



Washago Community Centre Programs

WINTER 2019
REGISTRATION:

Wednesday, Jan 9 5:00-7:00 pm and Thursday Jan 10 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

Table with 5 columns: Day, Program Name, Dates, Time, and Instructor. Rows include Mondays (Yoga, Body Fit, BLT Stretch & Tone, World Beat, Learn to Knit), Tuesdays (Gymnastics, Balance Ball, Hockey), Wednesdays (You Move, Karate, Body Fit, BLT Stretch & Tone), Thursdays (Acrylic Landscape Painting, Zumba, Teen Knitting Workshop), and Fridays (Craft Days, January 11, February 8, March 9).

Monday

World Beat Dates: Jan 21/28/ Feb 4/11/ Mar 18/25 6 weeks Time: 10:00 - 11:00am

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: \$43.50 members \$53.50 non members \$10 discount for payment by Jan 10 Instructor: Nancy Knapp

Monday

Yoga Start Date: Jan 21 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: \$82.50 members \$92.50 non members \$10 discount for payment by Jan 10 Instructor: Anita McDonald

Monday

Body Fitness BLT(Butts/Legs/Tummy) Start Date: Jan 21 for 10 weeks Time: 6:45 - 7:45pm

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

Cost: \$72.50 members \$82.50 non-members \$10 discount for payment by Jan 10 Instructor: Suzanne Ball

Monday

Learn to Knit Dates: Feb 18 and 25 March 4 and 11 4 weeks Time: 10:00 - 11:00 am

Newly retired and need a hobby - this may be the perfect hobby for you.

Learn to Knit Dates: Jan 21 and 28 Feb 4 and 11 Time: 7:00 - 8:00pm

Stress Relief after a busy work day. Keep your hands busy while knitting - a great way to overcome binge eating or stop smoking.

Learn the basics to complete your first ever dish cloth and a scarf. You will learn to cast on, cast off, knit, purl and read a pattern. Bring \$3 to the first lesson to purchase your beginner knit and bring a pair of 5mm needles. Additional wool will be necessary for the 3rd class and further info re the product to be purchased to be discussed during the class.

Cost: \$43.50 members \$53.50 non members \$10 discount for payment by Jan 10 Instructor: Laura Black

Tuesday

Gymnastics Start Date: Jan 22 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 Jan 10 Instructor: Judy Page

Tuesday

Body Fitness Balance Ball Start Date: Jan 22 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: \$72.50 members \$82.50 non-members \$10 discount for payment by Jan 10 Instructor: Suzanne Ball

Tuesday

Hockey Start Date: Jan 22 for 8 weeks Time: 6:00 - 7:00pm

This program has not run with an instructor for approximately 3 years due to low registration. Any youth interested in playing hockey on a weekly but casual "pick up" hockey basis are encouraged to come and have an hour of unorganized fun hockey. Parents are also encouraged to participate with their children and assist when they can.

NO CHARGE NO REGISTRATION

Tuesday

World Beat for Youth - please watch for our spring session for this program to be offered for youth 8 to 12 years of age. This program will run from 5:15 to 6:15 for 8 weeks.

**Wednesday**

**You Move** Start Date: Jan 23 for 8 weeks - no class Feb 6 or March 6 **Time: 10:30 – 11:30am**  
A new fitness program designed to develop core strength and stability. As well, we will work on firming and toning the muscles in your arms, shoulders, legs and hips to become strengthened and lengthened. We will also work on tightening those buns and quads and focus on heart health. Many stretching and Pilates movements will be utilized and as well, resistance bands and hand weights will be incorporated into the program. 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 floor mats. This class is for anyone with the desire 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. Resistance bands are provided, but, if you have them - please bring them along.  
Cost: \$58.00 members \$68.00 non-members **\$10 discount for payment by Jan 10** **Instructor: Suzanne Ball**

**Wednesday**

**Karate** Start Date Jan 23 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 10** **Instructor: Tawnya Gauthier-Romaniuk**

**Wednesday**

**Body Fitness BLT(Butts/Legs/Tummy)** Start Date: Jan 23 for 10 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 workout, also 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 weights.  
Cost: \$72.50 members \$82.50 non-members **\$10 discount for payment by Jan 10** **Instructor: Suzanne Ball**

**Thursday**

**Acrylic Landscape Painting** Start Date: Jan 24 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: \$95 members \$105 non-members **\$10 discount for payment by Jan 10** **Instructor: Doug Cooper**

**Thursday**

**Teen Knitting Workshop - 12+** Jan 24 and 31 Feb 7 and 14 4 weeks **Time: 6:30 - 7:30pm**  
Take a homework break and find a new creative hobby. Learn to knit a makeup cloth and a scarf  
Learn to cast on, cast off, knit, purl and read a pattern. Bring \$3 to the first lesson to purchase your beginner kit and bring a pair of 5mm needles. Additional wool will be necessary for the 3<sup>rd</sup> class and further information will be provided at the class, prior to purchasing the product.  
Cost: **\$45 for non members \$10 discount for payment by Jan 10** **Instructor: Laura Black**

**Thursday**

**Zumba** Start Date: Jan 24 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: \$82.50 members \$92.50 non-members **\$10 discount for payment by Jan 10** **Instructor: Beth Bussotti-Schell**

**Thursday**

**Paint Nights**  
Watch the February Village under Community Centre News regarding 2 paint nights to be scheduled in Feb and March. Join Kathy Nicholson for a fun evening of “learn to paint”, enjoy wine and cheese and create your first masterpiece to take home and show off your creative talents.

**Friday**

**Craft Day(s)** **January 11 February 8 March 9 Time: 10 - 3pm**  
You bring your project - painting, knitting, card making - any craft - (your choice) and meet new friends and neighbours. Bring a potluck dish to share for lunch and coffee/tea will be supplied. This is a great way to meet new people in our community and makes the winter months pass “quickly”.  
Cost: **No charge** There is no instructor and no charge, but, you must register to attend. If there is insufficient registration, craft days would be cancelled.

**Circle & Play:** **Tuesday** **Time: 10:00 - 11:30am**  
This program is sponsored through Life with a Baby and open for preschool age children. The program is run on a volunteer basis.

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