

Briarwood Community Association
Winter 2008 Recreation Programming
Registration Night Thursday, January 10th, 2008
7:00-8:30 p.m.

*Please note all classes will be cancelled Feb 17-23 and Mar 23-29, 2008.
 All Classes at the Briarwood Recreation Center unless otherwise noted.

Adult & Teen Programs

Scrapbooking/Cardmaking

Teen/Adult 7:00-9:00 pm Sun (biweekly) See dates below \$10

The coffee will be on! Bring your “unfinished/not-yet-started” projects and have some fun with others who love to scrapbook/make cards. Classes will be held on **Jan 27, Feb 10, Mar 2, Mar 16 and Apr 6.**

Scrapbooking/Cardmaking Workshop

Teen/Adult 7:00-9:00 pm Sun (biweekly) See dates below \$60

Wanting to learn how to scrapbook and make beautiful cards? The Scrapbook-alcoholics from Scrapology will show you techniques to get you started in these 5 themed “make and take” classes. Classes will be held on **Jan 20** (Winter layout), **Feb 3** (Love/Valentine’s Day layout), **Feb 24** (Card making class), **Mar 9** (Photography lesson with an “All about Me” theme), and **Mar 30** (Doodling lesson and layout). Participants will need to bring: a paper trimmer and scissors; adhesive (glue stick or tape runner); a pencil; and a black scrapbook marker. You may bring photos, but they are not required for the make and take projects. Program fee includes cost of supplies.

Family Swim

All ages 7:00-8:30 pm Sun Jan 20-Apr 6 \$55

Come out to the Lakewood Civic Center Swimming pool for some family fun time!

Boot Camp

Teen/Adult 6:00-7:00 am Mon Jan 21-Apr 7 \$40

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.

Power Yoga

Teen/Adult 7:00-8:00 am Mon Jan 21-Apr 7 \$55

Like Yoga but prefer to sweat a little? This class incorporates all your favorite Yoga poses, with a faster pace to get your heart rate going.

Senior's Social Club

55+ 1:30-2:30 pm Mon Jan 21-Apr 7 \$15

Here's a chance to get together with others, share conversations over coffee, and play some cards, cribbage, etc. In addition to the above cancelled dates, this class is also cancelled on February 11.

Parent & Tot Yoga

<5 years with parent 9:30-10:15 am Tues Jan 22-Apr 8 \$55

Introduce Yoga to your little one (<5)! Learn fun and playful postures in this 45 minute class.

Senior's Yoga

55+ 10:30-11:15 am Tues Jan 22-Apr 8 \$50

Regain mobility, coordination, balance and fullness of breath in this modified program for mature adults designed to improve strength and flexibility.

Kickboxing

Teen/Adult 8:00-9:00 pm Tues Jan 22-Apr 8 \$40

This high energy workout will get you results, by combining movement patterns, cardiovascular conditioning, as well as technique and agility training specific to kickboxing. The class begins with a dynamic warm-up and introduction to the "moves", involving a combination based cardio section using the intensity of kickboxing drills and increased high tempo "moves", followed by core conditioning and body weight strength work, finishing with flexibility cool down.

Beginner Yoga

Teen/Adult 9:00-10:00 pm Tues Jan 22-Apr 8 \$55

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.

Introductory Spanish

Teen/Adult 6:00-7:00 pm Wed Jan 23- Apr9 \$45

Acquire a base knowledge of conversational Spanish and basic grammar structure by learning such things as the alphabet, sound of vowels, 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 Science Room at Lakeridge School, 305 Waterbury Road.

Tops & Bottoms

Teen/Adult 7:00-8:00 pm Wed Jan 23-Apr 9 \$40

Focusing on abdominals and gluts, this class will help strengthen and shape your body.

Learn to Knit

Teen/Adult 7:15-9:15 pm Wed Mar 5, 12, 19, Apr 2, 9 \$35 + supplies

Learn all the tricks to knitting with this children's sweater project. No experience necessary. Participants need to purchase 3 balls chunky yarn (Shetland chunky or Bernat soft chunky); 1 set each of 4 ½ mm and 6mm needles; and 2 stitch holders prior to the first class. Classes will be held in the Science Room at Lakeridge School, 305 Waterbury Road.

Fusion Class

Teen/Adult 8:00-9:00 pm Wed Jan 23-Apr 9 \$40

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.

Latin Dancing

Teen/Adult 6:45-7:45 pm Thurs Jan 24-Apr 10 \$40

Want to try something different? Then come out and try some Latin dancing!!! Learn the exciting rhythms of merengue, salsa and reggae ton!!!

Mix-It-Up

Teen/Adult

8:00-9:00 pm

Thurs

Jan 24-Apr 10

\$40

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

Tone & Tighten

Teen/Adult

9:00-10:00 pm

Thurs

Jan 24-Apr 10

\$40

Improve your muscular strength and endurance using a variety of equipment that will incorporate your whole body, including the core.

Beading- Necklaces/Earrings

14+

7:30-9:00 pm

Fri

Feb 1 & 8

\$10 + supplies

Come out to the Beadhive and learn to make jewelry in a fun, relaxed atmosphere. You can pick out the beads of your choice and the Beadhive staff will teach you the jewelry making techniques you need to make your own original design! Classes will be held at the Beadhive, [Lawson Heights Mall](#). Cost of supplies is dependent upon your choice of beads, clasps, etc.

Stepping Stone

Teen/Adult

7:00-9:00 pm

Fri

Feb 29 & Mar 7

\$15 + supplies

Try your hand at folk art painting with a “Frog Kicks” stepping stone project. Previous folk art painting experience an asset, but not necessary. Supplies (paints and stepping stones) will be available to purchase at the first class from the instructor for \$15. You may bring your own paints from home (preferred brands Americana (best) or Cermacoat). Paint colors needed for project are: Hauser Light Green, Hauser Medium Green, Sap Green, Black, White, Napa Red, Cadum Yellow, Olive Green, Hots Shots Yellow, Royal Fuchsia. Participants are required to purchase brushes prior to the first class (Loewell Cornell Brushes or any brush that is suited for acrylic paints such as Robert Simmons, Royal, American Painter which are available at most craft stores). Brushes needed for the project are: # 3 Round Brush, 1/2” Angle Shader, 3/8” Angle Shader, 10/0 Liner, Small Scumbler Brush (Size 1 or 2 Round), 2” Foam Brush, and Stylus.

Children's Programs

Family Swim

All ages 7:00-8:30 pm Sun Jan 20-Apr 6 \$55

Come out to the Lakewood Civic Center Swimming pool for some family fun time!

Fun with Drawing

5-8 years 5:30-6:30 pm Mon Jan 21-Mar 17 \$55

This class is for children to explore and create fun drawings together. The familiar use of markers will allow them to learn some essential drawing skills while making exciting colourful pictures. Starting with a bird we learn to see what is around us and how things are formed on paper. Further into the class other media such as watercolour and acrylic painting will be introduced.

Program fee includes cost of supplies.

Expression through Drawing

9-12 years 6:45-7:45 pm Mon Jan 21-Mar 17 \$55

This class is designed to excite the participants' creative side through drawing and seeing. With the use of markers as our media we will learn to understand how form can be recognized and put on paper. Using this method to create drawings is empowering to anyone with an interest whether or not they feel they have the skill. Watercolour and acrylic painting will also be explored.

Program fee includes cost of supplies.

Parent & Tot Yoga

<5 years with parent 9:30-10:15 am Tues Jan 22-Apr 8 \$55

Introduce Yoga to your little one (<5). Learn fun and playful postures in this 45 minute class.

Wiggle & Giggle

2-3 years with parent 6:15-6:45 pm Tues Jan 22-Apr 8 \$25

Skip, gallop, leap, twirl - children experience the joy of movement in a fun environment! They will enjoy being animals and shapes and learning some basic body movements of dance. Parent accompaniment and involvement is required!

Move to Music

4-6 years 7:00-7:45 pm Tues Jan 22-Apr 8 \$30

Children exercise their creativity while they move their bodies! They will explore the basic body movements of dance such as pathways, directions and loco motor skills. They will enjoy making statue shapes and moving at different levels. A high-energy, fun class!

Stay and Play

0-5 years with parent 9:30-11:00 am Wed Jan 23-Apr 9 \$10

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!

Sport ABC's

3-4 years with parent 6:00-6:45 pm Wed Jan 23-Mar 26 \$20

Children, with their parents, participate in fun activities that enhance agility, balance and coordination. They will learn fundamental skills that prepare them to have the most positive experience possible from sport. This program is designed by the Saskatoon Sports Council. Loads of fun! In addition to the above cancelled dates, this class is also cancelled on February 13.

Hip Hop

6-9 years 4:15-5:15 pm Thurs Jan 24-Apr 10 \$35

Learn the latest hip hop and dance moves to popular music. Dance like they do in the music videos!

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6-9 years 5:30-6:30 pm Thurs Jan 24-Apr 10 \$35

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Beading Necklaces on Elastic

6-9 years 6:00-7:00 pm Fri Jan 25 \$15

Come out to the Beadhive and learn to make jewelry in a fun, relaxed atmosphere. You can pick out the beads of your choice and the Beadhive staff will teach you the jewelry making techniques you need to make your own original design! Classes will be held at the Beadhive, [Lawson Heights Mall](#). Program fee includes cost of supplies.

Beading-Hemp, Earrings, Necklaces

10-14 years

7:00-8:30 pm

Fri

Jan 25

\$15 + supplies

6:00-7:30 pm

Fri

Feb 1 & 8

Come out to the Beadhive and learn to make jewelry in a fun, relaxed atmosphere. You can pick out the beads of your choice and the Beadhive staff will teach you the jewelry making techniques you need to make your own original design! Classes will be held at the Beadhive, [Lawson Heights Mall](#). Cost of supplies is dependent upon your choice of beads, clasps, etc.