

Hastings Community Centre 2021 Winter Programs

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Infant and Toddler Education

Intro to Baby Sign Language (0-2 yrs)

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games, learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months. Please bring a pen, paper and mat. This class is registration only. Drop-ins will not be allowed.

Instructor: Into Yoga

Tu Jan 26-Feb 23 **12:00 PM-12:45 PM**
291802 \$69/5 sess

Mother Goose - Baby

0-1 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). Caregiver participation required & siblings welcome. Please note: Due to the popularity of this program and free cost, there is a limit of 1 class/child/season. Participants are expected to bring their own mats. This class is registration only. Drop-ins will not be allowed.

Th 1/14/2021-3/11/2021 **10:15 AM-11:00 AM**
291812 Free/9 sess

Mother Goose - Toddler

1-3 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). Caregiver participation required & siblings welcome. Please note: Due to the popularity of this program and free cost, there is a limit of 1 class/child/season. Please bring a mat to sit on. This class is registration only. Drop-ins will not be allowed.

Th 1/14/2021-3/11/2021 **9:15 AM-10:00 AM**
291814 Free/9 sess

Infant and Toddler Music

Adventures in Music (1-5 yrs)

Welcome to Adventures In Music! These classes have been specially designed using my background in music education and music therapy. Activities in these classes target the learning of musical concepts & musicianship and also incorporate reaching goals in all other domains of child development, such as language/speech, social, emotional, physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance, while exploring a variety of musical concepts such as rhythm, solfege/pitch, tempo, dynamics, improv, etc. Best of all your child will learn many fun ways to express themselves through music! Siblings under 1 year old attend free. Caregiver participation is required. Due to COVID-19 you are taking this class at your own risk. Classes may be held outside whenever possible. As well, you may choose to bring your own instruments (instructor will send out an email before the start of the first class) or use the instructor's instruments, which have been sanitized before each class. This class is registration only. Drop-ins will not be allowed.

Instructor: Jennifer Yamazaki

W Jan 13-Mar 10 291715	9:45 AM-10:30 AM \$108/9 sess
F Jan 15-Mar 12 291716	10:15 AM-11:00 AM \$108/9 sess
Sa Jan 9-Mar 13 292708	9:15 AM-10:00 AM \$108/9 sess

Adventures in Music for Babies (0-1 yrs)

Welcome to Adventures In Music! These classes have been specially designed using my background in music education and music therapy. Adventures In Music for Babies is a music class that encourages different ways for caregivers to engage with their baby through musical activities. Each activity incorporates reaching goals in other domains of child development, such as language/speech, social, emotional, physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance. Best of all you and your child will learn many fun ways to bond with each other through music. Caregiver participation is required. Due to COVID-19 you are taking this class at your own risk. Classes may be held outside whenever possible. As well, you may choose to bring your own instruments (instructor will send out an email before the start of the first class) or use the instructor's instruments, which have been sanitized before each class. This class is registration only. Drop-ins will not be allowed.

Instructor: Jennifer Yamazaki

F Jan 15-Mar 12 291717	11:15 AM-11:45 AM \$81/9 sess
W Jan 13-Mar 10 291718	10:45 AM-11:15 AM \$81/9 sess
F Jan 15-Mar 12 291719	12:00 PM-12:30 PM \$81/9 sess
Sa Jan 9-Mar 13 292711	10:15 AM-10:45 AM \$81/9 sess

Jump into Music (0-4 yrs)

Come join us for a musical trip around the world! We offer a one of a kind music and movement program that engages, educates and entertains. Our classes inspire creativity and build confidence in little ones 6 months to 4 years old. Children under 6 months are free. Classes are designed for children 6 months to 4 years. 25% discount for siblings. Weather permitting we will be doing this class outside. Covid Safety Plan: Please bring a blanket or yoga mats for your family space, your own maracas (2 each - home made are

fine), peek-a-boo scarf (anything will do really) and a few jam instruments! We can provide sanitized maracas and jam instruments if you don't have any. Larger class space provided to ensure safe social distance between each family. Verbal Covid screening done before entering the community centre each class and hand sanitizer provided. Registered participants only - no drop-ins. Check out our website for detailed class guidelines, videos and more info on how we are staying connected online. www.jumpintomusic.ca No class Feb 15.

Instructor: Monica Lee

M Jan 4-Mar 8	9:30 AM-10:15 AM
291803	\$162/9 sess
M Jan 4-Mar 8	10:30 AM-11:15 AM
291804	\$162/9 sess
M Jan 4-Mar 8	11:30 AM-12:15 PM
291805	\$162/9 sess

Children Dance

Mini Ballet (3-4 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Vancouver Performing Stars

Tu Jan 12-Mar 9	3:15 PM-4:00 PM
291811	\$108/9 sess

Junior Ballet (5-7 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. www.performingstars.ca Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Vancouver Performing Stars

Tu Jan 12-Mar 9	4:15 PM-5:00 PM
291807	\$108/9 sess

Intermediate Ballet (8-12 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. www.performingstars.ca Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Vancouver Performing Stars

Tu Jan 12-Mar 9	5:15 PM-6:00 PM
299508	\$108/9 sess

Mini Hip Hop (3-4 yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography.

Beginners welcome! Leave feeling energized, confident and excited about dance. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Vancouver Performing Stars

Sa Jan 9-Mar 13 9:00 AM-9:45 AM
299320 \$108/9 sess

Junior Hip Hop (5-7 yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Vancouver Performing Stars

Sa Jan 9-Mar 13 10:00 AM-10:45 AM
291808 \$108/9 sess

Senior Hip Hop (8-12 yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Vancouver Performing Stars

Sa Jan 9-Mar 13 11:00 AM-12:00 PM
299327 \$117/9 sess

Children Music

Private Piano (4+ yrs)

Private piano lessons help children explore musical ideas such as pitch, dynamics, tempo and rhythm while fostering values of commitment and confidence. Lessons also engage children's minds and fine motor skills, and as they develop as pianists, piano will become a source of joy, comfort and expression for students.

****COVID-19 guidelines:** Students are required to wash hands before and after class, as well as wear a mask.

Instructor will also wear a mask and face shield during lessons and wash hands regularly. Piano keys will also be sanitized regularly and social distancing measures will be taken in lesson room.** Additional cost for books to be purchased. No refunds after the second class. Participants are expected to bring their own mask. This class is registration only. Drop-ins will not be allowed.

Instructor: Anna Kihara

Sa Feb 20-Mar 13 10:00 AM-10:30 AM
291822 \$92/4 sess

Sa Feb 20-Mar 13 10:45 AM-11:15 AM
291823 \$92/4 sess

Sa Feb 20-Mar 13 11:30 AM-12:00 PM
291824 \$92/4 sess

Sa Feb 20-Mar 13 12:15 PM-12:45 PM
291825 \$92/4 sess

Sa Feb 20-Mar 13 1:00 PM-1:30 PM
291826 \$92/4 sess

Sa Feb 20-Mar 13 1:45 PM-2:15 PM
291827 \$92/4 sess

Sa Feb 20-Mar 13 2:30 PM-3:00 PM

291828	\$92/4 sess
Sa Feb 20-Mar 13	3:15 PM-3:45 PM
291829	\$92/4 sess
Sa Feb 20-Mar 13	4:00 PM-4:30 PM
291829	\$92/4 sess

Instructor: Caroline Wu

F Feb 19-Mar 12	4:30 PM-5:00 PM
291830	\$92/4 sess
F Feb 5-Mar 12	5:15 PM-5:45 PM
291831	\$92/4 sess
F Feb 5-Mar 12	6:00 PM-6:30 PM
291832	\$92/4 sess
F Feb 5-Mar 12	6:45 PM-7:15 PM
291833	\$92/4 sess

Guitar - Private Lessons

(7+ yrs)

These 30 minute lessons are for students of beginner and intermediate level. Students will learn the basics of guitar including scales, strumming, chords, and rhythm. For the more advanced players they will learn simple riffs and licks, and different styles of guitar: Blues, Rock, and Funk. Students will also play and learn some of their favourite songs throughout the weeks. Students provide their own guitar. Sorry, no refunds after the second class. Parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed. Requests made more than 48 hours prior to the first class will receive a full refund. Sorry, no refunds after the second class.

Instructor: JJ Xu

Th Jan 7-Mar 11	3:10 PM-3:40 PM
291783	\$230/10 sess
Th Jan 7-Mar 11	3:50 PM-4:20 PM
291784	\$230/10 sess
Th Jan 7-Mar 11	4:30 PM-5:00 PM
291785	\$230/10 sess

Children

Spring Break Camps

Spring Safari Licensed Break Day Camp (5-7 yrs)

This camp is licensed. Participants 5 years of age must be currently attending Kindergarten. Come celebrate the spring break with games, sports, arts, and much more! This fun-filled camp will have your kids jumping around the gym, making crafty creations and more. Each day will be filled with fun and activities to keep your children moving and grooving. Don't forget to pack a lunch every day. Waiver forms must be filled in for this program. A calendar of activities will be available in February.

REFUND POLICY: Refund requests received a minimum of 10 working days before the first day of camp will receive a full refund less a \$10 administration fee per each week withdrawn. Requests received fewer than 10 working days ahead of time are non-refundable. Working days mean Monday-Friday.

M-F Mar 15-19	9:00 AM-4:00 PM
304088	\$150/5 sess
M-F Mar 22-26	9:00 AM-4:00 PM
304089	\$150/5 sess

Spring Voyages Break Day Camp (8-12 yrs)

Join our Spring Break Day Camp where our activities will include sports, cooperative games, arts & crafts, theatre and dance parties. We will also go on walking out-trips to explore nature and the great outdoors. Please note: Children will be divided into pods of 5 and will have a designated leader all week. All activities and out trips will be held indoors and outdoors within walking distance of the camps' home base; no public transit or charter buses will be used. Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp, outlining camp expectations and guidelines. This class is registration only. Drop-ins will not be allowed.

REFUND POLICY: Refund requests received a minimum of 10 working days before the first day of camp will receive a full refund less a \$10 administration fee per each week withdrawn. Requests received fewer than 10 working days ahead of time are non-refundable. Working days mean Monday-Friday.

M-F Mar 15-19 **9:00 AM-4:00 PM**

291906 \$150/5 sess

M-F Mar 22-26 **9:00 AM-4:00 PM**

291907 \$150/5 sess

Bricks4Kidz - LEGO Out of this World (5-10 yrs)

Explore the universe with Bricks4Kidz! Our master builders will be learning about space science and exploration as they think on the possibility of extraterrestrial life. All go home with a custom designed Minifigure. Students will be going outside, weather permitting. Bring a packed lunch and a snack. This class is registration only. Drop-ins will not be allowed.

Instructor: Bricks 4 Kidz Vancouver

M-F Mar 22-26 **9:00 AM-3:00 PM**

300783 \$300/5 sess

Sportball Multisport Camp (3-5yrs) (3-5 yrs)

Sportball lessons are packed with co-operative games, arts & crafts and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Sportball Vancouver

M-F Mar 15-19 **10:30 AM-12:00 PM**

299661 \$148/5 sess

Sportball Multisport Camp (5-7yrs)

Sportball lessons are packed with co-operative games, arts & crafts and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Sportball Vancouver

M-F Mar 15-19 **1:00 PM-4:00 PM**

299651 \$148/5 sess

Tennis Camp 6-12 yrs

Participate in this innovative program and develop tennis fundamentals. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Please bring your own racquet. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Wilson Tan

M-F Mar 22-26

299709

10:30 AM-12:30 PM

\$105/5 sess

Make-A-Musical Day Camp

(7-12 yrs)

In this intensive create-a-musical full day camp, students will be immersed in the world of musical theatre. Sing, dance, act with our energetic instructors leading the way to create a mini production!

www.performingstars.ca Due to room occupancy, parents will not be permitted to enter the room.

Instructor: Vancouver Performing Stars

M-F Mar 15-19

299509

9:00 AM-3:00 PM

\$108/5 sess

Children Education

At Home Alone and First Aid for Kids

(10-14 yrs)

This fun and active workshop helps prepare children to be at home alone and to respond to medical emergencies. Important skills are learned through interactive lessons and role play that help make both you and your child more confident when they are at home alone. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Kidproof Safety

Sa Jan 9

296873

12:00 PM-4:00 PM

\$40/1 sess

Sa Mar 20

296875

12:00 PM-4:00 PM

\$40/1 sess

Red Cross Babysitting Course

(10-16 yrs)

This Babysitting Course is a nationally recognized program designed to help youth develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. These are important tools for your daughter or son to have as they begin to build invaluable skills for a lifetime. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Community Care First Aid

Sa Feb 13

296882

9:15 AM-4:15 PM

\$75/1 sess

Sa Mar 27

296883

9:15 AM-4:15 PM

\$75/1 sess

Beginner Computer Programming

(9-13 yrs)

Learn beginner programming with Tommy, a UBC undergrad in Cognitive Systems. Students will learn how to think like a programmer and create simple projects that they can be proud of. A laptop or keyboard with just access to the internet via WiFi will be required in class for learning and practicing. No experience is required. Please bring your own laptop. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Tommy Nguyen

F Jan 22-Mar 12

291779

3:30 PM-4:30 PM

\$72/8 sess

Beginner Computer Programming

(14-17 yrs)

Learn beginner programming with Tommy, a UBC undergrad in Cognitive Systems. Students will learn how to think like a programmer and create simple projects that they can be proud of. A laptop or keyboard with just access to the internet via WiFi will be required in class for learning and practicing. No experience is required. Please bring your own laptop. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Tommy Nguyen

F Jan 22-Mar 12 5:15 PM-6:15 PM
291780 \$72/8 sess

Bricks4Kidz - Forces of Nature

(5-10 yrs)

This unit is about the powerful forces of nature. Students explore all kinds of natural phenomena and the ways in which we travel through them using LEGO. All go home with a customized Minifigure. This class is registration only. Drop-ins will not be allowed. Due to room occupancy, parents will not be permitted to enter the room.

Instructor: Bricks 4 Kidz Vancouver

Th Jan 14-Mar 4 4:00 PM-5:00 PM
300740 \$120/8 sess

Young Moviemakers

(8-14 yrs)

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, scriptwriting, acting, editing and more, through the creation and production of a short film. With the help of our experienced film directors, participants work in groups to develop and produce their own film, which is then premiered in front of family, friends and the community. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Young Moviemakers

Sa Feb 6-Mar 13 10:00 AM-2:00 PM
291908 \$450/6 sess

Children Martial Arts

Karate (5-15 yrs)

Participants will learn the basics of Goju Ryu Karate Do: discipline, etiquette, flexibility, forms (kata), punches and kicks. This program is for children with little or no experience. Karate uniform \$42-\$52 depending on size. Must purchase Karate BC insurance for \$35 on karatebc.org by second class otherwise the participant cannot participate in the class. This class is skill-based and no contact. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Jan Stefanovic

W F Jan 6-Mar 12 4:45 PM-5:45 PM
291809 \$120/20 sess

Sports

Sportball Parent & Child Multisport (2-3 yrs)

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Child programs to ensure that focus is kept on helping little ones practice and progress. No class Feb 13. Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag. This class is registration only. Drop-ins will not be allowed.

Instructor: Sportball Vancouver

Sa Jan 16-Mar 13 **10:30 AM-11:15 AM**
291853 \$148/8 sess

Sportball Multisport (3-5yrs)

Sportball lessons are packed with co-operative games, arts & crafts and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Feb 13. Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag. This class is registration only. Drop-ins will not be allowed. Due to room occupancy, parents will not be permitted to enter the room.

Instructor: Sportball Vancouver

Th Jan 14-Mar 4 **3:30 PM-4:30 PM**
291848 \$148/8 sess

Sa Jan 16-Mar 13 **11:30 AM-12:30 PM**
291850 \$148/8 sess

Sportball Multisport (5-7yrs)

Sportball lessons are packed with co-operative games, arts & crafts and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag. This class is registration only. Drop-ins will not be allowed. Due to room occupancy, parents will not be permitted to enter the room.

Instructor: Sportball Vancouver

Th Jan 14-Mar 4 **4:45 PM-5:45 PM**
291849 \$148/8 sess

Tennis Lessons 6-12 yrs

Participate in this innovative program and develop tennis fundamentals. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Please bring your own racquet. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Wilson Tan

Tu Jan 5-Feb 2 **4:30 PM-6:00 PM**
291902 \$105/5 sess

Tu Feb 9-Mar 9 **4:30 PM-6:00 PM**
299706 \$105/5 sess

Sa Jan 9-Feb 6 **3:00 PM-4:30 PM**
291904 \$105/5 sess

Sa Feb 13-Mar 13 **12:15 PM-1:45 PM**
291905 \$105/5 sess

Family Yoga Online (4-7yrs)

4-7 yrs | Vivien Gomes

Yoga is a natural wellspring of health, helping with self awareness as well as memory and concentration abilities. Yoga can nurture and inspire children regarding self-regulating and self-care. The class includes stories along with yoga sequences and relaxation. Yoga can aid in children's development and bring more harmony into one's life. This online class is intended as a parent and child class and is an opportunity for the family to practice yoga together.

For the online class, we will be using the platform Webex. You will have to download the application and create a username and password. We will give the meeting number to join the class. Step by step instructions will be emailed to you a week prior to your first class. No session Feb 13.

Sa 1/16/2021-3/13/2021 1:30 PM-2:00 PM
301073 \$10/8 sess

Family Yoga Online (8-12yrs)

8-12 yrs | Vivien Gomes

Yoga is a natural wellspring of health, helping with self awareness as well as memory and concentration abilities. Yoga can nurture and inspire children regarding self-regulating and self-care. The class includes stories along with yoga sequences and relaxation. Yoga can aid in children's development and bring more harmony into one's life. This online class is intended as a parent and child class and is an opportunity for the family to practice yoga together.

For the online class, we will be using the platform Webex. You will have to download the application and create a username and password. We will give the meeting number to join the class. Step by step instructions will be emailed to you a week prior to your first class. No session Feb 13.

Sa 1/16/2021-3/13/2021 2:20 PM-3:00 PM
301074 \$10/8 sess

Adult Dance

Contemporary Line Dance

(19+ yrs)

This modern line dance class incorporates contemporary music and dance steps including Cha Cha, Tango, Rumba, Waltz, Mambo, Salsa, Cumbia, Hustle, Twist, Disco, Jitterbug and Electric Slide. This class is registration only. Drop-ins will not be allowed.

Instructor: Irene Loo

W Jan 6-Mar 10 1:00 PM-2:30 PM
291781 \$30/10 sess

Instructor: Irene Loo

Sa Jan 9-Mar 13 12:30 PM-2:00 PM
291782 \$30/10 sess

Line Dance

(19+ yrs)

Have fun learning the latest dance steps in this energetic recreational class. No need for a partner and all ages and ability levels are welcome. A variety of music and step-by-step instructions are provided by an experienced teacher. Join this high spirited class and enjoy the social, fitness, and health benefits. This class is registration only. Drop-ins will not be allowed.

Instructor: Phillis Lim

Tu Jan 5-Mar 9 1:00 PM-2:30 PM
291810 \$50/10 sess

Sports

Badminton

(19+ yrs)

Get active on the court with Badminton. Non-instructional, one hour court booking. Register one person from the group. No drop-ins. Participants are expected to bring their own birdies and equipment. Keep 2 metres apart at all times. This class is registration only. Drop-ins will not be allowed.

Instructor: Non Instructional

M Feb 1-22 10:30 AM-12:30 PM

291730	\$18/4 sess
M Feb 1-22	12:45 PM-2:45 PM
291732	\$18/4 sess
M Jan 4-25	10:30 AM-12:30 PM
291734	\$24/4 sess
M Jan 4-25	12:45 PM-2:45 PM
291736	\$24/4 sess
M Mar 1-29	10:30 AM-12:30 PM
297700	\$18/3 sess
M Mar 1-29	12:45 PM-2:45 PM
297701	\$18/3 sess

Tennis Lessons (19+ yrs)

Come and learn all fundamentals to play tennis while developing your match skills in a fun environment. Each session is designed to show you a different technique and to help you advance in your game.

Instructor: Wilson Tan

W Jan 6-Feb 3	4:30 PM-6:00 PM
291897	\$150/5 sess
F Feb 5-Mar 12	10:30 AM-12:00 PM
291901	\$180/6 sess
Sa Jan 9-Feb 6	12:45 PM-2:45 PM
291898	\$200/5 sess
Sa Feb 13-Mar 13	12:45 PM-2:45 PM
291899	\$200/5 sess
W Feb 10-Mar 10	4:30 PM-6:00 PM
291900	\$150/5 sess

Adult Fitness

Exercise for Older Adults (50+ yrs)

This whole body workout will help to increase your energy level, lift your mood and improve your ability to undertake normal activities of daily living. A portion of the class will include chair based exercises. Participants are expected to bring their own mats. This class is registration only. Drop-ins will not be allowed.

Instructor: Kelly Howatson

Tu Jan 5-Mar 9	10:30 AM-11:30 AM
291786	\$70/10 sess

Osteofit (19+ yrs)

This is an exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. This class is registration only. Drop-ins will not be allowed.

Instructor: Berdjis Bahrami

Th Jan 7-Mar 11	1:00 PM-2:00 PM
291964	\$50/10 sess

Monday Fitness (19+ yrs)

Each participant works out within their own safe zone. You will have your own sanitized weights to work with. Bring your own mat and water bottle. This class is registration only. Drop-ins will not be allowed.

Instructor: Romeo Mele

M Jan 4-25	9:10 AM-10:10 AM
291790	\$24/4 sess
M Feb 1-22	9:10 AM-10:10 AM
291789	\$24/4 sess

Wednesday Fitness

(19+ yrs)

Each participant works out within their own individual safe zone. The workout will be a combination of core and upper body exercises along with leg movements. Bring your own mat and water bottle. This class is registration only. Drop-ins will not be allowed.

Instructor: Romeo Mele

W Jan 6-27	9:10 AM-10:10 AM
291793	\$24/4 sess
W Feb 3-24	9:10 AM-10:10 AM
291792	\$24/4 sess

Friday Fitness

(19+ yrs)

Each participant works out within their own individual safe zone. Work out at your own pace within your zone. Bring your own mat and water bottle. This class is registration only. Drop-ins will not be allowed.

Instructor: Romeo Mele

F Jan 8-29	9:10 AM-10:10 AM
291796	\$24/4 sess
F Feb 5-26	9:10 AM-10:10 AM
291795	\$24/4 sess

Hastings Bootcamp

(19+ yrs)

This high intensity interval training class will challenge your mind and body. Be prepared to sweat, train hard and release the stresses of the day. This will be a progressive class. Please bring a mat, weights (or soup cans) and water bottle. No class Feb 15. This class is registration only. Drop-ins will not be allowed.

Instructor: Scovia Maeko

M Jan 18-Feb 22	5:00 PM-6:15 PM
301792	\$75/5 sess
M Mar 1-29	5:00 PM-6:15 PM
301800	\$75/5 sess

Personal Training

(19+ yrs)

Need motivation or fitness expertise to reach your health & fitness goals? Book your one hour session with one of our seasoned trainers now! Sessions take place Mon-Fri between 6:15am - 10:00am. Please call 604.718.6222 to book an appointment and purchase your 3, 5 or 10 visit card from the main office. \$90/3 sessions, \$150/5 sessions, or \$299/10 sessions. No refunds.

Instructor: TBA

M - F Jan 2-Mar 31	6:15 AM-10:15 AM
291815	\$90/3 sess or \$150/ 5 sess or \$299/10 sess

Education

Infant/Child CPR, Choking and Injury Prevention

19+ yrs | Safe Beginnings

Learn what to do if an infant or child goes unconscious, stops breathing or begins to choke, followed by an in-depth discussion on injury prevention for infants and toddlers. You will gain confidence on managing emergencies and how to prevent them in the first place. There is no certification awarded, but this is a perfect class for parents or soon to be parents who would like to obtain life saving knowledge. You will be practicing on professional equipment. Masks must be worn during the entire workshop. Participants are expected to bring their own mats or cushion for kneeling as instruction will be conducted on the floor. The class is for adults only; no children in the class. For more information, please see:

<https://safebeginnings.thinkific.com/courses/infant-child-cpr-choking-and-injury-prevention>. This class is registration only. Drop-ins will not be allowed.

Sa 3/20/2021-3/20/2021 2:30 PM-4:30 PM

300413 \$15/1 sess

Sa 3/27/2021-3/27/2021 2:30 PM-4:30 PM

300414 \$15/1 sess

Food and Garden

Growing Kids

1-5 yrs | Lisa Patterson

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Caregivers must be present throughout the class. Sessions will take place in the Community Hall or in the HCC Learning Garden. No session Feb 15.

M 1/11/2021-3/8/2021 11:00 AM-11:30 AM

291797 Free/8 sess

Healthy Weeds Workshop

19+ yrs | Lori Snyder

Let's discover who weeds really are! Join Lori Snyder, Metis Herbalist, educator and mother of 2 as she shares deep knowledge of wild, native and medical plants. Learn how to properly identify, when to harvest, how to prepare and why weeds are so important for our living world's health, including us.

Sa 2/20/2021-2/20/2021 2:30 PM-4:00 PM

301896 Free/1 sess

Intro to Gardening for Older Adults

50+ yrs | Lisa Patterson

Are you interested in gardening, but not sure where to start? Join us with other older adults in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Increase your knowledge and become comfortable working in your own garden. No session on Feb 15.

M 1/11/2021-3/8/2021 1:00 PM-2:00 PM

300333 Free/8 sess

Older Adults

Technology Hour for Older Adults

50+ yrs | Raymond Eng

Intimidated by the latest technology? Are you curious what your smart phone or tablet has to offer? Bring your questions and come sit with Raymond for Technology Hour and learn to become more comfortable navigating through your device. All levels of knowledge are welcome. Please do not sign up for more than 1 session a month.

W 1/13/2021-1/13/2021 1:30 PM-2:30 PM

299707	\$0/1 sess	
W 1/27/2021-1/27/2021		1:30 PM-2:30 PM
299708	\$0/1 sess	
W 2/10/2021-2/10/2021		1:30 PM-2:30 PM
299710	\$0/1 sess	
W 2/24/2021-2/24/2021		1:30 PM-2:30 PM
299711	\$0/1 sess	
W 3/10/2021-3/10/2021		1:30 PM-2:30 PM
299712	\$0/1 sess	

Table Tennis

50+ yrs | Non Instructional

Non-instructional, one hour table booking. Limited to singles play. Participants are expected to bring their own balls and equipment. Keep 2 metres apart at all times. Register one person from the group. Please bring your own pre-filled water bottle.

M 1/4/2021-1/25/2021	9:15 AM-10:15 AM	W 2/3/2021-2/24/2021	11:45 AM-12:45 PM
291854	\$12/3 sess	291877	\$16/4 sess
M 1/4/2021-1/25/2021	10:30 AM-11:30 AM	Th 2/4/2021-2/25/2021	9:15 AM-10:15 AM
291855	\$12/3 sess	291878	\$16/4 sess
M 1/4/2021-1/25/2021	11:45 AM-12:45 PM	Th 2/4/2021-2/25/2021	10:30 AM-11:30 AM
291856	\$12/3 sess	291879	\$16/4 sess
Tu 1/5/2021-1/26/2021	11:45 AM-12:45 PM	Th 2/4/2021-2/25/2021	11:45 AM-12:45 PM
291857	\$16/4 sess	291880	\$16/4 sess
Tu 1/5/2021-1/26/2021	10:30 AM-11:30 AM	F 2/5/2021-2/26/2021	9:15 AM-10:15 AM
291858	\$16/4 sess	291881	\$12/3 sess
Tu 1/5/2021-1/26/2021	9:15 AM-10:15 AM	F 2/5/2021-2/26/2021	10:30 AM-11:30 AM
291859	\$16/4 sess	291882	\$12/3 sess
W 1/6/2021-1/27/2021	9:15 AM-10:15 AM	F 2/5/2021-2/26/2021	11:45 AM-12:45 PM
291860	\$16/4 sess	291883	\$12/3 sess
W 1/6/2021-1/27/2021	10:30 AM-11:30 AM	M 3/1/2021-3/29/2021	9:15 AM-10:15 AM
291861	\$16/4 sess	299634	\$12/3 sess
W 1/6/2021-1/27/2021	11:45 AM-12:45 PM	M 3/1/2021-3/29/2021	10:30 AM-11:30 AM
291862	\$16/4 sess	299640	\$12/3 sess
Th 1/7/2021-1/28/2021	9:15 AM-10:15 AM	M 3/1/2021-3/29/2021	11:45 AM-12:45 PM
291863	\$16/4 sess	299642	\$12/3 sess
Th 1/7/2021-1/28/2021	10:30 AM-11:30 AM	Tu 3/2/2021-3/30/2021	9:15 AM-10:15 AM
291864	\$16/4 sess	299645	\$12/3 sess
Th 1/7/2021-1/28/2021	11:45 AM-12:45 PM	Tu 3/2/2021-3/30/2021	10:30 AM-11:30 AM
291865	\$16/4 sess	299647	\$12/3 sess
F 1/8/2021-1/29/2021	9:15 AM-10:15 AM	Tu 3/2/2021-3/30/2021	11:45 AM-12:45 PM
291866	\$16/4 sess	299648	\$12/3 sess
F 1/8/2021-1/29/2021	10:30 AM-11:30 AM	W 3/3/2021-3/31/2021	9:15 AM-10:15 AM
291867	\$16/4 sess	299652	\$12/3 sess
F 1/8/2021-1/29/2021	11:45 AM-12:45 PM	W 3/3/2021-3/31/2021	10:30 AM-11:30 AM
291868	\$16/4 sess	299654	\$12/3 sess
M 2/1/2021-2/22/2021	9:15 AM-10:15 AM	W 3/3/2021-3/31/2021	11:45 AM-12:45 PM
291869	\$12/3 sess	299657	\$12/3 sess
M 2/1/2021-2/22/2021	10:30 AM-11:30 AM	Th 3/4/2021-3/11/2021	9:15 AM-10:15 AM
291870	\$12/3 sess	299660	\$8/2 sess
M 2/1/2021-2/22/2021	11:45 AM-12:45 PM	Th 3/4/2021-3/11/2021	10:30 AM-11:30 AM
291871	\$12/3 sess	299672	\$8/2 sess
Tu 2/2/2021-2/23/2021	9:15 AM-10:15 AM	Th 3/4/2021-3/11/2021	11:45 AM-12:45 PM
291872	\$16/4 sess	299679	\$8/2 sess
Tu 2/2/2021-2/23/2021	10:30 AM-11:30 AM	F 3/5/2021-3/12/2021	9:15 AM-10:15 AM

291873	\$16/4 sess	299681	\$8/2 sess
Tu 2/2/2021-2/23/2021	11:45 AM-12:45 PM	F 3/5/2021-3/12/2021	10:30 AM-11:30 AM
291874	\$16/4 sess	299682	\$8/2 sess
W 2/3/2021-2/24/2021	9:15 AM-10:15 AM	F 3/5/2021-3/12/2021	11:45 AM-12:45 PM
291875	\$16/4 sess	299683	\$8/2 sess
W 2/3/2021-2/24/2021	10:30 AM-11:30 AM		
291876	\$16/4 sess		

Pickleball

55+ yrs | Non Instructional

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport which will have you coming back for more! Please note that this program is non-instructional. Maximum of 16 players. No drop-ins. No Pickleball on March 17 & 24. You will have to identify your doubles partner at the beginning of each session and play with your doubles partner the entire session. Participants are expected to bring their own balls and equipment. This class is registration only. Drop-ins will not be allowed.

W 1/6/2021-3/31/2021	10:30 AM-11:30 AM
291818	\$22/11 sess
W 1/6/2021-3/31/2021	11:45 AM-12:45 PM
291819	\$22/11 sess

Pickleball Lessons - Beginner/Advanced Beginner

55+ yrs | Charles Neufeldt

Come learn from one of the best Canada has to offer. Currently ranked 5th in Canada, Charles Neufeldt teaches pickle ball all over Canada with the Canadian Pickleball Academy. He currently competes at the 5.0/PRO level. In this beginner class, players will have the chance to improve fundamental technique through drills and game play. Don't buy paddles yet! Paddles will be available to try before purchasing for an additional fee. Scoring and rules will be reviewed but to give yourself a head start if you've never played before, type into YouTube: "how to play: pickle ball" for a 5 minute video. Key points include: Dinking, Volleys, Serve and return, 3rd shots, Court Positioning. Participants are expected to bring their own mats/ equipment (if required). This class is registration only. Drop-ins will not be allowed.

W 2/10/2021-3/10/2021	1:00 PM-3:00 PM
291820	\$150/5 sess

Pickleball Lessons - Intermediate

55+ yrs | Charles Neufeldt

Come learn from one of the best Canada has to offer. Currently ranked 5th in Canada, Charles Neufeldt teaches pickle ball all over Canada with the Canadian Pickleball Academy. He currently competes at the 5.0/PRO level. In this intermediate class, players will have the chance to improve their skills through drills and game play. Selkirk paddles will be available for demo and purchase for an additional fee. Key points include: Learning to neutralize hard hitters/bangers, building consistency with third shots, developing a good understanding of ball placement and resetting the rally. Participants are expected to bring their own balls and racquets. This class is registration only. Drop-ins will not be allowed.

W 1/6/2021-2/3/2021	1:00 PM-3:00 PM
291821	\$150/5 sess

Children Pro-D Camp

Pro-D Day Camp

6-12 yrs | Youth Leader

A day off school?! Join our Youth Staff for a fun filled day! Pack a water bottle, snack and lunch; dress weather-appropriate including rubber boots. Pre-registration and consent forms are required. Register early,

spaces are limited! Refunds require a minimum of 10 days' notice BEFORE the start of camp. A \$10 administrative fee will be assessed for refunds.

CAMP	9:00 AM-3:00 PM	\$28/day
AFTER CARE	3:00 PM-5:30 PM	\$8/day

M Jan 18

Camp - 291837 After Care - 291840

F Feb 12

Camp - 291838 After Care - 291841

Youth Programs

Social

Hastings Pre-Teen Night

9-12 yrs | Youth Leader

This evening program provides a space for pre-teens to come and enjoy scheduled activities. Youth leaders make it exciting and fun every Friday, starting in the Auditorium, with scheduled activities to begin at approximately 6:30pm. Registration required. Registration is only for the designated month listed. New registration for the following month opens 7 days prior, 9:00am. This program is FREE and made possible by the Hastings Community Association (HCA).

Fri 6:15 pm-8:45 pm

Jan 22-Jan 29

301362 Free/2 sess

Feb 5-Feb 26 *Reg Opens: Jan 29, 9:00am*

302276 Free/4 sess

Mar 5-Mar 12 *Reg Opens: Feb 26, 9:00am*

302277 Free/2 sess

Just the Guys

9-12 yrs | Youth Leader

This program is a great way to connect with other kids in the community. Chill in the Games Room by playing pool, table tennis or PS4/Wii. The program will also conduct some leadership activities and provide snacks! The staff will pick participants up outside the main entrance at Hastings Elementary & AR Lord Elementary after school. Please be ready to walk to Hastings CC by 3:15 PM. Participants to be picked up at Hastings CC after the program.

Tu Jan 19-Mar 9 **3:30 pm-6:00 pm**

301360 Free/8 sess

Just the Girls

9-12 yrs | Youth Leader

This program is a great way to connect with other kids in the community. Chill in the Games Room by playing pool, table tennis or PS4/Wii. The program will also conduct some leadership activities and provide snacks! The staff will pick participants up outside the main entrance at Hastings Elementary & AR Lord Elementary after school. Please be ready to walk to Hastings CC by 3:15 PM. Participants to be picked up at Hastings CC after the program.

W Jan 20-Mar 10 **3:30 pm-6:00 pm**

301361 Free/8 sess

Youth Sports

Ball is Lyfe - Youth Basketball

12-18 yrs | Youth Leader

Looking to enhance your basketball skills and improve your game? Come by and put in the work during these practice only sessions!

The Rundown:

- Masks required at all times
- Must be registered; No drop-ins
- One person per hoop maximum
- No sharing equipment
- No scrimmages (4v4, 3v3, 2v2, etc.) >> Practice session only

Subject to change based on latest safety guidelines

Registration for each session opens 3 days prior, 12:00pm (every Tuesday)

Fri

3:00 pm-4:15 pm - Grade 5-7 only

4:30 pm-5:30 pm

6:00 pm-7:00 pm

7:30 pm-8:30 pm

HVC: Teen Volleyball

12-18 yrs | Youth Leader

Looking to enhance your volleyball skills and improve your game? Come by to practice!

The Rundown:

- Mask required at all times
- Must be registered; No drop-ins
- Practice session

Subject to change based on latest safety guidelines

Registration for each session opens 3 days prior, 12:00pm (every Monday)

Thu 6:30 pm-7:30 pm

Youth Leadership

Hastings Youth Council

12-17 yrs | TJ Shukla

The Hastings Youth Council strives for youth to be leaders in their community and for their voices to be heard. This is a great opportunity to organize activities and special community initiatives, implement projects, and volunteer in the community. Join us in meeting new people and gain volunteer hours for graduation. Meetings are held on Saturdays. To register, contact TJ!

Sa Jan 9-Mar 13

2:15 pm-3:45 pm

4:00 pm-5:30 pm

If you have any questions, please feel free to contact TJ, *Community Youth Worker*

tj.shukla@vancouver.ca

604.718.6231

For the latest youth updates, follow TJ on Insta! @YouthWorkerTJ

Programs at Templeton Park Pool (TPP) - 700 Templeton Drive

Preschool Music

Adventures in Music for Babies (TPP)

0-1 yrs | Jennifer Yamazaki

Welcome to Adventures In Music! These classes have been specially designed using my background in music education and music therapy. Adventures In Music for Babies is a music class that encourages different ways for caregivers to engage with their baby through musical activities. Each activity incorporates reaching goals in other domains of child development, such as language/speech, social, emotional, physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance. Best of all you and your child will learn many fun ways to bond with each other through music. Caregiver participation is required.

W 1/13/2021-1/27/2021
300228 \$27/3 sess

11:15 AM-11:45 AM

Adventures in Music for Babies (Online)

0-1 yrs | Jennifer Yamazaki

For the online class, we will be using the platform Webex. You will have to download the application and create a username and password. We will give a meeting number to join the class. Step by step instructions will be emailed to you a week prior to your first class.

W 2/3/2021-3/10/2021
302500 \$42/6 sess

11:15 AM-11:45 AM

Adventures in Music (TPP)

1-5 yrs | Jennifer Yamazaki

Welcome to Adventures In Music! These classes have been specially designed using my background in music education and music therapy. Activities in these classes target the learning of musical concepts & musicianship and also incorporate reaching goals in all other domains of child development, such as language/speech, social, emotional, physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance, while exploring a variety of musical concepts such as rhythm, solfege/pitch, tempo, dynamics, improv, etc. Best of all your child will learn many fun ways to express themselves through music! Siblings under 1 year old attend free. Caregiver participation is required.

W 1/13/2021-1/27/2021
300221 \$36/3 sess

10:15 AM-11:00 AM

Adventures in Music (Online)

1-5 yrs | Jennifer Yamazaki

For the online class, we will be using the platform Webex. You will have to download the application and create a username and password. We will give a meeting number to join the class. Step by step instructions will be emailed to you a week prior to your first class.

W 2/3/2021-3/10/2021
302496 \$60/6 sess

10:15 AM-11:00 AM

Mother Goose - Baby (Online)

0-1 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). Caregiver participation required &

siblings welcome. Please note: Due to the popularity of this program and free cost, there is a limit of 1 class/child/season. This class is registration only. Drop-ins will not be allowed.

For the online class, we will be using the platform Webex. You will have to download the application and create a username and password. We will give a meeting number to join the class. Step by step instructions will be emailed to you a week prior to your first class.

M 1/11/2021-3/08/2021 10:15 AM-11:00 AM
300146 Free/9 sess

Mother Goose - Toddler (Online)

1-3 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). Caregiver participation required & siblings welcome. Please note: Due to the popularity of this program and free cost, there is a limit of 1 class/child/season. This class is registration only. Drop-ins will not be allowed.

For the online class, we will be using the platform Webex. You will have to download the application and create a username and password. We will give a meeting number to join the class. Step by step instructions will be emailed to you a week prior to your first class.

M 1/11/2021-3/08/2021 9:15 AM-10:00 AM
300147 Free/9 sess

Fitness & Health

Adults

Tai Chi (Returning Students Only) (TPP)

19+ yrs | Guy Tomash

Yang style Tai Chi is known for its benefits of health, meditation and self-defense. This is an ongoing class which teaches the traditional 108 movement long form, stresses correct body posturing and whole body movement. This class is for returning students only. Masks are mandatory for this class. This class is registration only. Drop-ins will not be allowed.

Tu 1/5/2021-1/26/2021 12:30 PM-2:30 PM
300208 \$40/4 sess

Th 1/7/2021-1/28/2021 12:30 PM-2:30 PM
300209 \$40/4 sess

Total Core Exercise (TPP)

19+ yrs | Kelly Howatson

Burn calories and fire up your metabolism, while strengthening your core muscles. A strong core enhances balance and stability, therefore preventing potential injuries in the future. Core strength is crucial in every moment you do. This class will blend Tabata, Strength and Core training. Participants are expected to bring their own mats and to wear proper footwear and fitness attire. This class is registration only. Drop-ins will not be allowed.

Th 1/7/2021-1/28/2021 9:00 AM-10:00 AM
300148 \$32/4 sess

Total Core Exercise (Online)

19+ yrs | Kelly Howatson

For the online class, we will be using the platform Webex. You will have to download the application and create a username and password. We will give a meeting number to join the class. Step by step instructions will be emailed to you a week prior to your first class.

Th 2/4/2021-3/18/2021
300149 \$45.50/7 sess

9:00 AM-10:00 AM

Fitness & Health **Older Adults**

Exercise for Older Adults (TPP)

50+ yrs | Kelly Howatson

This whole body workout will help to increase your energy level, lift your mood and improve your ability to undertake normal activities of daily living. A portion of the class will include chair based exercises. Participants are expected to bring their own mats. This class is registration only. Drop-ins will not be allowed.

Th 1/7/2021-1/28/2021
300220 \$28/4 sess

10:30 AM-11:30 AM

Exercise for Older Adults (Online)

50+ yrs | Kelly Howatson

This whole body workout will help to increase your energy level, lift your mood and improve your ability to undertake normal activities of daily living. A portion of the class will include chair based exercises. For the online class, we will be using the platform Webex. You will have to download the application and create a username and password. We will give a meeting number to join the class. Step by step instructions will be emailed to you a week prior to your first class.

Th 2/4/2021-3/18/2021
302876 \$38.50/7 sess

10:30 AM-11:30 AM