



For Registration information call the Leisure Centre at 905-640-7529 or visit us online at townofws.ca WSPlay...Online

Ballantrae Programs

Zumba Gold – The new Zumba Gold program fuses hypnotic Latin rhythms and easy to follow dance and fitness moves to create a one-of-a-kind fitness class that will blow you away. True beginners new to fitness and active older adults alike will have fun moving to fast and slow rhythms like the meringue, salsa, swing, belly dance, etc. Tone your body, burn fat, and have fun all at the same time. Work out, love your workout, and be part of the Zumba party each week.

Start Date: Monday March 26, 2012
12 Week Session
Time: 6:30 – 7:30pm Mondays,
Barcode: 17664
Price: Members- \$64.80 /
Non-Members - \$108 (includes HST)

Adult, Youth and Family Tai Chi- This Chinese exercise art form gently mobilizes every muscle and joint in the body. Tai Chi improves circulation, co-ordination, 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 and health.

Start Date: Wednesday March 28, 2012
12 Week Session
Time: 6:30-7:30pm
Ages: 10 +
Barcode: 17642
Price: Adult \$90.00 (includes HST)
Youth \$60.00 (includes HST)

Yoga Hatha Style - This gentle and calming approach to physical fitness combines strength and flexibility while encouraging proper breathing and relaxation techniques. Participants must have their own matt and are encouraged to bring a blanket to class.

Start Date: Wednesday March 28, 2012
12 Week Session
Time: 6:30 – 7:30pm
Ages: 12 +
Barcode: 17655
Price: Members- \$64.80/
Non-Members - \$108.00 (includes HST)

Camp Ballantrae- Looking for a fun way to spend March Break? Why not consider Camp Ballantrae. This is a local community camp where participants will be introduced to a wide variety of outdoor activities in the snow as well as indoor games, crafts, scavenger hunts and various sporting endeavors. A jam-packed week of discovery and creativity, give your kids a March Break to remember!

Dates: Monday March 12 – 16, 2012
Time: 9:00 – 4:00pm
Ages: 5 - 12
Barcode: 17333
Price: Members- \$140.00
Before Care: 7:30 – 9:00am - \$22 – 17317
After Care: 4:00 – 6:00pm - \$22 - 17325

Junior Cooks – Through hands-on classes, children learn that good food is delicious and that cooking is an important way to keep yourself healthy. In this exciting program, your child will learn how to mix, measure, follow a recipe and even clean up as they bake and cook to their hearts content. Program menu follows Canada's Food Guide. Materials included. Please note: Due to the nature of this program, we cannot guarantee that all recipes and supplies will be nut free.

Start Date: Saturday April 14, 2012
6 Week Session
Time: 9:30 – 11:00am
Ages: 8 -12
Barcode: 18310
Price: \$81.00 (includes HST)

Walking with Poles/Yogalates - combines the aerobic and strength building benefits of cross-country skiing with walking. This full-body, cardio-muscular exercise engages the arms, back, stomach, and legs. This combination promotes circulation, correct breathing, burns more calories than walking alone and develops total body coordination and improved posture; together with a yogalates stretch.

Start Date: Monday April 9, 2012
8 Week Session
Time: 6:30– 7:45am
10 Week Session
Ages: 12+
Barcode: 17651
Price: Members – \$51.00 / Non-Members - \$85.00 (includes HST)

Cooking in the Chef's Corner - Learn how to cook. Classes for participants 16 years of age and older with or without an intellectual disability. Participants will help prepare a dinner under supervision. Skills taught include independent cooking skills, kitchen safety, food presentation, etiquette and safe use of kitchen equipment. Participants will benefit from social time and enjoy the food they have created. Participants must be able to participate independently in group activities.

Start Date: Thursday March 29 2012
10 Week Session
Time: 5:00 – 7:00 pm
Ages: 16 +
Barcode: 18348
Price: \$90.00 (includes HST)

Older Adult Social Club - Community Living York South Older Adults Social Club is an adapted daytime social program. Program components: Functional Fitness for Older Adults, Memory games and trivia, Creative art projects, Sensory activities, Life skills and learning, and socialization. Participants must be 1) 50+ years of ages, with or without an intellectual disability and / or cognitive impairment; 2) Willing and able to participate in group activities; and 3) Possess manageable wandering and aggressive behaviour.

Start Date: Thursday March 29 2012
11 Week Session
Time: 1:00 – 3:30 pm
Ages: 55 +
Barcode: 18342
Price: \$90.00 (includes HST)