



Washago Community Centre Programs Winter 2018

Registration will be at the Washago Community Centre on

Wednesday, Jan 10 5:00-7:00pm

Thursday Jan 11 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 **\$15.00*****

<ul style="list-style-type: none"> • <u>Program List</u> • Mondays: Yoga BLT Stretch & Tone • Tuesdays: Gymnastics Hockey Body Fit Balance Ball • Wednesdays: Karate Body Fitness Plus • Thursdays: Acrylic Landscape Painting Zumba
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Monday

Yoga

Start Date: Jan 22 for 10 weeks

Time: 4:15 - 5:15pm(Gentle) and 5:30 - 6:30pm

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: \$85.00 members \$95 non members \$10 discount for payment by Jan 11

Instructor: Anita McDonald

Monday

BLT Stretch and Tone

Start Date: Jan 22 for 10 weeks

Time: 6:45 – 7:45pm

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 Jan 11

Instructor: Suzanne Ball

Tuesday

Gymnastics

Start Date Jan 23 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 60.00 - \$10 discount for payment by Jan 11

Instructor: Judi Page

Tuesday

Body Fitness Balance Ball

Start Date: Jan 23 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 Jan 11

Instructor: Suzanne Ball

Tuesday

Hockey

Start Date: Jan 23 for 8 weeks

Time: 6:00 – 7:00pm

I 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 Jan 11

Instructor: John Beck

Wednesday

Computer Classes - will resume for the spring session

Wednesday

Karate

Start Date Jan 24 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 Jan 11

Instructor: Tawnya Gauthier-Romaniuk

Wednesday

Body Fitness Plus

Start Date: Jan 24 for 10 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: \$75.00 members \$85 non-members \$10 discount for payment by Jan 11

Instructor: Suzanne Ball

Thursday

Acrylic Landscape Painting

Start Date: Jan 25 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 Jan 11

Instructor: Doug Cooper

Thursday

Zumba

Start Date: Jan 25 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 Jan 11

Instructor: Beth Bussoti-Schell

Friday

Line Dancing

will resume for the spring session

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

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