

**Briarwood Community Association**  
**Winter 2010 Recreation Programming**  
*Registration Night Thursday, January 7, 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.**

*Adult & Teen Programs*

**Fitness Yoga (20 spots) Instructor: Marley \*PLEASE NOTE CHANGE IN START AND END DATES\***

**Teen/Adult                      7:00-8:00pm                      Mon                      Feb 1-Apr 19 (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 February 15th and April 5<sup>th</sup>.

**Beginner Yoga (20 spots) Instructor: Heather**

**Teen/Adult                      8:00-9:00 pm                      Mon                      Jan 18-Mar 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 February 15th.

**Introductory Pilates (12 spots) Instructor: Olivia**

**Teen/Adult                      9:10-10:10 pm                      Mon                      Jan 18-Mar 29 (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. Class is cancelled February 15th.

**Cardio Mix Up (15 spots) Instructor: Ronda**

**Teen/Adult                      5:30-6:30 pm                      Tues                      Jan 19-Mar 30 (10 classes)      \$40**

This complete body workout alternates between cardio and strength exercises that will also improve balance, agility and flexibility. Class is cancelled February 16th.

**Total Body Sculpt (15 spots) Instructor: Ronda**

**Teen/Adult                      6:35-7:35 pm                      Tues                      Jan 19-Mar 30 (10 classes)      \$40**

Get ready to grunt and groan! This class will work your body like you have never worked it before. Class is cancelled February 16th.

**Yoga Groove (20 spots) \*INSTRUCTOR CANCELLED CLASS\***

**Teen/Adult                      8:00-9:00 pm                      Tues    (10 classes)    \$50**

Add some "Top Twenty" music to your favorite yoga poses to help you power up your workout. This is the funkiest stretch class you'll ever try, so come and get your groove on! Class is cancelled February 16th.

**Parent & Baby Yoga**

**Pre-mobile babies (< 1 year)    4:45-5:45 pm                      Wed    Jan 13-Mar 31 (11 classes)    \$50**

Classes will be held at Lakeridge School Small Gym. Class is cancelled on February 17th. Please bring your own yoga mat. The Lakeridge Community Association is organizing this class and there will be 5 spots available at our registration night on January 7<sup>th</sup>.

**Introductory Spanish (20 spots) Instructor: Bessie \* PLEASE NOTE CHANGE IN START, END, & CANCELLED DATES\***

**Teen/Adult                      6:00-7:00 pm                      Wed    Jan 13-Mar 31 (10 classes)    \$50**

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 in the Art Room at Lakeridge School, 305 Waterbury Road. Class is cancelled on February 3<sup>rd</sup> and February 17th.

**Intermediate Spanish (20 spots) Instructor: Bessie \* PLEASE NOTE CHANGE IN START, END & CANCELLED DATES\***

**Teen/Adult                      7:00-8:00 pm                      Wed    Jan 13-Mar 31 (10 classes)    \$50**

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 in the Art Room at Lakeridge School, 305 Waterbury Road. Class is cancelled February 3<sup>rd</sup> and February 17th.

**Belly, Butts & More (15 spots) Instructor: Ashley**

**Teen/Adult                      7:00-8:00 pm                      Wed    Jan 13-Mar 31 (10 classes)    \$40**

Get ready to grunt and groan. 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. All levels welcome. Class is cancelled February 3<sup>rd</sup> and March 3<sup>rd</sup>.

**Latin Dancing (10 spots) Instructor: Shauna**

**Teen/Adult                      7:00-8:00 pm                      Thurs    Jan 21-Apr 1 (10 classes)    \$40**

Want to try something different? Then come out and try some Latin dancing!!! Learn the exciting rhythms of merengue, salsa and reggae ton!!! Class is cancelled February 18th.

**Fusion Fitness(20 spots) Instructor: Janys**

**Teen/Adult                      8:05-9:05 pm                      Thurs                      Jan 21-Apr 1 (10 classes)                      \$50**

This blend of Yoga, Pilates and Core strength mixes body sculpting with flexibility, strength training, balance work, and cardio to produce long, lean muscles, a flexible, youthful body and a sense of peace and relaxation. Please feel free to bring your own yoga mat if you have one. Class is cancelled February 18th.

**Strippercise (20 spots) Instructor: Janys**

**18+                      9:10-10:00pm                      Thurs                      Jan 21-Mar 4 (6 classes)                      \$30**

A sensual dance class enhancing a woman's self esteem as well as tone and tighten the body. Bring out your Diva! Please feel free to bring your own yoga mat if you have one. Class is cancelled on February 18th.

**Spring Outdoor Boot camp (15 spots) Instructor: Ashley**

**Teen/Adult                      Time/Day TBA                      May-June                      TBA**

Are you ready to get up and at it! Then this high energy cardio class is for you! It will get your blood pumping and help whip you into shape. **We will be taking registrations for this class at our Spring Registration Night in March (TBA).**

*All Ages*

**Family Swim (2 spots)**

**All ages                      7:00-8:30 pm                      Sun                      Jan 17 –Mar 28                      \$60 Winter session**

Come out to the **Lakewood Civic Center** Swimming pool for some family fun time! Family Swim is cancelled February 14<sup>th</sup>.

*Children's Programs*

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

**7-9 years                      6:00-6:45 pm                      Mon                      Jan 18-Mar 1 (6 classes)                      \$15**

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 February 15<sup>th</sup>.

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

**7-9 years                      6:00-6:45 pm                      Mon                      Mar 8- Apr 19 (6 classes)                      \$15**

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 April 5<sup>th</sup>.

**Briarwood Playgroup (12 spots) Leader: Joleen**

**0-5 years with parent      9:30-11:00 am      Wed      Jan 20-Mar 31 (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! Class is cancelled on February 17th.

**Blastball/Soccer/Indoor Tennis (6 spots) \*CANCELLED AS UNABLE TO RECRUIT INSTRUCTOR\***

**4-5 years      6:00-6:45 pm      Wed      (9 classes)      \$20**

Come out and try our variety sports program! In the first three classes, kids will learn T-Ball skills, hitting, running, throwing and fielding playing Blastball. The second set of classes will focus on kicking, passing and dribbling the ball while learning how to play soccer. The last set of classes will introduce the kids to Tennis, using bigger racquets and balls to teach the fundamentals of the sport through activities, drills and game play. Class is cancelled on February 17<sup>th</sup>.

**Hip Hop (10 spots) Instructor: Shauna**

**6-9 years      5:00-6:00 pm      Thurs      Jan 21- Apr 1 (10 classes)      \$35**

Learn the latest hip hop and dance moves to popular music. Dance like they do in the music videos! Class is cancelled on February 18th.

**Hip Hop (10 spots) Instructor: Shauna**

**10-14 years      6:00-7:00 pm      Thurs      Jan 21- Apr 1 (10 classes)      \$35**

Learn the latest hip hop and dance moves to popular music. Dance like they do in the music videos! Class is cancelled on February 18th.

**Music & Movement (7 spots) \*CANCELLED AS UNABLE TO RECRUIT INSTRUCTOR\***

**2-3 years      9:30-10:15 am      Fri      (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. Class is cancelled on February 19th.

**Music Class for Little Mozarts \*CANCELLED AS UNABLE TO RECRUIT INSTRUCTOR\***

**3-4 years      10:20-11:05 am      Fri      (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. Class is cancelled on February 19th.

**Rocketry with the Saskatoon Rocketry Society**

**8-9 years with parent      7:00-9:00 pm      Day TBA      May-June TBA      \$40**

**10+years without parent**

Have you ever wondered what is required to build and fly a model rocket? There are a lot of kits and launch systems, and even 'ready to fly' kits available. But without a bit of extra information (and help!) the project can become frustrating and will often times get set aside and forgotten about. The Saskatoon Rocketry 'Introduction to hobby rocketry' class is a great answer to this problem! During

four sessions, our club members will demonstrate and explain: building techniques, construction do's and don'ts, rocket flight theory and necessary calculations and on the final evening we will meet to fly the rockets at our club launch field. Everything needed for the classes will be supplied (though each student is expected to decal/paint their rocket at home) we'll even supply the engine for the launch on the final day! Please feel free to take a look at our website and other links at <http://saros.sasktelwebhosting.com/>. We look forward to seeing you at our class! Launch date to be announced and will be held at the Saskatoon Rocketry Society's launch site.

**We will be taking registrations for this class at our Spring Registration Night in March (TBA).**

**Spring Outdoor Blastball Instructor: Are you interested in teaching? Call Diane at 477-0614.**

**4-5 years                      45 minute class                      weekly                      May-June TBA**

Blastball teaches T-Ball skills, hitting, running, throwing and fielding with an exciting twist. The batter hits the ball and runs to the blast base (only base used) which "honks" when stepped on. The batter tries to reach the blast base before a defensive player either catches the Blast Ball in the air or fields the ball and yells "Blast". The defensive player throws the ball to an adult positioned safely away from the tee. Gloves/mitts/helmets are not needed because of the softness and size of the ball and the ball is not being pitched or thrown to make the out. Everyone takes turns batting and fielding. Let's play ball!

**We will be taking registrations for this class at our Spring Registration Night in March (TBA).**

**Spring Outdoor Tennis- (8 spots)**

**7-9 years                      45 minute class                      weekly                      May-June TBA**

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.

**We will be taking registrations for this class at our Spring Registration Night in March (TBA).**