Gymnastics	Mon	Karate	Wed	Latin Dance Fitness	Tue
Tai Chi	Thur	Yoga	Tue	Acrylic Painting	Thur
Zumba	Thur/Fri				

MONDAY

Hockey Start Date: Jan 23 for 8 weeks Time: Ages 6 to 11 6-7 pm Ages 12+ 7-8 pm
Co-ed Ball Hockey. Enjoy an hour of fun and healthy exercise – no contact or slap shots allowed. Please bring a helmet, face guard and a stick.
Cost: \$30.00 Instructor: John Beck

MONDAY

Gymnastics Start Date: Jan 23 for 8 weeks Time: Tiny Tumblers Ages 3 to 6 5:30 to 6:30 pm
Time: Gym Giants Ages 7+ 6:30 – 7:30 pm
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: Judy Page

MONDAY

Body Fitness Plus Start Date: Jan 23 for 12 weeks Time: 7:30 – 8:30 pm
An excellent 60 minute workout to burn fat and condition your muscles, designed for all ages. We include warm ups, cool downs, short aerobic activity and mat exercises.
Cost: \$63.00 members \$75.00 non-members Instructor: Suzanne Ball

TUESDAY

Yoga Start Date: Jan 24 for 12 weeks Time: 9:30 – 10:30 am AND 5:45 – 6:45 pm
Explore the body and its movements with attention and care. Join Donna at the Washago Community Centre for a Yoga practice that will leave you feeling refreshed, rejuvenated and ready for life's opportunities and challenges. Breath work, witnessing the body's capacity to stretch, flex and feel the effect of a healthy, well balanced body and mind with relaxation at the end of each practice. Yoga is for all ages and body types. Wear loose clothing and bring a yoga mat.
Cost: \$75.00 members \$93.00 non-members Instructor: Donna Williamson

TUESDAY

Ladies Latin Dance Fitness Start Date: Jan 24 for 12 weeks Time: 7:00 – 8:00 pm
For Beginners and Alannah's seasoned dancers. Heat up your winter! Learn the basics of Merengue, Mambo, Salsa, Samba, Cha Cha, Tango and Pasa Doble while getting fit. The endorphins will fly as we pull everything together in a Latin Line Dance. Low impact, intensive isolations and Cuban motion. Jazz shoes preferred but anything that allows you to pivot turn easily, will work. Running shoes – no problem.
Cost: \$75.00 members \$93.00 non-members Instructor: Alannah Ryane

TUESDAY

Ballroom Dancing

Start Date: Jan 24 for 12 weeks

Time: 8:00 – 9:00 pm

Learn the basics of Merengue, Rumba, Swing and Waltz. A wonderful hour to be spent with your partner learning the basics of dance and having fun while dancing and exercising. Previous students are encouraged to participate.

Cost: \$153.00/couple members \$170.00/couple non-members

Instructor: Alannah Ryane

WEDNESDAY

Karate

Start Date: Jan 25 for 8 weeks

Time: Wee Warriors Ages 2&3 5:30 - 6:00 pm

Time: Defending Dragons Ages 4-12 6:00 – 6:45 pm Time: Defending Dragons Advanced 6:45 – 7:30 pm

Karate increases agility, flexibility and self-confidence. Ages 2&3 - introduces toddlers to the basics of karate -encouraging development of motor skills and physical agility. Ages 4-12 - learn the art of karate as it was intended as self defense.

Defending Dragons Advanced – pre-requisite is Defending Dragons and includes the full scope of karate, including katas and grading through the belt system. Please note the cost of uniforms and grading are separate from the cost of the program.

Cost: Ages 2&3 - \$25.00 Ages 4-12 and Advanced \$ 37.50

Instructor: Tawnya Gauthier-Romaniuk

WEDNESDAY

Body Fitness Plus

Start Date: Jan 25 for 12 weeks

Time: 7:30 – 8:30 pm

An excellent 60 minute workout to burn fat and condition your muscles, designed for all ages. We include warm ups, cool downs, short aerobic activity and mat exercises.

Cost: \$63.00 members \$75.00 non-members

Instructor: Suzanne Ball

THURSDAY

Tai Chi

Start Date: Jan 26 for 8 weeks

Time: Level 1 – 7:00 – 8:00 pm

Time: Level 2 – 8:00 – 9:00 pm

Mastery of mind, body and spirit, relaxation. Good health, grace, strength, flexibility and more. Safe and fun for all ages and fitness levels.

Level 1 – relaxing workout to improve circulation and increase energy.

Level 2 – traditional yang style form – routine that made tai chi famous.

Cost: \$55.00 members \$65.00 non-members

Instructor: Ian Sinclair

THURSDAY

Acrylic Landscape Painting

Start Date: Jan 26 for 12 weeks

Time: 9:30 – 11:30 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 of approximately \$30 for necessary supplies.

Cost: \$100.00

Instructor: Doug Cooper

THURSDAY

Zumba

Start Date: Jan 26 for 12 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 \$75.00, non-members \$93.00

Instructor: Lindsay Lewis

FRIDAY

Zumba

Start Date: Jan 27 for 12 weeks

Time: 10:00 – 11:00 am

Friday morning class is geared towards active older adults and the de-conditioned exerciser. It is less intense and moves at a slower pace than the regular Zumba (described in Thursday class above). The pace can pick up when the participants are comfortable.

Cost: Members \$75.00, non-members \$93.00

Instructor: Lindsay Lewis

Special Interest Classes

Art Club

Thursday evenings from 6:00 to 7:30 pm – no charge – for elementary students in grades 7 & 8.

Wonderful opportunity to enhance or develop your artistic skills under the tutelage of Doug Cooper and other local artists.

Flower arranging with Rita Whiston

Wednesday March 21 from 9am to noon Cost: \$20.00

A great opportunity to learn how to make your own flower arrangements - The program cost includes the container, flowers and accessories. All participants are asked to bring scissors and a sharp knife. Registration for this program must be done by March 7 to allow sufficient time to purchase appropriate supplies required for each registrant – Call the Centre @ 689-6424

For more information call Washago Community Centre at 705-689-6424