

Briarwood Community Association
Fall 2010 Recreation Programming
Registration Night Thursday, September 9, 2010
7:00-8:30 p.m.

All Classes at the Briarwood Recreation Center (602 Briarwood Road) unless otherwise noted.

Late registrations for programs will be taken until the first scheduled class, although please note a late fee may apply.

Adult & Teen Programs

Fitness Yoga (20 spots) Instructor: Marley

Teen/Adult 7:00-8:00pm Mon Sept 20-Nov 29 (10 classes) \$50

Take a break from your hectic life and treat yourself to this one hour class in which strength, flexibility, breathing and relaxation, the core principles of yoga, will be emphasized. Some yoga experience is preferred but not necessary. Please feel free to bring your own yoga mat if you have one. Class is cancelled October 11th.

Beginner Yoga (20 spots) Instructor: Heather

Teen/Adult 8:00-9:00 pm Mon Sept 20-Nov 29 (10 classes) \$50

Bend and flex your body towards a more active lifestyle. This introduction to yoga will teach you to calm your mind as you increase your strength and flexibility. Class is cancelled October 11th.

Cardio Mix Up (15 spots) Instructor: Ronda

Teen/Adult 5:30-6:30 pm Tues Sept 21-Nov 23 (10 classes) \$40

This complete body workout alternates between cardio and strength exercises that will also improve balance, agility and flexibility.

Total Body Sculpt (15 spots) Instructor: Ronda

Teen/Adult 6:35-7:35 pm Tues Sept 21-Nov 23 (10 classes) \$40

Get ready to grunt and groan! This class will work your body like you have never worked it before.

Introductory Pilates (12 spots) Instructor: Olivia

Teen/Adult 7:45-8:45 pm Tues Sept 21-Nov 23 (10 classes) \$70

A one hour class led by a STOTT trained Pilate's instructor. The exercises performed improve strength and flexibility while enhancing overall health and well being. The Pilates' essential mat work provides training for the entire body with a focus on core conditioning. You are welcome to bring your own Yoga/Pilates mat. Comfortable work out attire with layers is recommended. Shoes are not necessary.

Introductory Spanish (20 spots) Instructor: Bessie

Teen/Adult 6:00-7:00 pm Wed Sept 22-Dec 1 (10 classes) \$65

Acquire a base knowledge of conversational Spanish and basic grammar structure by learning such things as the alphabet, sound of vowels, numbers, common greetings, expressions of courtesy, formal and informal ways of addressing people and how to ask for directions. Participants will be exposed to the sounds of Spanish and cultural information from Spain and different Latin American countries by listening to recordings made by native speakers. Interaction is encouraged! No or little knowledge of Spanish is required. Classes will be held at Lakeridge School, 305 Waterbury Road. Class is cancelled November 17th.

Intermediate Spanish (20 spots) Instructor: Bessie

Teen/Adult 7:05-8:05 pm Wed Sept 22-Nov 24 (10 classes) \$65

Participants will be able to practice their basic knowledge of Spanish by describing objects, flashcards, pictures, etc. The two different meanings of verb "To Be" will be covered more extensively. Short news items of current events and cultural information of Spain and Latin American countries will be shared to read and talk about. Participants will also be introduced to personal pronouns, adjectives, adverbs and verbs using the present, past tense form. Basic knowledge of Spanish is a must. Classes will be held at Lakeridge School, 305 Waterbury Road. Class is cancelled November 17th.

Core Strength (15 spots) Instructor: Jennifer

Teen/Adult 7:00-8:00 pm Wed Sept 15-Nov 24 (9 classes) \$35

This total core body class will help strengthen and tone your abs, butt, back and more. Help reduce back pain, improve posture and athletic performance. Class is cancelled October 6th and November 3rd.

Physique Fitness (15 spots) Instructor: Jennifer

Teen/Adult 8:00-9:00 pm Wed Sept 15-Nov 24 (9 classes) \$35

This class concentrates on isometric exercises and stretches to tone and strengthen your backside, abdominals, back, legs and arms! Class is cancelled October 6th and November 3rd.

Hatha Flow Yoga (20 spots) Instructor: Heather

Teen/Adult 6:00-7:00 pm Thurs Sept 23-Dec 2 (10 classes) \$50

A combination of Vinyasa yoga where poses flow one into the next synchronized by the breath and Hatha yoga with the focus on alignment in both active and relaxing poses. As this class can be quite vigorous, previous yoga experience is recommended. Class is cancelled on November 11th.

Family Night Square Dance Instructor: provided by the Hub City Square, Round and Clogging Dance Association

8+ 7:00-9:00pm Fri Oct 15 & 22 (2 classes) \$5 per family

The Hub City Square, Round and Clogging Dance Association invite families out for an evening of square dance entertainment. Come and learn some of the basics of square dance and get your bodies moving! The benefits of square dancing are many and include: no special equipment required, can be done by all ages, contributes to good mental health, uses energy and teaches balance and coordination. An evening of square dancing can equal a 5 km walk! No dance skills are required and even people with 2 left feet can square dance. Come on out and "Dance for the Health of it"!

Zumba Fitness (15 spots) Instructor: Kelly

Teen/Adult 2:00-3:00pm Sat Oct 16- Nov 20 (6 classes) \$30

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. With this fun cardio work out you will tone your arms, stomach, thighs, and more! The Latin-Inspired, Easy-to-follow, Calorie-burning, Feel-it-to-the-core Fitness-Party! Come Join the Party with Zumba@!!!

Zentangle Drawing: An Introduction (20 spots) Instructor: Margaret

8+ 2:00-4:00pm Sat Nov 27 \$45

Zentangle(R) is a method for creating beautiful images using repetitive patterns. It's easy to learn, easy to do, and enjoyed by a wide range of ages and skill levels. It is an artistic meditation that supports focus, inspiration and creativity. It provides a fun and light-hearted way to relax. Zentangle consists of a series of simple steps. The format is small, taking approximately 20 minutes to complete, providing artistic satisfaction and a sense of accomplishment. Many find it addictive! "Non-artists" are encouraged to come. No experience or talent is necessary. Really! The introductory class cost includes a small kit of supplies for the students to keep. Margaret has been a professional artist for many years and recently became a Certified Zentangle Teacher, one of only four in Canada.

Zentangle Drawing: A Little More (20 spots) Instructor: Margaret

8+ 2:00-4:00pm Sat Dec 4 \$35

This level 2 class builds on the skills taught in the introductory class.

Zentangle Drawing: Variations on Themes (20 spots) Instructor: Margaret

8+ 2:00-4:00pm Sat Dec 11 \$35

This level 3 class builds on the preceding 2 classes.

All Ages

Family Swim (5 spots reserved for Briarwood Community Association members)

**All ages 7:00-8:30 pm Sun Sep 26-Dec 5 \$60 Fall session
\$115 Fall and Winter**

Come out to the **Lakewood Civic Center** Swimming pool for some family fun time! Family Swim is a great deal - a single family swim admission is \$15.00 so the 10 swims in the fall alone would cost you \$150.00 if you went at regular times! There is a maximum of 65 families that can register for Family Swim Night (fewer people than at Public Swim). Families can share a spot if they like as long as only one family shows up per night. Family Swim is cancelled October 10th. Winter Family Swim dates to be announced in December.

Children's Program

Indoor Tennis- Mon 1 (8 spots) Instructor: Andrew

7-9 years 6:00-6:45 pm Mon Sept 20-Nov 1 (6 classes) \$20

Come out and try tennis! Using bigger racquets and balls, the fundamentals of the sport will be taught through activities, drills and game play. Program resources and leader instruction are provided by Tennis Canada. Class is cancelled on October 11th.

Indoor Tennis- Mon 2 (8 spots) Instructor: Andrew

7-9 years 6:00-6:45 pm Mon Nov 8-Dec 13 (6 classes) \$20

Come out and try tennis! Using bigger racquets and balls, the fundamentals of the sport will be taught through activities, drills and game play. Program resources and leader instruction are provided by Tennis Canada.

Briarwood Playgroup (12 spots) Leader: Joleen

0-5 years with parent 9:30-11:00 am Wed Sept 22-Nov 24 (10 classes) \$15

Come & play! An informal group designed to connect parents & tots in our neighborhood. Lots of toys to play with, and of course, coffee for the caregivers!

Music & Movement (7 spots) Instructor: Elaine **Please note change in class day!!!**

2-3 years 9:30-10:15 am **Tues **Sept 21-Nov 23 (10 classes) \$50****

Children will learn musical skills through a variety of musical experiences. Class content includes seasonal themes, singing, use of small percussion instruments, movement activities, dancing, and loads of fun! Children attend class with a parent or caregiver.

Music Class for Little Mozarts (7 spots) Instructor: Elaine **Please note change in class day!!!**

3-4 years 10:20-11:05 am **Tues **Sept 21-Nov 23 (10 classes) \$50****

This class includes music for singing, listening, moving and playing rhythm instruments. We will follow the story of Beethoven Bear and Mozart Mouse as they learn about musical concepts. Parent accompaniment and involvement is required.

