

# HELLO. *Spring* 2020



## Recreation Guide



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# Red Cross BABY SITTING COURSE



CANADIAN  
RED CROSS

(Ages 11 to 15)

This Spring Break get your baby sitter training. Participants learn child care giving for babies, toddlers, pre-school and school aged children. They also learn first aid, injury prevention, leadership and even business skills to acquire baby sitting jobs. This course is also great training for self care and taking care of younger siblings.

**Friday March 27 (Spring Break) 9:00 to 3:00 pm**

Cost: **\$60.00** (includes Baby sitter Manual and Certificate)

@ The Chamber of Commerce Building

## Mini MOVERS

(Ages 3 to 5)

(with comfortable footwear & water bottle)

A high energy 30min session led by a Fundamental Movements Instructor that will have your pre-school child using games and play to improve their physical literacy skills that build self-esteem and confidence.

**Session 1 Thursdays April 2 to May 7 3:30 to 4:00 pm**

**Session 2 Friday April 17 to May 22 10:45 to 11:15 am**

Cost: **\$33.00** (6 classes) @ The Drill Hall

NEW

## SPORT SKILLS Camp

(Ages 6 to 9)

Get ready for spring sports with this 3 day camp that will focus on physical literacy movement skills that are the foundation for being active. Using fun games and drills; participants will build skills and confidence in their athletic abilities including agility, balance, coordination and speed. Bring indoor running shoes, water bottle and healthy snack.

**Tuesday to Thursday March 17 to 19 9:30 to 11:30 am**

Cost: **\$48.00** @ The Drill Hall

## Pre-School DANCE PL3Y

Ages 3 to 5

(with comfortable footwear & water bottle)

The DANCE PL3Y program is designed specifically for children ages 3-5 years to discover dance in a playful and interactive way through creative story lines and music that MOVES them. Building the foundations for dance through rhythms, fundamental movement skills and playful group formations, young movers discover a love of physical activity as they leap, hop, crawl, turn, spin and jump into their

**"Bubble of Awesome".**

**Session 1 Thursdays April 2 to May 7  
3:00 to 3:30 pm**

**Session 2 Wednesdays April 8 to May 13  
10:45 to 11:15 am**

**At the  
Drill Hall  
\$40.00**

(6 classes)

## DANCE PL3Y

Ages 6 to 11

(with comfortable footwear & water bottle)

DANCEPL3Y (dance-play) is a new and innovative kids physical activity program that "plays" with dance while promoting positive mental health through the 3 Rules of PL3Y:

**Be positive. Be fun. Be yourself.**

Kids will meet their Daily Physical Activity requirements while learning simple moves from a variety of styles- Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk.

**Session 1 Tuesdays April 7 to May 12  
3:00 to 3:45 pm**

**At the  
Drill Hall  
\$45.00**

(6 classes)

DANCEPL3Y



# International Women's Day

## Celebrate with Dance

(Ages 6 to 99)

Come celebrate IWD in a fun, creative and expressive way! Join Sheryl Hay and feel empowered with music and moves that inspire confidence at any age! Calling all moms, daughter's, Grandma's and Aunts to DancePL3y with us. Forget your fear or judgment- Be Positive, Be Fun, Be Yourself.

**Sunday**     **March 8**     **4:00 to 5:00 pm**     Cost: **\$5.00** @ The Drill Hall

# Physical Literacy

## MOVEMENT PREPARATION

### COACH WORKSHOP

**FREE!**

Movement preparation is an enhanced training program performed as a warm-up before practices and games to enhance performance and durability. Participants will complete 2 E-Learning modules in preparation for a mentor lead practical peer teaching session supported by instructional materials. This training will better prepare the participant to assist in the development of better movement in their athletes through developing physical literacy approach.

Must pre-register on line at  
[www.sportforlife-sportpourlavie.ca](http://www.sportforlife-sportpourlavie.ca)

**Friday**     **March 13**     **5:30 to 8:30 pm**  
**FREE** graciously sponsored by **Pacific Sport** @ The Drill Hall

# Fitness PRICING

CHAIR FIT	\$6.00 (per class)
REGULAR FITNESS	\$7.00 (per class)
YOGA	\$8.75 (per class)
5X CHAIR PASS	\$30.00
10X CHAIR PASS	\$54.00 (1 class savings)
20X CHAIR PASS	\$105.00 (2.5 class savings)
5X FITNESS PASS	\$35.00
10X FITNESS PASS	\$63.00 (1 class savings)
20X FITNESS PASS	\$122.50 (2.5 class savings)
5X YOGA PASS	\$43.75
10X YOGA PASS	\$78.75 (1 class savings)
20X YOGA PASS	\$153.00 (2.5 class savings)

No membership required and you can save money with convenient 5x / 10x / 20x punch passes.

All participants will be required to complete a PAR-Q (Physical Activity Readiness Questionnaire), and provide Dr.'s Note if needed. Please bring proper footwear, water bottle and matt.

# Impact FITNESS CAMP

(pre-registered 5 day camp)

Are you ready for a Challenge? Make an IMPACT on your wellness and fitness goals with this one week camp that will Inspire, Motivate, and Push you to Achieve your goals, Conquer your fears, and Trust in your Ability. (I.M.P.A.C.T.)

This pre-registered camp will leave you with new tools and renewed excitement about being Active for Life!

**Monday** **FIT TESTING, GOAL SETTING AND NUTRITION**

**Tuesday** **CARDIO & CALORIE BURN**

**Wednesday** **MIND OVER MATTER**

**Thursday** **BIG BALL CHALLENGE**

**Friday** **PUMP IT UP**

**Monday to Friday**     **March 16 to 20**     **8:30 to 9:30 am**  
Cost: **\$45.00** @ The Drill Hall



# FITNESS Classes

There will be no classes on April 10 or 13, 2020 • All Classes are ages 16+

Schedule from March 23 to May 15, 2020

## MONDAYS

### Body Blast

(moderate to high intensity)

This 50 min class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before you start your week!

**Times: 8:30 - 9:15 am**

**Location: The Drill Hall**

NEW

### Body Sculpt

(mild to moderate intensity)

A great way to define, sculpt and build lean muscle. This class focuses on isolation exercises with free weights and resistance equipment, ending with abdominal work and stretching. All-Levels.

**Times: 9:30-10:30 am**

**Location: The Drill Hall**

NEW

### Chair Fit - Strength & Stretch

(mild intensity)

Back by popular demand. Enjoy an active warm-up, seated and standing moves, stretching and strengthening to promote flexible joints and stronger muscles.

**Times: 10:45-11:30 am**

**Location: Drill Hall**



## TUESDAYS

### Fusion Fit

(moderate to high intensity)

Fusion is a blend of exercises and moves to add diversity to your regular fitness regime. You will find motivation, challenge and results with this mix of core, strength, toning and low impact cardio moves.

**Times: 8:30-9:30 am**

**Location: The Drill Hall**

### Strength & Tone

(moderate intensity)

Strengthen and tone your muscles to facilitate everyday living activities and improve your quality of life. Finish with a lengthy stretch to maintain or increase flexibility. A variety of light-weight equipment will be used. For those participants not wanting to participate in floor exercises, modifications will be provided.

**Times: 9:45-10:45 am**

**Location: The Drill Hall**

## WEDNESDAYS

### Booty & Core

(high intensity)

Season 2 of sculpting and strengthening your abs, back, booty and leg muscles! It's time to define and transform with body weight and resistance training drills that target the booty and core.

**Times: 8:30-9:30 am**

**Location: The Drill Hall**



### Chair Fit - Fusion

(mild intensity)

This class is a FUN low-impact exercise class designed to increase balance, flexibility, strength, and coordination through seated exercises and light aerobics.

**Times: 9:45-10:30 am**

**Location: The Drill Hall**



## THURSDAYS

### Fit Mix

(moderate to high intensity)

We are mixing it up again on Thursday nights! Variety is the Spice of Life and you will find that with a different style of workout class each week. Try something new or get more of what you love – the most important part of fitness is to just do it. Classes will be posted on our Facebook page.

**Times: 6:00-7:00 pm**

**Location: The Senior Complex**

### Barnes Park Bootcamp

(moderate to high intensity)

Time to enjoy the outdoor elements and breathe in the fresh air with our Boot camp class in Barnes Park. Dress to meet Mother Nature's elements and take advantage of nature's gym. This class will use interval training and take advantage of the park equipment. Bring your mat, water bottle, outdoor shoes and weights (optional)

**Times: 8:45-9:45 am** (April 9-May 14)

**Location: Barnes Park**

NEW

## FRIDAYS

### Yoga Flow

(all levels)

This class provides a flow style Yoga fused with more dynamic Yoga poses. Strengthen and tone the physical body while breathing and relaxation practices encourage peace of mind and inner balance.

**Times: 8:30-9:30 am**

**Location: The Drill Hall**



### Cardio & Blast

(moderate to high intensity)

This express class is 45 minutes and is a high intensity, full-body workout designed to challenge muscular endurance, increase heart rate and transform the body by blasting through exercises that will make you sweat.

**Times: 9:45-10:30 am**

**Location: The Drill Hall**

NEW

# Spring Recreation SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	* Childminding	* Childminding	* Childminding		* Childminding	
	8:30-9:15am <b>BODY BLAST</b>	8:30-9:30am <b>FUSION FIT</b>	8:30-9:30am <b>BOOTY &amp; CORE</b>	8:45-9:45am <b>BARNES PARK BOOTCAMP</b>	8:30-9:30am <b>YOGA FLOW</b>	
	9:30-10:30am <b>BODY SCULPT</b>	9:45-10:45am <b>STRENGTH &amp; TONE</b>	9:45-10:30am <b>CHAIR FIT</b> <small>Fusion</small>		9:45-10:30 <b>CARDIO BLAST</b>	
	10:45-11:30am <b>CHAIR FIT</b> <small>Strength &amp; Stretch</small>		10:45-11:15am <b>PS Dance PL3Y</b>		10:45-11:15am <b>Mini Movers</b>	
		3:00-3:45pm <b>Dance PL3Y</b>		3:00-3:30pm <b>PS Dance PL3Y</b> 3:30-4:00pm <b>Mini Movers</b>		
				6:00-7:00pm <b>FIT MIX</b> <small>(Seniors Complex)</small> Check out a different fitness class each week		

*International  
Women's Day  
March 8th  
4:00-5:00 pm*

*Movement  
Workshop  
March 13th  
5:30-8:30 pm*



*Canada's*  
**MOST ACTIVE  
COMMUNITY**