



# 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](http://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.

## FALL PROGRAM 2011 Registration Dates

Thursday	Sept 8	5-7 pm
Saturday	Sept 10	9-11 am
Monday	Sept 12	5-7 pm

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

## Program List

Ball Hockey	Mon	Ballroom Dance	Tue	Body Fitness	Mon/Wed
Kids' writing workshop	Mon	Gymnastics	Mon	Karate	Wed
Latin Dance Fitness	Tue	Tai Chi	Thur	Yoga	Tue

### MONDAY

**Ball Hockey** Start Date: Sept. 19 for 8 weeks Time: Ages 6 to 11 6-7 pm Ages 12+ 7-8 pm  
Join us for co-ed Ball Hockey and 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: Sept. 19 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: Sept. 19 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: Sept. 20 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

**Kids' Writing Workshop** Start Date: Sept. 20 for 8 weeks Time: 6:30 – 7:30 pm  
A workshop to help children in grades 5 to 8 interested in improving or discovering their creative writing talent. We will work on poetry and short story writing, exploring the use of adjectives and using verbs to add colour to our writing and speech as well. In anticipation of Halloween, we will prepare some ghoulish short stories to read to the group. Join in on the fun!  
Cost: \$25.00 Instructor: Champagne Thompson

TUESDAY

**Ladies Latin Dance Fitness** Start Date: Sept. 20 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: Sept. 20 for 12 weeks Time: 8:00 – 9:00 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: \$153.00/couple members \$170.00/couple non-members Instructor: Alannah Ryane

WEDNESDAY

**Karate** Start Date: Sept. 21 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: Sept. 21 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: Oct. 13 for 8 weeks Time: Level 1 – 7:30 – 8:30 pm  
Time: Level 2 – 8:30 – 9:30 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

**Special Interest Classes**

**Art Club** Thursday evenings starting September 22 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 local artists.  
**Christmas Crafts for kids with Stephanie Oakley** December 10 from 9:30 to 11:30 am - ages 4 to 12 – Bring along a recent photo of your child and we will include it in the decoration. Parents please accompany your child for this activity. Cost is \$2.00 to cover supplies.  
**Christmas Paper Crafting with Stephanie Oakley** November 3 and 10 from 7-90pm – Join Stephanie to make some beautiful Christmas cards and a decorated box to put them in – using Close to My Heart's new Christmas paper/stamps. Cricut: Art Philosophy Cartridge and Christmas embellishments. Cost is \$40 to cover the cost of materials

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