

PRESCHOOL



Soccer & Multi-sport Skills & Drills 3-5 yrs

This fun and active sports program emphasizes skill development and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: \$4.75. Venue - Gymnasium. Enter from the NW parking lot entrance off of West 42nd Ave.

Su 10:45 AM-11:45 AM Apr 11 -Jun 20

»[320536](#) \$46.75/11 sess

Instructor: Sanjana Bhasin

Mad Science for Preschoolers 3-5 yrs

Enjoy engaging demonstrations, perform simple experiments and discover how science can help you better understand the world around you! Mad Science preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic. Topics Included: Chem in a Flash, Dry Ice Capades, Glow Show, Junior Reactors, Lab Works, pH Phactor, Slime Time, & Super Sticky Stuff. Venue - Room 222. Enter from the parking lot entrance off of West 42nd Ave.

Tu 10:00 AM-11:00 AM Apr 13 -Jun 01

»[318102](#) \$150/8 sess

Instructor: Mad Science

CHILDREN



Rubik's Cube for Beginners 9-16 yrs

Learn how to solve a Rubik's cube step by step. Students will learn intuitively the basic concepts and formulas required. We will use a method called CFOP which is what the current world record holder uses. All materials will be provided and each participant will receive a free 3x3 Rubik's Cube. Venue - Seniors Craft Room. Enter from the Seniors' Centre entrance.

Su 10:30 AM-12:30 PM Apr 11 -May 16

»[320404](#) \$125/6 sess

Su 10:30 AM-12:30 PM May 23 -Jun 27

»[320405](#) \$125/6 sess

Instructor: Jerome Lam

Parents/caregivers are required to be onsite at the designated check-in area to drop-off the child and complete the verbal health assessment screening

CHILDREN



Kids Yoga 9-12 yrs

Working to engage the mind and body of each student in the room, classes always move at an easy pace incorporating deep breathing, body movement, and ending with peaceful relaxation. It's all about fostering creativity, benefitting the brain and body while experiencing a sense of calm. Please bring a mat to class. Venue - Room 222. Enter from the parking lot entrance off West 42nd Ave.

Sa 3:30 PM-4:30 PM Apr 17 -Jun 05

»[319966](#) \$111/8 sess

Instructor: Into Yoga

Basketball - Skills & Drills

This fun and active program emphasizes skill development and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: \$4.75. Venue - Gymnasium. Please enter from 42nd Ave NW Gym entrance off the parking lot.

7-10 yrs

Su 12:00 PM-1:00 PM Apr 11 -Jun 20

»[320534](#) \$46.75/11 sess

10-13 yrs

Su 1:15 PM-2:15 PM Apr 11 -Jun 20

»[320535](#) \$46.75/11 sess

Basketball for Girls - Skills & Drills 8-14 yrs

Su 9:30 AM-10:30 AM Apr 11 -Jun 20

»[320533](#) \$46.75/11 sess

Instructor: Sanjana Bhasin



Game Ready Crazy Sports 7-12 yrs

Sports, and more sports! Soccer, basketball, football, volleyball. Each day will feature a multi-sport approach with coaching to improve skills and develop movements that will improve game play. The improved skills will be incorporated into games & activities. Venue - Gymnasium. Enter from 42nd Ave NW Gym entrance off the parking lot. No class May 22.

Sa 3:00 PM-4:30 PM Apr 10 -Jun 19

»[319682](#) \$189/10 sess

Instructor: Dino Geremia

YOUTH



Youth Yoga 13-16 yrs

This class creates a welcoming, fun atmosphere where a love of Yoga can grow. Working to engage the mind and body of each student in the room, classes always move at an easy pace incorporating deep breathing, body movement, and ending with peaceful relaxation. It's all about fostering creativity, benefitting the brain and body while experiencing a sense of calm. Please bring a mat to class. Venue - Room 222. Enter from the parking lot entrance off West 42nd Ave.

Tu 4:30 PM-5:30 PM Apr 13 -Jun 01

»[319972](#) \$111/8 sess

Instructor: Into Yoga

ADULT

Outdoor Gentle Fit

16+ yrs

A complete workout featuring options for performing all exercises on chairs. Our goal is to promote unaided mobility through gentle cardiovascular exercise. Enjoy your class outdoors with plenty of physical distancing. We recommend bringing your own equipment (weights & resistant band). If participants bring their own equipment, it must be sanitized on the spot prior to being used in the program. Chairs will be provided. Please bring a filled water bottle. Drop-in \$6.25 adults/\$5.25, space permitting. Program Location: Centennial Park 5898 Yew St.

F 10:00 AM-11:00 AM May 07 -Jun 25

»[321761](#) \$42/8 sess

Sa 10:00 AM-11:00 AM May 08 -Jun 26

»[321764](#) \$42/8 sess

Outdoor Mild/Moderate Low Impact 16+ yrs

A complete low impact workout. Our goal is to promote unaided mobility through gentle cardiovascular exercise. Enjoy your class outdoors with plenty of physical distancing. We recommend bringing your own equipment (weights & resistant band). If participants bring their own equipment, it must be sanitized on the spot prior to being used in the program. Chairs will be provided. Please bring a filled water bottle. Drop-in \$6.25 adults/\$5.25, space permitting. Program Location: Centennial Park 5898 Yew St.

Tu 10:00 AM-11:00 AM May 04 -Jun 29

»[321757](#) \$47.25/9 sess

Instructor: Audrey Darling

Yoga4Stiff People: All Levels 18+ yrs

This yoga class makes yoga accessible for every-body! It is designed for students who want to improve flexibility, increase strength, and connect the mind and body. Our personalized workshop style approach will provide those 'ah' ha moments to inspire your practice to a new level. Beginners welcome. Please bring your own mat and props. This class is registration only; drop-ins are not permitted. Venue - Auditorium. Enter from West Boulevard.

Tu 12:00 PM-1:00 PM Apr 6-Jun 22

»[322538](#) \$176.40/12 sess

Instructor: Yoga4StiffPeople

Stretch and Strengthen 16+yrs

Stretch & Strengthen is a 50 min hybrid workout class that combines ballet inspired movements with elements of strength training to help with core activation, balance and flexibility. Drop-in \$16, if space permits. Venue - Gymnasium. Please enter from 42nd Ave NW Gym entrance off the parking lot.

Trial Class

F 11:15 AM-12:05 PM Apr 16

»[322007](#) \$7.50/1sess

F 11:15 AM-12:05 PM Apr 23-May 21

»[322008](#) \$73.50/5 sess

F 11:15 AM-12:05 PM May 28-Jun 25

»[322010](#) \$73.50/5 sess

Instructor: Anita Siu

ADULT

Mild/Moderate Low Impact

16+ yrs

A complete low impact workout. Our goal is to promote unaided mobility through gentle cardiovascular exercise. Chairs will be provided. Please bring a filled water bottle. Drop-in \$6.25 adults/\$5.25 seniors, space permitting. Venue - Gymnasium. Enter from 42nd Ave NW Gym entrance off the parking lot.

Tu 10:00 AM-11:00 AM Apr 06-Apr 27

»[322445](#) \$21/4 sess

Gentle Fit Advanced

16+ yrs

Join in for an hour of fun and exercise. This is a go at your own pace workout. Suitable for the more active and mobile senior. Enjoy your class with plenty of physical distancing. We recommend bringing your own equipment (weights & resistant band). If participants bring their own equipment, it must be sanitized on the spot prior to being used in the program. Please bring a filled water bottle. Drop-in \$6.25 adults/\$5.25 seniors, space permitting. Venue: Gymnasium. Enter from 42nd Ave NW Gym entrance off the parking lot.

Tu 11:30 AM-12:30 PM Apr 06-Jun 22

»[322465](#) \$63/12 sess

Low Impact

19+ yrs

Mild class. Low impact exercises will incorporate the use of weights and a stretch will finish off this energizing workout. Drop-in \$6.25 adult/\$5.25 senior, if space permits. Venue - Auditorium. Enter off of West Boulevard.

Th 10:30 AM-11:30 AM Apr 15-Jun 24

»[322013](#) \$57.75/11 sess

Instructor: Dee Cresdee

Yoga for Back Pain

19+ yrs

This class will encompass the traditional breath, movement and meditation/relaxation of Hatha Yoga with the emphasis focused on relieving back pain. Stretch and release tight achy muscles while creating more fluid movement, flexibility and back comfort. Please bring your own Yoga/Pilates mat. Drop in \$18, space permitting. Venue - Room 226. Enter from the parking lot entrance off of West 42nd Ave.

W 6:00 PM-7:00 PM Apr 14 -May 19

»[319782](#) \$88.20/6 sess

W 6:00 PM-7:00 PM May 26 -Jun 30

»[319783](#) \$88.20/6 sess

Instructor: Into Yoga

SENIORS

Low Impact Step

19+ yrs

Have fun, meet new people and enjoy a combination of low impact aerobic exercises combined with a few movements such as cha cha, rhumba, samba, lindy hop, twist and, a little bit of mambo. Drop-in \$11.25 adult/\$9.25 senior, if space permits Venue - Auditorium. Enter off of West Blvd.

W 7:00 PM-8:00 PM Apr 14-Jun 23

»[321579](#) \$85.25/11 sess Adult Rate: \$93

Instructor: Dee Cresdee