



# WUHCA FALL 2011 PROGRAMS



Participation in our programs continues to grow, which shows we've got an active and dynamic community! Join us on **Tuesday, August 30, 2011 from 6 to 8 pm at Centennial Collegiate** (160 Nelson Road) for our Annual General Meeting and register yourself and your family. Registration is held on a first come, first served basis, but the quickest way to register is to volunteer for a vacant position (if you volunteer, you get to register first!). WUHCA honours other community association memberships.

For more information, visit us on-line at [wuhca.ca](http://wuhca.ca). Also, please check the website for changes to class information.

PROGRAM	AGE	PLACE	TIME	DAY	DATES	COST
<b>ADULT</b>						
Intro to Ballroom Dance**	18+	St.Volodymyr School	8:45-9:45 pm	Th	Sep 22-Dec 1	\$50/couple
Nordic Plus Walking**	18+	Wallace Park (outside)	6-7 pm	T	Sep 20-Oct 25	\$30
Indoor Photography for Beginners**	18+	Forestry Farm / St. Volodymyr School	10am-4pm	Sa	Oct 1	\$25
Aerobics**	18+	St. Volodymyr School	7:15-8:15 pm	M +/-or W	Oct 1-Dec 7	1 night \$15 fall, \$25 fall/winter 2 nights \$25 fall, \$45 fall/winter
Beginner Bellydancing**	18+	Bishop Filevich School	6-7:30 pm	M	Sep 19-Dec 5	\$35
Stretch & Tone**	18+	Egnatoff School small gym	6:30-7:30 pm	T	Sep 26-Nov 28	\$30
Co-ed Floor Hockey**	18+	Father Robinson School	6-7:30 pm	Su	Sep 25-Dec 4	\$15
Core Body**	18+	TBD	8-9 pm	M	TBA	TBD
Core Body I**	18+	Forest Grove School small gym	6-7 pm	T	Oct 4-Nov 22	\$30
Core Body II**	18+	Centennial Collegiate dance studio	6-7 pm	Th	Oct 6-Nov 24	\$30
Beginner Yoga (Tues)**	18+	Egnatoff School small gym	7:30-8:30 pm	T	Sep 27-Nov 22	\$45
Beginner Yoga (Wed)**	18+	Silverspring School small gym	7:30-8:30 pm	W	Sep 21-Dec 7	\$50
Beginner Yoga (Thurs)**	18+	Egnatoff School small gym	7:30-8:30 pm	Th	Sep 29-Nov 24	\$45
Flow Yoga (Tues)**	18+	Forest Grove School small gym	7-8 pm	T	Oct 4-Nov 22	\$35
Flow Yoga (Thurs)**	18+	Centennial Collegiate dance studio	7-8 pm	Th	Oct 6-Nov 24	\$35
Bootcamp Level 1**	18+	Forest Grove School large gym	8-9 pm	T	Sep 27-Nov 22	\$50
Bootcamp Level 2**	18+	Forest Grove School large gym	8-9 pm	Th	Sep 29-Nov 24	\$50
Fitness Fun for 50+**	50+	Centennial Collegiate dance studio	6-7 pm	W	Sep 28-Nov 23	\$40
Standard First Aid/CPR/AED**	18+	Father Robinson School library	9am-6pm	Sa-Su	Nov 5-6	\$110
Men's Basketball**	18+	Silverspring School large gym	9-10 pm	M	Sep 19-Dec 5	\$25
Pilates Beginner**	18+	Silverspring School community room	7-8 pm	T	Sep 20-Dec 6	\$60
Beginner Spanish**	18+	Silverspring School community room	6:30-7:30 pm	Th	Sep 22-Dec 8	\$50
Intermediate Spanish**	18+	Silverspring School community room	7:30-8:30 pm	Th	Sep 22-Dec 8	\$50
Beginner Salsa**	18+	Silverspring School small gym	7:15-8:15 pm	F	Sep 16-Dec 6	\$30/person
Co-ed Badminton**	18+	Silverspring School large gym	9-10 pm	T	Sep 20-Dec 6	\$20
Intro to Women's Kick Boxing**	18+	Silverspring School small gym	7:45-8:45 pm	W	Sep 20-Dec 6	\$40
Zumba**	14+	Silverspring School small gym	6:30-7:30 pm	Th	TBD	\$40
Zumba**	18+	Silverspring School small gym	7:35-8:35 pm	Th	TBD	\$40

PROGRAM	AGE	PLACE	TIME	DAY	DATES	COST
<b>CHILD/YOUTH</b>						
HipHop/Jazz Dance	6-8	Centennial Collegiate dance studio	7-7:45 pm	T	Sep 20-Nov 29	\$25
HipHop/Jazz Dance	9-11	Centennial Collegiate dance studio	7:45-8:30 pm	T	Sep 20-Nov 29	\$25
Babysitting**	12+	Egnatoff School	6:30-8:30 pm	M	Sep 26-Oct 24	\$25
Babysitting**	12+	St. Volodymyr School	1-5 pm	Sat/Sun	Nov 5-Nov 6	\$25
Floor Hockey**	6-8	St. Volodymyr School	6-7 pm	Th	Sep 29-Dec 1	\$20
Floor Hockey**	9-12	St. Volodymyr School	7-8 pm	Th	Sep 29-Dec 1	\$20
Learn to Draw**	6-9	Forest Grove School - library	6-7 pm	T	Sep 27-Nov 22	\$30
Learn to Draw**	10-14	Forest Grove School - library	7-8 pm	T	Sep 27-Nov 22	\$30
Tennis**	6-8	Sutherland School	6-7 pm	W	Sep 28-Nov 23	\$20
Tennis**	9-12	Sutherland School	7-8 pm	W	Sep 28-Nov 23	\$20
Parent & Child Learn to Play Chess**	8+	Egnatoff School library	6:30-8:30 pm	T	Sep 13-Nov 15	\$25/pair
Sew Much Fun 1 – Beginner**	7-12	Father Robinson School	6-7 pm	Th	TBD	\$25 + mtl.
Sew Much Fun 2 – Machine**	7-12	Father Robinson School	7:15-8:15 pm	Th	TBD	\$25 + mtl.
Cheerleading**	8-11	Egnatoff School small gym	6-7 pm	M	Sep 26-Dec 5	\$40
Cartooning**	9-12	Egnatoff School library	7-8 pm	W	Sep 29-Dec 1	\$40
Theatre**	9-12	Egnatoff School band room	8-9 pm	W	Sep 28-Mar 1	\$40
Kids Yoga**	8-12	Silverspring School small gym	6:20-7:10 pm	W	Sep 21 – Dec 7	\$40
Introduction to Art**	8-12	Sutherland School	6:15-7:45 pm	W	TBD	\$30

<b>PRESCHOOL</b>						
Beginner Ballet	3-5	Centennial Collegiate dance studio	6-6:30 pm	T	Sep 20-Nov 29	\$25
Beginner Jazz/HipHop	3-5	Centennial Collegiate dance studio	6:30-7:00 pm	T	Sep 20-Nov 29	\$25
Blast Ball**	3-4	Bishop Filevich School	6:15-7:00 pm	Th	Sep 29-Dec 1	\$25
Blast Ball**	4-5	Bishop Filevich School	7:00-7:45 pm	Th	Sep 29-Dec 1	\$25
Kindersize Parent & Tot**	2-3	St. Volodymyr School	6-6:30 pm	T	Sep 27-Nov 22	\$20
Kindersize II**	3-5	St. Volodymyr School	6:30-7:00 pm	T	Sep 27-Nov 22	\$20
Move to Music**	3.5-5	Bishop Filevich School	6-6:30 pm	W	Sep 28-Nov 23	\$20
Sports ABC's**	3-5	Silverspring School small gym	5:45-6:15 pm	Th	Sep 22-Dec 8	\$20

<b>ALL AGES</b>						
Karate for All**	5+	Sutherland School	6-7:30 pm	M	Sep 19-Dec 5	\$15/person \$30/fam
Family Swim**	All	Lakewood Civic Centre	7-8:30 pm	Su	Sep18-Nov27 (F), Jan 22-Apr 1 (W)	F - \$65/fam F&W -\$125
Family Yoga**	10+	Centennial Collegiate dance studio	7-8 pm	W	Sep 28-Nov 23	\$25/person

\*\* indicates a joint program with Silverspring, Sutherland Forest Grove, and/or Erindale Arbor Creek Community Associations.



## Adult Programs :

**Intro to Ballroom Dance** Discover the joy of Ballroom and dance confidently at your next social event! Learn the Foxtrot, Waltz, Jive and Chacha. Bring clean, non-scuffing soft-soled shoes.

### **\*NEW\* Nordic Plus Walking**

Great for development of core muscles and upper body, this class is excellent for all levels looking to get some fresh air in a beautiful park setting. We provide the walking poles.

### **\*NEW\* Indoor Photography for Beginners**

Develop a new interest in photography and learn to take great pics in this one-day comprehensive class

**Aerobics** A great cardiovascular workout with your choice of high or low impact, either once or twice a week.

### **Beginner Bellydancing**

Tone up in this medium level aerobic workout that increases core strength and flexibility, and improves posture... while you shake it!



## Child/Youth Programs :

**HipHop/Jazz Dance** With basics in jazz dance, your child will learn the latest hip hop moves in this fun and energetic class. A great way to exercise to the latest music.

**Babysitting** Certified St. John's Ambulance course. Manual is included and student must bring an infant-sized doll or stuffed animal to class, as well as a sizable snack. Students must attend all classes to receive certificate (11 year olds may enroll, but will not receive certificates until they turn 12).

**Floor Hockey** Have your boys and girls burn off some energy!

**Learn to Draw** Your child will love learning the basics of drawing with a qualified instructor.

### **Stretch & Tone**

The intelligent approach to starting quickly, safely & effectively on your health & fitness program.

### **Core Body Yoga**

Focus on toning & strengthening your mid-section and abs. Gain stability, improve balance, strengthen your back. All you need is your own yoga mat.

### **Beginner Yoga**

Introduce yourself to the principles of movement, breath & alignment as you build on basic hatha postures (asanas). Emphasis on improving flexibility & strength, and reducing body tension. Bring your own mat.

**Flow Yoga** Beginner vinyasa-style class based in ashtanga (flowing from one pose to another).

**Bootcamp** For all fitness levels, focus on endurance, speed, agility, strength & core. Uses bungees, pylons, agility ladder and body weight to create a workout unlike anything.

### **\*NEW\* Fitness Fun for 50+**

A class that addresses on the fitness needs of those 50 and better. Focus on cardio, core and flexibility!

**\*NEW\* Tennis** A great way to let your child discover a sport that is always popular, by learning the basics and keeping fit. All equipment is supplied.

### **\*NEW\* Parent & Child Learn to**

**Play Chess** By learning the basics of this fantastic activity, you and your child will create the foundation for years of bonding.

**Sew Much Fun** Learn the basics through the beginner course, or move on to machine sewing if already completed the beginner level.

**Cheerleading** Learn flips, lifts, moves and much more! A great way for your child to get active and experience something new!

### **Standard First Aid/CPR/AED**

A Red Cross certified class.

**Pilates** Focuses on the core postural muscles which help keep the body balanced. Be taught the awareness of breath and alignment of the spine, and aim to strengthen the deep torso. Mats are provided.

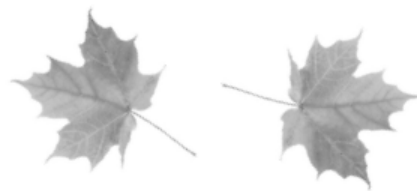
**Spanish** Interactive and fun classes introducing or expanding *español* to those interested in travel & latin culture.

**Beginner Salsa** Get a taste of this latin dance style. Learn a variety of steps and get a great workout. Bring clean, non-scuffing soft-soled shoes.

### **\*NEW\* Intro to Women's Kick**

**Boxing** All experience levels can enjoy a unique program teaching self-defense while you get in shape. Amazing results!

**Zumba** A fresh, fun workout that takes latin dance rhythms and fuses them into an exercise routine to tone up your body. Great for your arms, abs, thighs & more



### **Refund Policy**

--Community Association Membership Fee is NON-REFUNDABLE.

--Requests to withdraw from a program are to be made to the program coordinator ONLY and not to the teacher or leader of the program.

--Requests to withdraw will only be accepted within two weeks of the start of the program.

--Refunds of the program fees will be at the discretion of the program coordinator, based on their ability to find a replacement participant in the program.

--Refunds of program fees, if granted, will be based on the proportion of the program remaining and in addition will be subject to a \$5 administration fee.