



Rockcliffe Park

Community Centres

Recreation Guide

Fall 2011/Winter 2012



ottawa.ca
City services **3-1-1**
Services municipaux **3-1-1**
TTY/ATS 613-580-2401



Registration

Fall 2011/Winter 2012 registration begins:

- Swimming and Aquafitness – Online/Touch Tone 10 pm August 8.
In person August 9 during business hours.
- Other programs – Online/Touch Tone 10 pm August 10.
In person August 11 during business hours.

Choose the method that's most convenient for you!

Online: direct your browser to ottawa.ca/recreation and click on the 123Go Register icon to view programs and to sign up for a course. Please have your credit card number and expiry date ready (Visa/MasterCard). You will need your Family PIN number and Client Barcode(s).

Touch Tone Telephone: at 613-580-2588. Please have your credit card number and expiry date ready (Visa/MasterCard). You will need your Family PIN number and Client Barcode(s). Receipts will be available upon request.

If you require either Client Barcode(s) or Family PIN numbers, please call 613-580-2588, Monday to Friday, 7 am - 7 pm (with the exception of statutory holidays) and follow the prompts.

In person: visit a Client Service Centre or a recreation facility for any course that has a program code. For courses without a program code, register at the facility which offers the program. Payments accepted by cash, cheque (made payable to the City of Ottawa), debit or credit card (Visa/MasterCard).

Harmonized Sales Tax (HST)

The Harmonized Sales Tax (HST) of 13% applies to recreation programs, services and materials where applicable and is included in the fees. Existing programs that were GST exempt remain HST exempt – for example, qualifying recreation programs for children 14 and younger and individuals with disabilities.

For more information, visit the Government of Ontario web site: www.rev.gov.on.ca/en/notices/hst/03.htm

Withdrawals/Refunds

Visit your local recreation facility or any City of Ottawa Client Service Centre to withdraw from a program. If you would like a refund*, you must fill out and submit a Refund Request Form. No processing fee will be charged if the refund is credited to your account. A \$25 processing fee will be charged for refunds by cheque or credit card. Refunds will be issued within 21 days of the receipt of the Refund Request Form.

Learn to Swim

Learn to Swim classes for all ages and levels are available at 17 City of Ottawa indoor pools. Certification and specialty courses are also available.

Visit ottawa.ca/recreationguide to find the courses available at each pool.

Learn to Skate

Learn to Skate programs for all ages and abilities are available by group or private lessons. Visit ottawa.ca/recreationguide to find the courses.

Contact the Recreational Skating School at 613-580-2596.

Special Needs Integration

All recreation programs offered within the City's Parks, Recreation and Cultural Services department are open to participants with disabilities. To help you find the appropriate program or to determine the level of support needed, the City offers Integration Services.

Visit ottawa.ca/specialneeds for more information or call 613-580-2424 ext. 29283

City Wide Sports

City Wide Sports provides sports programs and leagues for all ages across the city in schools, parks and community buildings. Corporate and private courses also available.

Girls 'n Women and Sport offers quality, safe opportunities for girls and women to participate in sports and physical activity. Browse the Recreation Guide PDFs in your appropriate age group to find activities: ottawa.ca/recreationguide.

Call 613-580-2854 for more information.

Enewsletter

Subscribe to the new recreation and culture e-newsletter! Visit www.ottawa.ca/recreation and click on the DiscoverRec link.

Ottawa Hand in Hand Recreation & Culture Fee Support

The City of Ottawa offers financial support to ensure that all residents can participate in recreation and culture programs and activities offered by the City, regardless of their ability to pay. For additional information or to obtain a fee support application, visit your local recreation facility or any City of Ottawa Client Service Centre. Applicants will be asked to provide proof of financial need.

GOING GREEN!
Both the *Recreation Guide* and *Mon Guide francophone des loisirs* are only available **online**. The *Recreation Guide* can be found at ottawa.ca/recreationguide. *Mon Guide francophone des loisirs* can be found at ottawa.ca/monguide. Both are interactive PDFs.

VIRAGE AU VERT!
Désormais, *Mon guide francophone des loisirs* et le *Recreation Guide* existent uniquement **en ligne**. *Mon Guide francophone des loisirs* se trouve à ottawa.ca/monguide, et le *Recreation Guide* se trouve à ottawa.ca/recreationguide. Les documents PDF sont interactifs.

City services **3-1-1**
Services municipaux **3-1-1**
TTY/ATS 613-580-2401

Fees and Schedules may be subject to change. Please check ottawa.ca for any updates. Fees include HST.



Rockcliffe Park Community Centre

380 Springfield Rd., Ottawa, ON K1M 0K7

613-842-8578

Hours of Operation

Monday to Saturday
8:30 am to 4:30 pm



Recreation Office:

360 Springfield Rd. (inside the Community Police Station)

Preschool

Creative Movement

Children will explore creative expression through a natural response to music, rhythm, drama, and the use of simple props while focusing on the development of large motor skills. A warm-up and cool down will stretch and strengthen their bodies. Please wear gymnastics shoes or ballet slippers. Girls - white tights and a pink body suit. Boys - black body suit. Instructor: Maude Ayotte, 10 classes, no class on Oct 6 & Mar 15.

3-5 yrs	Thu	4-4:45 pm
Sep 22-Dec 1	\$74	664818
Jan 12-Mar 22	\$74	664840

Pre-Ballet

This program provides pre-schoolers with an engaging introduction to movement and the basics of ballet, giving them fundamentals that can be built upon in future dance and sports pursuits. The exercises are structured to develop strength, balance, flexibility and co-ordination. Girls: Pink bodysuit with pink or white tights and ballet shoes. Boys: Black bodysuit with black tights and black ballet shoes. Instructor: Maude Ayotte, 10 classes, no class on Oct 6 & Mar 15.

5-7 yrs	Thu	4:50-5:35 pm
Sep 22-Dec 1	\$74	665997
Jan 12-Mar 22	\$74	665999

Introduction to Infant Massage

Bond with Baby! Join an introductory class in the art of infant massage and discover the benefits of nurturing touch. Instructor: Manon Salois

6 wks-8 months	Tue	12:30-1:30 pm
Sep 20	\$10	681098
Sep 27	\$10	681099

Infant Massage

Learn the ancient art form of infant massage. Parents learn nurturing massage techniques which promote overall health and help you and your infant learn a most valuable skill in this fast-paced world - how to relax. Instructor: Manon Salois, 4 classes

6 wks-8 months	Tue	12:30-1:30 pm
Oct 4-25	\$40	681100

Children

Art Around the World

Create a passport and travel each week to a different area of the world to explore the art, music, and culture of each region. Please bring a large shirt or smock to protect your clothes. 8 classes; no class on Oct. 10 & Feb. 20

6-12 yrs	Mon	3:45-5:15 pm
Sep 26-Nov 21	\$115	661995
Jan 9-Mar 5	\$115	662010

Babysitting Course

Learn good babysitting techniques. Topics include: rights and responsibilities, ages and stages, emergency procedures, and introductory first aid. Hands-on practice will help build confidence. Course materials include a student activity book, wall certificate and a wallet card. Please bring a nut-free/peanut-free lunch, snacks, pen, paper and a baby-sized doll or teddy bear to diaper. There will be a short written test at the end of the course. Instructor: Diana Brushey

11-14 yrs	Sun	9 am-4:30 pm
Oct 2	\$69	666018
Nov 13	\$69	666020
Feb 12	\$69	666019

Workshop-Holiday Craft Time

Drop off the kids while you do some shopping or find some peace and quiet. Activities include baking holiday treats, making gifts and designing wrapping paper.

6-12 yrs	Sun	9:30 am-noon
Dec 11	\$25	682199

Workshop-Easter Craft

This workshop will focus on art activities with an Easter theme.

6-12 yrs	Wed	3:30-6 pm
Mar 28	\$25	681082

Workshop-Ukrainian Easter Egg Design

Experience the art of Pysanky, Ukrainian Easter egg design. A supply fee of \$10 is payable to the instructor on the day of the course.

6-12 yrs	Sun	10:30 am-noon
Mar 25	\$25	681080

Movie Nights (5-8 year-olds)

Join us for a kid's night out. Drop your children off for supervised activities, some food and a movie. Children must be registered with payment in full by the Thursday before Movie Night. Registration is limited to 20 children and is first-come, first-served. Not to be missed.

5-8 yrs	Fri	6-8:30 pm
Sep 16	\$12.75	667897
Oct 14	\$12.75	667905
Nov 4	\$12.75	667907
Dec 2	\$12.75	667912
Jan 13	\$12.75	667898
Feb 3	\$12.75	667937
Mar 2	\$12.75	667939

Movie Nights (9-12 year olds)

9-12 yrs	Fri	6-8:30 pm
Sep 30	\$12.75	667902
Oct 21	\$12.75	667906
Nov 18	\$12.75	667910
Dec 9	\$12.75	667913
Jan 20	\$12.75	667935
Feb 10	\$12.75	667938
Mar 30	\$12.75	667941

Youth

Babysitting Course

Learn good babysitting techniques. Topics include: rights and responsibilities, ages and stages, emergency procedures, and introductory first aid. Hands-on practice will help build confidence. Course materials include a student activity book, wall certificate and a wallet card. Please bring a nut-free/peanut-free lunch, snacks, pen, paper and a baby-sized doll or teddy bear to diaper. There will be a short written test at the end of the course. This course will be combined with the 11-14 year old group.

15-16 yrs	Sun	9 am-4:30 pm
Oct 2	\$78	667583
Nov 13	\$78	667601
Feb 12	\$78	667589

Drawing-Introduction

Learn simple tips that make a big difference in the way you see and draw. Observational skills are built while studying perspective, values, mass, line, contour drawing, shading and more. This class is combined with the adult class. *4 classes, Fall- Sep 29, Oct 13 & 20, Nov 3

15+ yrs	Thu	7-9 pm
Sep 29-Nov 3*	\$70	681096
Jan 26- Feb 16	\$70	681097

Adult

Bridge-Duplicate

Play duplicate-style Bridge with a qualified director in a relaxed, non-competitive setting. This event is non-ACBL sanctioned and great for those new to Duplicate Bridge. Partners will be provided. Register for the session at a reduced member rate. Drop-in fee available, \$6.75 at the door. Coffee, tea and cookies are available - a small fee applies. Director: Gord Fazil, 13 weeks, except Fall Fri.-14 wks. No Bridge on Fri Oct 7, Sat Oct 8 & Sat Nov 5.

Fri	1-4 pm	
Sep 9-Dec 16	\$70	663649
Jan 6-Mar 30	\$65	663683
Sat	1-4 pm	
Sep 10-Dec 17	\$65	663650
Jan 7-Mar 31	\$65	663684

Bridge Lessons-Beginner 1

Learn the conventions and play of Standard American Bridge. Instructor: Marilee Fazil, 10 classes. No class Oct 10

Mon	1-3 pm	
Sep 12-Nov 21	\$121.50	663624

Bridge Lessons-Beginner 2

This class is for students who have taken the Beginner 1 course or are advanced beginners. Instructor: Marilee Fazil, 8 classes. No class Feb. 20

Mon	1-3 pm	
Jan 9-Mar 5	\$97.25	663639

Bridge Lessons-Intermediate

Continue learning the conventions and play of Standard American Bridge to enhance your enjoyment and expertise. Instructor: Marilee Fazil, Fall -10 classes, Winter -8 classes

Wed	1-3 pm	
Sep 14-Nov 16	\$121.50	663640
Jan 11-Feb 29	\$97.25	663641

Family-Friendly

Family Boot Camp

A high-energy class designed to push your strength and cardiovascular limits. This military-style training focuses on body-weight exercises and team building. Bring the entire family! All ages welcome. Children must be accompanied by an adult. This class is not suitable for anyone with a heart condition.

Instructor: Molly Duggan,
12 classes, No class on Oct 8.

6-14 yrs	Sat	9-10 am
Sep 17-Dec 10	\$60	666009
Jan 14-Mar 31	\$60	666010
15-18 yrs	Sat	9-10 am
Sep 17-Dec 10	\$68	666011
Jan 14-Mar 31	\$68	666014
19+ yrs	Sat	9-10 am
Sep 17-Dec 10	\$105.25	666016
Jan 14-Mar 31	\$105.25	666017

Nature Nights

Join environmental educator and naturalist, Diana Brushey for this fun, family-friendly learning series. Each session starts with a game or activity to introduce a narrated slideshow of fantastic images, and is followed by an interactive discussion and hands-on exploration of nature's treasures. Spend an entertaining and educational evening with the kids! Children must be accompanied by an adult, maximum 4 per family. Register in advance by calling 613- 842-8578.

5 years and up Fri **6-7:45 pm**
\$15/ family (4 people max)

Space Part 1: Galactic Beginnings & the Inner Solar System

- Sep 23
See some of the greatest photos from Hubble, hear theories about the early days of the universe, learn about the incredible blazing ball that supports life on earth, and see marvellous photos of the terrestrial planets and their features! Optional stargazing following the presentation, weather permitting.

Space Part 2: Terra Firma, Martian Marvels, and the Gas Giants

- Oct 28
The space program has taught us a lot about our home planet, hear some tall tales and fun facts about Mars, traverse the asteroid belt, and take our first peeks at the Gas Giants. Optional stargazing following the presentation, weather permitting.

Space Part 3: Gas Giants & Beyond, and Human Exploration

- Nov 25
We move on past the asteroid belt to the Jovian planets and beyond, and learn about some of humanity's greatest journeys of exploration. We'll look back across the awesome size and timeline of the universe as we know it and will end by considering a few mysteries of the cosmos. Optional stargazing following the presentation, weather permitting.

Brilliant Birds - Jan 27
Throughout history humans have been intrigued and inspired as we watch our feathered friends soar above us. See pictures of some of the world's most interesting winged wonders, play a game, and hear myths, legends, and anecdotes about Canada's brilliant birds and learn why they really aren't "bird brains". We'll also learn how we can help our migratory song-birds.

Amazing Animals - Feb 24
Learn facts and anecdotes about amazing Canadian animals. Hear about their amusing personalities and intriguing behaviour, and do hands-on exploration of animal-related items. See photos and hear stories about some of the most captivating creatures from around the globe.

Workshop-Ukrainian Easter Egg

Get ready for Easter by decorating eggs in the Ukrainian tradition of Pysanky. Use candles, beeswax, and dye to create intricate ornaments. Younger teens welcome if accompanied by an adult. There will be a \$5 supply fee payable to the instructor on the day of the class. Instructor: Diana Brushey

13+ yrs	Sun	2-5 pm
Mar 18	\$41.25	681075
13+ yrs	Sun	1-4 pm
Mar 25	\$41.25	681078

Adult

Drawing-Introduction

Learn simple tips that make a big difference in the way you see and draw. Observational skills are built while studying perspective, values, understanding mass, line, contour drawing, shading and more. Combined with the youth class. *4 classes, Fall- Sep 29, Oct 13 & 20, Nov 3

Thu	7-9 pm		
Sep 29-Nov 3*	\$70	681096	
Jan 26- Feb16	\$70	681097	

Ikebana Beginner to Teacher Level

The Japanese art of flower arrangement, derived from ancient tradition, is now blooming all over the world. Experience the joy of creation taught by the Sogetsu School of Japan for students at all levels from beginner to teacher. Sogetsu Ikebana will suit any kind of space and enrich its atmosphere. Please bring your own secateurs or hand-pruner to each class. A supply fee of \$10.00 per class (\$60) is for plant material is payable to the instructor at the first class. Instructor: Anne Breau, Riji
*Please note that the 6 classes are not consecutive: Fall: Sep. 17 & 24, Oct. 1, 15, 29, Nov. 5 / Winter: Jan. 14 & 21, Feb. 4 & 18, Mar. 3 & 10.

Sat	10:30 am-12:30 pm		
Sep 17-Nov 5	\$176.25	663326	
Jan 14-Mar 10	\$176.25	663364	

Ikebana Advanced/ Teachers

Admission to this class is by approval of the instructor only. *Please note that the 6 classes are not consecutive: Fall: Sep. 17 & 24, Oct. 1, 15, 29, Nov. 5 / Winter: Jan. 14 & 21, Feb. 4 & 18, Mar. 3 & 10.

Sat	10:30 am-12:30 pm		
Sep 17-Nov 5	\$38.50 per class		
Jan 14-Mar 10	\$38.50 per class		

Introduction to Infant Massage (1 class)

Bond with Baby! Join this introductory class in the art of infant massage and discover the benefits of nurturing touch. Instructor: Manon Salois

6 wks-8 months	Tue	12:30-1:30 pm	
Sep 20	\$10	681098	
Sep 27	\$10	681099	

Infant Massage

Learn the ancient art form of infant massage. Parents learn nurturing massage techniques which promote overall health and help you and your infant learn a most valuable skill in this fast-paced world - how to relax. Instructor: Manon Salois, 4 classes

6 wks-8 months	Tue	12:30-1:30 pm	
Oct 4-25	\$40	681100	

Tap Dance

Students in this class will learn the basics of tap dance through fun dance combinations and some simple choreography, with an emphasis on rhythm and clarity of step. Tap shoes are recommended but not required. Instructor: Jordan Long, 10 classes. Winter class by request only!

Tue	8:15-9:30 pm		
Sep 27-Nov 29	\$113	663975	

Fitness Classes

Core Strength Training-Early Bird

Classes are specifically designed to increase and enhance core stability/strength, improve flexibility, and develop abdominal/lower back strength. Instructor: Sharon Collins, Fall: 14 classes (no class Sep 28); Winter: 12 classes.

Wed	6:30-7:30 am		
Sep 7-Dec 14	\$122.75	662559	
Jan 11-Mar 28	\$105.25	662561	

Exerball Strength

This class will challenge your strength, core stability, and balance targeting those deeper muscles. The ball is used in a variety of positions with options provided for different fitness levels. Hand weights and toning bands are used for strengthening and stretching the whole body. This class will improve your overall strength, posture and balance. Finish with a complete stretch leaving you rejuvenated. Instructor: Louise Hannant, Fall: 14 classes; Winter: 12 classes.

Tue	10:15-11:15 am		
Sep 13-Dec 13	\$122.75	662648	
Jan 10-Mar 27	\$105.25	662650	

Feldenkrais All Levels

Awareness through Movement (ATM) classes guide you to develop a more complete picture of yourself in action and gain increased awareness of how your skeleton supports you. This improves a wide range of activities from repetitive day-to-day tasks to skilled performance in sports. While doing ATM classes, discover that you can relieve chronic pain, prevent injury, and improve flexibility. Instructor: Lisa Woolnough, 12 classes, no class Oct 10.

Mon	10-11am		
Sep 12-Dec 5	\$146	664611	
Jan 9-Mar 26	\$146	664718	
Wed	6-7 pm		
Sep 14-Nov 30	\$146	664613	
Jan 11-Mar 28	\$146	664719	

Fitness Classes

Feldenkrais Workshops

Sun	1-4 pm	
Oct 30	\$50	664614
Nov 27	\$50	664615
Feb 19	\$50	664720
Mar 11	\$50	664721

Mom and Me Fit

Tummytime

Pilates-based exercises will help to rebuild your core strength after childbirth. With emphasis on posture, breathing techniques, and maintaining a neutral spine, you will learn to tone your abdominal muscles and flatten your tummy. Baby can be incorporated into the exercises or left to play on mat. Bring a yoga mat, and baby blanket. Instructor:

Sharon Collins, 12 classes. (No class Sep 30)

Fri	10-11 am	
Sep 9-Dec 2	\$105.25	662595
Jan 13-Mar 30	\$105.25	662599

Pilates-Level 1/2

A strength training class designed to improve your core stability and posture. Emphasis is on proper breathing and maintaining a neutral spine. All skill levels welcome. Bring a yoga mat and wear comfortable clothing: no hoodies and no shoes during class. Instructor: Molly Duggan, 12 classes, no classes Oct 10 & Feb 20.

Mon	9-9:55 am	
Sep 12-Dec 5	\$105.25	666001
Jan 9-Apr 2	\$105.25	666005
Fri	9-9:55 am	
Sep 16-Dec 2	\$105.25	666002
Jan 13-Mar 30	\$105.25	666006

Step & Strength

Join this dynamic class designed to boost your cardio endurance and enhance your muscle strength. This early morning class incorporates fun and energizing step choreography with weight-lifting exercises that are sure to get your day off to the right start. Instructor: Leanne Ward, Fall: 14 classes, Winter: 12 classes.

Tue	6:15-7:15 am	
Sep 13-Dec 13	\$122.75	664153
Jan 10-Mar 27	\$105.25	664491
Thu	6:15-7:15 am	
Sep 15-Dec 15	\$122.75	664154
Jan 12-Mar 29	\$105.25	664492

Total Body Stretch

Do you hold tension? Have tight muscles? You will stretch every part of the body and relax those tight muscles as you improve your flexibility. A relaxation component at the end of the class will leave you with a relaxed body and mind and a refreshed outlook to take on the day. Instructor: Molly Duggan, 12 classes.

Wed	9-9:55 am	
Sep 14-Nov 30	\$105.25	666007
Jan 11-Mar 28	\$105.25	666008

Totally Tone

Totally Tone provides all the fitness components in one class. Begin with an extended 20 minute warm up and cardiovascular exercises. Move into strength exercises using hand weights, toning bands, and exercise balls followed by a fusion of Pilates and yoga postures. Finish with an extended stretch routine and deep relaxation for tranquility. Wear comfortable indoor clothing and suitable indoor shoes.

Instructor: Louise Hannant, Fall: Tue-14 classes, Thu-13 classes (no class Oct 6), Winter: 12 classes.

Tue	9-10 am	
Sep 13-Dec 13	\$122.75	662637
Jan 10-Mar 27	\$105.25	662644
Thu	9-10 am	
Sep 15-Dec 15	\$114	662638
Jan 12-Mar 29	\$105.25	662645

Walking

Explore the winding streets and forest paths in Rockcliffe. Walking is a low-impact exercise with numerous health benefits. It's good for your bones, improves fitness, tones your body and reduces the risk of certain cancers. Walks will be one hour long and approximately 4-5 km. Wear walking shoes and dress for the weather. Drop-ins welcome at any time. Bring a friend! A seniors discount is available.

Leader: Karen Venema

Mon	9-10 am	
Sep 12-Dec 5	\$16.75	664027
Jan 9-Apr 2	\$16.75	664045
Wed	9-10 am	
Sep 14-Nov 30	\$16.75	664062
Jan 11-Mar 28	\$16.75	664084
Fri	9-10 am	
Sep 16-Dec 2	\$16.75	664065
Jan 13-Mar 30	\$16.75	664088

Yoga-Kripalu

Level 1 & 2

Learn yoga postures that increase flexibility and strength, rejuvenating breathing techniques, deep relaxation, and the rewarding effects of deep meditation.

Instructor: Rosemary Light, Fall-12 classes, Winter-10 classes.

Mon	11:15 am-12:30 pm	
Sep 19-Dec 12	\$105.25	662608
Jan 16-Mar 26	\$87.75	662629

Yoga-Sivananda

Stretching, breathing techniques, and concentration exercises tone muscles, increase joint flexibility and improve the functioning of the internal organs and immune system. Harmonize various physical & mental systems and develop patience and concentration. Bring a yoga mat and wear loose fitting clothing.

Instructor: Peter Beacham, Fall-14 classes, Winter-12 classes.

Tue	6:30-8 pm	
Sep 13-Dec 13	\$239	663378
Jan 10-Mar 27	\$205	663385

Zumba®

Inspired by Latin and International dance, this is a great cardio fitness class with focus on fun and sweating. You'll be blasting calories through salsa, meringue, samba, belly dance, reggaeton, and hip-hop without even thinking about it! Please bring aerobics or cross-training shoes without too much tread and comfortable clothing to each class.

Instructor: Anne-Marie Tassé, 12 classes.

Tue	2-3 pm	
Sep 20-Dec 6	\$105.25	663209
Jan 10-Mar 27	\$105.25	663219

Senior 50+ Balance and Stability

This class prepares older adults for situations where there could be potential for falling. Information from recent research shows that strengthening the legs is the best prevention against falling, the main cause of broken bones. In this class we strengthen the legs, work on balance and understanding situations that can potentially result in a fall as well as learning tips to prevent falls in the home, where most falls occur.

Instructor: Sharon Collins Fall: 14 classes, Winter: 12 classes. (No class Sep 30)

Fri	11:15 am-12:15 pm	
Sep 16-Dec 16	\$122.75	662017
Jan 13-Mar 30	\$105.25	662031



Senior 50+ Core Strength Training 50+

This class will help you gain strength in your core muscles including abdominals and obliques using basic Pilate's techniques. This multi-level fitness class begins with a gentle, yet thorough warm-up, using dynamic movement, followed with balancing exercises and abdominal or back work with the Exeball or yoga ball. Finish with a complete stretch leaving you relaxed and rejuvenated. Instructor: Sharon Collins, Fall: Tue-14 classes (No class Sep 27), Thu-13 classes (no class Sep 29 & Oct 6), Winter: 12 classes.

Tue	11:15 am-12:15 pm	
Sep 13-Dec 13	\$122.75	662565
Jan 10-Mar 27	\$105.25	662579
Thu	10:15-11:15 am	
Sep 15-Dec 15	\$114	662566
Jan 12-Mar 29	\$105.25	662580

Yoga for Healthy Aging

As we age, our strength, stamina, balance, and flexibility tend to diminish. Often our postures and immune systems are compromised, negatively affecting our vitality and well-being. This yoga class is specifically designed to therapeutically address these and related issue so we can continue to live youthful, vibrant lives well into our senior years. Aging is inevitable; getting old is not. Yoga movements, conscious breathing, and mindful meditation lead the way. Every "body" is welcome. Instructor: Leonard Shore, Fall: 12 classes (no class Oct 10), Winter: 10 classes (no class Feb 20).

Mon	7-9 pm	
Sep 12-Dec 5	\$263.50	664532
Jan 9-Mar 19	\$219.75	664569

Yoga-Gentle Yoga

Slow stretching to improve flexibility, and reduce stress and tension. Standing poses incorporated to improve balance and posture. Exercise at your own pace. 10 classes.

Wed	10:30-11:30 am	
Sep 21-Nov 23	\$87.75	681109
Jan 11-Mar 14	\$87.75	681110

For Rent

The Community Hall is available for receptions, birthday parties, family gatherings or meetings on most weekends.

Please call 613-842-8578.

