

WASHAGO COMMUNITY CENTRE WINTER PROGRAM 2011

REGISTRATION INFORMATION

<u>Registration Dates:</u>	<i>SaturdayAM</i>	<i>Jan8</i>	<i>10am-noon</i>
	<i>Wednesday Eve</i>	<i>Jan 12</i>	<i>6:00-8pm</i>

Registration will be done at the Community Centre

You may download a registration form on our website: www.washagocommunitycentre.com

All registrations must be received by **JANUARY 12** as class lists will be made up and programs cancelled if there is insufficient registration to run the program(s).

A \$5 administration fee will be added to each program for any registrations received after January 12.

REFUNDS – will be given if the WCCC cancels a program for lack of registration. No refunds will be given after the start date of the program unless it is for medical reasons.

PROGRAM DESCRIPTIONS FOR WINTER 2011

HOCKEY

Join us for co-ed hockey and enjoy an hour of fun and healthy exercise – no skill required. There is no contact or slap shots allowed. We ask you to bring your enthusiasm, helmet with a faceguard, skates and a stick. This program is weather dependant so let's hope for a great winter season.

NOTE: only participants who have paid the registration fee and signed the associated liability waiver will be permitted on the ice during the program times.

Cost: \$40 12 weeks Instructor: John Beck

BODY FITNESS PLUS

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 members \$75 non members 12 weeks Instructor: Suzanne Ball

LADIES LATIN DANCE FITNESS

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 members \$93 non members 12 weeks Instructor: Alannah Ryane

COUPLES BEGINNER BALLROOM

Learn the basics of Waltz, Rumba, Foxtrot, Swing and Merengue. For Alannah's seasoned dancers, level 2 & 3 instruction will be implemented along with Cuban Motion.

Cost: \$153/cpl member \$170/cpl non members 12 weeks Instructor: Alannah Ryane

GYMNASTICS

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 8 weeks Instructor: Judi Page

KARATE

DEFENDING DRAGONS – ages 5-12 – learn the art of karate as it was intended as self defence. Karate increases agility, flexibility and self confidence.

Cost: \$50 8 weeks Instructor: Tawnya Gauthier-Romaniuk

DEFENDING DRAGONS – ADVANCED – pre-requisite Defending Dragons intro to karate

This program is the full scope of karate, including katas and grading through the belt system. Please note the cost of uniforms and gradings are separate from the cost of the program. Ages 5 – 12

Cost \$50 8 weeks Instructor: Tawnya Gauthier-Romaniuk

REIKI LEVEL 1

Learn this simple yet powerful healing modality to help yourself, your family and friends as well as your pets and plants! Reiki can be used alone or added to any other healing modality. This course is suitable for everyone and would be a good refresher for those who have done Reiki.

Cost \$25 4 weeks Instructor: Hazel Davies, Reiki Master and Intuitive Healer, Registered Teacher with the Canadian Reiki Association with over 15 years experience.

TAI CHI & CHI KUNG

Mastery of mind, body and spirit, relaxation. Good health, grace, strength, flexibility and more. Safe and fun for all ages and fitness levels. Two months of Tai Chi can help you feel 10 years younger.

Level 1 Tai Chi Basics - benefits of Tai Chi without needing to memorize movements. A

Relaxing workout to improve circulation and increase energy.

Instructor: Ian Sinclair, International Champion and VP of the Canadian Tai Chi Federation

Cost: \$55 members \$65 non members 8 weeks Instructor: Ian Sinclair, International Champion and VP of the Canadian Tai Chi Federation

Level 2 Traditional Yang Style Form

This is the routine that made Tai Chi famous. Intermediate students are also encouraged to register for level 1 Tai Chi0

Cost: \$55 members \$65 non members 8 weeks Instructor: Ian Sinclair, International Champion and VP of the Canadian Tai Chi Federation

KRIPALU YOGA

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.

Cost: \$75 members \$93 non member 12 weeks Instructor: Donna Williamson, Certified Kripalu Yoga Teacher and Yoga Dance Instructor

SNOWSHOE AND CROSS COUNTRY SKIING

There is no formal program but the Centre has a few cross country skis/poles/boots and snowshoes, limited sizes, that are available for rent. You may come on the registration dates and rent this equipment for the winter season at a cost of \$25 plus a refundable deposit of \$50 which will be returned at the end of the season when the rental equipment has been returned in good condition.

Please note that Pilates and Special Interest programs will resume in the spring schedule when better driving conditions prevail.

PROGRAM SCHEDULE FOR WINTER 2011

MONDAY

GYMNASTICS Jan 17 to March 7

5:30-6:30pm TinyTumblers ages 3-6 8 weeks

Cost \$50

6:30-7:30pm Gym Giants ages 7+ 8 weeks

Cost: \$50

BODY FITNESS PLUS Jan 17 to April 4

7:45-8:45pm 12 weeks

Cost: \$63 members \$75 non members

TUESDAY

YOGA Jan 18 to April 5

9:30 – 10:30am 12 weeks

and

6 – 7 pm 12 weeks

\$75 members \$93 non members

HOCKEY Jan 18 to April 5(dependant on the weather)

6-7pm ages 6-11 12 weeks

7-8pm ages 12 + 12 weeks

Cost: \$40

LADIES LATIN DANCE FITNESS Jan 18 to April 5

7- 8 pm 12 weeks

Cost: \$75 members \$93 non member

BALLROOM DANCING Jan 18 to April 5

8 -9pm 12 weeks

Cost: \$153/couple members \$170/couple non members

WEDNESDAY

KARATE Jan 19 to March 10

5:30 – 6:30 Defending Dragons ages 5-12 8 weeks

Cost: \$50

6:30 – 7:30 Defending Dragons Plus ages 5 – 12 8 week

Cost \$50

BODY FITNESS PLUS Jan 19 to April 6

7:30-8:30pm 12 weeks

Cost: \$63 members \$75 non members

THURSDAY

REIKI Jan 20 to Feb 10

6 – 7pm

Cost \$25 members \$30 non members 4 weeks

TAI CHI – LEVEL 1 Jan 20 to March 11

7:00 – 8:00pm 8 weeks

Cost: \$55 members \$65 non members

TAI CHI – INTERMEDIATE Jan 20 to March 11

8:00 – 9:00PM 8 weeks

Cost: \$55 members \$65 non members

If you have any ideas for future programs to be offered at the Centre, please contact Rose at 689-6424 and we will attempt to find an instructor and offer the program at a future date.