

Oh, the lovely fickleness of an April day!

REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222 or online at www.lethseniors.com
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards and visit www.lethseniors.com.

IMPORTANT

- Please sign up before the register by date to receive the sale price listed. **Classes are subject to a \$5 increase after this date.**
- If you missed the deadline and are interested in participating, please ask or email shamilton@lethseniors.com to find out if there is room!
- LSCO Member (LSCO M); Non-Member (NM)
- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances, we will do our best to contact you prior to your class.

CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**

- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$5 Administration Fee. If there is a waiting list for the class a refund will not be given.
- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit.

FITNESS CENTRE

LSCO Member Fees

- 1 month \$18
- 6 months..... \$99
- 12 months..... \$180

Non-Member Fee

- 1 month \$27
- 6 months..... \$150

Under 35 Non-Member Participation

Individuals 18 – 35 years are able to participate in some evening classes offered. Ex: Yoga, Tabata, Cycle Combo, Butts & Gutts & Movement Medicine. Please ask at the Administration Desk for more information.

Special Interest/Events

ZUMBA FUNDRAISING PARTY

Join hosts Sheila Mulgrew and Nicole Stratyckuk for an incredible evening of dance and fitness. Nine fabulous Zumba instructors from Lethbridge are generously donating their time and talents to bring a FABULOUS fitness PARTY to help raise funds to enhance the LSCO fitness programs. 100% of the proceeds are being donated. There will be some local small business owners/vendors with some of their incredible products and ZUMBA Wear (NEW and GENTLY used) available for purchase. This fitness party will include Zumba Gold...Zumba Toning and regular Zumba fitness...something for everyone!! Door prizes and lots of fun connecting with our vibrant Zumba community!! **This event is for EVERYBODY...NO EXPERIENCE NECESSARY.** Guaranteed FUN!!

When: Friday, April 12
Advanced Admission \$10
Fee: \$15 at the door
Time: Doors open 5:30 pm
Zumba 6:00 – 7:30 pm

KARAOKE SPRING SOCIAL

The Karaoke Singers will be hosting a social and are looking forward to meeting you there. Entertainment and refreshments during the afternoon. \$2 donation at the door. Proceeds to LSCO.

When: Wednesday, April 17
Time: Doors open at 1:00 pm
Social ends at 3:30 pm

GOLF TOURNAMENT

Celebrate Seniors Week by participating in the Annual Golf Tournament at Evergreen Golf Centre. All skill levels welcome. Golfers play their own ball. Entry fee includes golf, light lunch, prizes and a real good time! You can make your own foursome. Register at LSCO or Evergreen Golf Centre.

When: Tuesday, June 4
Time: Check in at 9:00 am Golf to follow
Fee: \$30/person
Entry Deadline: Monday, June 3

Fitness Classes

EARLY RISER STRENGTH CLASS

After warming up, participants will use weighted bars and plates, for an overall body workout. A great way to start the day! Wear indoor footwear and bring a water bottle. Eight registrants are need-

ed for the class to run. As an added bonus we will buy you coffee afterwards!

When: Tuesdays, April 2 – May 28
(no class April 16)
Time: 8:00 – 8:45 am
Fee: \$44 LSCO M; \$54 NM
Instructor: Tracy Simons
Register by: Monday, April 1

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun! All fitness levels welcome.

When: Mondays & Wednesdays
April 29 – June 26 (no class May 20)
Time: 8:00 – 8:50 am
Fee: \$89 LSCO M; \$110 NM
Instructor: Debbie Palmer
Register by: Friday, April 26

EVENING CARDIO/STRENGTH

End your day with this aerobic and strength class. A variety of equipment will be used. Bring a yoga mat, water bottle, wear comfortable workout clothes and indoor shoes (intermediate to advanced level).

When: Tuesdays, March 5 – April 30
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Elizabeth Wong

SATURDAY MORNING STRENGTH & STRETCH

Participants will use bars and plates working to increase strength. Bring a yoga mat, water bottle, wear comfortable workout clothes and indoor shoes. All levels welcome.

When: Saturdays, March 9 – April 13
Time: 9:15 – 10:15 am
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Elizabeth Wong

CYCLE COMBO EVENING CLASS

Indoor cycling is a low impact aerobic activity that gets your heart pumping and can improve your endurance, heart health, stress level, strengthen hip and leg muscles. The cycling varies between sitting and standing as well as, the speed, resistance, and intensity levels, which can be adapted to your skill level. During these classes you will be getting on and off your bike performing a number of exercises. You will want to wear clothing that absorbs

sweat and indoor workout footwear. Bring a water bottle. Limited space.

When: Mondays, March 4 – May 27
(no class April 22 or May 20)
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Jeannie Ng

CYCLING COMBO Spring Session

Pre-registration secures your bike.

When: Tuesdays, April 2 – June 25
Time: 9:00 – 9:50 am
Fee: \$72 LSCO M; \$88 NM

And/or

When: Thursdays, April 4 – June 27
Time: 9:00 – 9:50 am
Fee: \$66 LSCO M; \$81 NM
Instructor: Jamie Hillier

NOON CYCLING Spring Session

Pre-registration secures your bike.

When: Mondays, April 1 – June 24
(no class April 22, May 20)
Time: 12:10 – 12:50 pm
Fee: \$60 LSCO M; \$74 NM
Register by: Friday, March 29

FITBALL & MORE

Participants will be lead through a variety of exercises to help improve balance, strength and flexibility. Wear comfortable clothes, indoor shoes, bring a yoga mat and water bottle. **No Thursday class this session.**

When: Tuesdays, May 7 – June 25
Time: 9:00 – 9:50 am
Fee: \$26 LSCO M; \$48 NM
Register by: Monday, May 6

EVENING POUND

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Be ready to have fun during this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

When: Wednesdays, March 6 – May 29
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Jeannie Ng

BUTTS & GUTTS

A strong core is essential to balance, posture and movement. This class will work on improving the

overall strength of your abdominals, buttocks and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle. Instructor: Tracy Simons.

When: Mondays, April 1 – June 24
(no class April 22 or May 20)
Time: 10:30 – 11:15 am
Fee: \$57 LSCO M; \$67 NM
Register by: Friday, March 29

When: Thursdays, April 4 – May 30
(no class April 18)
Time: 5:15 – 6:15 pm
Fee: \$46 LSCO M; \$54 NM
Register by: Wednesday, April 3

CIRCUIT TRAINING

During this 4-week session participants will work on improving strength, their cardiovascular system, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Instructor is Jamie Hillier. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

When: Tuesdays & Thursdays
April 9 – May 2
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, April 5

When: Tuesdays & Thursdays, May 7 – 30
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, May 3

When: Tuesdays & Thursdays, June 4 – 27
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, May 31

CIRCUIT TRAINING 3X

This 3 times a week training program will sure to please you. See description above.

When: Mondays, Wednesdays, Thursdays
April 8 – May 2 (no class April 22)
Time: 1:30 – 2:30 pm
(Thursday class is 2:40-3:40 pm)
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, April 5

When: Mondays, Wednesdays, Thursdays
June 3 – 27
Time: 1:30 – 2:30 pm
(Thursday class is 2:40-3:40 pm)
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, June 28

** NOTE: If you have previously taken Circuit Training from Jamie, and the present sessions are not full, you may want to pay the drop in fee of \$6 (member) \$7 (non member) and join in the class. Ask at the Administration Desk if space is available.

FIT FRIDAYS

A great way to finish the week off strong. You will be led through a variety of challenging, fun workouts. Ex: Tabata, weights, and more. Instructor: Tracy Simons.

When: Fridays, April 5 – June 7
(no class April 19)
Time: 12:10 – 12:55 pm
Fee: \$50 LSCO M; \$61 NM
Instructor: Tracy Simons
Register by: Thursday, April 4

GENTLE EXERCISE CLASS (Mondays)

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles. Chairs and a variety

of exercise equipment will be used. You will also be led through some stretches. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend.

When: Mondays, April 1 – July 29
(no class Apr 22, May 20, July 1)
Time: 10:00 – 10:45 am
Fee: \$45 LSCO M; \$75 NM
Register now!

GENTLE EXERCISE (Fridays)

This program is designed for individuals who would like to have the option of sitting and/or standing when exercising. You will work on strength and flexibility, within your limitations. Participants with limited mobility, arthritis, injuries, etc. may enjoy this class. Chairs and a variety of exercise equipment will be used. All levels of ability encouraged to attend. Wear loose clothing and bring a water bottle.

When: Fridays, April 5 – June 7
(no class April 19, May 3)
Time: 10:15 – 11:00 am
Fee: \$24 LSCO M; \$30 NM
Instructor: Tracy Simons
Register by: Thursday, April 4

KEEP FIT

Everyone is welcome and encouraged to exercise at your own level. Modifications will be given. Chairs and a variety of resistance equipment will be used. Ex. weights, tubing. Wear comfortable clothes and clean, non-marking indoor footwear.

When: Wednesdays, May 1 – June 26
Time: 10:00 – 10:45 am
Fee: \$18 LSCO M; \$27 NM
Register by: Tuesday, April 29

STRENGTH & STRETCH

This class is designed to increase physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by weights and finish with stretching for a complete workout. Weighted bars with weighted plates and additional exercise equipment will be used. Wear comfortable workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat. If the class is not full you are welcome to drop in.

When: Wednesdays, April 3 – June 5
Time: 12:05 – 12:55 pm
Fee: \$55 LSCO M; \$68 NM
Register by: Tuesday, April 2

TABATA

This high energy fitness class is perfect for both men and women looking for a challenge. Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class). Instructor: Jamie Hillier

When: Mondays, April 1 – June 24
(no class April 22 or May 20)
Time: 9:15 – 10:10 am
Fee: \$61 LSCO M; \$72 NM
Register by: Friday, March 29

TABATA (Evening)

Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).
When: Wednesdays, April 3 – June 26
Time: 5:15 – 6:15 pm
Fee: \$72 LSCO M; \$85 NM
Register by: Monday, April 1

POWER WALKING

Get an overall body workout, using weights appropriate to your ability. Join in on the fun for an energetic workout to upbeat music. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring an exercise mat and water bottle. (intermediate to advanced level class). Instructor: Jamie Hillier

When: Wednesdays, April 3 – June 26
Time: 9:10 – 9:50 am
Fee: \$66 LSCO M; \$78 NM
Register by: Monday, April 1

PILATES

Classic pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. Wear comfortable clothes, bring a yoga mat and water bottle.

When: Mondays, April 1 – June 24
(no class April 22 or May 20)
Time: 12:05 – 12:55 pm
Fee: \$60 LSCO M; \$77 NM
Instructor: June Dow
Register by: Friday, March 29

NOON POWER WALKING

Join us for a fun, energetic noon workout. Remember to bring an exercise mat and water bottle (intermediate to advanced level class).

When: Thursdays, April 4 – June 27
(no class May 2)
Time: 12:05 – 12:55 pm
Fee: \$72 LSCO M; \$85 NM
Register by: Tuesday, April 2

WALKING with or without POLES

This program is intended for avid walkers and for those who have experience walking with poles. You do not have to use poles to participate. We will meet at LSCO, go for a vigorous walk outside and finish with a stretch. When the weather does not co-operate, the class will be held in the gym for an inside workout! (Intermediate to advanced level.)

When: Thursdays, May 9 – 30
Time: 9:00 – 9:55 am
Fee: FREE LSCO M; \$15 NM
Register by: Tuesday, May 7

ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. Wear comfortable clothes, indoor footwear and bring a water bottle. Instructor: Sheila Mulgrew

When: Tuesdays, April 2 – June 25
Time: 11:00 – 11:45 am
Fee: \$60 LSCO M; \$85 NM
Register by: Monday, April 1

When: Thursdays, April 4 – June 27
Time: 11:00 – 11:45 am
Fee: \$60 LSCO M; \$85 NM
Register by: Wednesday, April 3

ZUMBA TONING

Zumba Toning is a cardio workout aimed at sculpting and toning specific muscles groups, working the thighs, abs, and arms by using toning sticks (filled with sand typically between one and three pounds). The classes feature several minutes of cardio work interspersed with strength training. Regular weights can also be used in a Zumba Toning class. Come give it a try!

When: Saturdays, April 6 – May 25
(no class April 20 or May 18)
Time: 11:00 – 11:45 am
Fee: \$30 LSCO M; \$40 NM
Register by: Thursday, April 4

Yoga

ACTIVE YOGA

Participants will flow through a series of poses during this vinyasa style class. We will be moving up and down off the mat. Everyone is encouraged to work at their own level.

When: Fridays, April 12 – June 21
(no class April 19)
Time: 9:00 - 10:00 am
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, April 11

CHAIR YOGA

Participants will move slowly through a variety of seated yoga poses to help increase flexibility, strengthen muscles, loosen joints as well as relaxing breath work.

When: Wednesdays, April 3 – June 26
(no class May 1)
Time: 9:35 – 10:25 am
Fee: \$36 LSCO M; \$48 NM
Register by: Tuesday, April 2

GENTLE YOGA

This class may be perfect for the beginner or individual that hasn't practiced yoga for a while. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Tuesdays & Thursdays
May 7 – June 27
Time: 9:30 - 10:30 am
Fee: \$72 LSCO M; \$96 NM
Register by: Monday, May 6

MORNING YOGA

During this beginner/intermediate yoga class you will be lead through basic yoga poses to help you improve your strength, posture and flexibility. We will use chairs and other props followed by rest and relaxation. Wear comfortable clothing; bring a mat, blanket and water bottle. Shawn will instruct until May 1 at which time Leigh will begin.

When: Wednesdays, April 10 – June 5
Time: 10:00 – 11:00 am
Fee: \$45 LSCO Members; \$59 NM
Instructor: Leigh Monette
Register by: Tuesday, April 9

YOGA Noon Hour

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use. Instructor: Melanie Hillaby.

When: Tuesdays, April 2 – June 11
Time: 12:05 – 12:55 pm
Fee: \$66 LSCO M; \$83 NM
Register by: Monday, April 1

And/Or

When: Thursdays, April 4 – June 13
Time: 12:05 – 12:55 pm
Fee: \$66 LSCO M; \$83 NM
Register by: Wednesday, April 3

YOGA for MEN

Are you stiff and thinking about how nice it would be to be able to bend over and tie your shoes without straining now and as you age? How is your balance and coordination? Skip Cooper will lead you through movements, balances and stretches. Props will be used. Wear comfortable clothing, bring a yoga mat and water bottle. Drop ins welcome.

When: Wednesdays
April 3, 10, 17, May 8 – 29
Time: 8:30 – 9:30 am
Fee: \$32 LSCO M; \$42 NM
Register by: Tuesday, April 2

QiGong / Tai Chi

QIGONG

Qi means "life energy" and gong means "work"; together Qi Gong means working with life energy. The exercises are designed to improve flow and quality

of qi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various QiGong exercises such as Tai Chi/QiGong 18 form, five animal frolics and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations. Please Note: We are not able to accommodate drop in participants or guests for this program. You must pre-register in order to participate.

When: Tuesdays & Thursdays
April 2 – May 16 (no class May 2)
Time: 10:05 – 10:50 am
Fee: \$49 LSCO M; \$84 NM
Instructor: Dave Scotland
Register by: Friday, March 29

TAI CHI SIMPLIFIED SUN STYLE

This class focuses on the Sun Style Tai Chi 11 form which has a mixture of Qi Gong and Tai Chi and is recognized by the Arthritis Society as a form of therapy. Additional energy building exercises will also be introduced. Suitable for beginner and experienced practitioners.

When: Tuesdays & Thursdays
April 2 – May 16 (no class May 2)
Time: 11:00 – 11:45 am
Fee: \$49 LSCO M; \$84 NM
Instructor: Dave Scotland
Register by: Friday, March 29

Dance

LINE DANCING

This class is for experienced line dancers. Please wear clean, non marking footwear.

When: Mondays, April 29 – June 24
(no class May 20)
Time: 10:30 am – 12:00 pm
Fee: \$24 LSCO M; \$32 NM
Instructor: Diane Holstine
Register by: Friday, April 26

LINE DANCING Intermediate to Experienced

If you have been in the beginner class for a while or have had some line dance experience, but aren't quite ready to join the advanced dancers, join us for some fun!

When: Thursdays, May 9 – June 27
Time: 10:30 am – 12:00 pm
Fee: \$24 LSCO M; \$32 NM
Instructor: Diane Holstine
Register by: Monday, May 6

BEGINNER LINE DANCING

This is the perfect class for the beginner. If you have always wanted to learn how to line dance this is the class for you. Wear indoor, non marking soled shoes, comfortable clothes and bring a water bottle.

When: Thursdays, May 9 – June 27
Time: 1:15 – 2:15 pm
Fee: \$24 LSCO M; \$32 NM
Instructor: Diane Holstine
Register by: Monday, May 6

MOVEMENT MEDICINE

Step in and dance your body beautiful! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, sing a long music, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow. Andrea Hertz instructs these classes.

When: Tuesdays, April 2 – June 18
(no class April 23)
Time: 5:15 – 6:15 pm
Fee: \$71 LSCO M; \$107 NM
Register by: Tuesday, April 2

When: Thursdays, April 4 – June 20
(no class April 18 & 25)
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$98 NM
Register by: Thursday, April 4

SCOTTISH COUNTRY DANCE

Both men and women are welcome to participate in this low impact style of dance. Wear comfortable clothes and non-marking soled shoes. Please register at the Administration Desk. Non members \$3 pay at the Admin Desk.

When: Fridays, January 4 – May 31
(no class April 19 & May 3)
Time: 10:15 – 11:45 am
Drop In Fee: \$2 LSCO M; \$3 NM

Sports

GOLF LESSONS

Register for golf lessons at LSCO. Lessons will take place at Evergreen Golf Centre 5225 24th Ave. South on Highway 4. Space is limited.

*Clubs are provided if needed

*If you do not own golf attire or golf shoes, wear something comfortable that you can move in and running shoes are recommended.

INTERMEDIATE PLAYERS - PLAYING FOCUSED

Designed for the intermediate player that wants to enhance their golf skills. We will cover topics such as full swing, fundamentals, short game, and on course strategy, 1 hour lesson every week with the option to play 9 holes after the lesson. 9-hole play valid on lesson day only.

Time: 2:00 – 3:00 pm (per session)
Fee: \$50 LSCO M; \$65 NM (per session)

Session 1: Mondays, April 15, 22, 29, May 6

Register by: Friday, April 12

Session 2: Wednesdays, April 17, 24, May 1, 8

Register by: Monday, April 15

Session 3: Monday, May 27, June 3, 10, 17

Register by: Friday, May 24

Session 4: Wednesday, May 22, 29, June 5, 12

Register by: Friday, May 17

LADIES ONLY - BEGINNER LEVEL

Designed for the lady who has never played golf or has very little experience. You will learn the complete basics of golf equipment, terminology, etiquette, putting, chipping, full swing, parts of the course, how to read a score card and how to play.

Time: 1:00 – 2:00 pm (per session)
Fee: \$40 LSCO M; \$55 NM (per session)

Session 1: Tuesday, April 16, 23, 30, May 7

Register by: Friday, April 12

Session 2: Tuesday, May 21, 28, June 4, 11

Register by: Friday, May 17

LADIES ONLY LEVEL 2 - INTERMEDIATE PLAYERS PLAYING FOCUSED

Designed for the lady that plays frequently and wants to score lower on the course. Covers putting, green reading skills, chipping, sand play, driving, course management and provides drills for you to practice with. Lessons will be on range and on course. 1 hour lesson every week with the option to play 9 holes after the lesson. 9 Hole play valid on lesson day only.

Time: 2:00 – 3:00 pm (per session)
Fee: \$50 LSCO M; \$65 NM (per session)

Session 1: Thursday, April 18,
25, May 2, 9

Register by: Tuesday, April 16

Session 2: Thursday, May 23,
30, June 6, 13

Register by: Tuesday, May 21

BASKETBALL

Enjoy playing basketball! Join this noon hour group for friendly yet competitive games. Showers are available. Fee must be paid prior to playing. A minimum of 8 players needed to keep this program going.

When: Tuesdays, January 8 – April 30

Time: 12:00 – 1:00 pm

Drop In Fee: \$5.00 LSCO M; \$7.00 NM

When: Tuesdays, May 7 – 28

Time: 12:00 – 1:00 pm

Fee: \$15/person

Drop In Fee: \$5.00 LSCO M; \$7.00 NM

BADMINTON

Individuals of all skill levels are welcome to play badminton weekdays. Please note: many have been playing for awhile and at times, games become more competitive. Drop in fee is \$3.50 for non members. Pay at the Administration Desk prior to playing.

When: Mon/Wed/Fri

Time: 11:10 am – 12:30 pm

When: Thursdays

Time: 10:10 am – 12:00 pm

Fee: \$66 & LSCO membership

PICKLEBALL

If you have taken lessons or have played Pickleball and know the rules you can purchase a pass to play during the week. Due to the high volume of players, we have designated times for play. This may give players an opportunity to have more playing time and encourage players to play with others who are at similar skill levels. Bring a water bottle, wear comfortable exercise clothes and clean, indoor court shoes. Some equipment is supplied. Paddles and balls are available for purchase in our Boutique Shop.

Intermediate/Advanced

Mondays, Wednesdays, Fridays; 7:00 – 9:00 am

Mondays; 1:00 – 3:00 pm

Tuesdays; 10:00 am – 12:00 pm & 1:15 – 3:00 PM

Thursdays; 1:15 – 3:00 pm; Fridays; 1:00 – 3:00 pm

Novice/Recreational

Mondays, Tuesdays, Thursdays, Fridays

3:00 – 4:50 pm

All Skill Levels: Wednesdays Open Play

1:00 – 3:30 pm

Monthly Fee: \$20 LSCO M; \$45 NM

12 month Fee: \$180 (\$15/month) LSCO M

Drop In Fees must be paid prior to playing: \$3 M; \$5 NM

Fees are not pro-rated. Note: A few times a year that the gym is not available due to, special events, tradeshow, holidays and floor re-surfacing.

Creative Arts

CREATIVE ZEN-ART CLASS

Join Gladys Larson as she takes you through this amazing class. It really is “Yoga for the Brain”. Zen Art creates a sense of calm, lowers stress, increases focus and concentration. Bring a journal with no lines, Micron Pens (3 sizes, 01, 03, 05) HB Pencil. Beginners are welcome. If you have taken classes in the past, don't worry Gladys will keep you busy!

When: Mondays, April 1 – June 3
(no class April 22, May 20)

Time: 1:00 – 4:00 pm

Fee: \$32 LSCO M; \$48 NM

Register by: Friday, March 29

INTRO TO WOODWORKING

Interested individuals 55+ will gain basic knowledge for using carpentry tools safely. A small project will be completed. At times safety glasses and ear protectors must be worn. Register early, space is limited. A waiver must be signed upon registration.

When: Mondays & Wednesdays

April 15 – 29 (no class April 22)

Time: 1:00 – 3:00 pm

Fee: \$20 LSCO M; \$45 NM

Register by: Friday, April 12

PAINTING WATER COLOUR SKIES

I don't think any other media can make as wonderful skies as watercolour can. So unique and beautiful and the blending is like no other. In this 6 week class we will uncover some great watercolour techniques to make these fantastic skies including clouds and different sky colours. Skies are not just blue but are made up of an array of many colours and colour combinations. This class is great for the beginner as well as the more seasoned student.

When: Wednesdays, April 24 – May 29

Time: 10:00 am – 12:00 pm

Fee: \$40 LSCO M; \$60 NM

Instructor: Donna Gallant

Register by: Thursday, April 18

IN AND OUT ON LOCATION LANDSCAPES

Much like the Garden Party classes of the last few years, we will be working outside but taking a little more time to finish our work. We will work outdoors one week and come back into the studio the following week, where you can work from your photos and drawings from the previous week. This is a good chance to be more progressive with your work and end up with more finished piece. The student may choose whatever medium they like to work in. Whether you want to draw on location and paint in the studio or even if you want to just do quick on location paintings and continue them in the studio. This is a great opportunity to work from life and render your own interruption of the landscape. Having some experience in your medium will be a big advance.

When: Thursdays, May 23 – June 27

Time: 1:00 – 3:00 pm

Fee: \$40 LSCO M; \$60 NM

Instructor: Donna Gallant

Register by: Friday, May 17

PAINTED BLOSSOMS

Come and enjoy the beauty of flowers in this floral painting class. The student may work in whatever media they wish as long as they know how to use their chosen medium. We will study and learn about the structure of flowers. In this four week class, we will paint a different flower each week. Students are encouraged to bring their own flowers but if not, a selection of flowers will be provided to work from. Working from life provides a better understanding of your subject.

When: Thursdays, July 4 – August 8

Time: 1:00 – 3:00 pm

Fee: \$40 LSCO M; \$60 NM

Instructor: Donna Gallant

Register by: Tuesday, July 2

Technology

WORKING WITH WINDOWS 10

If you are familiar with the previous versions of Windows and need a hand with the new one, or if it's been a while since you've last used a computer, this course is here to help you to become compe-

tent and confident. Sign up today to learn all of the following: Safely booting up, and shutting down; Accessing the internet; Installing programs and games; Communicating though Email, etc.; Writing documents and saving files; Accessing entertainment; Online best practices & more. Bring your portable computer if you have one. This is the class for you if you have general knowledge of how to use a computer.

When: Mondays & Wednesdays

April 8 – 29 (no class April 22)

Time: 10:00 am – 12:00 pm

Fee: \$30 LSCO M; \$50 NM

Instructor: Peter Harris

Register by: Friday, April 5

FACEBOOK & SOCIAL MEDIA

Learn how Facebook and Social Media work. Learn what to avoid and how to make posts, save pictures and use on phones, tablets and computers. Learn how to use Pinterest, Instagram, Twitter and Snapchat. Get on top of your social media skills and enjoy staying in touch with your family and friends!

When: Tuesdays & Thursdays, April 16 – 25

Time: 1:30 – 3:30 pm

Fee: \$40 LSCO M; \$60 NM

Instructor: Rod Henriquez

Register by: Friday, April 12

APPLE COMPUTERS

Basic and simple instructions on how to use Mac Computers, MacBook and iMac will be given. The instructor will start with Mac basics and then will gradually work up to general information, followed by answering participant's questions. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype. Bring your Mac to the class. You are welcome to take notes if your Mac isn't portable.

When: Tuesdays & Thursdays, May 14 – 30

Time: 1:30 – 3:30 pm

Fee: \$50 LSCO M; \$70 NM

Instructor: Rod Henriquez

Register by: Friday, May 10

EDIT PHOTOS on your MAC

Learn how to load pictures on your MacBook or iMac using the Photos app. Learn how to resize, crop and edit your pictures however you like! Learn how to send photos in email, text and through the cloud. You will also learn how to transfer photos so you can take them to be printed at a store. Students are required to have an Apple Mac computer or laptop.

When: Tuesdays & Thursdays, June 4 – 13

Time: 1:30 – 3:30 pm

Fee: \$40 LSCO M; \$60 NM

Instructor: Rod Henriquez

Register by: Friday, May 31

INTERNET SECURITY & the CLOUD

Learn about how to stay safe when using the internet. How to identify malicious websites and emails. Learn how to make a secure password that is still easy to remember. What to do if your computer freezes on a webpage and alerts are on the screen. Then we will go into how the cloud works. Which cloud service is best for you and how it can make your computer life easier. Learn to protect yourself and become better at the internet use at the same time!

When: Tuesdays & Thursdays

June 18 – July 4

Time: 1:30 – 3:30 pm

Fee: \$50 LSCO M; \$70 NM

Instructor: Rod Henriquez

Register by: Friday, June 28