

ADULT PROGRAMS

Spring Classes begin the week of March 26, 2012

NO CLASSES: Victoria Day - Mon. May 21

ACTING / SCENE STUDY FOR ADULTS

Ages: 18+ (no experience necessary, all levels may apply)

This acting course is a 12-week intensive class designed to explore the basics of the craft (objectives, relationships, finding the conflict). All actors will be working on exploring text using improvisation, character backgrounds, character physicality and emotional subtext. The class will end with a small performance open to the public.

Rob Cook has been teaching acting for over 20 years in the highly acclaimed Arts York Drama program. He has been fortunate to work with numerous young people who have gone on to successful careers in Hollywood movies, U.S. and Canadian T.V., as well as Broadway and Canadian theatre. Adam Brazier, star of Andrew Lloyd Webber's *The Woman in White* on Broadway, and artistic director of the highly acclaimed Theatre 20 company, calls Rob "one of the great influences in my life" and that Rob's "energy and excitement was both infectious and reassuring".

FAMILY INDOOR TENNIS ♥

See pages 27 and 28

GOLF

Learn how to play golf. Start the season right with some instruction on the fundamentals of the game. Taught by a Golf Professional, participants learn the skills as well as the rules of the game. Golf clubs are available at no additional cost for those who require them.

TAI CHI ♥

Age 10 years and up!

This Chinese exercise art form gently mobilizes every muscle and joint in the body. Tai Chi improves circulation, coordination, muscle tone, flexibility, concentration and promotes relaxation. This is an introduction to tai chi, great for all levels of fitness and great to promote wellness. Discount for those 17 years of age and under.

TENNIS FOR ADULTS ♥

Each lesson consists of 60 minutes of training and 30 minutes of practice. In the case of rain, the program will be cancelled and make up classes will be scheduled accordingly, **we guarantee 6 of 8 classes!**

Beginner 1 - Participants have little or no experience and they will work on the basic strokes and strategies of tennis.

Beginner 2 - Participants have at least one year of experience but their knowledge of strokes and strategies is limited. They will reinforce and improve their previous skills.

Intermediate 1 - Participants have a minimum of two years of experience and have good knowledge of the game. Groundstrokes and serves can be controlled using height, length, and direction, while volleys and overheads are still developing.

Intermediate 2 - Participants have a minimum of three years experience, love the game, and want to play on a regular basis. For those who want to improve every part of their game and are comfortable with any medium struck ball. Ideal if you are looking for regular partners and interested in playing on a regular basis.

VOLLEYBALL ADULT CO-ED ♥

Come out to play volleyball!!!! Enjoy an evening of physical activity in a friendly and non-competitive environment. A great opportunity to brush up on your skills and learn some new tricks. All skill levels are welcome.

WOMEN'S MOUNTAIN BIKING ♥

(Level 1 and 2 Now Available)

Biking is the perfect way to gently ease into health and wellness. There are trails in our immediate area at Durham Forest that are ideal for a journey towards improved health and wellness surrounded by beautiful forest.

Level 1 rides will build to one hour in length with a gentle building to moderate pace. Skill development will be the focus.

Level 2 is for those who have some trail riding experience. More complex skills will be enhanced and rides will cover a bit more distance. For both levels a mountain bike is required and helmets are mandatory. You will be contacted with directions to the trail head prior to first class

PILATES, RUNNING CLINIC, TRIATHLON TRAINING, WALKING WITH POLES (URBAN POLING), YOGA and several 'POST- NATAL'

Programs see Specialty Fitness Programs on pages 20 and 21

3rd Annual
**COMMUNITY
GARAGE SALE**

**Saturday May 5,
8am – 2pm**

Program Name	Age	Location	Day	Time	Start	# of Classes	Fee	Barcode
Acting/Scene Study for Adults		Lebovic Centre for Arts & Entertainment	Mon.	6:30-8:30pm	March 19	12	\$250.00	18316
Golf	16+ yrs	Timber Creek	Thurs.	6:30pm	May 17	4	\$129.14	17717
Tai Chi	10+ yrs	Ballantrae CC	Wed.	6:30-7:30pm	March 28	12	<18 yrs \$60 18+ yrs \$90	17642
Tennis - Outdoor								
Beginner 1 & 2	16+ yrs	Stouffville Arena	Tues.	6:30-8:00pm	May 1	8	\$93.96	17699
Intermediate 1 & 2	16+ yrs	Stouffville Arena	Tues.	7:30-9:00pm	May 1	8	\$93.96	17701
Beginner 1 & 2	16+ yrs	Tresstown	Thurs.	6:30-8:00pm	May 3	8	\$93.96	17700
Intermediate 1 & 2	16+ yrs	Tresstown	Thurs.	7:30-9:00pm	May 3	8	\$93.96	17702
Beginner 1 & 2	16+ yrs	Stouffville Arena	Tues.	6:30-8:00pm	June 26	8	\$93.96	17667
Intermediate 1 & 2	16+ yrs	Stouffville Arena	Tues.	7:00-8:30pm	June 26	8	\$93.96	17669
Beginner 1 & 2	16+ yrs	Tresstown	Thurs.	6:30-8:00pm	June 28	8	\$93.96	17668
Intermediate 1 & 2	16+ yrs	Tresstown	Thurs.	7:30-9:00pm	June 28	8	\$93.96	17670
Volleyball Co-Ed	16+ yrs	Harry Bowes P.S.	Tues.	8:30-10:00pm	March 27	10	\$83.95	18332
Women's Mountain Biking	14+ yrs							
Level 1		Durham Forest	Wed.	6:30-7:30pm	May 9	6	\$63.00	17653
Level 2		Glen Major	Mon.	6:30-7:30pm	May 7	6	\$63.00	17652

spring summer

Note: PILATES, RUNNING CLINIC, TRIATHLON TRAINING, WALKING WITH POLES (URBAN POLING), YOGA and several 'POST- NATAL' Programs see Specialty Fitness Programs on pages 20 and 21

**all pricing includes HST*

SILVER JUBILEE 55 PLUS CLUB

Contact 905-640-3716. Register at the Silver Jubilee, 6297 Main St. Details at www.townofws.ca/55plusclub

Welcoming all adults 55+ Membership only \$5/Year!



BUS TRIPS FOR 2012

- Ottawa Tulip Festival Tour – 3 Days in May
http://www.townofws.com/fitness_pdfs/Ottawa_Tulip_Festival_Tour.pdf
- L'Hotel Du Parc Orford – 5 day package, October
http://www.townofws.com/fitness_pdfs/LHotel_Du_Parc.pdf

Monthly Newsletter at

http://www.townofws.com/fitness_pdfs/55_And_Better_Newsletter.pdf

Current Calendar at

http://www.townofws.com/fitness_pdfs/55PlusCalendar.pdf

Ongoing social activities include:

- Acrylic Painting
- Beginners Mah Jong
- Bid Euchre
- Bridge
- Bridge Lessons
- Bus Trips
- Digital Photography Classes
- Drawing
- Library
- Line Dancing (level 1 and level 2)
- Soup 'n' Sandwich Lunches
- Tai Chi
- Watercolour Painting
- Yoga